

BE A LEADER TRAINING COURSE

TARGOVISTE DAMBOVITA
24- 31 OCTOBER 2023

INFORMATION PACK



PROJECT INFORMATION

Training Course Name: **BE A LEADER**

Covered topics: **youth leadership, youth work & mentorship, youth inclusion and community engagement**

Program: **Erasmus + KA1 Accredited Organizations in the field of Youth. The project is co-funded by the European Union**

Training course activity days: **25-30 October 2023**

Arrival day: **24 October 2023**

Departure day: **31 October 2023**

Venue: **Targoviste, Dambovita - Hotel Dambovita**

Participants: **25 Youth Workers**

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Co-funded by
the European Union



PROJECT CONTEXT

This training course is a part of the Erasmus+ Accredited project 2022-1-RO01-KA151-YOU-000057389.

The main focus of the training course is to develop the skills of youth workers and equip them with tools to implement high quality youth activities with focus on youth leadership, youth work & mentorship, youth inclusion and community engagement.

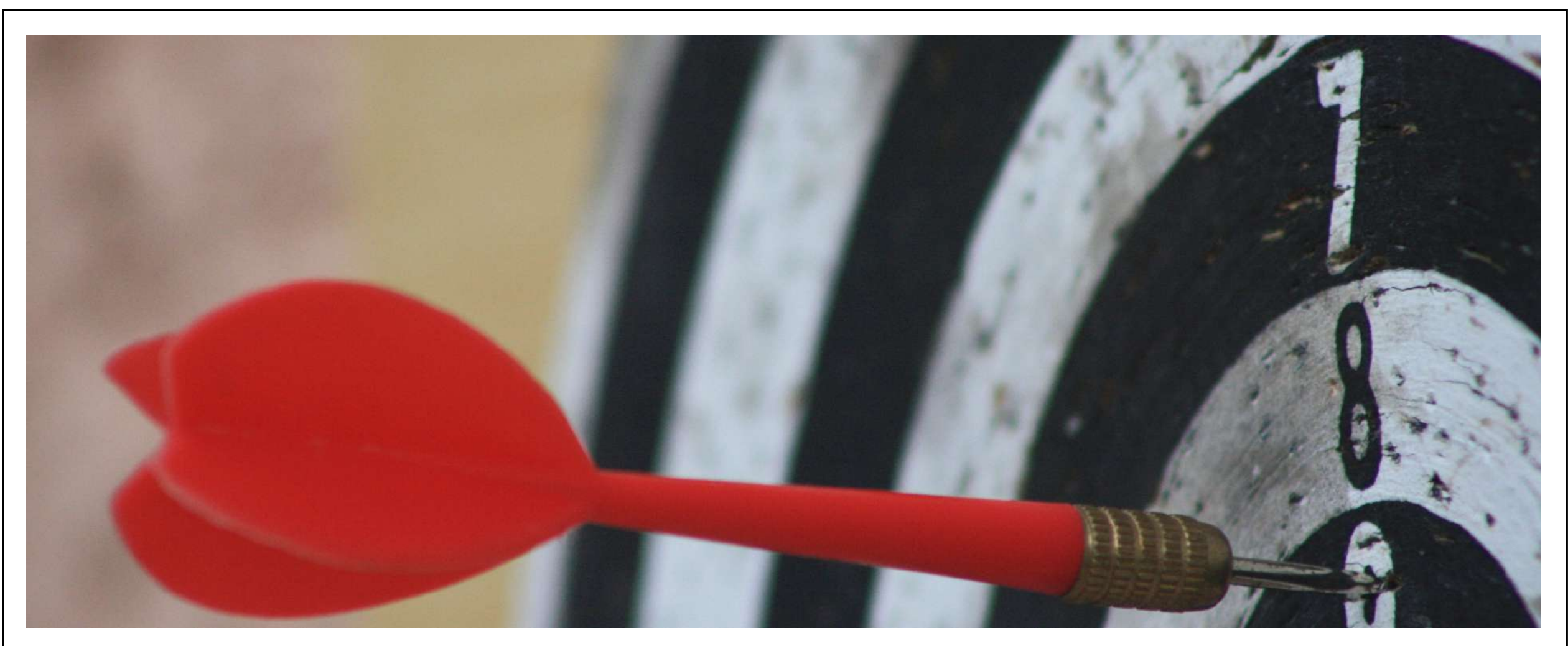
The training course will use non-formal education methods to achieve its aim and objectives.

