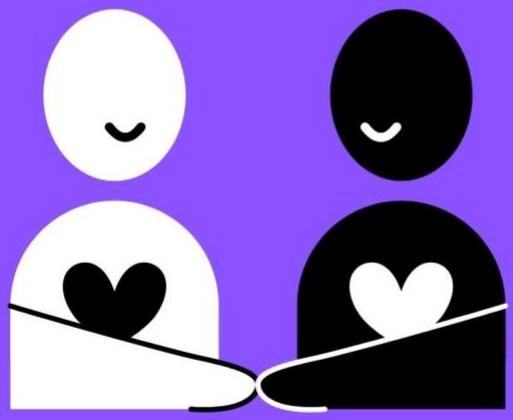
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# EMPOWER TO SUPPORT

## Building capacity for mental health support in youth work

Erasmus+ Training Course organised in Simon (Bran), Romania between 7th and 16th of December 2026



# Introduction

Youth workers often build close and trusting relationships with young people. This means they may be among the first to notice when someone is struggling with their mental health, or the first person a young person turns to for support. But how can we offer meaningful support when faced with situations involving anxiety, emotional distress, trauma, or other mental health challenges? And where do the responsibilities of a youth worker begin and end?

**EMPOWERED TO SUPPORT: Building Capacity for Mental Health Support in Youth Work** is an international Erasmus+ training course designed to help youth workers better understand young people's mental health and develop the practical skills needed to respond to challenging situations in a safe, informed and responsible way.

Throughout the training, participants will explore how to:

- **Recognize** early signs of emotional distress, changes in behavior and potential mental health difficulties among young people.
- **Communicate** with young people about mental health, approach sensitive conversations and respond appropriately when someone shares a difficult experience.
- **Support and refer** young people experiencing mental health challenges, understanding what youth workers can do, where their responsibilities end, and when specialized professional support is needed.
- **Protect their own well-being** by maintaining healthy professional boundaries, managing emotional involvement and preventing compassion fatigue and burnout.
- **Create safer and more supportive spaces** for young people and design meaningful mental health and well-being activities using non-formal education methods.

The training will combine interactive workshops, practical exercises, real-life case studies, group reflection and peer learning. By bringing together youth workers from different countries, we also aim to create a space for exchanging experiences, exploring different approaches, and identifying practical tools that participants can take back to their organizations and communities.

**An important distinction:** This training is not about becoming a psychologist or therapist. It is about becoming a better-prepared youth worker who can recognize distress, offer appropriate initial support, respect professional boundaries, and help young people access specialized services when needed.

The training will take place in Șimon (Bran), Brașov County, Romania, from 7 to 16 December 2026. It is organized under project 2026-1-RO01-KA151-YOU-000390866, within ADA's Erasmus+ Accreditation in the field of youth (2022-1-RO01-KA150-YOU-000110433).

**Participation is free of charge.** Accommodation, meals and program activities are fully covered by the organizers, while eligible travel expenses will be reimbursed according to Erasmus+ rules and the applicable travel budget.

For questions or additional information, feel free to contact us at **dezvoltare.activa@gmail.com**.

# Why this training

Youth workers often find themselves supporting young people who are experiencing emotional difficulties or mental health challenges. However, many have limited training in this area and may feel unsure about how to approach sensitive conversations, respond to difficult situations, or recognize when professional support is needed.

At the same time, supporting others can be emotionally demanding. Without clear professional boundaries and adequate support, youth workers may experience stress, emotional exhaustion or burnout.

**EMPOWERED TO SUPPORT** responds to these challenges by creating an opportunity for youth workers from different European countries to develop practical competences, exchange experiences and explore approaches to mental health and well-being that they can apply in their everyday work with young people.

# Aim and objectives

The main aim of the training is to **strengthen youth workers' capacity to recognize and respond to mental health challenges among young people, while understanding the limits of their role and protecting their own well-being.**

More specifically, the training aims to:

1. **Improve mental health awareness** by helping youth workers better understand adolescent emotional development, common mental health difficulties, stigma, and early signs of distress.
2. **Develop practical communication and response skills** for approaching sensitive conversations, responding appropriately to emotional distress, self-harm or suicidal thoughts, and recognizing when specialized support is needed.
3. **Introduce trauma-informed approaches** that help youth workers understand trauma responses, support emotional regulation, and create safer, more inclusive environments for young people.
4. **Promote healthy professional boundaries and self-care**, helping youth workers recognize emotional over-involvement, prevent compassion fatigue and burnout, and support others without neglecting their own well-being.
5. **Strengthen youth workers' capacity to facilitate mental health and well-being activities** using non-formal education methods, while encouraging meaningful youth participation and respecting the boundaries between youth work and therapeutic intervention.
6. **Encourage international exchange and practical application** by sharing experiences and approaches from different countries and supporting participants in adapting what they learn to their organizations and local communities.

# Transversal objectives



**Promote inclusion and equal opportunities**
Ensure an inclusive learning environment where all youth workers, regardless of background or experience, can fully participate. The training supports participants in using creative methods to engage young people facing fewer opportunities and reduce barriers to participation in rural contexts.



**Foster participation in democratic and community life**
Strengthen youth workers' capacity to create safe, inclusive and supportive environments where young people feel confident to express themselves, participate in decision-making and take an active role in their communities.



**Develop key competences for lifelong learning**
Support the development of essential competences such as communication, teamwork, creativity, critical thinking, and problem-solving, and explore how these can be fostered among young people through non-formal education.



**Enhance digital competences and media awareness**
Strengthen youth workers' awareness of how digital environments, social media and online content can influence young people's mental health and emotional well-being.



**Reinforce European values and international cooperation**
Encourage intercultural learning, solidarity, and cooperation among youth workers from different countries, promoting shared European values through collaborative learning and exchange of practices.



**Encourage sustainable and environmentally responsible practices**
Integrate environmentally friendly practices throughout the training and inspire reflection on sustainability and environmental responsibility in youth work and community life.



**Support well-being and healthy youth work practice**
Promote well-being as a foundation for learning and participation, encouraging emotional awareness, self-care, and healthy practices for both youth workers and the young people they support.

# Training programme

The training is structured around eight working days, moving from understanding mental health in youth work to developing practical response skills and exploring how to apply learning after returning home.

## Arrival day – 7 December

Participants are expected to arrive at the accommodation before dinner (19:00). A get to know each other session will take place after dinner.

