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Info kit

## **Encourage YOUrself**

Training course

Drobeta Turnu Severin

Romania

6-14 August 2022 (travel days included)

Dear participants,

The team is happy to welcome you to this wonderful mobility for youth workers project which will take place in August 2022 in Drobeta Turnu Severin, Romania. It will be hosted by Youthopolis (Romania). The TC will bring together 27 participants from 7 worldwide organizations.

What is the project about?

Today, self-confidence is linked to almost everything we want in life: success at work, secure relationship, a positive sense of self, and happiness. However what is really selfconfidence and why is it so relevant for the youth work? Based on Brene Brown research professor's studies, confidence comes from feelings of well-being, acceptance of your body and mind, and belief in your own abilities, skills and experience. Self-confidence can be learned, practiced and mastered - just like any other skills. Self-confidence leads to success. It helps you to know your limits and test them. One of the tools to be self-confident is to be mindful about yourself and to make the best out of your environment- to create and re-create mindfully what serves you best. That is how the project idea was born with the needs of our partners together.

The aim of our project is to enhance youth workers 'work with young people by developing mindfulness skills through creative recycling.

The aim will be reached through the following objectives:

- To gain knowledge on how to use NFE facilitation methods in self-observation
- To discover how mindfulness and self-reflections are interconnected as a base in the individual learning process
- To explore how creative recycling improves personal and professional state of wellbeing and confidence
- to create the optimal context where the participants can reflect on their own learning process, using the competences promoted by Erasmus+



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The method we use is learning by doing- we combine different tools – like using mindfulness, embodiment, creative recycling to give a new and wide variety into the hands of the youth work.

**Profile of the participant:**

- determined to actively participate in sharing practices, examples, tools, methods and instruments around mindfulness and creative recycling
- willing and able to implement an innovative project after the project serving the needs of the organisation in their community
- motivated and interested in the topic of the project
- willing to share and implement new-gained knowledge within their sending organizations/institutions (knowledge transfer)
- able to attend the full duration of the activities (online and on the spot)
- able to communicate and work in English language (B1 to C2, according to Common European Framework of Reference for Languages)
- committed to organize an online event with the help of trainers and sending NGO together
- committed to disseminate the results within their organizations and to multiply the impact of the project by actively working with youth in their local communities
- experienced in working directly with youth - be 18+ (no age limit)
- Participants must have citizenship/residence permit of the partner country which they come

Priority to selection will be given to participants with fewer opportunities (cultural, geographical, and economical) and/or participants at their first international experience.

**Registration link [here](#).**

The TC will be implemented in the frames of the “Erasmus+” programme of the European Commission and was financially supported by the Romanian National Agency.

Here under you can find web-links which will help to broaden your participants’ understanding of the Erasmus+ programme.

These links will be useful for you before the TC (in terms of introduction) and after the event (in terms of future project implementations as well as training opportunities).

General information on European Youth Program [http://ec.europa.eu/youth/index\\_en.htm](http://ec.europa.eu/youth/index_en.htm)



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## Practical information

ARRIVAL/DEPARTURE:

**Arrival:** 6<sup>th</sup> August 2022 to Drobeta Turnu Severin, Romania **Departure:** 14<sup>th</sup> August 2022 from Drobeta Turnu Severin, Romania

**Activities days:** 7<sup>th</sup> August -13<sup>th</sup> August 2022

### TRAVEL TO ROMANIA:

There are 2 options for flying to Romania: Timisoara Airport and Bucharest airport.

**Important:** we can organize transfer from Bucharest airport to the venue of the activities, in case participants need it.

We strongly recommend you check with the organizers the travel option you choose.

For the green travel participants, there is a direct train from Budapest to Bucharest (the venue town is in between) or Flixbus.

If you want to explore Romania (which we strongly recommend), you can arrive maximum 2 days earlier before the project or depart maximum 2 days after the project. In case you decide to use that extra time, bear in mind that during these extra days, the expenses will not be covered by us: food, accommodation, etc

Please, check the **validity of the IDs/passports** before the departure.

### TRAVEL COSTS:

The organizers will reimburse the transport expenses, according with the distance bands, after the mobility.