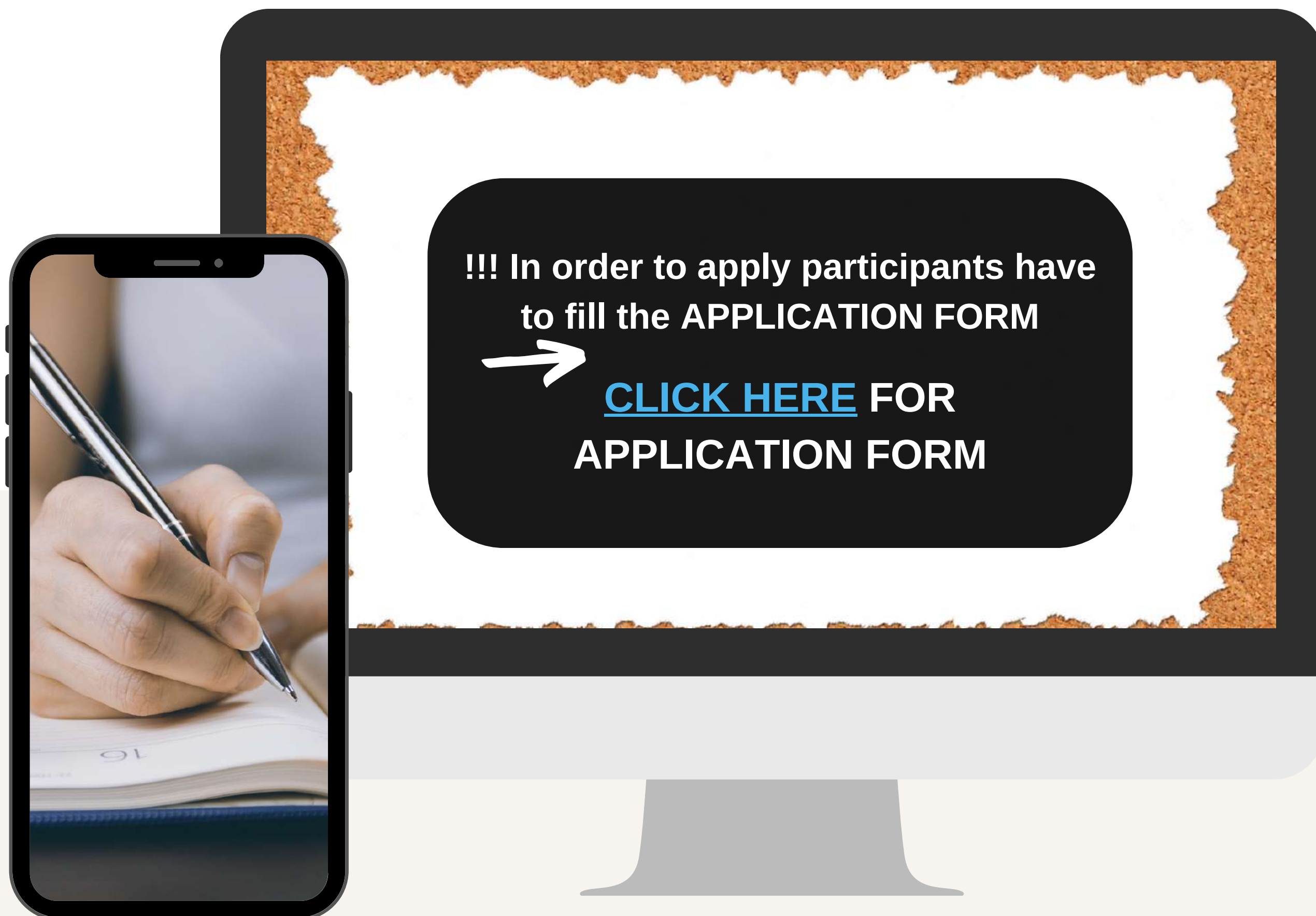
Project aim

The Training Course aims to empower youth workers with leadership skills and tools to provide quality activities to young people supporting their professional development in becoming future leaders, doers and change makers within their communities.

