

HAPPY YOU(TH WORKER): EMBRACE WELLBEING

29 September - 07 October 2025
Busteni, Romania



Funded by
the European Union





ABOUT THE PROJECT

Through this project, we aim to improve the well-being and happiness of youth workers through non-formal methods, offering them concrete strategies for managing stress, increasing motivation and developing essential skills such as planning and time management. We want participants to understand the concept of well-being, to apply at least three effective methods in their work and to support young people in their communities, thus contributing to the creation of a more positive working environment and active involvement in the community.



OBJECTIVES



1

At the end of the TC participants will have a solid understanding of well-being and gain theoretical and practical knowledge on implementing at least three effective time and stress management strategies in youth work.



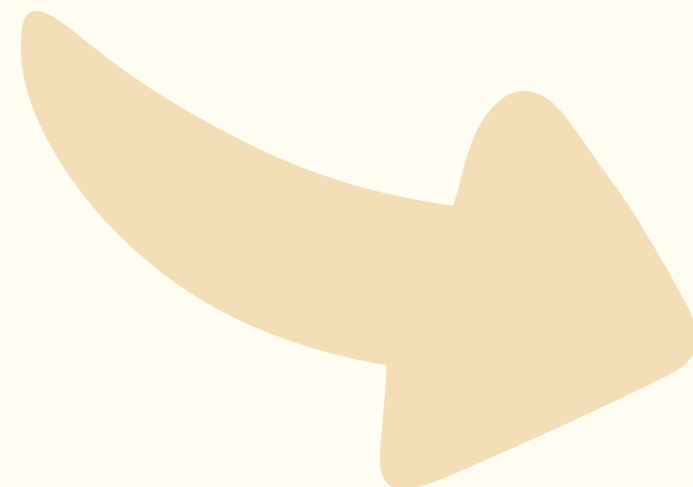
2

By the end of the project, youth workers will develop key skills (e.g., assertive communication, time management) to implement at least three non-formal methods that improve happiness and well-being in their professional activities.



3

By the end of the project, participants will become more proactive and engaged in their communities, organizing more activities that encourage young people to take part in local initiatives. *We anticipate that participants will implement at least three activities aligned with this goal by the end of the dissemination period, integrating non-formal methods that enhance happiness and well-being among young people.



PARTICIPANT PROFILE

- You want to learn the theories of happiness or how to apply and practice strategies for wellbeing
- You need more courage to take initiative and speak when something bothers you
- You want to become more confident in your work
- You want to be more effective and proactive

- You are a youth worker, member of an NGO, facilitator, volunteer
- You are resident in one of the Partner countries:
Romania, Italy, Serbia, Lithuania or Portugal
- You are over 18
- You have a good level of English



APPLICATION AND SELECTION

1 Fill the Form

Carefully fill in the application form. Selection is based on your profile and your motivation.

You can apply even if you are not member of the Partner organisations.

2 Zoom Interviews


The best applications will be invited to zoom interviews.

Only the selected applications will receive our feedback and invitation.

3 Selection

After you receive our feedback, you have 5 days to buy the tickets and confirm your participation in our project.

DO NOT BOOK any tickets before receiving the approval from organisers!



PROJECT TIMELINE

You are expected to participate in all steps of the project



- ✓ 29 September 2025 - ARRIVAL DAY
- ✓ 30 September - 06 October 2025 - TRAINING COURSE
- ✓ 07 October 2025 - DEPARTURE DAY
- ✓ Until end of November - DISSEMINATION AND FOLLOW-UP



REIMBURSEMENT

The costs of your travel will be reimbursed based on the documents you provide. When you buy the tickets, ASK FOR INVOICES! KEEP ALL THE TICKETS, BOARDING PASSES, RECEIPTS!

If you travel by plane try to look for direct cheap flights. Only the tickets approved by the organisers will be reimbursed!

The travel costs within the budget limit of your country, will be reimbursed after the Training Course, ONLY if this conditions fulfilled:

1. All the original tickets were sent/given to the organisers.
2. You attended the full duration of the training course.
3. You have reported back the follow-up activities.
4. You have submitted all the reports, that our organisation or the EU requested.

BUDGET LIMITS

Portugal - 395€ / participant
Italy - 309€ / participant
Lithuania - 309€ / participant
Serbia - 285 €/ participant*
Romania - 56€/participant*

(*green travel)

ACCOMMODATION



BUSTENI

Located on the Prahova Valley at an altitude of 850 meters, Busteni is known especially among mountain lovers. It is the best place to breathe fresh air and recharge your batteries.



SURROUNDINGS

The accommodation is at 5 minutes walk from the train station and 10 minutes walk from Cantacuzino Castle, which hosted recently the production of the mini-series "Wednesday".



ACCOMMODATION

Double rooms with own bathroom and balcony. We provide 3 meals per day and 2 coffee breaks. We take into account any diet. We have a no-alcohol policy during the whole period of the Training Course.

WHAT TO BRING

All your travel tickets and boarding passes

A laptop for each country

The European Health Insurance Card/ Travel Health Insurance

Reusable water bottles

For the INTERCULTURAL NIGHT , food, non-alcoholic drinks, any cultural elements you want to share

Comfortable shoes and warm clothes for the evenings

PARTICIPATING ORGANISATIONS



ITALY
Global Circle



ROMANIA
SolidDar



SERBIA
Jedi Movement

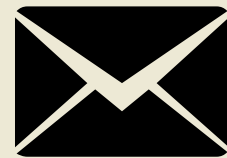


PORTUGAL
POP HUB - Associação



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USEFUL INFORMATION

- The emergency number in Romania is 112
- Bucharest Otopeni Airport (021) 204 10 00
www.bucharestairports.ro
- Railways Information (021)9521
www.cfrcalatori.ro
- The Romanian Currency is LEU (RON)