## Day 1 — 8 December

**Creating a safe learning environment**
We will start by getting to know each other, exploring participants' expectations and building a safe and inclusive learning space. The day will also introduce the position of the youth worker as a helping professional and the responsibilities and boundaries that come with this role.

## Day 2 — 9 December

**Understanding youth mental health**
Participants will explore youth mental health, the main challenges affecting young people's emotional well-being and the different realities across participating countries.
We will also discuss stigma and how mental health difficulties can influence young people's behavior, relationships and participation.

## Day 3 — 10 December

**Recognising distress and responding appropriately**
The day will focus on identifying early signs of emotional distress and understanding common mental health difficulties, including anxiety and depression.
Participants will practise initiating conversations about mental health and explore appropriate responses to sensitive disclosures, including situations involving self-harm or suicidal thoughts.

## Day 4 — 11 December

**Trauma-informed youth work**
We will explore how trauma can affect young people's emotional development, behaviour and responses to different situations.
The sessions will introduce trauma responses, the window of tolerance and practical trauma-informed principles that youth workers can apply in their activities.

## Day 5 — 12 December

**Supporting others while protecting ourselves**
Working with young people experiencing emotional difficulties can be challenging. This day will focus on empathy, emotional contagion, empathic distress and the rescuer role.

## Day 6 — 13 December

**Youth participation and community change**
Mental health and well-being are also connected to belonging, inclusion and young people's ability to participate in their communities.

Participants will explore ways to maintain professional boundaries, prevent compassion fatigue and burnout, and develop sustainable approaches to supporting others.

## Day 7 — 14 December

**Emotional regulation and safe facilitation**
Participants will deepen their understanding of adolescent emotional development and explore practical emotional regulation tools. The day will also focus on creating supportive environments for difficult emotions and designing safe, engaging mental health and well-being activities for young people.

Participants will explore meaningful youth participation, barriers to inclusion and approaches for supporting youth-led community change.
The day will also introduce the European Youth Village programme and its approach to supporting young people in rural communities.

## Day 8 — 15 December

**From learning to practice**
The final day will bring together the knowledge and practical competences developed throughout the training. Participants will practise recognising and responding to different situations, identify opportunities to transfer their learning into youth work and reflect on their individual learning outcomes.
The training will conclude with a final evaluation and Youthpass reflection.

## Departure day — 16 December

Participants' departure after breakfast.

# Daily schedule

The training will generally follow this schedule:

- 09:00–10:15 — Breakfast
- 10:30–11:50 — Morning session
- 11:50–12:10 — Coffee break
- 12:10–13:30 — Morning session
- 13:30–15:30 — Lunch and break
- 15:30–16:50 — Afternoon session
- 16:50–17:10 — Coffee break
- 17:10–18:30 — Afternoon session
- 19:00–20:00 — Dinner
- 21:00-22:30 – Evening activities

Some evenings will include intercultural activities, informal learning opportunities and group activities.

Daily reflection and evaluation activities will also be integrated into the programme.

***Please note:*** *The program above may be subject to minor adjustments according to participants' learning needs and the training process.*

# What kind of training should you expect?

**EMPOWERED TO SUPPORT** is an interactive learning experience based on non-formal education. Throughout the eight working days, participants will learn through practical exercises, interactive workshops, case studies, simulations, group discussions, individual reflection and peer learning.

The training will create opportunities to exchange experiences with youth workers from different countries, explore real situations encountered in youth work and discover practical approaches that can be applied in participants' organizations and communities.

**An important thing to keep in mind:** This is not a therapeutic program or clinical training. While we will explore sensitive topics such as mental health difficulties, trauma and emotional distress, participants will never be required to share personal experiences they are uncomfortable discussing. The training does not provide clinical qualifications or prepare participants to diagnose or treat mental health conditions.

# Learning and recognition

Throughout the training, participants will have regular opportunities to reflect on their learning and professional development, identify the competences they are strengthening and consider how these can improve their everyday youth work practice.

At the end of the training course, **all participants will receive a Youthpass certificate**, recognizing their participation and learning experience within the Erasmus+ Program.

Youthpass is also a tool for reflecting on and documenting learning outcomes, helping participants recognize and communicate the competences they have developed. These may include mental health awareness, supportive communication, empathy, professional boundaries, responding to challenging situations, facilitation and youth participation.

**The learning doesn't end when the training does.** Participants are encouraged to put their new knowledge and skills into practice, share what they have learned with colleagues and adapt the approaches explored during the training to the needs of young people in their organizations and communities.

# Who is this training for

The project is designed for youth workers and other people actively involved in youth work who want to strengthen their capacity to support young people's mental health and emotional well-being.

The training is addressed to youth workers, youth leaders, peer educators, community organizers, youth project coordinators, volunteer coordinators and active volunteers who regularly work with young people through NGOs, youth centers, or other youth work structures.

We particularly encourage the participation of people working with young people facing fewer opportunities, including those from rural communities, disadvantaged backgrounds or underrepresented groups.

## What do we mean by a youth worker?

- For this training course, **a youth worker is someone who works directly with and for young people**, supporting their personal, social, educational and civic development through non-formal education, volunteering, mentoring, community activities and other youth work initiatives.
- Youth workers may facilitate workshops, coordinate youth groups, organize educational or community activities, mentor young people, support youth-led initiatives or create opportunities for young people to learn, express themselves and participate in their communities.
- **You don't need to be professionally employed as a youth worker to participate.** Volunteers, youth workers and other people actively engaged in youth work are equally welcome.
- However, **having a general interest in mental health or youth-related topics is not enough**. Participants should already have practical experience working with young people and opportunities to apply what they learn within their organizations or communities.

## Participant profile and requirements

Participants must:

- **Be at least 18 years old** and actively involved in youth work.
- Be members, collaborators or regular volunteers of their sending organizations.
- **Have relevant practical experience working directly with young people**, whether through non-formal education, volunteering, mentoring, youth projects or community activities.
- Be genuinely interested in young people's mental health and emotional well-being and motivated to strengthen their knowledge and practical competences.
- Have a working knowledge of English, sufficient to actively participate in discussions, workshops and group activities.

- Be open to experiential learning, reflection, teamwork and exchanging experiences with people from different countries and backgrounds.
- **Be available for the entire mobility (7–16 December 2026)** and committed to actively participating in all scheduled activities.
- Be willing to share and apply the knowledge and skills gained during the training within their organizations and local communities.

