

# The Power of Preventive Education

- Training Course -



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# **The Power of Preventive Education**

**13– 21 September 2025, Bicăcel (Bihor) - Romania**

Preventive work has become a vital component of educational activities aimed at teenagers today. Our approach to this topic is both straightforward and thought-provoking: prevention is not about enforcing abstinence or imposing restrictions. Instead, it is about cultivating an inner sense of balance and peace—both within oneself and in relation to others. It's about reaching the self-awareness needed to understand the motivations behind one's choices. We believe this mindset should be at the heart of any preventive education related to addictions and other behaviors.

This document invites you to take part in a learning program focused on preventive education, primarily addressing substance abuse. The program is designed to strengthen your ability to support teenagers in navigating these challenges more effectively. Our aim is to bring preventive education closer to its intended beneficiaries by making it practical, relatable, and impactful. We welcome you to join us in a meaningful and enriching journey: a week-long experience filled with non-formal learning activities, designed to equip you with valuable tools, and approaches.

The TC (training course) is part of IPTA (Idei si Proiecte pentru Tineri Activi) portfolio of activities dedicated to youth workers who are 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.



Over the course of 7 days, 21 youth workers will explore at least 12 practical methods designed for both small and large group settings. Each method will be accompanied by thorough debrief sessions to ensure a solid understanding of the underlying methodology. Key topics will include the development and cycle of addictions, core principles of preventive work, method design, local transferability, and the concept of relational hygiene. This training offers a valuable opportunity to gather effective tools, guiding principles, and insights from experienced professionals actively working in the 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.

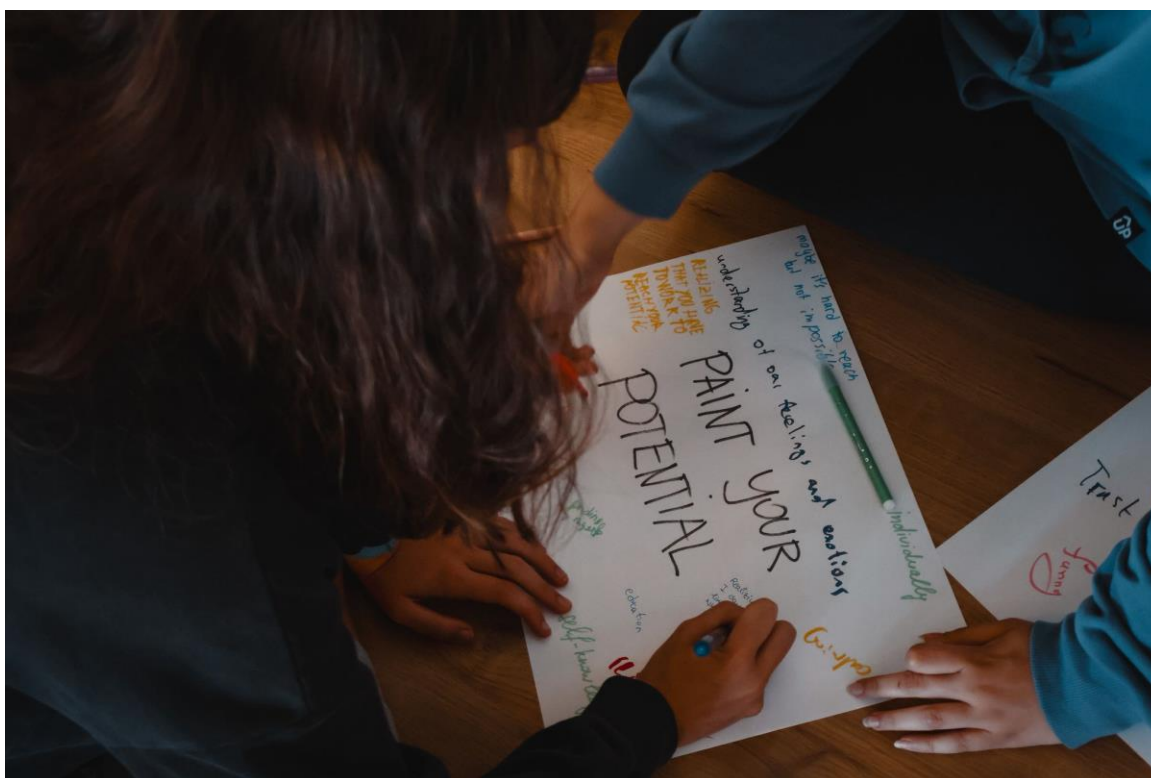
We expect to have a group of motivated professionals who have the support of their organizations for transferring the methods in their work. Minimum knowledge and experience in working with NFL activities is desirable. The working language will be English, therefore an average level of speaking, reading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

**In order to sign up for this event, please register in [this online form](#)!!!**

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

**Homework:** before arriving to the event, please prepare a homework (no longer than one page), with the following elements and upload in [this folder](#) before the first day of the TC:

1. Describe how preventive education should be delivered to teenagers.
2. Indicate one national or EU program 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 reimbursement of travel costs.
2. **Active involvement.** During the week, besides the sessions, we will sign up for different *administrative roles* that will help us keep our house cozy, functional and happy. *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 in a hike or to explore the city of Oradea**. Please consider booking extra days before or after the TC if you want to visit some of the cities nearby (Oradea, Băile Felix resort or others) or the beautiful Apuseni mountains. **The hike is part of the program**, so please make sure you bring suitable shoes and a raincoat. The difficulty is not high.
4. We will also have some cultural evenings, bring some little gifts (sweets, souvenirs, presentations about your community, materials, accessories, etc.) for your colleagues.