Objectives

- To develop youth workers skills in the field of youth leadership
- To explore youth leadership styles, principles and practices
- To empower youth workers with new tools and methods in the area of youth leadership
- To create a Booklet collecting good practices, methods and activities in youth leadership across Europe.





PARTICIPANT PROFILE

The Training Course will gather together 25 participants (maximum 2 participants per organization) from Erasmus+ Youth Programme countries.

Also, it is possible the participation of the 3rd person from the same organizations based on the available places and participant profile.

The course will primarily be aimed at participants over 22 years old (there is no upper age limit), part of an NGO, youth centers, educational institutions who are youth workers, educators, and all those who have a professional interest in the field of youth work, non-formal education interested in the topic of youth leadership,

We would especially welcome applications from:

- those who have little or no experience in international training courses;
- those coming from rural or remote areas;
- those working with young people with fewer opportunities, unemployed people (NEETs), marginalized and disadvantaged groups from socio-economical point of view.

WHO IS A YOUTH WORKER?

A youth worker is a person who helps young people with their personal, social and educational development in an informal setting using educational processes, care and leisure approaches.



METHODOLOGY AND ACTIVITIES

The Training Course will be based on the principles of non-formal education (NFE) and active participation. The NFE methodologies are varied, participatory and learner-centred, they include a mix of individual and group learning activities and encourage people to learn from each other.

The workshops will approach the following thematics: youth leadership, leadership styles and principles, youth mentorship, youth inclusion and community engagement.

Participants will contribute to the creation of Booklet that will contain youth activities aiming to increase leadership skills of young people with focus on disadvantaged young people.

ACCOMMODATION

The Training course will take place in Targoviste town, the old capital city of Romania, situated in Dambovita region. Participants will be accommodated in rooms with 2 beds, mixed nationalities of the same gender will share a room.

Facilities:

- bathroom with shower
- internet
- TV

Address:

Hotel Dambovita, B-dul Libertatii, nr.1, Targoviste, Jud. Dambovita, Romania

Website: <https://hoteldambovita.ro/en>

Check-in hour: 14:00

Check-out hour: 11:00



MEALS

The meals will be served in the restaurant of the hotel. Please note that the Romanian cuisine is delicious but is **not fully prepared for vegan, halal or other special menus**. The cuisine is based on chicken, beef and porc meals, cow and sheep milk cheese. Local vegetables are also used. Each day is served soup, main dish with salad.

We will make sure to respect participants dietary needs within the available resources.

Be prepared for new culinary experiences without preconceptions!





TRAVEL

Let's be green as much as possible. We encourage you not to take the plane, even if this takes more time and might take extra effort. Of course we know it is not always possible depending on from where you are travelling, the time your studies/ job/ everyday life gives you etc.

However: Planes are massively responsible for the climate crisis and through our projects we would like to contribute to a more sustainable planet, not to a less sustainable one. Compare the emissions that your journey emits by train, car or plane: <http://www.ecopassenger.org/>

After knowing each arrival time, we can assist you to reach Targoviste from Bucharest.

Arrival day: 24.10.2023

Departure day: 31.10.2023

You can arrive two days (23/10, 24/10 2023) before the project and leave two days (31/10, 01/11 2023) after the project. According to the financial agreement we can not cover travel, accommodation and food costs for additional days.

Targoviste is 80 km from Bucharest (1h45 minutes – 2h by train). To reach Targoviste you have to take the train/bus/plane to Bucharest.