**No previous academic or professional background in psychology or mental health is required.** What matters most is participants' experience in youth work, their motivation to learn and their willingness to use the competences developed during the training.

***Please note:*** *While Erasmus+ mobilities offer wonderful opportunities to meet new people, experience different cultures and discover new places, the main purpose of this activity is learning, professional development and improving youth work practice. Thus, participants are expected to take the learning process seriously, actively engage in all scheduled activities, respect the program and group agreements, and contribute to a positive learning environment.*

**Full participation throughout the training course is mandatory.** Sightseeing, personal activities, or other travel plans must not interfere with the training program.

# Participants' selection

Each partner organization is responsible for selecting participants who meet the profile described above and are genuinely motivated to contribute to the training and apply their learning afterward.

We encourage partners to organize a fair and transparent selection process, ensuring that selected participants understand the objectives, learning approach and responsibilities involved in this Erasmus+ mobility.

## NUMBER OF PARTICIPANTS

Each sending organization will be represented by **2 or 3 participants**, depending on the number of partner organizations involved from the same country:

- **2 participants per organization** if two partner organizations are involved from the same country.
- **3 participants per organization** if only one partner organization is involved from that country.

## SELECTION DEADLINE: 16 NOVEMBER 2026

All participants must be selected, confirmed and communicated to the organizing team by this date. We strongly encourage partner organizations to complete the selection process as early as possible to allow sufficient time for travel arrangements, preparation and communication with the organizing team.

## SELECTION CRITERIA

When selecting participants, partner organizations should consider the following criteria:

**Relevant experience in youth work**

Participants should already be actively involved in working with young people, preferably through regular activities such as facilitating workshops, coordinating youth groups, mentoring, organising community initiatives or supporting youth participation.
Priority should be given to people who have direct contact with young people and can relate the training topics to situations encountered in their everyday youth work practice.

**Motivation and learning needs**

Participants should demonstrate a genuine interest in understanding young people's mental health and emotional well-being and developing practical competences to respond to challenging situations.
The training should respond to their current learning needs and contribute meaningfully to their development as youth workers.

**Commitment and active participation**

Participants must be available for the entire mobility (7–16 December 2026) and willing to actively engage in all learning activities, including workshops, practical exercises, group discussions, reflection and evaluation.
Partner organisations should select people who understand the educational purpose of the mobility and are motivated by the opportunity to learn and develop their competences.
Candidates whose primary motivation is travelling, sightseeing or enjoying a funded trip rather than participating in the learning process should not be selected.

**Potential to apply and share the learning**

Participants should have opportunities to use the knowledge and skills developed during the training in their everyday work with young people.
They should also be willing to share their learning with colleagues, volunteers or other youth workers and contribute to dissemination and follow-up activities within their organisations or communities.

**Openness to diversity and international cooperation**

Participants should be open to learning and collaborating with people from different countries, cultures and backgrounds. They must demonstrate respect for diversity, different perspectives, personal boundaries and the principles of inclusion and non-discrimination.

**Communication and preparation**

Participants should have sufficient English language skills to actively engage in the training and be willing to communicate with the organising team, complete preparatory tasks and follow the practical arrangements and deadlines communicated before and after the mobility.

# Diversity, inclusion and safer spaces

**EMPOWERED TO SUPPORT welcomes everyone who meets the participant profile, regardless of their background, identity or personal circumstances.**

We explicitly welcome participants belonging to minority and underrepresented groups, including ethnic, national, cultural and religious minorities, LGBTQIA+ people, people with disabilities and individuals facing social, economic, geographical or other barriers to participation.

We believe that diversity enriches the learning experience, and we want everyone to feel respected, included and comfortable being themselves throughout the mobility.

Partner organizations are encouraged to:

- **Ensure equal opportunities** and use fair, transparent and non-discriminatory selection processes.
- Promote diversity and gender balance within their national teams.
- Encourage and support the participation of people belonging to minority or underrepresented groups.
- Consider participants who may face fewer opportunities or barriers to international mobility and support them throughout the preparation process.
- Inform the organizing team in advance about any accessibility or participation-related arrangements that may be needed, while respecting participants' privacy.

**We are committed to creating an inclusive, respectful and supportive learning environment.** Discrimination, racism, xenophobia, homophobia, transphobia, harassment, bullying or any other form of discriminatory or abusive behavior will not be tolerated. All participants will be expected to respect each other's identities, experiences, perspectives and personal boundaries, and to follow the training's Code of Conduct.

Since the training addresses potentially sensitive topics, including mental health, emotional distress and trauma, particular attention will be given to emotional safety, confidentiality and mutual respect.

**Participants will never be required to disclose personal experiences related to mental health, trauma, identity or other sensitive aspects of their lives.**

Participants with specific accessibility, dietary, religious or other participation-related needs are encouraged to contact the organizing team in advance. We will work together to explore appropriate arrangements and make the learning experience as accessible and inclusive as possible.

# Participants' preparations

Good preparation is an important part of making the most of **EMPOWERED TO SUPPORT**. Before arriving in Romania, participants are expected to take care of the necessary practical arrangements, reflect on their learning needs and prepare to contribute to the international learning experience.

Both participants and sending organizations share responsibility for ensuring that everyone is properly prepared for the mobility.

## 1. PRACTICAL PREPARATION

Before traveling, participants, with the support of their sending organizations, should:

- Read this infopack carefully and familiarise themselves with the training program, venue and practical arrangements.
- Plan their journey and **receive approval from the organizing team before purchasing any travel tickets**.
- Arrange the necessary travel documents, medical insurance and visa, if required.
- Check the arrival and departure procedures and make sure their travel plans respect the training dates.
- Inform the organizers in advance about any dietary, accessibility, or other specific needs so that appropriate arrangements can be discussed.
- Complete any required forms or preparatory tasks and respect the deadlines communicated by the organizing team.

## 2. PREPARATION FOR LEARNING

We want this training to be closely connected to participants' real experiences in youth work. For this reason, we encourage everyone to take some time before the mobility to reflect on the following questions.

**Mental health in your youth work context:**

- What are the most common mental health and emotional well-being challenges you observe among the young people you work with?
- Have you experienced situations in which you were unsure how to approach or support a young person?
- What are the main barriers young people face when seeking mental health support in your community?
- What mental health resources, services or professionals are available to young people in your local context?