**House rules, specific of the place and the week.** Please read very careful 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 of any kind is completely prohibited on the site. We kindly advise you to consider these aspects before applying. On the other hand, we are in the middle of nature, so we compensate this aspect with daily doses of a fresh air.

2. We will live in a beautiful venue in nature, with clean and decent conditions, shared sleeping spaces (2 to 4 beds) and toilets. We will take care of our cleanliness of the whole venue and will observe the sleeping time. There are no shops, only few houses around.

3. The dietary specific will be mainly vegetarian, with some of the dishes including meat.

The above-mentioned living conditions are part of the project's approach of promoting a more sustainable way of living, since it stimulates a deeper connection with the learning process.

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

1. **Minimum one local workshop/person** using at least one method used in the TC with min. 15 beneficiaries, to collect feedback and provide pictures from the activities.

2. **Dissemination of the TC** and the learning outcomes, including the visual elements of the project and Erasmus+ Program. We need this contribution as part of the visibility of the project. Each participant is expected to contribute with **minimum one dissemination activity**, meaning one social media post on their personal or organizational profile.

***A learning agreement will be signed before attending the TC with all the above-mentioned aspects. These requirements are considered mandatory.***



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

**Dates:** the TC will happen during **13 - 21 Septambrer 2025**, travel days included. Seven days of activities, with a daily schedule from 9:45 AM to 7 PM. We will have four daily sessions, morning warming up moments and a closing 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.

**Location & surroundings:** we will stay in a semi-remote village named Bicăcel (Lăzăreni), în Bihor County (<https://goo.gl/maps/DmhFY8ZMRdoBiW6M6>), 30 km away from Oradea, the main city nearby. We will be hosted in new wooden houses, with 2-3-4 beds in one room (single person beds). Each house is equipped with one bathroom and all needed facilities. **The tap water is drinkable.**

Not many people to meet around, maybe some animals and a lot of sounds from the forest. The weather might be tricky: I cannot promise a sunny week or a rainy one, it's a high-hilly area. The temperature might range from 10° C to 33° C (night – day). Bring a rain jacket and shoes for a walk in the forest. The mobile connection should work 24/7, as well as the mobile data. We are working to provide a functional Wi-Fi connection, but don't rely on too much Wi-Fi there. We will use human wi-fi.

On the other hand, you have plenty of options to walk in the forest, to disconnect from the daily routine and to re-connect to nature, to cook an evening meal, have a long talk at bonfires, meditate, draw. The venue is children and family friendly, so if the participants want to have their little one with them, tell us in advance so we can accommodate this.





## Transportation

**How to reach the location:** the main city nearby is Oradea. Bucharest might be the first city to come to mind, but it's quite far. Rather think Cluj Napoca, Timișoara, Oradea or Budapest as closest international airports.

**Train:** Oradea is connected to all major national and international lines. You can check the tickets at <https://bilete.cfrcalatori.ro/en-GB/Itineraries>. A ride from Cluj Napoca takes 3.5 hours, 4 hours from Timisoara and 15 hours from Bucharest.

**Bus:** Flixbus operates some rides from other cities of Romania and Budapest. Multiple local transfer companies operate as well. We have two partner companies for bus transfers, but you can also check the timetables of the buses here: <https://www.autogari.ro/?lang=en>

The travel budget 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

**The travel budget 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 still 309 EUR. If we 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. A transfer from Cluj Airport to the venue could vary from 36 to 60 EUR/person, depending on the number of participants. Once you are in Oradea, there are local buses that operate to Bicacel. 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. 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 were not confirmed with us before.**

### **What to bring with you**

#### **Mandatory list:**

- Rain jacket, warm and light 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 don't have spare towels)
- Bottle for water
- Any products that you really need for yourself (we will not have access to a shop in the proximity of the venue)
- All the good vibes, energy and desire to learn are much needed for this event!
- Once again: the homework.

#### **Optional but highly recommended:**

- Head lamp (besides the moon and the stars, this could help you in the nights)
- Laptop or personal diary for taking all the inspiration!
- *A sweet gift for your colleagues and for us, we will organize 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 [erasmus@ipta.ro](mailto:erasmus@ipta.ro)**

**We will organize an online meeting with the selected participants before the TC.**



## **TIMETABLE**

### **of the *Erasmus+* TC “Relational hygiene, peer pressure and decisional autonomy”**

<b>Day 1</b>	Introduction of the week and targeted competences. Group cohesion and discovering each other. Introduction to the prevention work.
<b>Day 2</b>	Exploring the sources of addictions. Habit to Addiction. Addictive tendencies Prevention work: principles and other fields of work.
<b>Day 3</b>	Relational hygiene and community Cycle of addiction Triggers and temptations
<b>Day 4</b>	Teenagers, self-esteem and self confidence. Peer pressure. Creation / adaptation of methods
<b>Day 5</b>	How about a day of exploration? Questions & Answers on preventive education
<b>Day 6</b>	Time to play: let's create some workshops Creation, adaptation of our workshops Testing first workshops
<b>Day 7</b>	Testing workshops Transferability & local plans Closing, evaluation, integration

*We invite you to get more familiar with the working style and methodology by accessing our [Facebook](#) or [Instagram](#) profiles. In this way, you can shape your expectations regarding the week and you will be more prepared to jump in our learning surprises.*