

BUILDING GENERATIONS FOR EU DEMOCRACY

18-24 May 2026
Constanța, Romania



2025-3-R001-KA153-YOU-000372279



Co-funded by
the European Union

ABOUT THE PROJECT



This project is a dynamic 10-month initiative designed to empower 25 youth workers from five European countries with the tools to champion democracy, EU values, and media literacy. By blending theoretical knowledge with hands-on practice, the project focuses on building resilience against disinformation and populism through non-formal education (NFE). Participants will dive into topics like the Ladder of Youth Participation, fact-checking, and the RMSOS model, ultimately implementing interactive workshops for over 100 young people in local high schools.

The impact follows a "ripple effect" model: starting with the professional development of the youth workers, moving to the capacity building of their home NGOs, and finally fostering a more civically engaged and critical-thinking youth population within their local communities. By the end of the project, these organizations will be better equipped to tackle sensitive political topics and inspire a new generation of active, informed European citizens.

SPECIFIC OBJECTIVES

2. Methodological Innovation & Practical Application

To expand the educational toolkit of participants by introducing at least 5 new non-formal education (NFE) methods focused on critical thinking and democratic engagement. This objective moves beyond theory by requiring participants to:

- Adapt and facilitate these methods for at least 100 young people in local high schools and community centers.
- Utilize diverse approaches including experiential learning, the RMSOS model, and the Ladder of Youth Participation.

4. Institutional Capacity & Local Impact

To strengthen the operational capacity and visibility of the 5 partner NGOs, ensuring the project's benefits extend to the broader community. This will be achieved through:

- The creation of a project toolkit and dissemination strategy to share best practices.
- Organizing regular, open local workshops that promote active citizenship and institutionalize the skills gained during the mobility.

1. Competence Development & Knowledge Mastery

To equip 25 youth workers from 5 European NGOs with a comprehensive understanding of EU democratic values, active citizenship, and media literacy. By the end of the 10-month cycle, participants will demonstrate increased confidence and professional expertise in addressing complex topics such as:

- The role of European institutions and fundamental rights.
- Mechanisms of disinformation, populism, and online manipulation.
- Fact-checking techniques using specialized platforms like EUvsDisinfo and Snopes.

3. Facilitation & Resilience Building

To enhance the soft skills of youth workers in moderating respectful debates on sensitive or controversial topics (e.g., freedom of speech, migration, and political extremism).

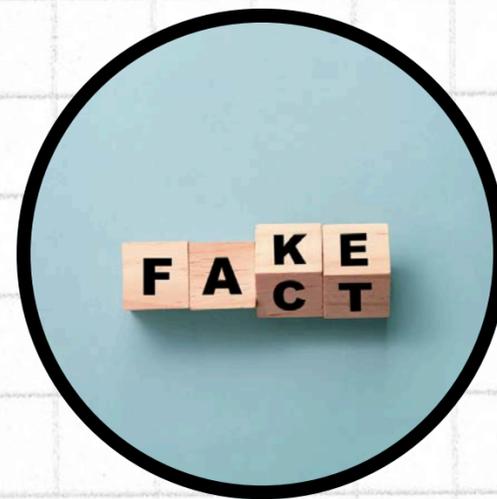
Participants will improve their ability to:

- Create safe spaces for youth-led movements and civic expression.
- Counteract propaganda and "fake news" through evidence-based facilitation.
- Bridge the gap between marginalized or apathetic youth and European civic life.

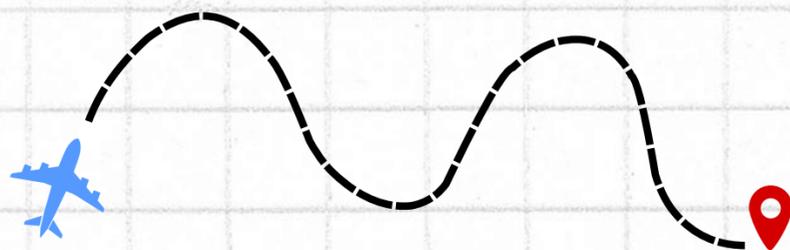
PROFILE OF PARTICIPANTS

- able to participate in the whole period of TC (18-24 MAY 2026)
- youth workers/ leaders/ trainers who want to develop their competences to work with and for young people
- able to express freely in English
- living in Romania, Italy, Bulgaria, Poland or Netherlands
- interested in non-formal methods that can generate a long term positive changes
- demonstrate interest in supporting democracy, desire to combat fake news and building resilience against disinformation and populism through non-formal education

**Apply
here**



LOCATION



Dates & Attendance: Full participation is required for the entire duration of the Training Course, from 18th to 24th May 2026.

Venue: Participants will be accommodated at **Hotel Sport**, located in the vibrant city of Constanta. The hotel is ideally situated just a few steps away from the Black Sea coast, offering a relaxing seaside atmosphere for our working sessions.



CONSTANȚA CITY, ROMANIA



18-24 MAY 2026

ACCOMODATION

We are expecting you on the 17th May 2026 in the afternoon. Participants are kindly requested to arrange travels in order to be at the venue for dinner (19:00) and the start of the Welcome program at 20:00. The departure is envisioned for the morning of the 25th May 2025 after breakfast. Participants will stay in rooms of 2 or 3 people. Towel and bedsheets are provided by the hostel.

