

Infopack 'BeWell' Romania

WELCOME

A4ACTION – the Association for Initiatives and Continuous Development is an organisation funded 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. [Danish Youth Team](#) (Denmark)
2. [Europimpulse Network](#) (Spain)
3. [Hermes Academy](#) (Italy)
4. [Associação Social Recreativa Juventude de Vila Fonche/Juventude](#) (Portugal)
5. [InterAktion](#) (Austria)
6. [Keep the Change](#) (Latvia)



THE TRAINING COURSE

The training course aims to empower youth workers to create a safe and inclusive environment, build strong connections with youth participants, and promote their emotional well-being.

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.

LEARNING OBJECTIVES

The participants will have the opportunity:

- To explore the common emotional challenges of young people and learn to recognize the signs that a young person may be struggling with emotional distress
- To learn about emotions and emotional support and recognize the potential impact of emotional support on young people's well-being, personal development, and engagement in activities.
- To learn how to approach difficult situations and deal with them effectively. They will be equipped with the necessary knowledge, skills, and attitudes to provide effective emotional support to young people
- To work in groups and have the opportunity to apply what they have learned through role-playing, analysing real-life situations, and other group exercises.
- To learn the boundaries of their roles, how to develop a support network to improve the quality of youth work services and how to look after their well-being

PERIOD

The training course will take place between the **12th - 19th of May 2024**. Please note that the first and last days of this period will be considered travel days.

PARTICIPANTS

“BeWell” is a training course aimed to empower youth workers 28 youth workers from 7 different countries, aged up to 18 years old, and willing to take part in an international learning experience, among others. There will be a number of 4 participants from each partner country.

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:

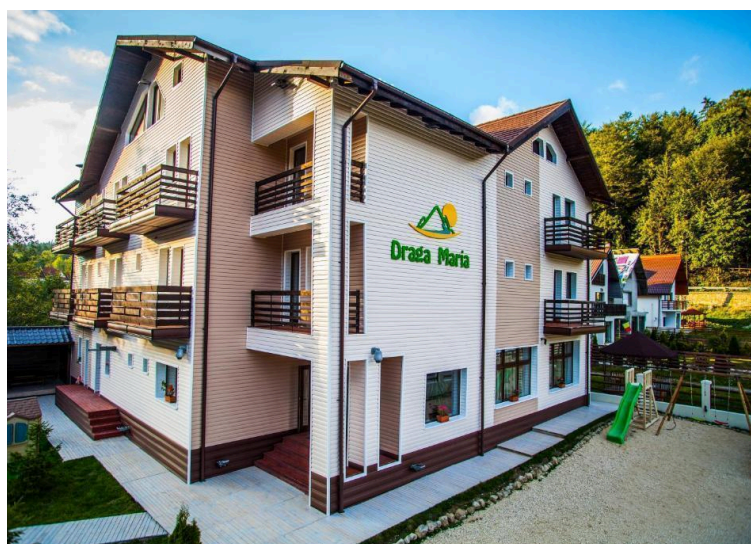
- Aged 18+
- youth workers, teachers, educators, social workers, mentors, coaches of youth initiatives and solidarity projects, volunteer coordinators, trainers or facilitators.

- 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

There is transport by train available from the Bucharest Otopeni airport to Predeal, but a taxi is necessary from Predeal train station to the accommodation. You can view timetables and purchase train tickets online [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. 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, wind and waterproof clothes, mountain boots, as well as some lighter clothing - it is warm at the accommodation.
- 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	Denmark	4 participants	275 EUR/participant	320 EUR/participant
2	Spania	4 participants	360 EUR/participant	410 EUR/participant
3	Italy	4 participants	275 EUR/participant	320 EUR/participant
4	Portugal	4 participants	275 EUR/participant	320 EUR/participant
5	Austria	4 participants	275 EUR/participant	320 EUR/participant
6	Latvia	4 participants	275 EUR/participant	320 EUR/participant
7	Romania	4 participants + 2 trainers	180 EUR/participant	210 EUR/participant

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 2024) 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 Adriana Pavel

Trainer

iuliana.pavel@a4action.ro