



DREAMS FOR LIFE and ERASMUS+ PROGRAMME

Present

The international training course

## **Passion in Action**

10<sup>th</sup>-17<sup>th</sup> October 2014

near Timisoara, Romania



**Dear friends,**

We are happy to tell you about our international project **"Passion in Action"**, which is an international training course which will take place in Romania from 10<sup>th</sup> to 17<sup>th</sup> October 2014. It is a project organized by Dreams for Life and co-funded by Erasmus+ Program. In this document you will find information you need to know about this training, including the training goals, the program and the practical information about accommodation, dates, countries included, financial conditions and others. Attached you will find the application form for the training.

We hope to answer all your questions and we are looking forward to seeing you in Romania in October!

*The organizing team*

## **Contents**

|   |                                     |
|---|-------------------------------------|
| <b>Who we are? .....</b>                              | <b>3</b>                            |
| <b>What is Passion in Action? .....</b>               | <b>3</b>                            |
| <b>Why Passion in Action?.....</b>                    | <b>4</b>                            |
| <b>When?.....</b>                                     | <b>4</b>                            |
| <b>The Passion in Action Process.....</b>             | <b>4</b>                            |
| <b>Who?.....</b>                                      | <b>6</b>                            |
| <b>Participants &amp; Partner Organizations .....</b> | <b>6</b>                            |
| <b>Trainers Team .....</b>                            | <b>6</b>                            |
| <b>Financial conditions? .....</b>                    | <b>6</b>                            |
| <b>Where? .....</b>                                   | <b>7</b>                            |
| <b>What to bring? .....</b>                           | <b>8</b>                            |
| <b>How to apply .....</b>                             | <b>8</b>                            |
| <b>About Romania.....</b>                             | <b>8</b>                            |
| <b>Contact information .....</b>                      | <b>9</b>                            |
| <b>Training program .....</b>                         | <b>Error! Bookmark not defined.</b> |

## Who we are?

**Dreams for Life** is a youth association from Romania, which operates in two important cities in Romania, Timisoara and Cluj-Napoca. Our organization unites young people that are passionate about non-formal education and active participation.

**Our mission is to support youth for following their true meaning in life, towards their personal development and the development of the community.**

We act upon the belief that everyone has a unique mission and path in life and that if they were to follow it, they would feel a positive change in themselves, as well as a sense of accomplishment.

We mainly work with youth aged 15 to 25 years old and we have local and international projects. We use non-formal education methods to empower young people to become active and responsible citizens.

## What is Passion in Action?

**Passion in Action** is a training course which will take place between 10<sup>th</sup> and 17<sup>th</sup> October in Romania, in a village, close to Timișoara. The project themes are:

- Holistic education
- Career guidance and youth unemployment
- Entrepreneurial learning/entrepreneurship education
- Health and wellbeing

In this project are 7 organizations: Dreams for Life (Romania), YOUTH FOR EXCHANGE AND UNDERSTANDING (Cyprus), NC Future Now (Bulgaria), P.E.C.O. (Italy), Tourist association Žetale (Slovenia), AFS Mezikulturní programy, o.s. (Czech Republic), Centrum Edukacji Nieformalnej (Poland).

**The aim of our project is training and empowering youth workers to become multipliers of holistic education in order to increase young people's employment chances.**

To achieve our aim we have the following **goals**:

- *To introduce the concept of holistic education and its relevance for youth work, and for professional and personal development of youth workers and youth.*
- *To improve transversal and specific competences of youth workers and enable them to create and deliver quality non-formal education for young people.*
- *To develop the self-awareness of the youth workers regarding personal strengths, talents, passions and dreams.*

- *To empower youth workers to become aware and develop their own personal power in order to produce positive change in the society.*
- *To encourage active social participation and engagement in the fight against youth unemployment.*
- *To build and reinforce entrepreneurial skills of youth workers in order to strengthen their positions in the labor market.*

