

Lines, Shapes, Paradigms in Relationships

- Training Course -



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25 June – 3 July 2025, Bicăcel (Bihor) - Romania

We use a wide variety of words for this concept, *relationships*, to describe the human interactions that fill our daily life in a positive or less pleasant way. We like it or not, we are, at least partly, the summary of the interactions we decide to initiate, cherish, feed and close. Our living environment shapes the decisions we make in most of the major aspects of life, and it is considered one of the most important ingredients that impacts one's decision regarding the lifestyle. **Building meaningful and nourishing relationships was and is one of the most challenging 'tasks' we were given to accomplish** and, despite the generosity of our societies in providing us a decent level of comfort, some of us fail this test. The reasons are multiple and we plan to explore some of them in this Training Course (TC).

As a professional youth worker, you are invited to explore the concept of '*healthy relationships*' from multiple perspectives, during one week of testing non-formal learning methods. We are ready to dig into the ingredients of healthy relationships and to experience how it is to **give and receive communication, trust, freedom, consent or support**. We will explore these pillars of healthy relationships mainly through the eyes of building assertive and non-conflictual communication. We plan to have **a week divided in two parts**. In the first days, we will facilitate a set of activities and tools that are validated through our experience in working with teenagers, methods that explore emotional literacy and behavioral patterns. In the second part of the TC, **you are invited to test your facilitation skills** by creating and delivering one workshop to your colleagues.



The TC is part of [IPTA](#) (Idei si Proiecte pentru Tineri Activi) portfolio of activities dedicated to youth workers who are highly interested in working with teenagers on building healthy relationships and clean living environments. The concept of the activity is based on years of practice in combining youth activities, preventive work and non-formal learning, with specific focus on dissemination. We **prioritize high transferability of our results** and dissemination of the methods in the partner organizations, and for this we will try to cover a wide range of learning styles during the TC. This week will be a proper space for exploring as many facets of personal and professional traits that are needed for a youth worker to deeply understand how to support teenagers in building healthy relationships with themselves and with others. **Moreover, we invite professionals to share their knowledge and practice in preventive work, on building resilience, personal growth and education in general.**

For 7 days, 22 youth workers will play, discover and assimilate our working methods suitable for small and large groups. We will have consistent debrief sessions on all the methods, ensuring a detailed understanding. The goal of this activity is to



equip you with a very good understanding of the impact created by the healthy relationships among teenagers and on how this concept should be delivered. We will cover many topics, such as **emotional literacy, enriching and non-conflictual communication, addictive patterns, peer pressure, self-esteem, personal development, inclusiveness and self-acceptance**. You, as a participant, will be part of a great opportunity to collect relevant methods, tools, principles and other elements from those who are involved in this field. **In a nutshell, the methods incorporate experiential learning tools, sensorial and kinesthetic approaches (touching will be part of the process, make sure you are comfortable with this before registering for the TC), art-based tools, emotional introspective methods, techniques of mindfulness and reflective processes.**



This TC is dedicated **ONLY** to professionals who are active in youth work, education, teaching, social work, support services for young people, psychologists, youth leaders, facilitators, trainers, etc. and **have a clear interest in exploring the topic of healthy relationships** in general and building resilience in particular. Minimum age limit is 18.

We expect to have a group of motivated professionals who have experience in working with groups of youngsters and have organizational support for transferring the practice in their work. Basic knowledge and experience in working with NFL programs is mandatory. The working language will be English and we expect to have an average level of speaking, reading and listening.



Important aspects to consider before sending your intention to attend the YE.

In order to sign up for this event, please register in this [google form](#)!

Homework: before arriving to the event, please prepare a homework (no longer than one page), with the following elements and upload in [this folder](#) before the first day of the TC:

1. Describe what you understand by 'healthy relationships'.
2. Describe which do you consider to be the ingredients of building healthy relationships among teenagers.
3. Indicate one practice that you developed or used for promoting this concept.



Participation during the Training Course:

1. **Full attendance at sessions is mandatory** and it is a condition for reimbursement of travel costs. We expect to have a contribution-based process, with consistent input from you.
2. **Active involvement.** During the week, besides the working sessions, we will sign up for different *administrative roles* that will help us keep our house cozy, functional and happy for all of us. *We will take care of our space in the venue.* Stay tuned for more details 😊
3. We will have one **half-day for exploring the nature around the venue in a hike**. Please consider booking extra days before or after the TC if you want to visit some of the cities nearby (Cluj Napoca, Alba Iulia or others) or the beautiful mountains of the Natural Park of Apuseni. **The hike is part of the program**, so please make sure you bring suitable shoes and a raincoat. The difficulty is not high, nevertheless we will be in nature.
4. **The TC is structured in two sections.** In the first part of the week, you will explore the methods that we created and we work with. In the second one, during the last two days, you are invited to taste the role of facilitator by creating a workshop that you will deliver to your colleagues, followed by feedback and recommendations.

Follow-up activities: after the TC, the participants are expected to initiate:

1. **Minimum one local workshop/person** using at least one method used in the TC with their beneficiaries, to collect feedback and provide pictures from the activities.
2. **Dissemination of the TC** and the learning outcomes, including the visual elements of the project and Erasmus+ Program. We need this contribution as part of the visibility of the project. Each participant is expected to contribute with **minimum one dissemination activity**, meaning one social media post on their personal or organizational profile.

A learning agreement will be signed with all participants before attending the TC with all the above-mentioned aspects. These are all eligibility requirements and will be considered fully.

Logistic aspects to consider before confirming your intention to attend the TC

Dates: the TC will happen during **25 June - 3 July 2025**, travel days included. That means seven full days of activities, with a daily schedule from 9:45 AM to 8 PM. We will have four daily sessions, a morning warming up moment and a daily reflection time at the end of each day. Evenings are free, but we have some plans to have fun and we will. Two breaks and three meals will be provided on the spot. And fruits. And plenty of fresh air.