Breakfast, lunch and dinner will be served daily at the residence following next program:

- Breakfast from 8 am to 9:30 am
- Lunch from 1.30 pm to 3 pm
- Dinner from 7 pm to 8.30 pm

TRAVELING



All expenses (accommodation and travel tickets/costs) are covered by the project based on the sufficient receipts, tickets, boarding passes and invoices. The reimbursement will be done after the YE within three months of time by the bank transfer. We recommend you to purchase tickets in Euros as the tickets price in other currency will be calculated according to Euroinfo calculator, the official converter for European Commission.

Travel days:

17th May 2026- arrival, 25th May 2026 - Departure day

Travel expenses will be reimbursed according to the E+ limits (the most cheapest and affordable tickets).

Distance Bands & Funding:

10-99 km: €28

100-499 km: €211 (Non-green) / €285 (Green).

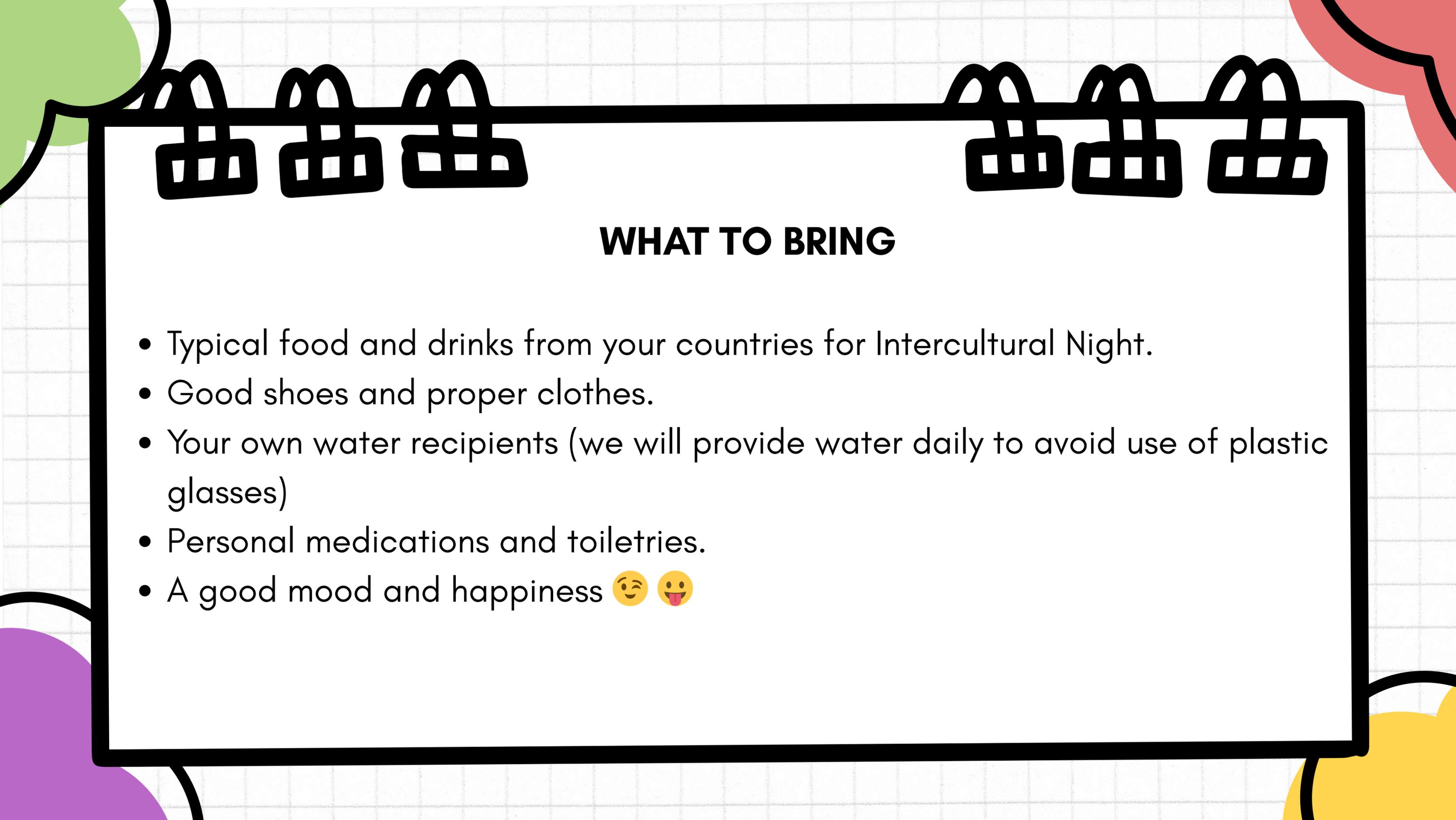
500-1999 km: €309 .

2000-2999 km: €395

3000-3999 km: €527 .



Note: Do not book tickets before our consultation and approval !!!

A decorative border at the top of the page features a black horizontal line with six black baskets hanging from it. The baskets are arranged in two groups of three. The background is a light gray grid. There are colorful abstract shapes in the corners: a green circle in the top-left, a red shape in the top-right, a purple shape in the bottom-left, and a yellow shape in the bottom-right.

WHAT TO BRING

- Typical food and drinks from your countries for Intercultural Night.
- Good shoes and proper clothes.
- Your own water recipients (we will provide water daily to avoid use of plastic glasses)
- Personal medications and toiletries.
- A good mood and happiness 😊 😄

CONTACT

If you have any questions you can contact us at:

 asociatia@harsova3d.ro

 +40734955773 (Alex)

 www.h3d.ro

 [APPLY HERE](#)