



Funded by
the European Union

YOUTH WORK MATTERS

Training Course
17-26 May 2026

Travel days: 17 May (arrival) – 26 May (departure)
Râmnicu Vâlcea, Romania



AIDE



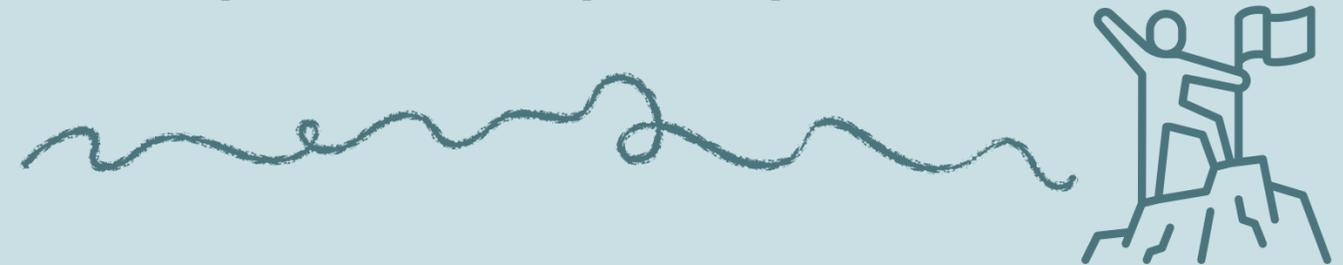
ABOUT THE PROJECT

-MAIN OBJECTIVE-

“YouTH Work Matters” is an Erasmus+ Training Course designed to raise awareness about the importance of mental health and wellbeing among youth workers.

Youth workers are often the emotional support system for others - but who supports them?

This project creates a safe and reflective space where participants will:



- 1 explore their own emotional wellbeing
- 2 learn practical self-care strategies
- 3 experience non-formal relaxation methods

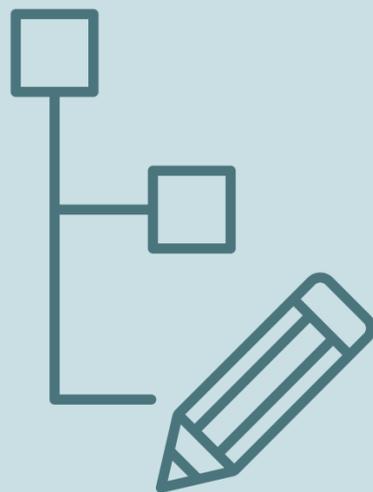
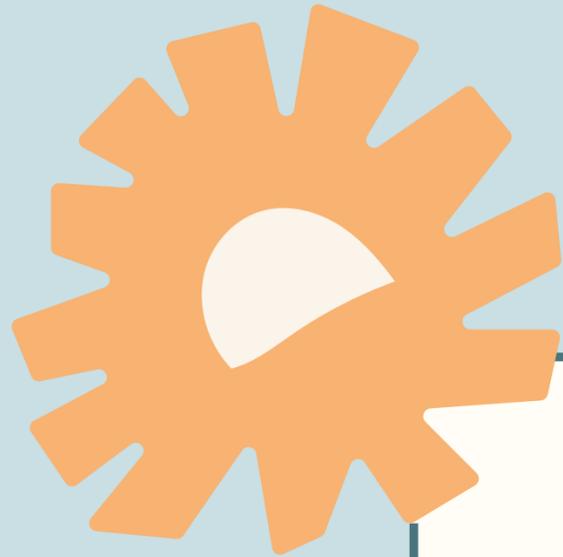
HOSTING ORGANISATION



AIDE Association

We are a youth organisation based in Râmnicu Vâlcea that:

- implement Erasmus+ projects and ESC volunteering programmes
- support youth workers and young people in personal and professional development
- coordinate a Youth Centre full of educational, creative and community-based activities
- promote mental health, wellbeing and inclusion in youth work



Participants Profile

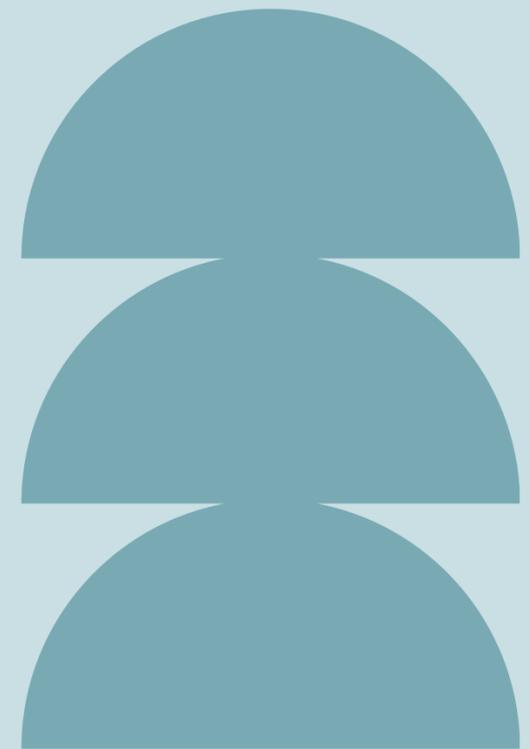
- 20 participants total (from 5 European organisations, 4 participants/organisation - at least one from the partner organisation!)
- Youth workers, youth leaders, facilitators, NGO staff
- 18+ years old (no upper age limit)
- Actively involved in youth work
- Open to self-reflection and group processes
- Willing to share experiences and support others



