

YOUTH MOTION TRAINING COURSE

16 - 23 June 2025, Baile Govora, Romania

Arrival day: 15th June

Departure day: 25 June



LEARNING OBJECTIVE






To develop youth workers' skills in effectively managing a group of young people through facilitation, communication and group dynamics management techniques in order to create a safe, inclusive and motivating environment for participants.



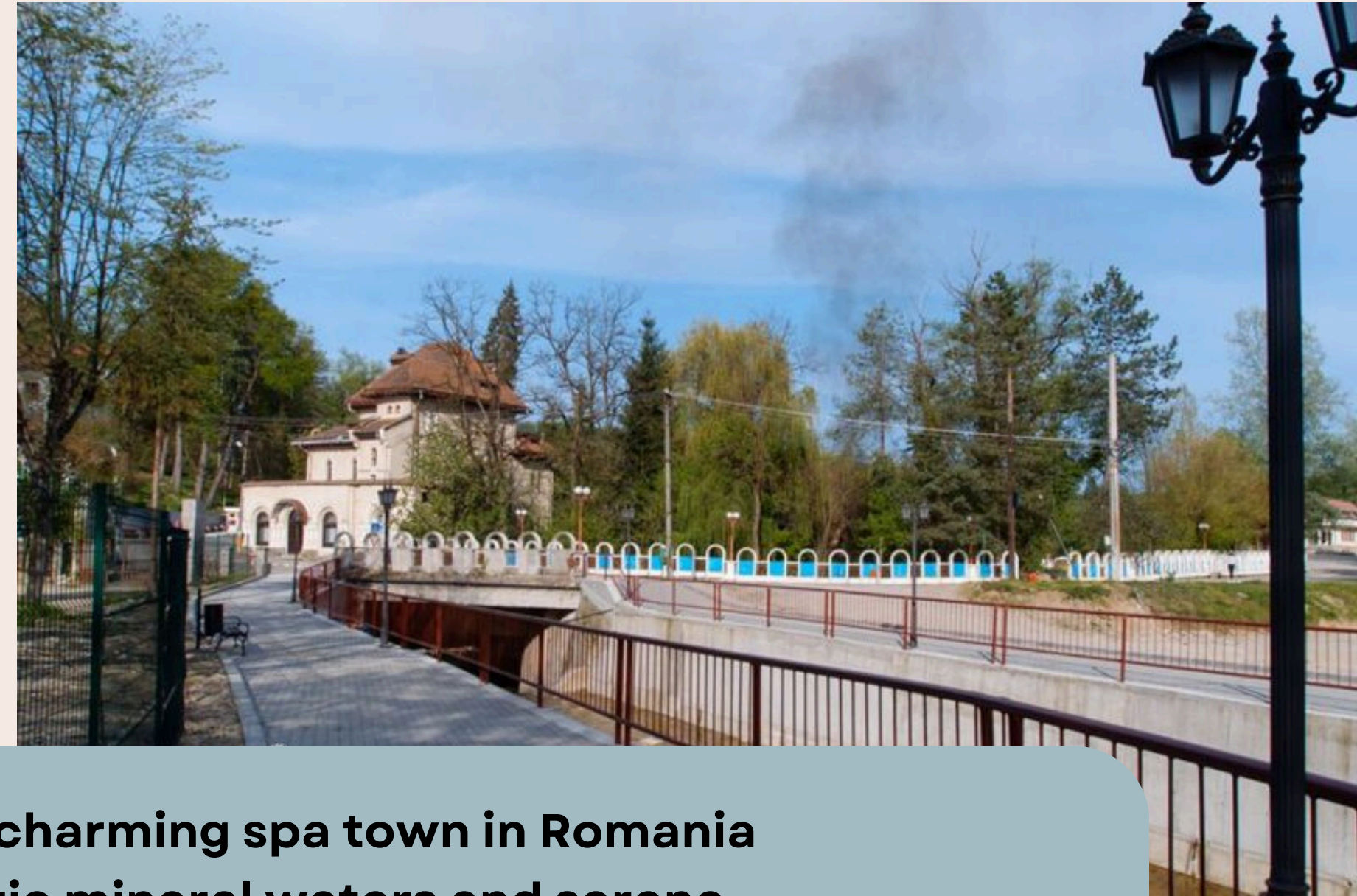
ABOUT AIDE

Our mission is to provide learning and career guidance opportunities to young people in Vâlcea County, enabling them to become responsible and confident adults, both personally and professionally.

What we do:

- organize vocational workshops for local young people
 - implement Erasmus+ project in youth sector
 - implement National and International volunteering project
 - Coordinate a youth center in Ramnicu Valcea city
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INFO ABOUT THE LOCATION



Baile Govora is a small, charming spa town in Romania known for its therapeutic mineral waters and serene environment.