**Your personal learning goals:**

- What would you like to learn or better understand during this training?
- Which knowledge, skills or competences would you like to develop?
- What would you like to do differently in your youth work practice after the training?

You do not need to prepare written answers or a formal presentation. However, **please come ready to share your reflections, experiences, and learning expectations** during the training.

Participants are also encouraged to bring examples of situations they have encountered in their youth work practice, provided they feel comfortable discussing them.

**Please remember:** Any examples involving young people must be anonymized. Do not share names, identifying details or confidential information about the young people you work with. You will never be required to disclose personal experiences related to mental health, trauma or other sensitive topics.

## 3. SOCIAL AND INTERCULTURAL PREPARATION

An important part of Erasmus+ is the opportunity to meet people from different countries, exchange perspectives and learn from each other's experiences.

We encourage everyone to come with curiosity, openness and respect for different cultures, identities and professional backgrounds.

During the training, we will organize intercultural evenings where participants can share something about their countries and communities.

**We invite you to prepare something to share**, such as:

- Traditional games, music or dances.
- Interesting traditions or cultural practices.
- A short, creative presentation about your country or community.
- Traditional food, snacks, or drinks that are easy to transport and share.

You are also welcome to bring a **small symbolic item from your country or community** to exchange with another participant during the training.

There is no need for elaborate presentations or expensive preparations. The idea is simply to get to know each other, celebrate our diversity, and enjoy the intercultural experience together.

## 4. BEFORE YOU TRAVEL – CHECKLIST

To make sure you are ready for your journey to Romania, please check that you have:

☐ A valid ID card or passport, and a visa if required.
☐ Your travel tickets, booking confirmations, invoices and other documents needed for reimbursement.
☐ Valid medical travel insurance covering the entire mobility.

☐ Any personal medication you may need during your stay.
☐ Comfortable clothing for indoor activities and practical exercises.
☐ Warm winter clothing and suitable footwear.
☐ Any materials or items you would like to share during the intercultural activities.
☐ Completed all required preparatory tasks and communicated any specific needs to the organizers.

**A little reminder about the weather:** The training takes place in December in Șimon (Bran), a mountainous area near the Carpathians. Temperatures can be quite low, and snow is possible. We strongly recommend bringing a warm jacket, sweaters, a hat, scarf, gloves, and appropriate winter footwear.

If you have any questions or need assistance with your preparation, don't hesitate to contact the organizing team.

# Dissemination and follow-up

Through EMPOWERED TO SUPPORT, we want to strengthen not only the competences of individual participants but also the capacity of their organizations to better support young people's mental health and emotional well-being.

For this reason, dissemination and follow-up activities are an important part of the project and a **shared responsibility of participants and sending organizations**.

We encourage everyone to share their experiences, promote the project and, most importantly, put their learning into practice.

## 1. BEFORE THE MOBILITY

Participants and sending organizations are encouraged to promote their involvement in the training through their communication channels, such as social media, websites or newsletters. This could include announcing their participation, introducing the training topic or sharing why mental health and well-being are important in their youth work context.

## 2. DURING THE MOBILITY

We encourage participants and sending organizations to share moments from the international learning experience, including:

- Photos, videos or stories from workshops and group activities.
- Reflections on interesting discussions, learning experiences and new perspectives.
- Useful ideas, approaches or tools related to mental health and well-being in youth work.
- Intercultural experiences and exchanges with youth workers from other countries.

**Please remember:** Mental health is a sensitive topic. When sharing content, always respect participants' privacy, personal boundaries, and consent. Never share confidential information or personal stories discussed during the training without the explicit permission of the people involved.

## 3. AFTER THE MOBILITY – PUTTING LEARNING INTO PRACTICE

**Each participant, with the support of their sending organization, is expected to contribute to at least one dissemination or follow-up activity after returning home.**

The purpose is to share the knowledge, skills and approaches developed during the training and encourage their use in everyday youth work.

Possible follow-up activities include:

- **Sharing the learning with colleagues:** Organizing a meeting, presentation or discussion with other youth workers, volunteers or members of your organization.
- **Organizing a local workshop:** Facilitating an educational activity about mental health and well-being, supportive communication, professional boundaries or another topic explored during the training.
- **Applying new approaches:** Introducing trauma-informed principles, emotional well-being activities or other relevant tools into your regular youth work activities.
- **Creating or sharing resources:** Developing a short guide, educational material, article or online resource to share useful knowledge and approaches with other youth workers.
- **Raising awareness:** Preparing social media content, an article or another communication activity highlighting relevant learning outcomes and the importance of mental health awareness in youth work.

We particularly encourage follow-up activities that **go beyond sharing information and contribute to improving how youth workers and organizations support young people**.

## 4. DOCUMENTING YOUR FOLLOW-UP ACTIVITIES

To help us understand the impact of the training and report on its results, sending organisations will be asked to provide:

- **Evidence of the activity**, such as photos, screenshots, links, educational materials or other relevant documentation.
- **A short description** explaining what was organised, when and where it took place, who participated and how the activity contributed to sharing or applying the learning.
- **Additional documentation**, such as attendance lists, where applicable and appropriate.

When documenting and communicating activities, please respect everyone's privacy, obtain the necessary consent for photographs and personal stories, and avoid sharing sensitive or confidential information.

## DEADLINE FOR FOLLOW-UP ACTIVITIES: 15 FEBRUARY 2027

All dissemination and follow-up activities should be completed, and the relevant documentation submitted to the organizing team, by this date.

# Logistics

**All accommodation and food costs are fully covered by the Erasmus+ Program for the entire duration of the mobility, which will take place between 7th December and 16th December 2026. For travel cost reimbursement, please see the following pages.**

## Accommodation and venue

Participants will stay at **Pensiunea Mama Cozonacilor**, located in **Șimon village (Bran)**, a quiet rural area surrounded by mountains and nature. The location is approximately **5 km from Bran Castle** and offers a calm and comfortable environment, suitable for learning, reflection, and group activities.

Accommodation will be provided in **shared rooms for 2 or 3 participants**, depending on availability. Room layouts may vary and include:

- rooms with one shared (matrimonial) bed.
- rooms with one shared (matrimonial) bed and one single bed;
- rooms with one shared (matrimonial) bed and two single beds.

Check-in at the accommodation is available after 14:00 on the arrival day, while check-out should be completed before 12:00 on the departure day.