## Why Passion in Action?

We are making this training because we believe that each person has tremendous inner resources, passions, talents, ideals, dreams. Through Passion in Action we create an educational process for deep exploration, for meaningful discoveries, which will then be activated and transformed in clear actions, in order to live and follow our passions and talents. Our project has a holistic approach and thus the participants will develop a wide range of competencies. **The base of holistic education is built on four human dimensions: Body, Mind, Heart and Spirit, thus we aim at physical, emotional, mental and spiritual development.**

The educational process is transferable, thus the participants can take the methods and tools and use them in their daily work with young people. Many youth nowadays are facing difficulties and struggling to find a meaning in their lives. In a fast changing world, the youth have to be prepared and ready to adapt to the labor market. Thus the youth worker can play a key role in the development and fulfillment of young people. But before empowering young people, a youth worker should be empowered and competent. That is why we are making this project, to increase the quality of youth work in the countries which are involved in this project, so the youth can become more prepared for their careers and professions.

## When?

**Participants' Arrival day:** 10<sup>th</sup> October 2014 before 18:00

**Full working days:** 11<sup>th</sup>-16<sup>th</sup> (6 days) October

**Departure day:** 17<sup>th</sup> October 2014

If you plan to **arrive earlier** or **leave later**, and you need to find an accommodation, let us know, so that we can support you. Your expenses out of the days of the training will not be reimbursed by the organizers. (Flights that are earlier or later with more than 2 days from the start/end of the training will NOT be reimbursed)

Please inform the organizers before you buy the tickets to check if the routes and the prices are ok with our budget.

## The Passion in Action process

We want to create a learning process which will lead to a bigger impact in the development of the participants. Thus we created a three phase process which will be described below.



### **1. INDUCTION PHASE**

One month before the training course the participants will receive online learning materials. A learning pack will contain a newsletter, where the participants will have the chance to introduce themselves to the group, there will be a short online course, with concepts, theories, video presentations and useful images to the participants. The newsletters have the role to introduce the participants into the learning mood and create new knowledge about the training themes.

### **2. TRAINING COURSE**

You will have more details bellow.

### **3. MENTORING PHASE**

Throughout 5 weeks the participants will be guided by the trainers' team in three directions: **DIRECT MENTORING**, for improving the implementation of new tools and methods that we will experience during the training. **ONLINE LEARNING**, which is a continuation of the newsletters and the creation of an **EMPOWERMENT GUIDE**. This will be made by the participants and is a reference document that combines theories, good practices, personal opinions and stories from the participants.

## **The Training Course**

The course is prepared and will be run on the basis of a methodology that emphasizes active participation and commitment of all who's involved. Therefore, the program is subject to regular changes and adaptations before and during the course. The activities foreseen are ice-breakers, role-plays, teambuilding and outdoor activities, debates, open space and several workshops to develop life skills and competences useful for any youth worker. The working methods are the: "Experiential learning", "Educator to Peer" and "Peer to Peer".

In the fifth day the participants will organize a local event for organizations and youth.

We want to tell you that this training course will be quite challenging since we will be facing personal and group challenges. We will have moments of group discussion, individual reflection and intensive work, so we need commitment, dedication, desire to learn and grow as person and a lot of passion in action.

## Who?

### Participants & Partner Organizations

The project “**Passion in Action**” is a training course which aims at bringing together 22 youth workers, from 7 countries: Romania (4), Bulgaria (3), Cyprus (3), Slovenia (3), Italy (3), Poland (3), Czech Republic (3).

#### **You are the right person for us if you:**

- are a professional youth worker and/or youth leader, mentor, project coordinator, volunteer coordinator, volunteer willing to begin a career in youth work, teacher from formal education institutions.
- have a high interest in the training topics: holistic education, career guidance / youth unemployment, entrepreneurial learning - entrepreneurship education, health and wellbeing.
- are interested in personal development tools, non-formal education, Erasmus+ projects, employability
- want to become more professional, to equip yourself with competences for youth work.
- believe in values such as: continuous development, volunteering, inclusion, self-determination, involvement, social responsibility, sense of belonging to a community, youth active participation and the power of group action
- are over 18, speak English and are willing to be an active participant for the entire duration of the course.

### Trainers Team

The team will consist of 3 trainers experienced in working with international groups and with the method of non-formal learning. The team will support participants in their learning process and make sure that high quality training is delivered.

