

WELCOME

A4ACTION – the Association for Initiatives and Continuous Development is an organisation founded in October 2012. Our work is focused on young people, youth workers and educators. Our mission is to generate continuous development for young people and communities through non-formal learning activities, volunteering and civic involvement. Our vision is to provide all young people with space to reach their full potential through learning and with opportunities to actively contribute to the development of the community they belong to.

This training course is implemented by [A4ACTION](#), with the help of the following partners:

1. [Hermes Academy](#) (Italy)
2. [Danish Youth Team](#) (Denmark)
3. [International Youth Association](#) EUTOPIA (Greece)
4. [FAJUB – Federação Das Associações Juvenis de Braga](#) (Portugal)
5. [ILEWASI](#) (Spain)



THE TRAINING COURSE

The training course aims to teach participants how to design projects that ensure both the mental and physical safety of young people.

LEARNING OBJECTIVES

The participants will have the opportunity:

- to understand the key principles of mental and physical safety in project design for young people.

- to learn about the psychological and physical risks young people may face in various projects and activities.
- to gain knowledge of relevant laws, regulations, and best practices for safeguarding young people in project settings.
- to develop the ability to conduct risk assessments for potential mental and physical hazards in projects.
- to learn how to integrate safety measures into project planning and implementation.
- to build skills to identify and respond to signs of stress, burnout, or discomfort among young participants.
- to foster a mindset of inclusivity and empathy when designing and implementing projects for young people.
- to develop a proactive attitude towards ensuring a safe and supportive environment.
- to commit to ongoing evaluation and improvement of projects to maintain high safety standards.

The groups of selected participants will be contacted prior to the mobility about information, activities or presentations that they will need to prepare in advance.

PERIOD

The training course will take place between the **21th - 29th of May 2025**. Please note that the first and last days of this period will be considered travel days.

PARTICIPANTS

4Safety is a training course program designed to teach participants how to design projects that ensure both the mental and physical safety of young people. The mobility will bring together 24 youth workers, all over the age of 18, from six different countries, eager to participate in an enriching international learning experience. Each partner country will send a group of 4 participants.

All young people who are interested in taking part in this training course are invited to complete the following [APPLICATION FORM](#) and will be contacted shortly.

The participants will need to:

- Aged 18+
- youth workers, teachers, educators, social workers, mentors, coaches of youth initiatives and solidarity projects, volunteer coordinators, trainers or facilitators.
- participants that are experienced working with young people and are willing to share their experience with other youth workers, in order to learn a different approach on this topic
- participants that do not have experience, but they want to learn and improve their skills, in order to offer better emotional support to the young people with how they are working.

Also, the participants need to be:

- able to understand and express themselves in English
- willing to share knowledge, ideas, useful tips
- willing to learn from others
- committed to attending for the full duration of the event
- committed to doing a follow-up/dissemination activity, implemented in their country after the training

VENUE, ACCOMMODATION, FOOD



Our venue will be Hotel Draga Maria from Predeal city, Brasov county. The hotel is located in a picturesque mountain resort situated 40 km away from the city of Brasov. The participants will be staying in rooms of two, three or four people, and each room has a private bathroom with a bath / shower and a hairdryer and towels are included. Meals will be provided at the restaurant in the hotel. Any dietary requirements can be catered for upon request before mobility. Wireless internet is available in the hotel rooms and is free of charge. If you are interested in seeing more pictures of the location, please visit the venue's website [here](#).

HOW TO GET HERE

To get from the airport to the accommodation, it would be best to take the train from the Bucharest Otopeni airport to Gara de Nord train station (the main train station in Bucharest), then take the train from Gara de Nord to Predeal and use a taxi to arrive at the accommodation from Predeal train station. You can view timetables and purchase train tickets online [here](#).

Please take into consideration that the local taxis only receive a cash payment in Lei and you will need cash to come and go back to/from the hotel.

Please note that the shuttle bus service from the airport to Predeal will NOT be covered for reimbursement, and we strongly advise AGAINST using it due to previous issues with these transport companies.