Participants will be reimbursed by bank transfer shortly after their return home upon presenting original tickets, invoices and boarding passes.

- Please note that travel costs of the participants should **not exceed the travel budget limits**, which was approved by the Executive agency. Please refer to the table below for travel **budget limits** for each partner organization.
- Reimbursement of travel costs will be done upon presentation of **all** (including return tickets) **original tickets, receipts/invoices and boarding passes**. Name of the passenger, price, currency, date of purchase should be clearly **visible** in all documents to be considered for reimbursement. Please remember to bring the original invoice, there will be no reimbursement without the original invoice. The reimbursement will be done to the partner' bank account.
- **If a participant is planning to arrive early or depart later**, please consult with us prior to booking the tickets to make sure it is in the limits of the funder's requirements, otherwise we may not be able to provide full reimbursement.
- Participants **planning to travel from/to another country other than the one they represent in the TC** need to check with us prior to the training course, as otherwise



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we may not be able to reimburse their travel costs.

- **Reimbursement transferred by bank account will be done in EUR** regardless of the currency indicated on your ticket, receipt, or invoice. Any ticket purchased in local currency other than EUR will be converted and calculated according to the exchange rate of the day the contract was signed when the ticket was purchased according to official European Commission website  
<http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en>
- We strongly advise you to make copies of your tickets and invoices before you will come to the training and send all your travel original documents to  
[youthopolis.ro@gmail.com](mailto:youthopolis.ro@gmail.com)
- We strongly advise you to buy tickets which can be cancelled or re-scheduled.

## **INSURANCE**

Participants/partners are responsible for organizing the health insurance, Covid infection included. The costs will not be reimbursed by the organizers.

## **COVID-19 restrictions**

At the moment of launching the present call, COVID-19 travel restrictions have been lifted in Romania. Providing proof of vaccination, recovery from COVID-19 or negative test results is no longer necessary, and travelers are not subject to quarantine anymore. Nevertheless, the situation might change rapidly, so [here](#) you can check the updates.



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TRAVEL



COST LIMITS

Organization	Country	Number of participants	Maximum travel costs per person (100%)	Green travel	Distance band
Asociacija "Aktyvus jaunimas	Lithuania	3	275 €	no	500-1999 km
RECREATIVITY	Hungary	3	210 €	yes	180-499 km
SDRUZENIE AKTIVNO BALGARSKO OBSHTESTVO	Bulgaria	3	210 €	yes	180-499 km
YOUUnique z.s	Czech Republic	3	320 €	yes	500-1999 km
Roes Cooperativa	Greece	3	275 €	no	500-1999 km
SYTEV	Slovakia	3	275 €	no	500-1999 km
JOETZ vzw	Belgium	3	275 €	no	500-1999 km



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**ACCOMMODATION AND FOOD:**

Participants will be accommodated in Continental hotel (tbc), [info here](#).

Organizers will provide participants with three times food per day and two coffee breaks.

**FEE** There might be a financial contribution of 50 euros (necessary for the optimal implementation of the project).

**COMMUNICATION**

Internet Access: There will be internet available in the hotel through wireless network.

**WEATHER:**

You can check the forecast following this link: <https://www.accuweather.com/en/ro/romania-weather>

**CHECKLIST/WHAT TO BRING**

Flyers, brochures, promotional materials, publications, photos, etc. to represent your organization/country/culture. Due to time restrictions power point presentations will not be presented.

Food, drinks, national items, music, etc. from your country for the intercultural evening.

All tickets, invoices and boarding passes related to your travel reimbursement.

Medications you regularly use.

Romania:

**Time zone:** 2 hours +GMT/UTC

**MONEY**

The Romanian Currency is called LEU.

Approximate exchange rate is:

1 EUR = 5 Lei

**CONTACTS:**

If you need help, have questions or need further information please contact:

**Adina Stoleriu** Mobile: +400773852997 Email: [adinalstoleriu@gmail.com](mailto:adinalstoleriu@gmail.com) or [youthopolis.ro@gmail.com](mailto:youthopolis.ro@gmail.com)

We are looking forward to meeting you and working with you!

Project Team