### Financial conditions?

#### **Participation fee**

Each participant should pay a participation fee of 30 EUROS, which will be taken from the travel costs that will be reimbursed after the training.

#### **Travel reimbursement & Insurances.**

According to the Erasmus+ financial rules we will be able to reimburse a specific amount of money for each country, which is described in the table below. For some participants, depending on the destination and means of transportation, we can reimburse the full amount of travel costs. For other participants we can reimburse only in the limit of the specific amount of money. Please pay attention to the figures and conditions.

| PARTNER ASSOCIATION                  | COUNTRY        | N° OF PAX | MAX. PER PERSON |
|--------------------------------------|----------------|-----------|-----------------|
| YOUTH FOR EXCHANGE AND UNDERSTANDING | CYPRUS         | 3         | 275 EURO        |
| NC Future Now                        | Bulgaria       | 3         | 275 EURO        |
| P.E.C.O.                             | Italy          | 3         | 275 EURO        |
| Tourist association Žetale           | Slovenia       | 3         | 180 EURO        |
| AFS Mezikulturní programy, o.s.      | Czech Republic | 3         | 275 EURO        |
| Centrum Edukacji Nieformalnej        | Poland         | 3         | 275 EURO        |

We are strongly recommending you to have insurance while you are in Romania. Each participant will be in charge of purchasing one, because no private insurance will be reimbursed.

**Very important:** your tickets have to be given to the organizers during the project. Therefore, if you cannot provide your original tickets, receipts and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

If you want to come to Romania earlier/stay longer (for sightseeing etc.) you can come **only 2 days before** the training course starts. If you want leave later, acceptable are **only 2 days after** the course finishes. (It means you cannot arrive before Wednesday the 8<sup>th</sup> of October and leave later than Sunday the 19<sup>th</sup> of October.) In case your date of arrival or departure is more than 2 days before or after we CANNOT REIMBURSE your travel costs. **We are really sorry** for that, but it is one of the financial rules of the grant we have received, and there is nothing we can do about it ☹

## Where?

The training course will take place in a quite village close to Timisoara (West part of Romania). We will give you more details on how to get there in the coming weeks.

**HOW TO ARRIVE TO THE TRAINING LOCATION:** The main destination will be **TIMISOARA**, which is the largest city of West part of Romania. Timisoara has an international airport, where

several companies are operating, and good train and bus connections with other countries. There are also options to fly to Bucharest or Cluj-Napoca and then to come by train or bus to Timisoara. Because some of the countries are not so far, you can take into consideration coming by car, train or bus.

## What to bring?

- Clothes and shoes suitable for sports and walking. Please bring enough clothes, washing facilities are not provided.
- Your original tickets for the entire trip, the invoice of the travel agency (the price clearly indicated on the ticket), the boarding passes.
- Your travel insurance contract and a legible copy of it
- Your ID/passport and two clearly legible copies of it
- Your own medication
- A flashlight
- Something typical about your country such as food, drinks, music (OPTIONAL).

Concerning *special needs (diets, medicine)* please, tell us beforehand if you need any assistance from us in this matter.

## How to apply?

If you are interested to join our project you should fill in the application at this link:

<https://docs.google.com/forms/d/1n2ToNqzvr5Q9A4DY1FMc1kwrXOPjP2mJqxdTsY7gPsM/viewform?c=0&w=1>

**LAST DAY FOR APPLICATION IS 23<sup>rd</sup> of August**

## About Romania

With a surface area of 238,391 square kilometres (92,043 sq mi), Romania is the largest country in southeastern Europe and the twelfth-largest in Europe. Romania's terrain is distributed roughly equally between mountainous, hilly and lowland territories. The Carpathian Mountains dominate the centre of Romania, with 14 mountain ranges reaching above 2,000 m/6,600 ft, and the highest point at Moldoveanu Peak (2,544 m/8,346 ft). These are surrounded by the Moldavian and Transylvanian plateaus and Pannonian and Wallachian plains. Romania's geographical diversity has led to an accompanying diversity of flora and fauna.

