

The Way Towards Preventive Education

- Training Course -



Implemented by



idei și proiecte
pentru
tineri activi



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The Way Towards Preventive Education

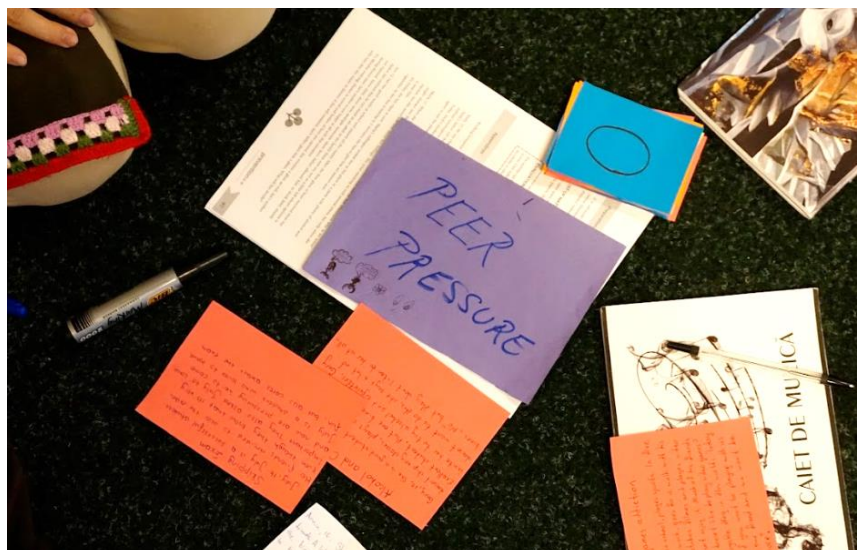
- Training Course -

27 May – 4 June 2025, Brăzești - Romania

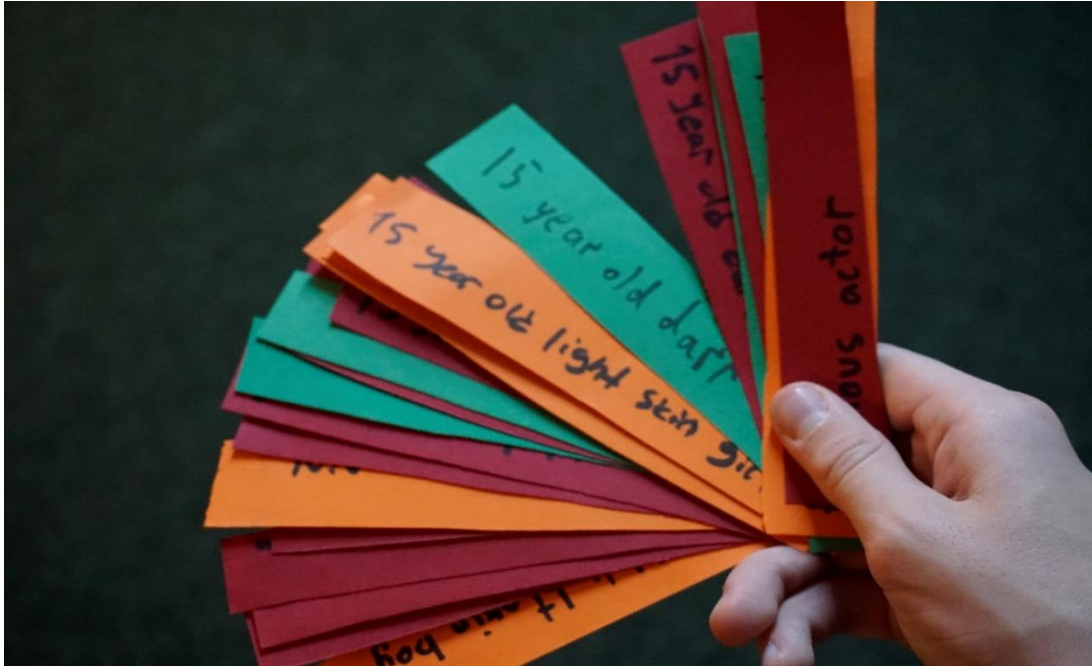
Preventive work is an essential part of the educational activities dedicated to teenagers nowadays. Our philosophy of working with this topic is simple, yet intriguing: prevention doesn't mean abstinence or suppression, it's mainly about setting an inner state of balance and peace. Balance within yourself and with others, a way to be fully aware of the reasons behind a decision. We believe that this should be at the core of preventive education on addictions and unhealthy tendencies.