Location & surroundings: we will stay in a semi-remote village named Bicăcel (Lăzăreni), în Bihor County (<https://goo.gl/maps/DmhFY8ZMRdoBiW6M6>), 30 km away from Oradea, the main city nearby. We will be hosted in new wooden houses, with 2-3-4 beds in one room (single person beds). Each house is equipped with one bathroom and all needed facilities. **The tap water is drinkable.**

Not many people to meet around, maybe some animals and a lot of sounds from the forest. Weather might be tricky: I cannot promise a sunny week or a rainy one, it's a high-hilly area. The temperature might range from 10° C to 33° C (night – day). Bring a rain jacket and shoes for a walk in the forest. The mobile connection should work 24/7, as well as the mobile data. Nevertheless, in some spots you might face some limitations. We are working to provide a functional Wi-Fi connection, but don't rely on too much Wi-Fi there. We will use human wi-fi. On the other hand, you have plenty of options to walk in the forest, to de-connect from the daily routine and to re-connect to nature, to cook an evening meal, have a long talk at bonfires, meditate, draw. The venue is children and family friendly, so if the participants want to have their little one with them, tell us in advance so we can accommodate this.



Transportation

How to reach the location: the main city nearby is Oradea. Bucharest might be the first city to come to mind, but it's quite far. Rather think Cluj Napoca, Timișoara or Budapest as closests international airports with various flight routes. Oradea also has an international airport, but it has fewer flight routes, and chances are you will not find a suitable flight to connect you to this airport.

Train: Oradea is connected to all major national and international lines. You can check the tickets at <https://bilete.cfrcalatori.ro/en-GB/Itineraries>. A journey from Bucharest takes 12 hours.

Bus: Flixbus operates some rides from other cities of Romania and Budapest. Multiple local transfer companies operate as well. We have two partner companies for bus transfers, but you can also check the timetables of the buses here:

<https://www.autogari.ro/?lang=en>

Before booking your transportation, please confirm with us the travel plan. We can provide support for this aspect and also assistance during your travel, should there be any delays or cancellations.

The **travel limit is calculated according to the Erasmus+ rules: 56, 211, 309, 395 EUR depending on the country you are coming from. This will be communicated to you by the organisers. This amount will cover ALL the transfers, including bus, train, car sharing, plane, ferry.** For example, let's consider a limit of 275 EUR. If your plane costs 240 EUR and the local transfers to the venue costs 50 EUR, the maximum reimbursable amount will be 225. As well, if we as organizers arrange a transfer from the airport or a city to the venue, that amount will be communicated to you in advance and deducted from the travel limit. Usually, the transfer from Câmpeni to the venue will be charged with 5-10 EUR/person. A transfer from Cluj Airport to the venue could vary from 36 to 60 EUR/person, depending on the number of participants. We will provide you assistance in planning your journey.

Another important aspect related to travel: please try to avoid late arrivals in Cluj Napoca later than 5:00 PM and early departures earlier than 10:00 AM from the venue. We will reimburse only the economic, 2nd class tickets (no business, first class tickets). **Please confirm with us the transportation plans in advance, we cannot accommodate situations that were not confirmed with us before.**

What to bring with you

Mandatory list:

- Rain jacket, warm clothing, hat, scarf, warm socks, indoor shoes.
- Proper shoes for wet terrain and forest
- Medicines (according to your medical condition) & some extra in case you catch a cold
- Towel + personal hygiene products (we don't have spare towels)
- bottle for water
- Comfortable clothing (we will move and sit on the ground quite a lot)
- Any products that you really need for yourself (we will not have access to a shop in the proximity of the venue, but for urgent need we will be able to accommodate this)
- All the good vibes, energy and desire to learn are much needed for this event!
- Once again: the homework.

Optional but highly recommended:

- Head lamp (besides the moon and the stars, this could help you in the nights)
- Laptop or personal diary for taking all the inspiration for the follow-up activities

Optional:

- Trekking clothes and shoes
- ***A sweet gift for your colleagues and for us***, we will organize some thematic evenings

*** Should you have the resources to support our efforts to provide further youth work to teenagers from Europe, we invite you to contribute with a small donation in cash, 20-40 EUR, that would really help us to continue our work. Thank you! ***

It is highly important to read each and every word of this file, so you make sure that you are fully aware of the participation conditions and the facilities we provide. For any questions that require additional clarifications other than the information that are mentioned in this infopack, please send an email to beniamin.branzas@ipta.ro

We will organize an online meeting with the selected participants before the TC.

The timetable of the TC: check it in the following page.

TIMETABLE of the *Erasmus+* TC “Lines, Shapes, Paradigms in Relationships”

Day 1	Introduction of the project and overview on competences. Group cohesion: I, me, mine, you, us, our. Healthy relationships: what, where and why?
Day 2	Spectrum of relationships. Ingredients of healthy relationships. My own spectrum of relationships
Day 3	Give – Receive: communication and trust. The context of healthy relationships: living environments. Decisional autonomy and consolidation.
Day 4	Consolidating healthy decisions. Self-esteem, self-confidence, resilience. Peer pressure and personal space.
Day 5	How about exploring nature?
Day 6	Building healthy relationships as an ambassador. Questions & Answers on healthy methodology. Time to play: Let’s create some workshops.
Day 7	Creation, adaptation and testing of our workshops. Switch the role: facilitation and the art of feedback. Evaluation and grand ceremony of closing.

We invite you to get more familiar with the working style and methodology by accessing our [Facebook](#) or [Instagram](#) profiles. In this way, you can shape your expectations regarding the week and you will be more prepared to jump in our learning surprises.