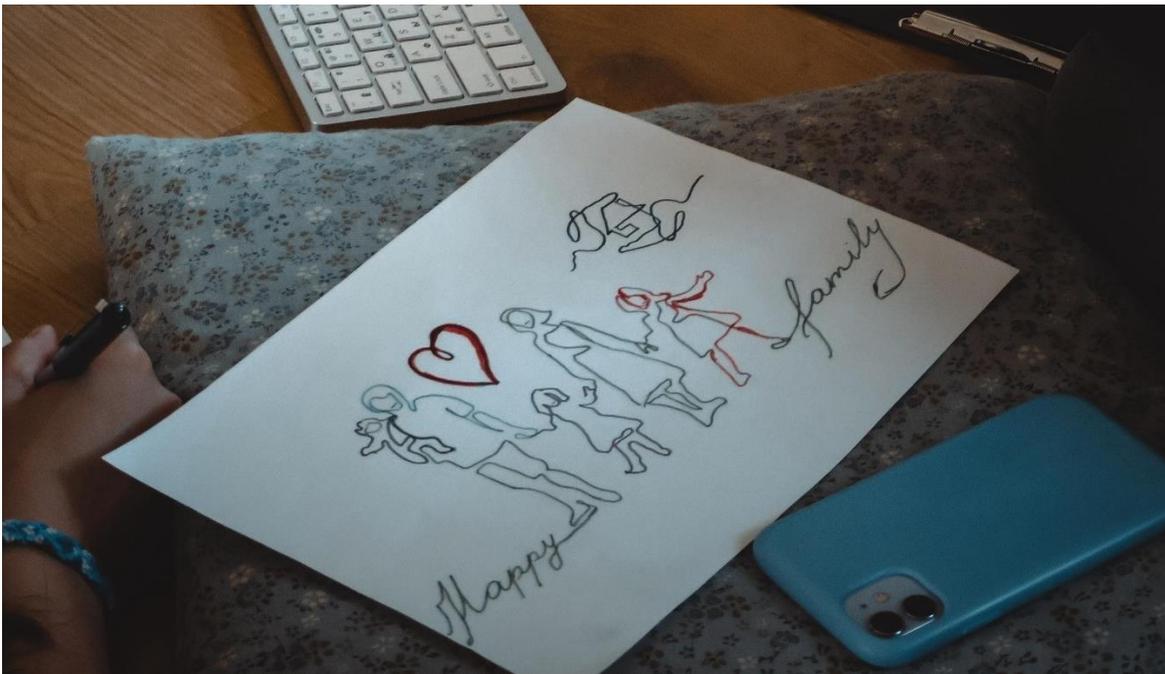


Relational hygiene, peer pressure and decisional autonomy

- Training Course -



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idei și proiecte
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tineri activi