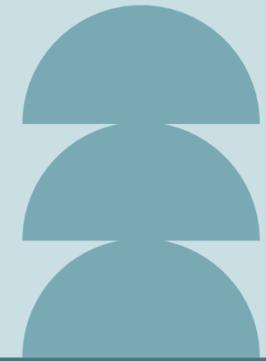
Participants' Involvement

During the training course, each national group / organisation will:

- Present their organisation and local context (short presentation)
- Facilitate one wellbeing-related activity for the group
- Share one good practice from their country
- Contribute to the daily reflection process

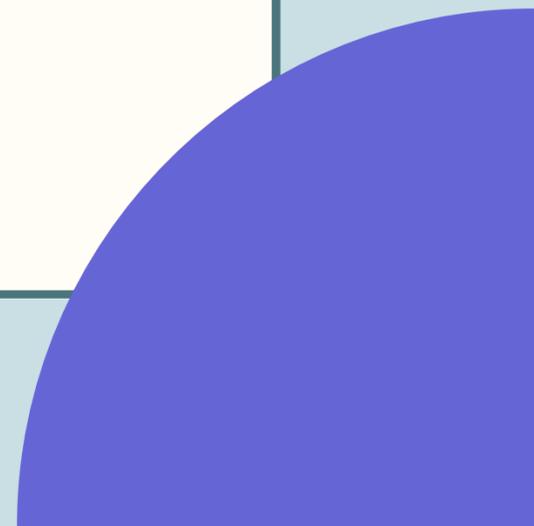


Expected Results



By the end of the project, participants will:

- Have increased awareness of their own emotional needs
- Understand burnout risks and prevention strategies
- Gain practical self-care and relaxation tools
- Feel more confident integrating wellbeing practices in youth work
- Build an international support network of youth workers
- Develop a personal wellbeing action plan



Costs of the Transport



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

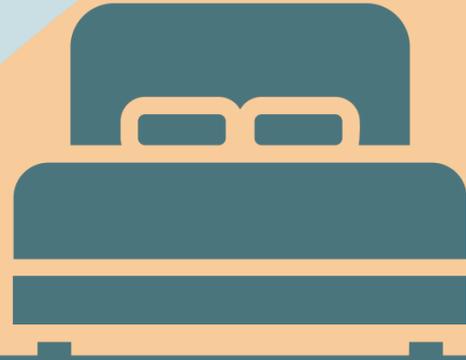
Between 3000 and 3999 km = 580 euro

Green travel: 785 euro

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.

Green travel means train/bus/carpooling transportation!

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



Venue & Accommodation

- Râmnicu Vâlcea / Băile Govora, Romania
- Accommodation in shared rooms (2–3 participants per room)
- Meals provided (3 per day)
- Cozy environment with spaces for group activities



Travel & Reimbursement

- Travel days: 17 May (arrival) – 26 May (departure)
- Reimbursement according to Erasmus+ distance band calculator
- Keep all tickets, invoices & boarding passes for reimbursement
- Green travel (bus/train/carpooling) encouraged

More info



Acommodation place: Vila Crizantema, Baile Govora

According to Erasmus+ regulations, all meals and accommodation are provided by the hosting organization. Participation fees are not allowed within the programme.

HOW TO GET HERE

STEP 1 – ARRIVAL IN BUCHAREST

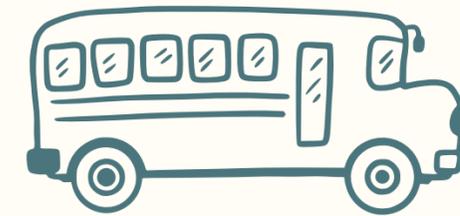
 Most of you will land at Otopeni (Henri Coandă) Airport.

STEP 2 – FROM BUCHAREST TO RÂMNICU VÂLCEA

The easiest way is by direct BUS.

Regular transfers run daily (3–4 h).

Book tickets online here: autogari.ro



OR

TRAIN from Bucharest North Station (Gara de Nord) to Râmnicu Vâlcea.

STEP 3 – FROM RÂMNICU VÂLCEA TO BĂILE GOVORA

 LOCAL BUS “SC Viltrans SRL” connects the city to Govora (30 min).

Timetable: primaria-govora.ro

Final Stop – Vila Crizantema



Strada Școlii 1, Băile Govora, Romania

LOCAL TRANSPORT (RÂMNICU VÂLCEA ↔ BAILE GOVORA)

LOCAL BUS – SC VILTRANS SRL

CONNECTION BETWEEN RÂMNICU VÂLCEA AND BĂILE GOVORA

DURATION: APPROX. 30 MINUTES

→ BĂILE GOVORA → RÂMNICU VÂLCEA

MONDAY – FRIDAY:

07:00 | 09:00 | 13:00 | 15:00 | 17:00 | 19:00

SATURDAY – SUNDAY:

10:00 | 15:00

→ RÂMNICU VÂLCEA → BĂILE GOVORA

MONDAY – FRIDAY:

06:00 | 08:00 | 12:00 | 14:00 | 16:00 | 18:00

SATURDAY – SUNDAY:

09:00 | 14:00



PLEASE DOUBLE-CHECK THE TIMETABLE BEFORE TRAVELLING, AS MINOR CHANGES MAY OCCUR.

WHAT TO BRING

Comfortable clothes for movement sessions

Outdoor shoes

Journal / notebook (optional but recommended)

Personal medication & hygiene products

Open mind & willingness to reflect

CONTACT

Project Coordinator: Adelina Florescu

✉ partnership.aide@gmail.com



https://www.facebook.com/asociatia.aide?locale=ro_RO



Funded by
the European Union

SEE YOU SOON!