WHAT TO BRING WITH YOU

We are inviting you to pack a few things with you, which will make our Training Course successful:

- Good attitude, optimism and willingness to cooperate.
- Any medication that you need; European Health Insurance cards or medical documents for treatment in Romania.
- Comfortable, windproof, and waterproof clothing, as well as mountain boots for outdoor activities, as Predeal is a very cold city. For indoor activities, pack lighter clothing, as it is warm at the accommodation (**the temperature difference between outside and inside can exceed 20 degrees**).
- Laptop/Tablet or any device for preparing materials.
- Items for your Cultural Night - we will organise an intercultural night and as a team you can bring small items that will help the other participants to better understand your culture.

USEFUL INFO ABOUT ROMANIA

- The Romanian currency is Leu (RON) or Lei in the plural and can be found in notes of 1, 5, 10, 50, 100, 200 and 500, all plastic. Using Euros for cash payments is NOT accepted. 1 euro = 5 lei (approximately).
- Paying by card is very common and safe in Romania in all shops, restaurants, hotels or tourist attractions, especially in major cities, but we recommend that you have some cash on you for the area of our accommodation.
- In Romania, the emergency number is 112, and an operator will ask if you want to talk to the police, fire or medical service

COSTS AND REIMBURSEMENT

The Training Course is co-funded by the Erasmus+ programme of the European Commission and costs will be covered according to the Erasmus+ programme: - 100% meals and accommodation - 100% costs during the activities - transport expenses within limits.

Nr	Country	Nr. of participants/country	Travelling budget/person	Green travel budget/person
1	Italy	4 participants	309 EUR	417 EUR
2	Denmark	4 participants	309 EUR	417 EUR
3	Greece	4 participants	309 EUR	417 EUR
4	Portugal	4 participants	395 EUR	535 EUR
5	Spain	4 participants	395 EUR	535 EUR
6	Romania	4 participants and 2 facilitators	211 EUR	285 EUR

Travel costs:

The participants will be reimbursed according to the type of the travel (green or normal) and the travel distance upon presentation of travel documents. **Participants who opt for green travel will receive up to four days of additional individual support to cover travel days for a return trip, if relevant.** According to the ERASMUS+ guideline, green travel is defined as travel that uses low-emissions means of transport for the main part of the trip, such as bus, train or car-pooling.

- We kindly ask you to keep all of your travel documents (invoices, boarding passes, plane tickets, bus/train tickets and so on).
- Please note only the cheapest means of transport/fares are subject to be covered by the project. **Tickets can be bought only after we confirm the flight itineraries.**
- Costs for using a taxi **cannot** be reimbursed unless otherwise advised by A4ACTION.
- Please note the maximum of your travel costs.
- You will be reimbursed within the month after the training course by bank transfer.
- If you want to spend more time in Romania, you can choose to stay for 1-3 days before the beginning of the project and 1-3 days after it ends at your own expense - these costs will not be reimbursed.

In order to receive reimbursement of travel expenses (plane/bus/train), you **must** deliver the following documents:

1. **Invoice received from the airline/bus company** if you are buying the tickets online or from the travel agency if you are buying the tickets via an agency; electronic ticket (in some cases the electronic ticket and the invoice are the same, it's important to see the exact cost of the ticket), proof of payment;
2. **Boarding pass** (from each person, and **both ways**);
3. **Originals of all tickets** (plane, bus, etc.).

We recommend that you collect all the tickets, scan them and send them by email:

ioana.serban@a4action.ro and by post when you return home (no later than 15th of June 2025) to the following address: Str. Gorăslău, Nr.13, Bl. P18, Sc.2, Etj.2, Ap.16, Sat Ghermănești, Comuna Snagov, Județul Ilfov, cod postal 077170, on Iuliana Pavel name

The money transfer will be done in the bank account of our partners after:

- **You sent us all the requested transport documents;**
- **You organised the follow-up activities** (at least one activity in your local communities based on the knowledge learned during the project with a minimum of 10 people)
- **You have completed the evaluation form of this training course** - you will receive it after the end of the mobility.

If you have any questions related to the reimbursement, plane, train tickets, or anything else related to this mobility, please contact us at ioana.serban@a4action.ro and iuliana.pavel@a4action.ro.

OUR TEAM:



Ioana Șerban

Project Manager

ioana.serban@a4action.ro



Mihaela Oancea

Trainer

mihaelaoancea24@gmail.com



Iuliana Pavel

Trainer

iuliana.pavel@a4action.ro