Our currency is the Romanian Leu (RON): 1 Euro = 4.40 RON



## **Remember this:**

Romania is member of the EU since 1st of January 2007;

### **Prices in Romania**

Prices in Romania are not so high and this is true for nearly every kind of goods, except for cigarettes, fuel, coffee and alcohol.

#### **Examples for prices in Romania:**

Bread 500 g +/- 1,00 EUR

Beer 0,25 ltr +/- 2 EUR

Softdrink 0,25 ltr +/- 1,5 EUR

Sandwich +/- 1,80 EUR

Dish of the Day +/- 10 EUR

## **Contact information**

If you have questions, something is not clear or you want to know more about the training, you can use the contacts below:

Bogdan Romanica – Project coordinator

[romanica.bogdan@gmail.com](mailto:romanica.bogdan@gmail.com)

0040-745-585415

More details about Dreams for Life:

[www.dreamsforlife.ro](http://www.dreamsforlife.ro)

<https://www.facebook.com/DreamsforLife>

**PASSION IN ACTION – TRAINING PROGRAM**

| 10.10                       | 11.10                                | 12.10   | 13.10   | 14.10   | 15.10  | 16.10  | 17.10                                     |
|-----------------------------|--------------------------------------|---|---|---|--|--|---|
| Day 0                       | Day 1-Saturday                       | Day 2-Sunday  | Day 3-Monday  | Day 4-Tuesday   | Day 5-Wednesday  | Day 6-Thursday   | Day 7                                     |
|                             | Healthy behaviors                    | Healthy behaviors   | Healthy behaviors   | Healthy behaviors   | Healthy behaviors  | Healthy behaviors  |   |
|                             | Breakfast                            | Breakfast   | Breakfast   | Breakfast   | Breakfast  | Breakfast  | Breakfast                                 |
|                             | Official opening<br><br>Introduction | Holistic education<br>an innovative<br>approach                     | Developing<br>self-confidence<br>and self-<br>empowerment<br><br>My<br>Personal Power | Economy, is my<br>job too<br><br>Increasing the<br>interest in<br>economy.            | The importance of<br>entrepreneurship                                      | Becoming an<br>entrepreneur 2<br><br>The<br>Tipping point &<br>How to create a<br>movement | Good bye<br>activities<br>and<br>ceremony |
|                             | Break                                | Break   | Break   | Break   | Break  | Break  |   |
| Arrival                     | Get to know each<br>other            | New perspectives<br>on human<br>development<br><br>Human dimensions | Developing<br>powerful habits<br><br>Body, Mind, Heart<br>and Spirit                  | From Macro to<br>Micro,<br>Developing youth<br>in an free market                      | Becoming an<br>entrepreneur 1<br><br>Financial<br>Intelligence             | New ideas and<br>common projects<br>in Erasmus PLUS  | Departure                                 |
|                             | Lunch                                | Lunch   | Lunch   | Lunch   | Lunch  | Lunch  |   |
| Arrival                     | Team in Action                       | Efficiency and<br>efficacy in<br>youth work                         | Becoming aware of<br>my positive<br>contribution in<br>society and youth.             | Reflection time<br>Intermediate<br>evaluation   | Developing a<br>Canvas Business<br>Model                                   | Youthpass<br>moment<br>Commitment<br>Evaluation  | Departure                                 |
|                             | Break                                | Break   | Break   | Break   | Break  | Break  |   |
| Welcome<br>activities       | Steps into holistic<br>education     | Tools for testing<br>and evaluating the<br>impact of my work        | Planning my career<br><br>My<br>Life path   | Healthy behaviors<br>(optional)<br>Refreshing your<br>body, heart, mind<br>and spirit | Agora of<br>organizations<br><br>A space for<br>innovation and<br>exchange | Closing session  |   |
|                             | Reflection                           | Reflection  | Reflection  | Reflection  |  | Reflection   |   |
| Dinner                      | Dinner                               | Dinner  | Dinner  | Dinner  | Dinner   | Dinner   |   |
| Welcome<br>Evening<br>Games | Bringing Hearts<br>together          | Intercultural<br>evening  | Vision quest  | Participants<br>evening   | Evening in the<br>community  | Goodbye party  |   |