



D.C.O.D.E.-
(decoding dopamine)

A STRATEGIC MAP FOR YOUTH WORKERS

*A Training Course
for youth workers
and educators*



**Co-funded by
the European Union**



*24.10-02.11.2026
(including travel days)*



Ighiu, Alba -Romania



We are looking for 25 motivated youth workers and educators (18+) from Romania, Spain, Portugal, Turkey, and Greece — 5 participants from each country — who want to better understand digital addiction, dopamine, attention, and digital stress, and learn practical offline methods to support young people in developing healthier digital habits.



Participants' Profile



👥 Role: Youth worker, volunteer, educator, or activist working with young people.

♥ Values: Passionate about youth well-being, non-formal education, and healthy digital habits.

🗣️ Language: Comfortable communicating in English.

🧠 Curiosity: Interested in understanding dopamine, attention, digital stress, and digital addiction.

🌱 Mindset: Open to exploring offline, creative, and traditional activities as alternatives to screen use.

🤝 Team spirit: Willing to share ideas and work in a multicultural team.

🔥 Energy: Motivated to participate fully in practical workshops and group activities.

🚀 Impact: Committed to applying these tools in the local community to support young people's digital well-being.





Main Objectives of the Training Course

- *Empowering youth workers to tackle digital overuse.*
- *Increasing literacy about dopamine, attention, and digital stress.*
- *Providing practical tools for digital well-being and analog learning activities.*
- *Using culture, crafts, and nature to restore focus, patience, and mental clarity.*
- *Promoting intergenerational learning through traditional heritage activities.*
- *Supporting young people in developing safe and conscious digital habits.*



🌍 We especially encourage applications from:

- Young people and youth workers with fewer opportunities, facing social, economic, cultural, or geographical barriers.
- People working with young people affected by digital stress, social anxiety, low focus, or digital overuse.

🧠 What kind of experience do you need?

- No professional background is needed.
- A basic interest in digital well-being, youth work, and non-formal education is enough.
- Previous experience in youth work, education, mental health, community activities, or creative offline methods is an asset, but not mandatory.

🤝 Commitment after the project

- Take part in follow-up activities in your local community.
- Support the implementation of local digital well-being workshops or initiatives within 3 months after the mobility.
- Use and share the D.C.O.D.E. tools to help young people build healthier digital habits.



✿ What you will gain

- 🧠 Gain a deeper understanding of dopamine, digital habits, and their impact on young people.
- 🎯 Learn practical methods to improve focus, emotional balance, and healthy digital behaviour.
- 🌿 Discover offline and “slow-dopamine” activities that can be used in youth work.
- 🤝 Exchange knowledge and good practices with youth workers from different European countries.
- 🚀 Expand your professional network and build future international collaborations.



What to bring with you



- * Valid ID card or passport
- * European Health Insurance Card or private health insurance
- * Travel tickets, invoices, boarding passes, and proof of payment
- * Comfortable clothes and shoes for indoor and outdoor activities
- * Warm/rain clothes, depending on the weather
- * Personal hygiene products and any personal medication you may need
- * Reusable water bottle
- * Laptop or tablet/one per country
- * Any materials needed for your cultural presentation or intercultural evening
- * Motivation, openness, and good energy





Accommodation: Casa Negrea

Location: Ighiu, Alba County, Romania.

Venue: A traditional guesthouse surrounded by nature, offering a quiet space for creativity.

Rooms: Participants will stay in shared rooms, separated by gender.

Facilities: Full board (3 meals/day) and working spaces included.



https://www.turistinfo.ro/ighiu/cazare-ighiu/pensiunea_casa_negrea-c113293.html





How to reach us?

✖ Transport: Participants are required to choose economical options (Low-cost flights, 2nd class trains, Buses).

⚠ WARNING: DO NOT BOOK TICKETS without our approval! Send your travel plan first and wait for confirmation.



Closest Airports:

Sibiu (SBZ)

Cluj-Napoca (CLJ)



Local Transfer: We will organize the transfer from Alba Iulia to the venue in Ighiu.

!!!Participation in the project is free of charge.

Accommodation, meals, activities, and materials are covered by the Erasmus+ Programme.



Travel costs will be reimbursed after the project, up to the limits below:

Country	Travel Distance	Non-green travel	Green travel
SPAIN	2000 – 2999 km	395€	535€
GREECE	500 – 1999 km	309€	417€
TURKEY	500 – 1999 km	309€	417€
PORTUGAL	2000 – 2999 km	395€	535€
ROMANIA	10 – 99 km	28€	56€
	100 – 499 km	211€	285€

- Green travel = using buses, trains, car-sharing, or other eco-friendly options (instead of flights).
- Keep all original tickets, boarding passes, and invoices!
- Don't buy any tickets before our travel plan is approved by the organizers.
- Note: The amounts above are maximum limits. A part of the travel grant will be used for the organized transfer from Alba Iulia to Ighiu, so participants must book tickets below the maximum amount and only after receiving approval from the organizers



Asociația Valori Educaționale Nonformale (VEN) promotes the development of soft skills in youth through interactive and non-formal learning methods. We focus on helping young people communicate effectively, work collaboratively in teams, think critically and solve problems, manage their time and resources efficiently, and develop leadership and decision-making skills. By engaging in these activities, participants gain practical experience that strengthens their personal and professional growth, preparing them for future challenges and active participation in their communities.



ASOCIAȚIA VALORI EDUCAȚIONALE NONFORMALE

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