From the airport you can reach Bucharest North Train Station by train and from there change the train to Targoviste. From Targoviste train station you can reach easily Hotel Dambovita by walking – is 15 minutes away.

You can also take a taxi or Bolt to reach the hotel, but the cost of taxi or Bolt **can not be reimbursed**.

- <https://www.bucharestairports.ro/en/transport/train-connection> – link transfer Airoport - Bucharest North Train Station
- <https://bilete.cfrcalatori.ro/en-GB/Itineraries> - link transfer Bucharest North Train Station – Targoviste

Note! Check the timetable of the local transport from Bucharest airport to Targoviste and back to Bucharest airport when you plan your travel and book your flight. We can not assure transfer from Bucharest airport. In case you need assistance you can contact us.

FINANCIAL MATTERS

The project is funded by the European Commission through the Erasmus+ programme.

Meals, accommodation and activities are fully covered.

The travel costs will be reimbursed up to travel distance band and Erasmus+ programme rules:

TRAVEL DISTANCES AND REIMBURSED AMOUNT

Between 100 and 499 KM: 180 EUR per participant

Between 500 and 1999 KM: 275 EUR per participant

Between 2000 and 2999 KM: 360 EUR per participant

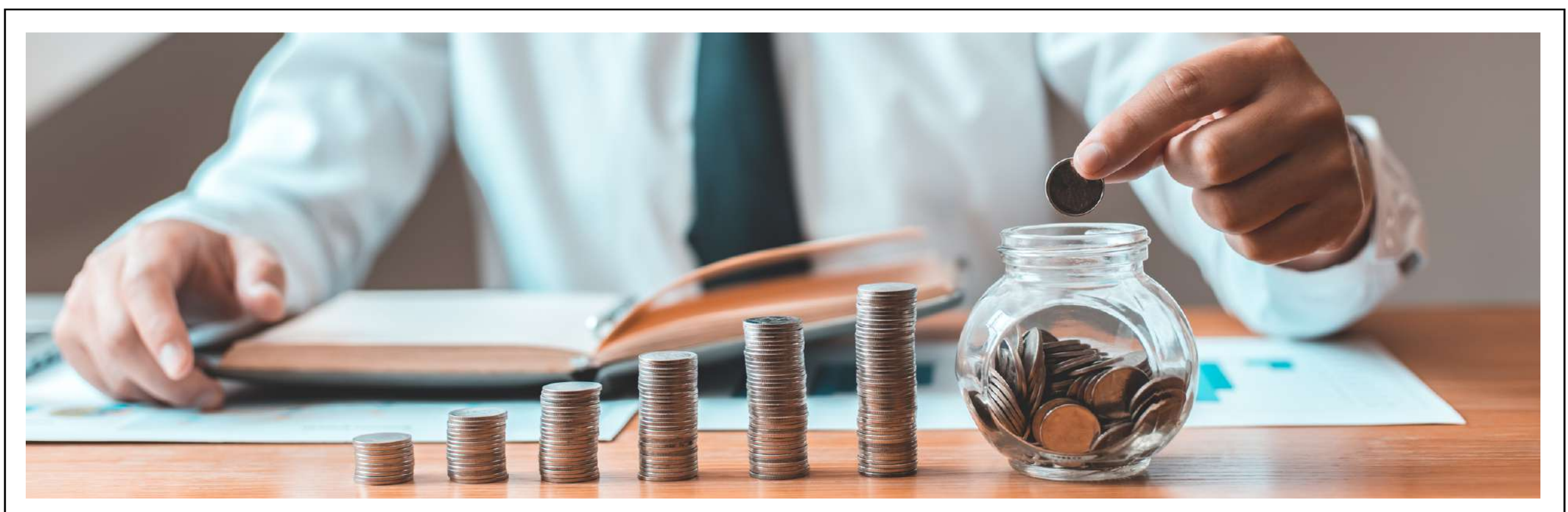
Between 3000 and 3999 KM: 530 EUR per participant

To calculate your distance band access this [link](#) and insert the place/city of your organization and the place/city of the training course (Targoviste, Dambovita).