Participants who wish to get a better sense of the accommodation and surroundings can check the following resources:

- **Official website of the accommodation.**
- **Presentation video of the hotel and the surrounding area.**

## Accessibility and specific needs

The **training room is located on the first floor**, while accommodation rooms are spread across the **first, second, and third floors**. The restaurant is situated on the **ground floor**. Access between floors is only possible via stairs, with approximately **16–20 steps per flight**, each step being **17–20 cm high**. Please note that the building does not have an elevator.

Participants with mobility challenges or other accessibility needs are kindly invited to contact the organizing team in advance. We will do our best to provide support and explore possible solutions together.

## Food, meals & daily breaks

Participants will be provided with **three meals per day**: **Breakfast, Lunch, Dinner.** Meals are served **buffet-style**, offering a variety of options, including **vegetarian and vegan dishes**. On the arrival day, dinner is included. On the departure day, breakfast and lunch are included.

In addition, **two coffee breaks** are included each day. **Water, coffee, and tea** will be available throughout the day, including outside breaks or working sessions.

Participants with **food allergies, intolerances, or specific dietary requirements** (e.g., vegetarian, vegan, allergies) are kindly asked to inform the organizers in advance so that appropriate arrangements can be made.

The daily program follows a **structured and balanced rhythm**, which generally includes the following meal and break times:

- **Breakfast:** 09:00 – 10:15
- **First coffee break:** 11:50 – 12:10
- **Lunch & lunch break:** 13:30 – 15:30
- **Second coffee break:** 16:50 – 17:10
- **Dinner:** 19:00 – 20:00

This schedule allows sufficient time for rest, informal exchange, and recovery between working sessions. Please note that **minor adjustments to the timing of meals and breaks may occur**, depending on the flow of the program and group needs, while always ensuring adequate rest and meal times.

# Health and insurance

A **First Aid Kit** and basic medication will be available during the activities. Nevertheless, all participants are strongly encouraged to have a **valid medical travel insurance** covering the entire stay in Romania.

Participants from European Union countries are advised to bring the **European Health Insurance Card (EHIC)**, which provides access to medically necessary, state-provided healthcare during a temporary stay in EU countries, Iceland, Liechtenstein, Norway, and Switzerland, under the same conditions as insured residents of the host country.

# Money & personal expenses

There is **no participation fee** for this training course. All costs related to **accommodation, food, and program activities** are covered by the Erasmus+ Program.

Participants are advised to bring a small amount of **cash (Romanian Lei – RON)** for personal expenses (e.g., souvenirs, snacks, personal items). While card payments are widely accepted, **cash may be useful in rural areas** or small local shops. Participants are responsible for covering any personal expenses not related to the program.

# Staying longer in Romania

Participants who wish to arrive earlier or stay longer may do so for up to **2–3 days before** and **2–3 days after** the mobility. All costs related to extra days—including accommodation, food, local transportation, or personal activities—must be covered by the participants themselves.

## House rules & shared spaces

To ensure a comfortable, safe, and respectful environment for everyone, participants are expected to respect the house rules of the accommodation and shared spaces.

Key points to keep in mind:

- **Smoking is not allowed inside rooms or indoor common areas.** Smoking is permitted only in designated outdoor areas.
- Participants are asked to respect **quiet hours**, especially during the night, to ensure rest for everyone.
- **Shared spaces** (training rooms, dining area, corridors) should be kept clean and tidy.
- **Towels and bed sheets** will be changed **upon request at the reception**, in line with the accommodation's **environmental sustainability policy**. Participants are encouraged to use resources responsibly.
- Any damage to rooms or facilities caused intentionally or through negligence may need to be covered by the participant responsible.

Respect for the venue, staff, and other participants is part of the **code of conduct** and contributes to a positive group experience.

# Travel information

To ensure smooth logistics for everyone, participants are asked to carefully follow the travel guidelines below.

All participants must arrive at the accommodation **no later than 20:00 (Romanian time, GMT+2)** on the arrival day, and may leave **no earlier than 00:01 (Romanian time, GMT+2)** on the departure day.

Before purchasing any travel tickets, **sending organizations are required to submit the travel plans of all participants for approval** by the organizing team.

All travel tickets must be purchased **no later than 30 November**, after receiving confirmation.

## [A] From your country to Romania

Participants traveling by plane can choose between the following airports:

- **Bucharest Henri Coandă International Airport (OTP)**
- **Brașov–Ghimbav International Airport (GHV)**

Although Brașov Airport is geographically closer to Șimon (Bran), it is a newly opened airport (June 2023) with **limited flight connections**. For this reason, we generally recommend **flying to Bucharest**, which offers better accessibility, more flight options, and more flexible schedules.

For smoother logistics, participants are encouraged to:

- arrive in **Bucharest on the morning of the arrival day**, and
- depart in the **evening of the departure day**.

This timing allows enough time for the internal transfer from the airport to Șimon (Bran), Brașov County, which will be coordinated by the organizers.

In line with our **green travel approach**, participants are encouraged—whenever possible—to choose environmentally friendly means of transportation, such as trains or buses, especially for shorter distances.

# [B] How to get to Șimon (Bran), Brașov County

## Part I – From Bucharest to Brașov

If you land in Bucharest, the easiest and cheapest way to reach Brașov is by train.

**Step 1: Take a direct train from Otopeni Airport to Gara de Nord** (which is the main train station in Bucharest). You can easily find the train station at the airport from the Arrivals terminal. You can buy the train ticket when you arrive there in cash or by card (the price of the ticket is about 10 RON, which is around 2 EUR). The trip takes around 30 minutes. You can check the departure times here: Home - CFR Calatori
***Note:*** *When checking the timetable, enter the following departure and arrival points: for departure, enter "**Aeroport Henri Coanda,**" and for Arrival, enter "**București Nord**".*

**Step 2: From Gara de Nord, you should take a train to Brașov.** You can buy the train ticket online in advance, or you can buy the train ticket from the counter when you arrive at the train station. The price for a ticket is around 60 – 75 RON (approximately 12-15 EUR). There is a train leaving from Bucharest Nord almost every hour. You can check the departure times here: Home - CFR Calatori

*Note: When checking the timetable, enter the following for departure and arrival: for departure, enter "**București Nord,**" and for Arrival, enter "**Brașov**."*

**Other options to travel from Otopeni Airport to Brașov or directly in Simon:**

- There are also direct buses from Otopeni Airport to Brașov. In case you want to choose a bus, you can check the available buses here: Otopeni Airport - Brașov | Autogari.RO The bus prices are somewhere between 100-150 RON [20 – 25 EUR].
- You can also rent a private 8-person van to take you from Otopeni Airport straight to your accommodation in Simon. The price is around 1000 RON (200 EUR). https://jetcab.ro/en/

**If you choose to travel by train or bus, we recommend you buy your tickets in advance.**

## Part II – From Brașov to Șimon (Bran)

**Option 1: the easiest, but a bit more expensive [around 30 EUR per ride]**
From Brașov train station (or, if you come by bus, any place in Brașov), you can take a Bolt/Uber directly to the venue (MAMA COZONACILOR in Șimon, Bran). The price for a trip is around 150 RON (30 EUR) per ride. If you are 3 people sharing a ride, then the price per person is around 10 EUR/person.