This document is an invitation to a learning program where you will explore tools and practices on preventive education, mainly related to substance abuse, but also with other unhealthy tendencies. The main goal of the program is to enable you to work better with teenagers on this topic. We want to bring preventive education as close as possible to these beneficiaries. We invite you to join a beautiful process that consists of one week full of activities based on non-formal learning.

The TC (training course) is part of IPTA (Idei si Proiecte pentru Tineri Activi) portfolio of activities dedicated to youth workers who are highly interested in working with preventive education with teenagers. We want to prioritize the transferability of our results and methods in the partner organizations, and we will work on adapting the methods to your target audience. This event is a proper space for exploring as many facets of personal and professional traits that are needed to better understand how to address preventive work with teenagers, as well with yourself. Moreover, we invite the participants to share their knowledge and practices in preventive work and education in general.



For 7 days, 22 youth workers will discover min. 12 working methods suitable for small and large groups. We will have consistent debrief on the working methodology. Topics covered: development of addictions, cycle of addictions, principles of prevention work, design of methods, local transferability, relational hygiene. You will be part of a great opportunity to collect tools, principles and other elements from those who are involved in this field.



This TC is dedicated ONLY AND ONLY to professionals who are active in youth work, education, teaching, social work, support services for young people, psychologists, youth leaders, facilitators, trainers, etc. and have a clear interest in exploring the topic of preventive education. Please consider that the sessions will be focused on methodological aspects and discussions on how the tools could be inserted into your work with teenagers.

We promote a learner-based approach, we provide time to explore nature and to self-care. You will receive a Youthpass Certificate as proof of your learning during the TC.

We expect to have a group of motivated professionals who have the support of their organizations for transferring the methods in their work. Minimum knowledge and experience in working with NFL activities is desirable. The working language will be English, therefore an average level of speaking, reading and listening is desirable. Minimum age limit is 18.

Important and very important aspects to consider before sending your intention to attend the Training Course.

In order to sign up for this event, please register in [this online form](https://forms.gle/26BcbkVDt4VNCqQz5)!!!

<https://forms.gle/26BcbkVDt4VNCqQz5>

Homework: before arriving to the event, please prepare a one-page homework (and send it to projects@ipta.ro), with the following elements:

1. Describe how preventive education should be delivered to teenagers.
2. Indicate one national or EU programs on prevention implemented in your country.
3. Describe briefly a workshop that you could deliver during the TC as part of the days dedicated to sharing practices.

Participation during the Training Course:

1. Full attendance at sessions is mandatory and it is a condition for reimbursing of travel costs. We expect to have a contribution-based process, with consistent input from your experience.
2. Active involvement. During the week, besides the working sessions, we will sign up for different administrative roles that will help us keep our house cozy, functional and happy for all of us. We will take care of our space in the venue. Stay tuned for more details ☺
3. We will have one half-day for exploring the nature around the venue. Please consider booking extra days before or after the TC if you want to visit some of the cities nearby (Cluj Napoca, Alba Iulia or others) or the beautiful mountains of the Natural Park of Apuseni.
4. The TC provides a various typology of methods. We usually cover different learning styles, ranging from art-based activities to cognitive approaches and introspection, emotional literacy and behavioral patterns. Our intention is that each and every participant will find at least a minimal set of methods to work with after this week.
5. The TC is divided in two parts: the first days are filled with activities facilitated by us, while during the last part you are invited to design and test one workshop in teams.



House rules, specific of the place and the week. Please read very careful all these details:

1. We have very strict rules regarding alcohol consumption and smoking. In other words, drinking alcohol is not allowed during this week, while smoking is completely prohibited on the site. We kindly advise you to consider these aspects, as those who disobey this condition will be checked-out of the venue. On the other hand, we are in the middle of nature, so we compensate this aspect with daily doses of a fresh air and beautiful landscapes 😊
2. We will live in a beautiful [venue](#) in nature, with clean and decent conditions, shared sleeping spaces (3 to 4 beds) and toilets. We will take care of our cleanliness of the whole venue and will observe the sleeping time. The Charpatians are next to us, there are no shops, only few houses around, far from cities, possibly with limited phone connection.
3. The dietary specific will be mainly vegetarian, with some of the dishes having including meat. We propose you a break from the daily routine of urban food.