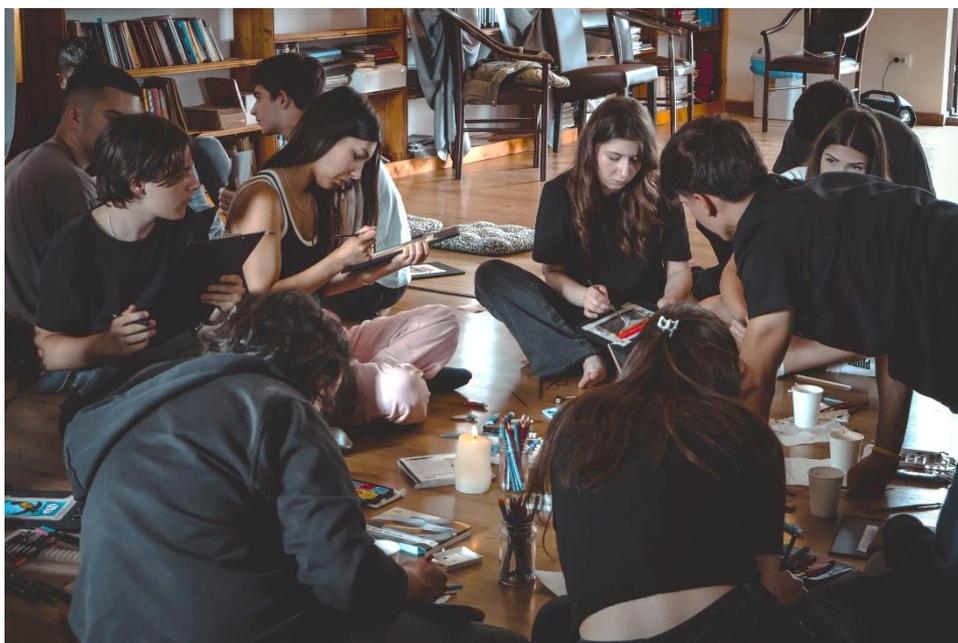


Funded by
the European Union

Relational hygiene, peer pressure and decisional autonomy

26 August – 3 September 2025, Bicăcel (Bihor) - Romania

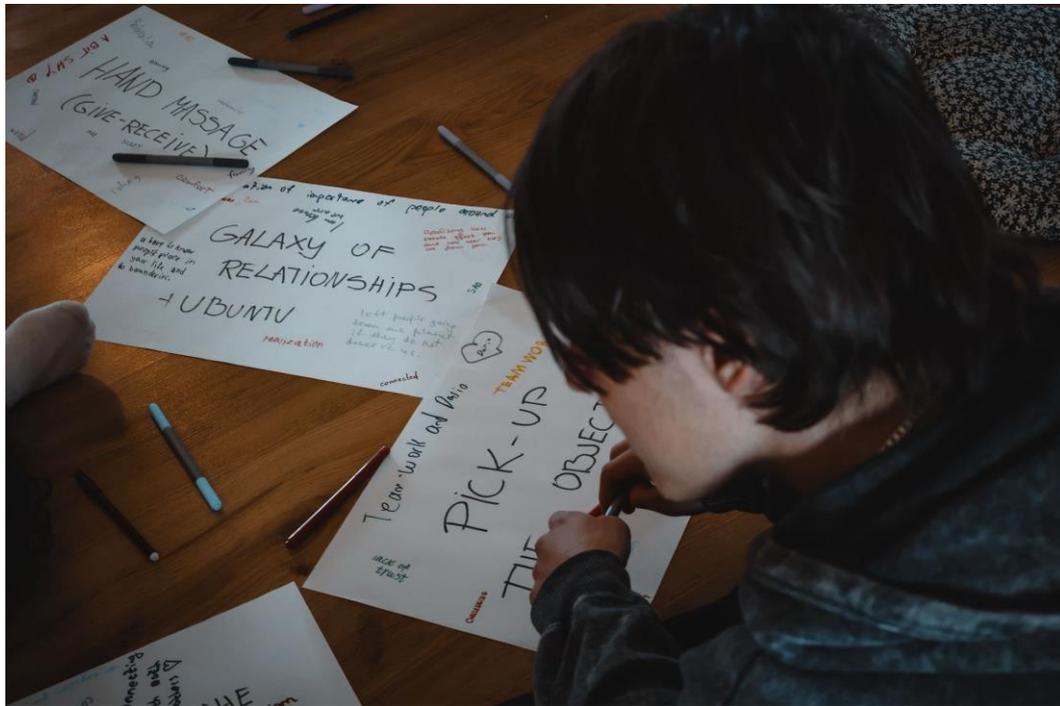
We use many different words to describe the concept of *relationships*, which reflect the human interactions that shape our daily lives—for better or worse. Whether we realize it or not, we are, to a large extent, defined by the connections we choose to initiate, nurture, maintain, or bring to an end. Our environment plays a crucial role in shaping the choices we make across many areas of life and is often a key factor influencing one's approach to lifestyle. **Building and establishing meaningful, supportive relationships has always been—and continues to be—one of the most complex challenges we face.** Despite the relative comfort that modern society offers, some individuals still struggle with this essential task. The reasons behind these difficulties are diverse, and with this Training Course (TC), we aim to explore some of them in depth.



As a youth worker, you are invited to explore the concept of *healthy relationships* from multiple perspectives and how to bring this topic closer to teenagers, using non-formal learning methods. Together, we'll delve into the key elements that form the foundation of healthy human connections—such as **communication, trust, freedom, consent, and support**—and reflect on what it means to both offer and receive them. Our approach will focus primarily on developing assertive, respectful, and non-confrontational communication.

The TC is structured in two sections. In the first part, you will explore the methods that we created. In the last two days, you are invited to taste the facilitator role by creating and delivering a workshop, followed by feedback and recommendations.