**NOTE: When introducing the destination in the Uber/Bolt app, please be sure that the address is the right one. The name of the hotel is: Pensiunea Mama Cozonacilor, and the address is the following: Str. Iancu Gontea, Nr. 376, Șimon (Bran).**

**Option 2: a bit more complicated, but cheaper: bus from Brașov to Bran [around 9-10 EUR per person]**

**Step 1:** From Brașov train station, you should take **a Bolt/Uber to Autogara 2 Brașov (Transbus)** [Codreanu 2 Bus Station], which is in Brașov, on *Avram Iancu Street, no. 114*. The price is around 10-15 RON/ride (which is around 2-3 EUR)

**Step 2:** From Autogara 2 Brașov, you should take **a bus to Bran** (the bus station near Bran/Dracula Castle). There are buses every hour. You can find the bus schedule here: Curse Brasov - Bran (mersulautobuzelor.ro). The price for 1 bus ticket is around 30 RON (6 EUR).

**Step 3:** We will **pick you up by car from the bus station near the castle,** and we will drive you to the accommodation. We will need to know in advance your arrival time in Bran.

**Travel tips about using BOLT/UBER:**

Please note that ride-hailing apps such as **Bolt** and **Uber** use **dynamic pricing**, which means that prices can increase during peak hours. In Brașov, higher prices usually appear during **rush hours**, typically in the morning between **07:00–08:30** and in the evening between **16:30–18:30**.

Under normal conditions, the price for a ride between **Brașov and the accommodation in Șimon (Bran)** is usually around **30–35 EUR**. If you notice that the price is significantly higher, we recommend the following:

- Wait for **5–10 minutes** and check again, as prices often drop once demand decreases.
- Compare prices between **Bolt and Uber** before booking, as the cost can differ between platforms.
- If your schedule allows, try to **avoid traveling during peak hours**.

These tips can help you manage travel costs and make informed decisions when planning your journey.

**If you have any questions or uncertainties related to travel planning, visas, or routes, please do not hesitate to contact us. We are happy to support you in organizing your journey.**

# Travel budget

**Travel costs are budgeted according to Erasmus+ conditions, using the distance calculator[1] from the city/village where the participant is starting their trip to the city where the mobility will take place.**

| DISTANCE | **NON-GREEN TRAVEL COST/PAX** *Flight, Car etc.* **COST/PAX** | **GREEN TRAVEL COST/PAX*** *Train, bus, sharing car etc.* **COST/PAX** |
|---|---|---|
| *Between 10 and 99 KM:* | **28 EUR** | **56 EUR** |
| *Between 100 and 499 KM* | **211 EUR** | **285 EUR** |
| *Between 500 and 1999 KM:* | **309 EUR** | **417 EUR** |
| *Between 2000 and 2999 KM:* | **395 EUR** | **535 EUR** |
| *Above 3000 KM* | **580 EUR** | **785 EUR** |

*To be able to fit your travel to GREEN travel, more than half of the travel distance must be done with green means of transportation. Moreover, for distances below 500 km, participants will, as a general rule, travel with low-emission means of transport. For more details, please consult the Erasmus+ Program's Guide, available here.

## WHAT DOCUMENTS PARTICIPANTS NEED FOR REIMBURSEMENT

**For the reimbursement of the flight ticket:**

1. **The electronic ticket with the travel plan** or the e-mail confirmation of your flight (the e-mail received when the ticket was bought).
2. **All boarding passes in original** [including the return ones – which can be sent after the mobility].
3. **An invoice** from the travel agency/website/airline company from where the flight ticket was bought. The flight confirmation email does not replace the invoice.
4. **The payment confirmation:** If you paid through a bank (credit card, bank transfer, online payment, etc.), you need a bank extract or a printed statement released by your bank showing the payment/transaction.

**For any other travel tickets (buses, trains, ferry, etc.):**

- If you buy your tickets from an office, in cash, then you need the hard copy of the ticket with the price on it or the ticket and a receipt (if the ticket has no price on it).
- If you buy your tickets online, then you need the electronic ticket and the payment confirmation (same as above).

**Note: If you are unsure about what documents you need based on the means of transportation you are traveling with, please contact us at dezvoltare.activa@gmail.com.**

[1] https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator

# Reimbursement procedures

To ensure a smooth reimbursement process, please carefully follow the steps below and respect the indicated deadlines. Reimbursements can only be processed if **all required documents are complete and submitted on time**.

**STEP 1 – Sending travel documents [Deadline: 15th of January 2027]**

After returning home, **all participants must send their travel documents** (including return tickets and boarding passes) to the hosting organization.

Required documents may include:

- return boarding passes (plane),
- bus or train tickets,
- invoices issued by official travel companies.

**Important notes:**

- Invoices must be issued by **official travel agencies or transport providers**, not by sending organizations. Invoices issued by sending organizations are **not eligible**, as they are not travel agencies.
- **Only original travel documents** are accepted for reimbursement.
- For electronic tickets or boarding passes, **PDF files or original electronic documents** are required. **Screenshots or print screens are not accepted.**

**STEP 2 – Preparation of reimbursement forms [Deadline: 15th of February 2027]**

After receiving all travel documents, the hosting organization will:

- Check and centralize the documents,
- Prepare an individual **reimbursement form for each participant**.

These reimbursement documents will then be sent by email to:

- the participant, and
- the sending organization (as the reimbursement receiver),

for **signature and official stamp** (where applicable).