The town is also known for its peaceful atmosphere, clean air, and well-maintained parks. Architecturally, Băile Govora boasts a blend of neoRomanian and Art Nouveau styles, reflecting its development during Romania's Belle Époque period.

TIMETABLE

Below are the key topics for each day of the project.



DAY 1

Getting to know each other

DAY 2

Onboarding strategy

DAY 3

Tuckman's Stages of Formation
Theory Team

DAY 4

Effective Volunteer Team Management

DAY 5

Exploring the community

DAY 6

Coaching and mentoring

DAY 7

Cultivating Well-being for Youth workers

DAY 8

Evaluation and Youthpass

PROFILE OF THE PARTICIPANTS

- Trainers and facilitators in non-formal and formal education.
- Youth workers and educators passionate about professional growth.
- Volunteers in a youth organization
- Volunteer's coordinators
- Youth Center coordinators



MINIMUM REQUIREMENTS

- Participants must be over 18 years
- Maximum 4 people per organization
- Member/volunteer/staff or affiliated to an NGO with valid OID number



WHAT TO BRING WITH YOU?

- One object that is important for you and you want to share with us
- Enthusiasm and an open mind to meet new people, and cultures
- Good mood and motivation to improve yourself



TRAVEL REIMBURSEMENT

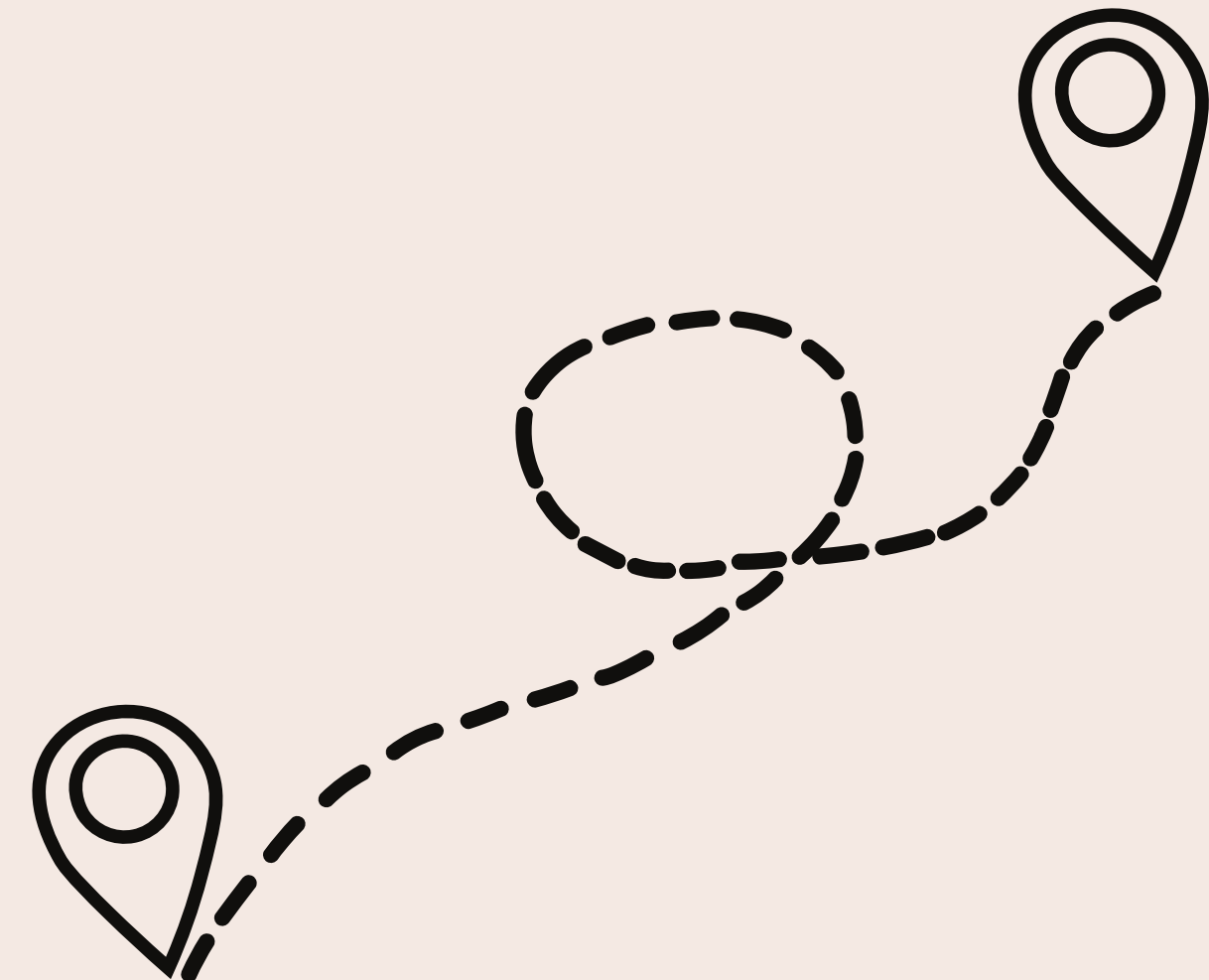
The costs of the transport for both ways will be covered according to the distance band from the European Commission distance band calculator:

Use this tool by setting your city to Baile Govora. The money will depend on the distance in which you fit.