The above-mentioned living conditions are part of the project's approach of promoting a more sustainable way of living, in a context that could stimulate a deeper connection with the learning process. Some pictures with the specific of the place.

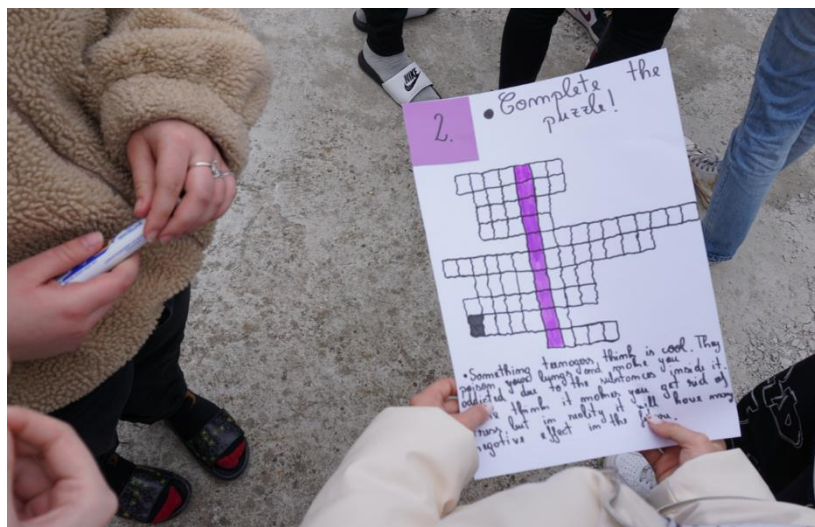




Follow-up activities: after the TC, the participants are expected to initiate:

1. Minimum **one local workshop with a total of minimum 18 participants** using the methods used in the TC with their groups, to collect feedback and provide pictures from the activities.
2. Dissemination of the TC and the learning outcomes by **creating minimum one post on the personal social media**, including the visual elements of the project and European Union. We need this contribution as part of the visibility of the project. Each participant is expected to contribute to minimum one dissemination activity (details to be provided during the TC).

A learning agreement will be signed with each participant before attending the TC, including all the above-mentioned aspects.