**STEP 3 – Sending signed reimbursement documents [Deadline: 21st of February 2027]**

The sending organization is responsible for sending back:

- the reimbursement documents **signed by the participant**, and
- **signed and stamped by the legal representative** of the sending organization.

Documents should be sent **by email** to the hosting organization.

**STEP 4 – Reimbursement payment [Deadline: 28th of February 2027]**

After receiving all signed documents, the hosting organization will proceed with the **bank transfer**.

Reimbursements can be made:

- to the **bank account of the sending organization**, or
- directly to the **bank account of the participant**, if requested in advance (in this case, the participant agrees to cover any bank transfer fees).

**FINAL NOTE:** Please note that the deadlines above may be **earlier**, depending on how quickly documents are submitted, but **cannot be later than 31 July 2027**, when the project officially ends, and no further payments are eligible. We kindly encourage all partners and participants to respect deadlines and keep copies of all documents for their own records.

# The exchange rate

According to the funding agreement with ANPCDEFP (Romanian National Agency) **the exchange rate used for the costs calculations (in EURO) must respect the following rule:** Beneficiaries whose general accounting is carried out in a currency other than the euro must convert the costs recorded in their accounts into EUR, using the average of the daily exchange rates published in *Series C of the Official Journal of the European Union*, calculated for the corresponding reporting period. If no daily exchange rate is published in the Official Journal for the currency in question, the conversion of these costs should be carried out based on the average of the monthly accounting exchange rates published on the European Commission website [InforEuro], calculated for the corresponding reporting period.

# COMMON MISTAKES TO AVOID (IMPORTANT!)

To ensure that your travel costs can be reimbursed without delays or complications, please carefully avoid the following common mistakes:

- **Buying travel tickets before receiving approval** of the travel plan from the organizing team.
- **Sending screenshots instead of original documents.** Screenshots or print screens of emails, apps, or booking platforms are **not accepted**. Please always send the original electronic documents (PDF files) or physical tickets.
- **Missing boarding passes.** Boarding passes (especially return boarding passes) are mandatory for reimbursement when traveling by plane.
- **Invoices issued by sending organizations.** Invoices must be issued by official travel companies or transport providers. Invoices issued by sending organizations are not eligible.
- **Forgetting return tickets.** Both outbound and return travel documents must be submitted. Missing return documents will delay or block reimbursement.
- **Not respecting deadlines.** Late submission of documents can result in reimbursement delays or, in some cases, ineligibility.
- **Unapproved route changes.** Changing travel routes or dates without informing and receiving approval from the organizing team may affect reimbursement.
- **Incorrect personal details on tickets or invoices.** Please check that your name is clearly visible and correctly written on all travel documents.

# Participation conditions & code of conduct

**EMPOWERED TO SUPPORT** is committed to providing a safe, inclusive and meaningful learning experience for everyone involved.

The following conditions and guidelines apply to all participants, trainers, organizers and other people involved in the mobility. They outline the main responsibilities, expectations and standards of behavior that help us create a respectful and supportive learning environment.

By participating in the training course, participants are expected to respect these conditions and follow the Code of Conduct, which will be presented and signed at the beginning of the mobility.

## Participation and commitment

**Full and active participation is an essential condition of this Erasmus+ training course.** Participants are expected to:

- Attend all scheduled activities throughout the mobility (7–16 December 2026), including workshops, group work, reflection sessions and evaluations.
- Respect the daily program, session times and other organizational arrangements.
- Actively contribute to the learning process and collaborate with other participants.
- **Complete the mandatory individual Erasmus+ Participant Report in the Beneficiary Module after the mobility.**
- Sign the required participation documents, including the Participants' List and Participant Statement.
- Contribute to dissemination and follow-up activities after returning home, as described in the relevant section of this infopack.

The training is a learning and professional development opportunity. Personal activities, sightseeing or other plans must not interfere with participation in the program.

## Travel, reimbursement and early departure

Travel reimbursement is subject to the Erasmus+ funding conditions and the procedures described in the Travel and Reimbursement section of this infopack.

**To receive reimbursement, participants must attend the training as required, submit all necessary travel documents correctly and on time, and complete the mandatory Erasmus+ Participant Report.**

**Participants are expected to attend the entire mobility.** Early departures or changes to travel arrangements must be discussed with and approved by the organizing team.

Unjustified absences or early departures may affect the eligibility of travel and other project expenses. Depending on the circumstances, participants may be required to cover certain non-recoverable costs, where permitted by the applicable rules and participation agreements. Exceptions may be considered in cases of illness, emergencies or other justified circumstances. Participants should inform the organizing team as soon as possible if such situations occur.

# Respect, diversity and inclusion

**Everyone deserves to feel safe, respected and welcome throughout the training, regardless of their identity, background or personal circumstances.**

We are committed to creating an inclusive learning environment where diversity is valued, and everyone has equal opportunities to participate.

All participants, trainers and organizers are expected to:

- Treat others with dignity, empathy and respect.
- Respect differences in nationality, ethnicity, religion, gender, sexual orientation, gender identity, disability, age and other personal characteristics.
- Be open to different opinions, experiences and cultural perspectives, even when they disagree.
- Respect personal boundaries and avoid pressuring others to participate in activities or conversations that make them uncomfortable.
- Contribute to a supportive environment where everyone feels comfortable expressing themselves and participating in the learning process.

**Discrimination, racism, xenophobia, homophobia, transphobia, harassment, bullying, intimidation, or any other form of abusive or discriminatory behavior will not be tolerated.**

These expectations apply throughout the mobility, including during training sessions, meals, intercultural activities, free time and interactions in shared spaces.

# Well-being, safety and personal responsibility

As this training addresses mental health, emotional distress and other potentially sensitive topics, everyone's well-being and emotional safety are particularly important.

Participants are expected to:

- Respect their own well-being and that of others, recognizing personal boundaries and individual needs.
- Avoid behavior that could put themselves or others at risk.
- Respect the learning environment and avoid disrupting activities or other participants' experiences.
- Inform the organizing team if they experience difficulties, feel unsafe, or need support during the mobility.

- Respect the rules concerning alcohol and other substances. Alcohol consumption is not permitted during training activities and must never interfere with participation, safety or group well-being. The use of illegal drugs is strictly prohibited.

**Nobody will be required to share personal experiences related to mental health, trauma or other sensitive aspects of their lives.**

The organizing team and trainers will do their best to maintain a supportive learning environment and respond appropriately to concerns raised during the mobility.

