

# Bridging to Brighter Days: **Non-formal Education and Mental Health in Youth**



## **LOCATION:**

 **Bucharest, Romania**

## **DATE:**

 **20.07.2025 - 28.07.2025**





# Who are we?



**Romanian Angel Appeal Foundation** is a non-governmental organization working since 1991 to improve the quality of life and mitigate the risk of discrimination and social exclusion of children and adults in need.



## **Our vision:**

A fair world in which every child, young and adult reaches their full potential.



## **Our mission:**

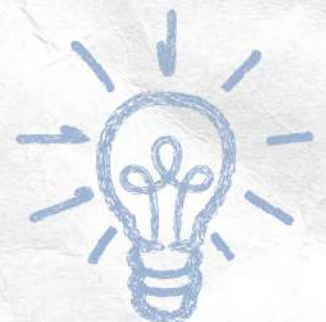
To build a fair world for every child, young and adult through actions with impact and sustainable results in the educational, social, and medical field.

Romanian Angel Appeal's mission is to build a fair world for every child, young and adult through actions with impact and sustainable results in the educational, social, and medical field. To achieve its mission, RAA acts in multiple directions – improving the quality of the medical and social services, improving health, social and educational policies, conducting research and supporting the professional development of a variety of specialists through residential and online training.

## Dear partners

All organizations are responsible for the preparation, support, and monitoring of your representatives in the youth exchange;

- ★ Each partner will select their participants. The selections will be made taking into account the skills of the youth leader/worker and their motivation, making sure that the profile of the participants is compatible with the planned activities.
- ★ Each partner will participate in and support the follow-up activities and will contribute to establish strategies for the dissemination and use of the project's results together with their participants.





# Context

Mental health issues among youth have become a significant concern globally. Studies indicate a rise in the prevalence of anxiety, depression, and other mental health disorders among young people. Factors such as academic pressure, social media influence, family dynamics, and societal expectations contribute to the challenges faced by today's youth in maintaining good mental health.



resilience-building techniques



Mental Health



Peer support networks

Youth programs provide safe spaces for discussing mental health openly, offering resilience-building techniques and coping mechanisms. Peer support networks are encouraged, reducing stigma and promoting early intervention through integrated mental health education.

Non-formal education emphasizes the development of life skills such as problem-solving, communication, and emotional intelligence, which are essential for managing mental health effectively.

## Objectives



- ✦ **Enhancing Awareness and Understanding of Mental Health Issues**
- ✦ **Building Skills for Prevention and Early Detection**
- ✦ **Strengthening support strategies through non-formal education and activities.**

## Goal

These objectives aim to empower youth workers with the knowledge, skills, and tools necessary to prevent, early detect, and effectively address mental health issues among the youth they engage with, utilizing nonformal education methodologies within the framework of the Erasmus program.



# Participants profile

- ✦ **18+ years old**
- ✦ **3 youth workers /country**

## Location:

BUCHAREST, ROMANIA



## Arrival Date:

20 of July

## Departure Date:

28 of July



## Language:

ENGLISH

Of course, it's not a problem if you or someone from your group does not have a good level of English. The main idea is to be motivated to learn English and realize the importance of this language as a tool of communication

## What to bring with you

- ID card or passport and visa (if required)
- Comfortable cloths and shoes for indoor and outdoor activities
- Traditional food or snacks for the intercultural moments

**Please note that if you are traveling from outside the EU (including the UK), you will need to have your passport with you and not your ID card.**



## Requirements & recommendations

- It is mandatory to stay the full duration of the Erasmus+ project and attend all activities.
- All participants will be expected to be present and active in all the activities.
- Unauthorized absence from the activities and workshops won't be tolerated.
- Don't disturb after midnight
- We are curious about your countries and culture so do not hesitate to bring something meaningful to show us. Can be food products.
- Travel reimbursement can be fully removed to the people who don't respect this common sense rules



# Schedule

The exact training schedule will be agreed on the first day together with all the participants, to match the needs and customs of the group (i.e. starting time in the morning, length of the lunch break, time for cultural activities, distribution of hours and subjects etc.)

## 20th of July

Arrival and getting to know the area.

## 21st of July

Intro & get to know each other

## 22nd of July

What is Mental Health?

## 23rd of July

Non-Formal Educations role in addressing Mental Health

## 24th of July

Case Studies on Non-Formal Mental Health Programs

## 25th of July

Development of Non-Formal Activities

## 26th of July

Play and learn laboratory

## 27th of July

Evaluation and closing

## 28th of July

Departure Day

## Contact Persona

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## Useful phone numbers

Ambulance, Police,  
Firefighters

**112**



Border Police

**(021) 201.33.09**

**www.politiadefrontiera.ro**

Bucharest Otopeni  
Airport



**(021) 204.10.00**

**www.otp-airport.ro**

Railways Information  
(Bucharest)



**(021) 9521**

**www.cfrcalatori.ro**

Toll-free number for  
tourists (air traffic)

**0800.86.82.82;**



**Be on time every session,  
respect the schedule.**



# Accommodation

The accommodation, meals and training will be provided by the organizers in the Students Complex Tei, Oltetului no 30, sector 2, Bucharest ([www.ccsstei.ro](http://www.ccsstei.ro)). The accommodation is going to be provided in shared bedrooms (2, 3 persons).