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Between 0 and 99 km = 238 euro	Green travel: 54 euro
Between 100 and 499 km =211 euro	Green travel: 285 euro
Between 500 and 1999 km = 309 euro	Green travel:417 euro
Between 2000 and 2999 km =395 euro	Green travel: 535 euro
Between 3000 and 3999 km = 580 euro	Green travel:785 euro

Green travel means train/bus/carpooling transportation



ACCOMMODATION

Food and accommodation will be provided at Vila Crizantema,
with 2-3 people sharing each room.

[HTTPS://VILACRIZANTEMAGOVORA.RO/GALERIE/](https://vilacrizantemagovora.ro/galerie/)

Vila Crizantema, located in Băile Govora, Romania, is a historic building that once served as a residence for the former Romanian dictator Nicolae Ceaușescu. This villa not only hosted Ceaușescu and his family but also accommodated ministers, prime ministers, and numerous other officials of the communist government.



HOW TO GET HERE

OPTION 1: OTOPENI AIRPORT – RÂMNICU VÂLCEA (BY BUS)

Direct transfer from the airport to Ramnicu Valcea - You can choose this option that is fast and comfortable but you need to book in advance.

Here is the website where you can find all the regular transfers and bookings:

<https://www.autogari.ro/Transport/Otopeni-RamnicuValcea?zi=2023-06-19&pas=1-0-0-0-0&lang=en>

From Ramnicu Valcea to Baile Govora there is a local bus SC VILTRANS SRL

<https://www.primaria-govora.ro/notices/program-de-circulatie-autobuze-sc-viltrans-srl/>

HOW TO GET HERE

OPTION 2 : OTOPENI AIRPORT - GARA DE NORD - AUTOGARA MILITARI - RÂMNICU VÂLCEA

This option is good if you would like to visit Bucharest or do not have any other options for direct transfers.

STEP 1 From the Airport take the direct train to Gara de Nord. This train departs every 45 minutes, is available 24 h, and takes 25 minutes to get to Bucharest.

The price for one ticket is 5 lei (1 euro) you can buy the tickets:
directly on the train,
at the airport CFRcounter,
or online <https://www.cfrcalatori.ro/>

HOW TO GET HERE

STEP 2 - a

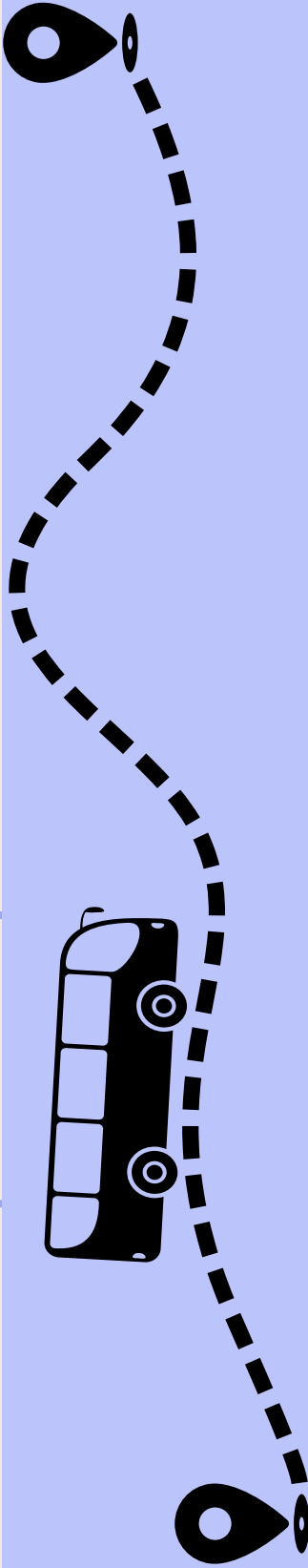
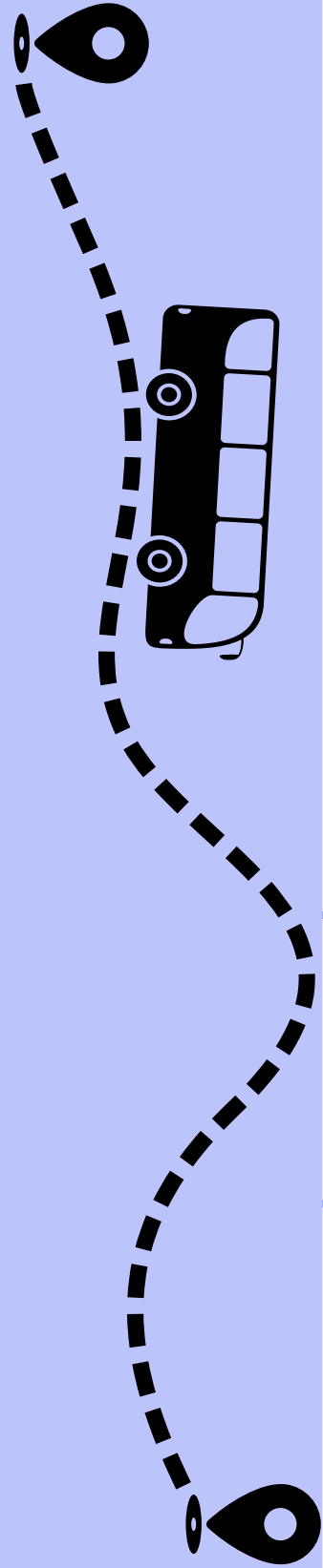
Take the Metro from Gara de Nord 1 metro station (LINE M1)
direction Pantelimon/Republica.
Change in Eroilors station to (LINE M3) direction Preciziei.
Your stop will be Pacii Station.
From there walk to Autogara Militari.