!!! We recommend you to purchase your flight tickets in Euro, if is possible, to not lose money due to the exchange rate (INFOREURO SEPTEMBER 2022).

You have to use only public transportation, economy class (i.e. economy class for planes/busses/trains, etc.)

NOTE!!! TAXI, BOLT COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.



TRAINING COURSE MATTERS

REIMBURSEMENT

The reimbursement of travel costs will be done after the end of the Training Course, upon we will receive all travel documents (tickets, boarding passes, invoices, etc).

The boardingpass is mandatory to be attached to the flight ticket, its absence makes reimbursement IMPOSSIBLE.

!!! Note that we cannot reimburse travel costs if you have lost your tickets, boarding passes or we do not receive all details and proofs of your expenses according to Romanian legislation!

The reimbursement of travel costs will be done only by bank transfer to partner organizations bank account.

Be You Association does not request participation fees and does not encourage this practice.

INSURANCE

Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the project. The insurance is mandatory, but the cost can not be reimbursed according to the Erasmus+ program rules.

Also participants must have during the youth exchange valid travel documents: identity card / passport.



PARTICIPANTS ROLES AND DUTIES

1. **Materials about your sending organization.** Participants can bring materials about sending organization (brochures, flyers, etc.) for networking and future partnerships establishment.
2. **Energizers.** Participants will have to lead the energizers. Prepare 2-3 energizers that will be done at the beginning of each workshop!
3. **Sharing tools and good practices in youth leadership.** Participants will be provided with the space to share tools, methods, good practices of working with young people on the TC topic.

WHAT SHOULD YOU BRING

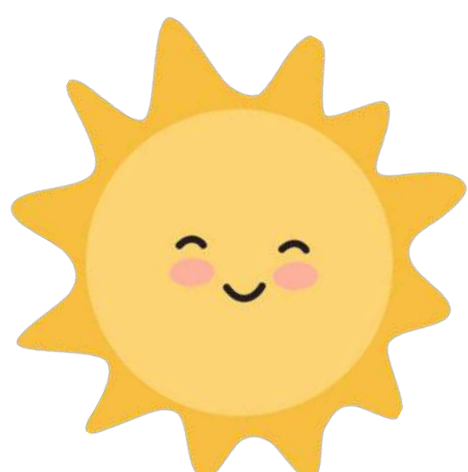
- Practical clothes for autumn changing weather: chilly, cold during morning and evenings, warm during the day, rain.
- Comfortable shoes for walking;
- Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being;
- Pocket money for personal expenses. Romania's national currency is the Romanian leu- RON. Our recommendation is to have euro with you, currency exchange will be easier and more advantageous. **Also you can pay by card almost everywhere.**
- Brochures and other materials about your organization;
- Good mood

CONTACTS

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Emergency Calls System: 112



SEE YOU SOON!

Did you know about TARGOVISTE?

Targoviste was one of the most important cities in the history of Wallachia (Tara Romaneasca). In 1859, Wallachia united with Moldavia to form the United Principalities, which adopted the name **Romania** in 1866.

Targoviste is the home land of the real Dracula. The character Dracula was actually inspired by the cruel ruler Vlad Tepes who reigned in Targoviste.



Targoviste was the old capital city of (Wallachia) Tara Romanesca for more than 300 years and is rich in history. The symbol of the city is Chindia Tower.



The first **BOOK** in Tara Romaneasca was printed in Targoviste, at Dealu Monastery in the XVI century.



Join the Training Course and find out more!

WHAT TO DO IN TARGOVISTE

Places to visit



Royal Court



Chindia Park



Art Museum



History Museum



Printing & Old Book Museum



Museum of Evolution in the Paleolithic



Communism Museum



Tricolorului Square

Leisure time - coffee shops & pubs/clubs



CT Coffee



Belvedere pub-Old Center



Tower's Pub-Old Center



Zoom-Biliard & Bowling



Baba Pub



Retro Club



KF Art



Dambovita Mall
Shopping center