The TC will offer a valuable space for youth workers to explore both personal and professional competencies essential to guiding teenagers in building strong, healthy connections - with themselves and with others. **In addition, we warmly welcome professionals to share their expertise and practices in areas such as building and nurturing healthy relationships, preventive work, on building resilience, personal growth and education in general.** The working language will be English and we expect to have an average level of speaking, reading and listening.



Over the course of 7 days, 22 youth workers will engage in a dynamic and immersive learning experience, exploring and internalizing a variety of methods suitable for both small and large groups. Each activity will be followed by debriefing sessions to ensure a thorough understanding of the tools and their potential impact. We will address a broad range of topics, including **emotional literacy, constructive and non-confrontational communication, addictive behaviors, peer pressure, self-esteem, personal growth, inclusiveness, and self-acceptance.** **The approach is grounded in experiential learning and includes a mix of sensory, embodiment and kinesthetic methods (please note that physical interaction/touching will be part of the process, so we encourage participants to register only if they are comfortable with this aspect), art-based tools, emotional reflective techniques, mindfulness practises, guided introspection.**

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.
2. **Active involvement.** During the week, besides the sessions, we will sign up for different *administrative roles* that will help us keep our house cozy, functional and happy. *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 in a hike or to explore the city of Oradea.** Please consider booking extra days before or after the TC if you want to visit some of the cities nearby (Oradea, Băile Felix resort or others) or the beautiful Apuseni mountains. **The hike is part of the program**, so please make sure you bring suitable shoes and a raincoat. The difficulty is not high.
4. We will also have some cultural evenings, bring some little gifts (sweets, souvenirs, presentations about your community, materials, accessories, etc.) for your colleagues.

House rules, specific of the place and the week. Please read very careful these details:

1. We have very strict rules regarding **alcohol consumption and smoking**. In other words, drinking alcohol is not allowed during this week, while smoking of any kind is completely prohibited on the site. We kindly advise you to consider these aspects before applying. On the other hand, we are in the middle of nature, so we compensate this aspect with daily doses of a fresh air.

2. We will live in a beautiful venue in nature, with clean and decent conditions, shared sleeping spaces (2 to 4 beds) and toilets. We will take care of our cleanliness of the whole venue and will observe the sleeping time. There are no shops, only few houses around.

3. The dietary specific will be mainly vegetarian, with some of the dishes including meat.

The above-mentioned living conditions are part of the project's approach of promoting a more sustainable way of living, since it stimulates a deeper connection with the learning process.

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 min. 15 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 before attending the TC with all the above-mentioned aspects. These requirements are considered mandatory.



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

Dates: the TC will happen during **26 August – 3 September 2025**, travel days included. Seven days of activities, with a daily schedule from 9:45 AM to 7 PM. We will have four daily sessions, morning warming up moments and a closing daily reflection time. 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. The 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. 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 disconnect 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, Oradea or Budapest as closest international airports.

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 ride from Cluj Napoca takes 3.5 hours, 4 hours from Timisoara and 15 hours from Bucharest.

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>

The travel budget is calculated in EUR according to the Erasmus+ rules, depending on the country you are coming from.

Distance	Green travel (bus, train, shared car)	Plane
100 - 499 km	285	211
500 - 1.999 km	417	309
2.000 - 2.999 km	535	395

The travel budget will cover ALL the transfers, including bus, train, car sharing, plane, ferry. For example, let's consider a limit of 309 EUR. If your plane costs 280 EUR and the local buses to the venue costs 50 EUR, the maximum reimbursable amount will be still 309 EUR. If we will 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. A transfer from Cluj Airport to the venue could vary from 36 to 60 EUR/person, depending on the number of participants. Once you are in Oradea, there are local buses that operate to Bicacel. We will provide you assistance in planning your journey.

Another important aspect related to travel: please try to avoid late arrivals in Cluj Napoca than 3:00 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 and light 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
- Any products that you really need for yourself (we will not have access to a shop in the proximity of the venue)
- 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!
- *A sweet gift for your colleagues and for us, we will organize 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 erasmus@ipta.ro

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

TIMETABLE

of the *Erasmus+* TC “Relational hygiene, peer pressure and decisional autonomy”

Day 1	Introduction of the project and overview on competences. Group cohesion: I, me, mine, you, us, ours. Healthy relationships: what does it mean? Intention of the week.
Day 2	Spectrum of relationships. Ingredients of healthy relationships. I am because we are.
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 a day of exploration?
Day 6	Building healthy relationships as youth worker. Questions & Answers on working 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.