

International
Training Course



ESCapeism

Art of Hosting European
Volunteering Opportunities

06- 14.11.2025
Village of Olteni,
rural Romania



Co-funded by
the European Union



WHY ATTEND?

01

Join Curba de Cultură, local youth NGO from rural Romania, making big changes in a small place. A big part of what we are doing was done with the help of volunteers, hosted in various international programmes. **ESCapism is a training course dedicated to sharing our competences in running one of a best practice hosting programmes for international volunteering in Romania.**

In these 7 days of training you will be able to get the full picture on hosting volunteers through European Solidarity Corps programme.

This is a chance to find out how to prepare your organisational plan for hosting, set up support for the volunteers to have a great experience and most importantly, stimulate the positive changes in the community through their involvement. This TC is a great opportunity for those that are considering starting a change in their communities and are looking for ways how to do it as well as for those that have started their hosting experience and are looking for tips and tricks on how to make volunteering to be all about the local impact and less about tourism and killing time in a gap year.



WHO ARE THE HOSTS?

02

Since 2012 Curba de Cultură is implementing international mobilities for young people blended in our work with the community. We are regularly hosting and sending participants in volunteering services, youth exchanges, training courses, study visits and seminars.

In the past 10 years we have hosted 359 volunteers from 40 countries from all over the world. Most of them were hosted through European Solidarity Corps, therefore our experience with the programme is broad.



**Plenty of tips and funny stories piled up in all the years.
And we are willing to share!**



CURBA DE CULTURĂ
o asociație despre, cu și pentru tineri

WHO CAN JOIN?

We are looking for people connected to an organization working with young people (staff, volunteers, collaborators) that want to get involved even more and that can use what they learn back home in the organization.

People aged 18+ (yes, there is no upper age limit, because one is never too old to learn), coming from European Union and that are really interested and motivated to learn how to develop, coordinate and mentor youth volunteering programmes.

WHEN



6th of November to 14th of November.
So 7th to 13th the actual working days.

WHERE



In the village of Olteni, Prahova county and its surroundings, in the south of Romania, next to beautiful Carpathian mountains.



PRACTICAL ASPECTS

- accommodation: participants will share rooms in groups of the same sex. Rooms are equipped with bunk beds and will host 4-6 people each.
- there are two bathrooms: 4 toilets and 4 showers available. There is common space available inside and outside.
- towels and bed linen are provided in the accommodation
- the food will be typical Romanian prepared in by local cooks, therefore a typical Romanian cuisine experience
- there will be 3 meals per day (breakfast, lunch and dinner). Depending on the program of the day some meals will be outside the accommodation.
- if you have any special DIETary requirements or ALLERGIES make sure you inform us before coming here.
- Romanian food is very rich in meat and dairy so its important to be very specific when describing any dietary restrictions.





TRANSPORT

We strongly encourage you to use carpooling or another green means of transport. For trains or busses that would bring you to Romania, please use as destination the city of Ploiești (Prahova).

If you choose to fly to Romania, you should book your flights to Henri Coandă International Airport (OTP) next to Bucharest. Between the airport and our venue its about 100km. Your transfer from the airport to the venue of the training course will be arranged by the hosting organisation.

There will be a contribution of 15 EUR per participant for both transfers, that will be deducted from the transport budget. The maximum budget available for individual participants is as follows:

distance	limit	green travel
100 - 499 km	211 EUR	285 EUR
500 - 1999km	309 EUR	417 EUR
2000 - 2999 km	395 EUR	535 EUR



WHAT TO BRING

06

- toiletries (shampoo, shower gel etc)
- slippers for inside the house
- any pills/ treatment you usually take
- a jacket, it will be cold and possibly rainy
- warm clothes, there will be cold and rainy days for sure, might even be snowing
- shoes adequate for walking, mud and rain
- sweet and salty snacks (only if you'd would like to share with us :) during intercultural evening)
- materials about your organization and the work you do, especially if related to the topic
- a travel insurance, just to be on the safe side
- joy, good mood and experiences to share!



WHAT AWAITS YOU?

Seven days of hard work and fun stories! In a week time, we would like to help you become a strong link in the net of hosting opportunities through ESC in Europe but also to make new friends, discover the local reality.

We will start with getting to know each other and the organizations we represent, to getting to know the venue and surroundings. We will continue with aspects of hosting international volunteering services. Most of the sessions will be interactive, will involve participants in group work. Good English level is required in order to make this experience valuable!

LOOKING FORWARD TO MEETING YOU!

This training course is cofunded by
the European Union



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and implemented by Curba de Cultură



NEED MORE INFO?

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