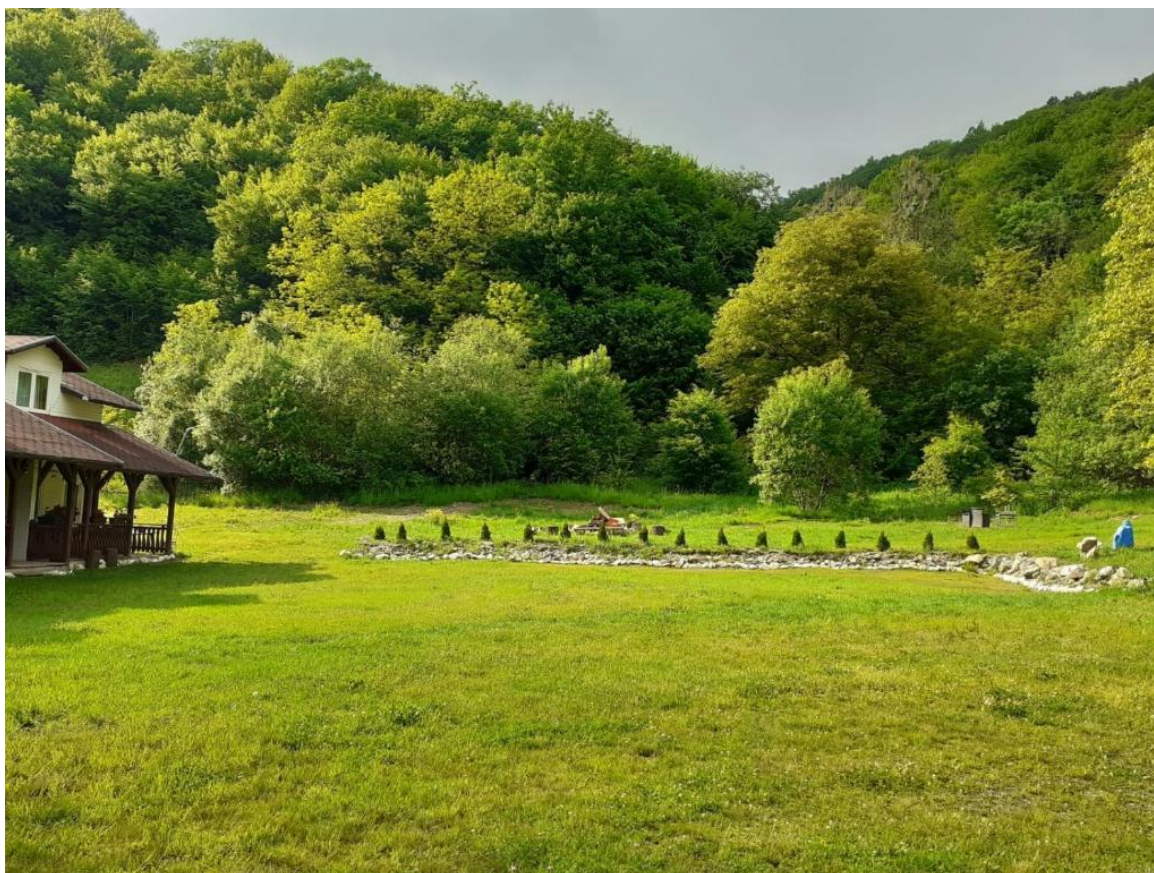


Logistic aspects to consider before confirming your intention to attend the TC

Dates: the TC will happen during **27 May – 4 June 2025**, travel days included. That means seven full days of activities, with a daily schedule from 09:45 AM to 7:00 PM. We will have four daily sessions, a morning warming up moment and a daily reflection time. Evenings are free, but we have some plans to have fun and we will. Two breaks and three meals will be provided on the spot. And fruits. And plenty of fresh air. The tap water is drinkable from the kitchen, so please bring your own bottle to refill it.

Location: we will stay in a rural area named Brăzești (<https://maps.app.goo.gl/4LryrorZX617Kj2v5>), 90 km away from Cluj Napoca or 200 km from Oradea, the main cities nearby.

About the surroundings: we will stay in a remote area, 7 km from the town of Baia de Arieș. Not many people to meet around, maybe some animals and a lot of sounds from the forest. Weather might be tricky: we cannot promise a sunny week or a rainy one, it's a high-hilly mountain area. The temperature might range from 8° C to 28° C (night – day). **Bring a rain jacket and shoes for walking in the forest, thermal clothes and socks.** The mobile connection might not work 24/7 and we **will have some Wi-Fi connection**. On the other hand, consider this week also as a beautiful opportunity to de-connect from the daily routine and to re-connect to yourself and the nature, to meditate, draw, talk with others and to experience a holistic learning experience.



The dining space is indoor, but we will have plenty of outdoor space. The food will be cooked on the spot and we will self-organize with the dishes, cleaning, administration and everything else. We will use indoor shoes for the house, kitchen and the working room. Please consider the week and the space as a dose of wellbeing which should be cherished with your openness for outdoor, nature, spirituality, empathy, love and introspections.

Since there are a series of aspects that might be perceived as restrictive, please read very careful all the details of this infopack. It is very important to consider these aspects before signing up for the event.

Transportation

The venue is located in Brăzești, west side of Romania.

Depending on the starting point of your journey, the easiest transportation mean could be by:

- Plane: We recomand to fly to Cluj Napoca, but you can also fly to Oradea airport
- Train or bus to Oradea, Cluj Napoca, Câmpeni
- Taxi fares are not reimbursable.
- The closest bus service goes to Baia de Arieș if you fly to Cluj Napoca, and if you fly to Oradea, the bus services go to Ștei, which could be the meeting point with us. The timetable of the buses can be found on <https://www.autogari.ro/>.

The travel limit is calculated in EUR according to the Erasmus+ rules, depending on the country you are coming from.