STEP 2 - b

Take bus 62 to Autogara Militari.

STEP 2 - c

Take the bus 783 to Piata Unirii.
Take the metro from Piata Unirii and stop at Pacii Station.
From there walk to Autogara Militari



HOW TO GET HERE

STEP 3 Take the bus from Autogara Militari to Râmnicu Vâlcea - You need to book the tickets in advance.

Here is the website where you can find all the regular transfers and bookings:

<https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea>

From Ramnicu Valcea to Baile Govora there is a local bus SC VILTRANS SRL

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THE FINAL STOP

If you are planning to use a car to arrive at the venue this is the address of the Hotel: **Vila Crizantema, Strada Școlii, Nr. 1 245200 Băile Govora Romania.**

Save your travel papers



Regardless of your mean of transport please save all your travel documents for reimbursement purposes.

Boarding Pass is a must in order to fully reimburse you.

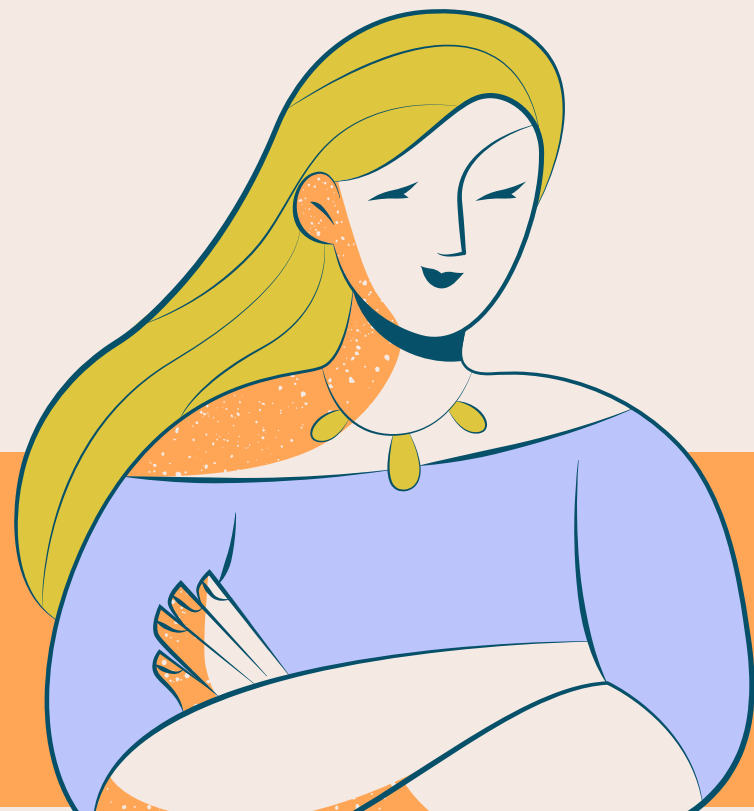
Thank you for watching this infopack!

COORDINATOR PERSON

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TRAINER

Adelina Florescu

Youth Worker with 5 years of experience in
volunteering and Erasmus+ projects