Participants are responsible for arranging suitable medical travel insurance and informing the organizers about any specific support or accessibility arrangements they may require.

# Privacy, confidentiality and consent

Respecting privacy and personal boundaries is especially important in a training course addressing mental health and emotional well-being.

### Confidentiality

- Personal experiences, sensitive information and stories shared during the training must be treated with respect and confidentiality.
- Participants should not share someone else's personal information or experiences outside the group without their permission.
- Confidentiality does not prevent organizers from taking appropriate action when necessary to protect someone's safety or comply with legal safeguarding obligations.

### Photography and video

Photos and videos may be taken during the mobility for project documentation, communication and dissemination purposes.

However:

- Participants must respect other people's preferences and obtain permission before taking or sharing identifiable photos, videos or personal stories.
- Recording or photographing sensitive discussions, personal reflections or emotionally challenging activities without permission is prohibited.
- Participants' decisions not to appear in photographs or videos must be respected.

The organizers will provide information about how photographs, videos and personal data may be collected and used, including any consent choices where applicable.

### Personal data

- Personal data will be collected and processed in accordance with applicable European data protection legislation, including the General Data Protection Regulation (GDPR).
- Participants will receive relevant information about how their personal data is used, stored and protected.

# Accommodation, shared spaces and the environment

All participants are expected to respect the accommodation facilities, staff and other guests.

This includes:

- Respecting the accommodation's house rules, assigned rooms and quiet hours.
- Keeping shared spaces clean and treating furniture, equipment and facilities responsibly.
- Respecting other participants' privacy and personal space.
- Not allowing unauthorized guests into participants' rooms without prior agreement from the organizers.
- Taking responsibility for damage caused intentionally or through negligence, where applicable.

We also encourage everyone to adopt environmentally responsible practices throughout the mobility, including reducing waste, saving water and energy, and respecting the natural environment surrounding the venue.

# Reporting concerns and addressing inappropriate behavior

**Everyone is responsible for creating a safe and respectful environment.**

If you experience or witness discrimination, harassment, inappropriate behavior, safety concerns, or violations of this Code of Conduct, we encourage you to report the situation to a member of the organizing team or the designated contact person for participant safety.

All reports will be taken seriously and handled as discreetly and fairly as possible, respecting the privacy, safety and dignity of the people involved.

Participants should feel comfortable raising concerns without fear of retaliation.

Depending on the seriousness of the situation, violations of the Code of Conduct may result in appropriate measures, including discussions with those involved, formal warnings, restrictions on participation or, in serious cases, exclusion from the mobility.

Any financial consequences of exclusion will be assessed in accordance with the applicable funding rules and participation agreements.

**By participating in the training, you commit to respecting these principles and helping us create a positive, inclusive and safe learning experience for everyone.**

# About us

**Active Development Association (ADA)** is a Romanian youth organization established in 2012. We believe that **young people are the present, not just the future**, and that they should have the opportunities, resources and support to shape their own lives and communities.

Our mission is to empower young people, particularly those from rural areas and communities facing fewer opportunities, to become active citizens, participate in decision-making and create positive change.

Our work focuses on three main areas:

- **International learning and mobility:** Creating opportunities for young people and youth workers to develop their competences, exchange experiences and learn through non-formal education, particularly within Erasmus+.
- **Youth participation and advocacy:** Supporting young people to make their voices heard, participate in decision-making and contribute to better youth policies at local, national and European levels.
- **Community organizing and development:** Helping young people, especially those living in rural communities, to organize, develop their own initiatives and work together to improve their communities.

ADA is a member of the European Community Organizing Network (ECON), co-founded the NGO Rural Platform, and will officially join Rural Youth Europe as a member in January 2027.

Since 2023, ADA has been implementing international youth mobilities under its **Erasmus+ Accreditation in the field of youth**, creating learning opportunities for young people and youth workers from across Europe.

**European Youth Village** is one of ADA's main strategic programs, developed and coordinated together with **Go Free Association**. Its goal is to empower young people from rural communities to become more involved in local development, participate in decision-making and bring positive change to their villages.

At the heart of the program is the **European Youth Village title**, awarded for one year to rural communities where young people are ready to take the lead. With support from local authorities and mentors, young people develop and implement their own action plans, organize activities and create more opportunities for youth participation in their communities.

Beyond the title, European Youth Village brings together several initiatives that support rural youth participation and advocacy, including the **White Charter of Rural Youth, the National and European Rural Youth Summits, the Rural Youth Awards, the Informal Network of Rural Youth (RITM), the Rural Newsroom and the NGO Rural Platform**.

Through these initiatives, we aim to strengthen rural youth communities, support youth-led initiatives, encourage dialogue between young people and decision-makers, and ensure that rural youth voices are heard at national and European levels.

**Our long-term ambition is to bring the European Youth Village approach to more countries across Europe**, connecting rural young people, sharing good practices and contributing to a Europe where young people have meaningful opportunities to participate, regardless of where they live.

*"Through our Erasmus+ Accreditation in the field of youth and our strategic events at European level (including the European Rural Youth Summit) we aim to extend the program's impact beyond national borders by sharing best practices, promoting youth participation, and integrating the European Youth Village concept into as many European countries as possible, while creating a more friendly European Union towards young people from rural areas"*

***Victor Toma, President of ADA and Coordinator of the European Youth Village program***

# CONTACTS & USEFUL LINKS

If you have questions before, during, or after the training course, feel free to reach out or consult the following resources.

**Organisers**

**Active Development Association (ADA)**
- **Website:** www.dezvoltareactiva.ro
- **Facebook:** @AsociatiaPentruDezvoltareActiva
- **Instagram:** @dezvoltare.activa

**European Youth Village**
- **Website:** http://europeanyouthvillage.eu/
- **Facebook:** @europeanyouthvillage
- **Instagram:** @europeanyouthvillage
- **Instagram (European Rural Youth Summit):** @erysummit

**Youthpass & learning recognition**
- What is Youthpass: https://www.youthpass.eu/en/about-youthpass/about/
- Why Youthpass: https://www.youthpass.eu/en/about-youthpass/why-youthpass/

**Venue & accommodation**
- Accommodation website: https://mamacozonacilor.ro/
- Presentation video of the venue and surroundings: https://www.youtube.com/watch?v=TQ1cvSXiuFc