Distance	Green travel (bus, train, shared car)	Plane
100 – 499 km	285	211
500 – 1.999 km	417	309
2.000 – 2.999 km	535	395

This will cover ALL the transfers, including bus, train, car sharing, plane, ferry. For example, let's consider a limit of 309 EUR. If your plane costs 280 EUR and the local buses to the venue costs 50 EUR, the maximum reimbursable amount will be 309 EUR. As well, if we as organizers, will arrange a transfer from the airport or a city to the venue, that amount will be communicated to you in advance and deducted from the travel limit. Usually, the transfer from Baia de Arieș to the venue will be charged with 5 EUR/person. A transfer from Cluj Airport to the venue could vary from 36 to 60 EUR/person, depending of the number of participants. We will provide you assistance in planning your journey. **Another important aspect related to travel:** please try to avoid late arrivals in Cluj Napoca than 3:00 PM and early departures earlier than 10:00 AM from the venue (subject to change due to the schedule of public transportation). We will reimburse only the economic, 2nd class tickets (no business, first class tickets). **Please confirm with us the transportation plans in advance, we cannot accommodate situations that are were not confirmed with us before.**

What to bring with you

Mandatory list:

- Rain jacket, warm clothing, hat, scarf, warm socks, **indoor shoes**.
- Proper shoes for wet terrain and forest
- Medicines (according to your medical condition) & some extra in case you catch a cold
- **Towel** + personal hygiene products (**we have limited spare towels**)
- Comfortable clothing and warm socks 😊
- Any products that you really need for yourself (we will not have access to a shop in the proximity of the venue, but for urgent need we will be able to accommodate this)
- All the good vibes, energy and desire to learn are much needed for this event!
- Once again: the homework.

Highly recommended:

- Head lamp (besides the moon and the stars, this could help you a lot in the nights)
- Laptop or personal diary for taking all the inspiration for the follow-up activities
- Materials that you use in your work, such as toolkits, methodologies, videos, brochures and other inspirational resources that could help us and others to explore the topic.

Optional:

- Trekking clothes and shoes
- A gift for your colleagues and for us, we will organize some thematic evenings

*** Should you have the resources to support our efforts to provide further youth work to teenagers from Europe, we invite you to contribute with a small donation in cash, 20-40 EUR, that would really help us to continue our work. Thank you! ***

It is highly important to read each and every word of this file, so you make sure that you are fully aware of the participation conditions and the facilities we provide. For any questions that require additional clarifications other than the information that are mentioned in this infopack, please send an email to projects@ipta.ro

About the hosting organization

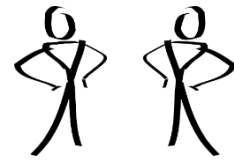
[IPTA](#) is an NGO based in Oradea – Romania, founded in 2014 and active in the youth field in several regions of Romania (Oradea, Bucharest). We design and deliver educational programs related to preventive education on addictions, violence, unhealthy tendencies and deviances, juvenile delinquency, with an emphasis on building healthy relationships and clean communities. Our main target groups are young people aged 13 to 20 and professional youth workers active in education and support services for teenagers.

The timetable of the TC: check it in the following page 😊

See you soon!

Day 1:

- Introduction of the week and targeted competences.
- Group cohesion and discovering each other.
- Introduction to the prevention work.

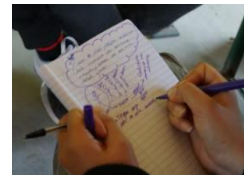


Day 2:

- Exploring the sources of addictions. Habit to Addiction.
- Addictive tendencies
- Prevention work: principles and other fields of work.
- Teenagers and social climate

Day 3:

- Relational hygiene and community
- Cycle of addiction
- Triggers and retaliation



Day 4:

- Teenagers, self-esteem and self-confidence.
- Peer pressure.
- Creation / adaptation of methods.

Day 5:

- How about exploring the nature?
- Questions & Answers on preventive methods.
- Preventive methods – how to use and adapt them.



Day 6:

- Time to play: let's create some workshops
- Creation, adaptation of our workshops
- Testing first workshops

Day 7:

- Testing workshops
- Transferability & local plans
- Closing, evaluation, integration