## Information about meals

- Breakfast, lunch, and dinner will be served on-site in the restaurant. Coffee breaks will be provided in the meeting room.
- The menu is omnivorous. Please inform us in advance about any special dietary requirements of the participants so that we can accommodate them.
- Cooking on-site is not possible.



## How do you get there

To reach the destination, you can use either public transportation or a ridesharing service like Uber or Bolt (both are legal in Romania). As for public transportation, you can take the train from the airport to the train station and then take bus 182 for 13 stops.

**Download the 24Pay App** on your mobile phone, where you can purchase tickets for public transportation in Bucharest and other cities in Romania. The app will prompt you to enroll your credit card. A ticket costs **3 lei (0.60 euros)** and is valid for 90 minutes.





# Things to do and sights to see

- Palace of the Parliament (Palatul Parlamentului) 
- Old Town (Centrul Vechi)
- Herastrau Park (Parcul Herăstrău)
- Village Museum (Muzeul Satului)
- Revolution Square (Piața Revoluției) 
- Cotroceni Palace (Palatul Cotroceni)
- National Museum of Art of Romania (Muzeul Național de Artă al României) 
- Carol Park (Parcul Carol)
- Cismigiu Gardens (Grădina Cișmigiu) 
- Museum of the Romanian Peasant (Muzeul Țăranului Român)



## Usual expressions

**Salut!** ( /sa'lut/) - Hi!

**Mulțumesc!** (/mul.țsu'mesk/) - Thank you!

**Cu plăcere!** (/ku.plə'fje.re/) - You're welcome!

**Vă rog** (/və 'rog/) - Please

**Cât costă?** (/kit kos.tə/) - How much does it cost?

**Ajutor!** ([aʒu'tor]) - Help!

**Da** (/da/) - Yes

**Nu** (/nu/) - No

**La revedere!** ([la re.ve'de.re]) - Goodbye!

## Currency



The Romanian currency is LEI (RON). 1 Euro is aprox 5 lei In Romania, all types of credit cards valid in the European Union are accepted.

## Health Insurance



All the participants are urged to have an European Health Card or a Health/Travel insurance for the whole duration of the mobility.



# Travel costs and reimbursement

**Travel cost will be reimbursed up to the ceiling of the distance band for mobility events. All other expenses (accommodation and meals) will be ensured by the organizers.**

**Ask us!** Please, do not purchase any tickets before getting our confirmation. All group leaders or coordinators should represent the participants' tickets to our confirmation via only email. The Romanian Angel Appeal Foundation (RAA) has the right to not make a refund if the leaders didn't ask for confirmation. RAA has the right to present a travel plan or different route to participants.

You're able to purchase your tickets after our confirmation from only official airlines websites. If you buy your tickets from any e-booking sites such as Skyscanner, Kivi.com, etc, RAA has the right to not make a refund.

**Bring us the Boarding Passes!** They are proof of your travel according to the National Agencies, and it is a small piece of paper given by flight attendants while you are on boarding at the airport. Participants must keep them for all flights. Going boarding passes must be presented upon arrival. Returning boarding passes can be delivered in electronic format (which must include QR code. After the check-in, QR code can be taken) and it is mandatory to be sent via only email.

If you couldn't get a QR code, you must keep a paper boarding pass and send them to RAA. **Pictures of papers are not acceptable.**

**Invoice, e-tickets** - Reimbursements will be paid to the sending organization bank accounts after all necessary documents (such as boarding passes, invoices, copy of passport etc.) are gathered by us.

The refund process will be depending on when participants send their return boarding passes and other necessary documents. Participants are responsible to send/upload their boarding passes and invoices. If they do not send them, RAA never requests/asks for returning boarding passes and does not refund the money back.

Options will not be reimbursed. Options are: travel insurance, luggage insurance, priority boarding, seat selection, meals on board, flexibility option (possibility to change the date), lounge, fast track etc.





# Dissemination



After the experience of the training course, **participants will be engaged in a series of dissemination activities.**



For instance, **participants may be asked to organize a non-formal activity in the community and to share it on social media channels like Facebook, Instagram, or TikTok together with personalized hashtags.**

To also spread awareness, we encourage participants to tell other young people about what happened, what they have learned, how they found out about this project, and encourage them to take opportunities like this and participate in.



They can also organize a meeting with their school colleagues or with their friends. They can either write an article for the community newspaper.



Imagination has no limits, but the key is to actively **participate in the dissemination activity.**