

FROM TRAINING TO LEADERSHIP

BUCHAREST | ROMANIA | 9-17.11.2025

PARTNERS: ATELIERUL EUROPEAN DE ARTA - ROMANIA,
ASOCIACIJA TAVO EUROPA - LITHUANIA, NECI STIP - NORTH
MACEDONIA, PANGEA GENÇLIK DERNEĞİ - TURKEY, ASSOCIACIÓ
GLOBERS - SPAIN

From Training To Leadership

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PRIMĂRIA SECTORULUI 6
DIRECȚIA GENERALĂ DE ASISTENȚĂ
SOCIALĂ ȘI PROTECȚIA COPILULUI



Asociația Culturală
ATELIERUL EUROPEAN DE ARTĂ

Co-funded by the
Erasmus+ Programme
of the European Union



Welcome!



Bun venit în România! Welcome to Romania and thank you for choosing to join us on a one-week adventure in Bucharest. We are looking forward to meeting you and learning more together! It's going to be an intensive week of activities (combined, of course with fun), so be prepared :)

Below you will find important information in order to prepare yourself for the mobility camp and your trip to Romania. If you have any doubts or questions, please don't hesitate to ask. Warm regards and see you soon!

Project

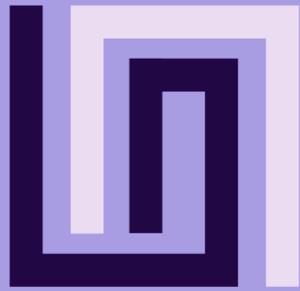
In today's youth work field, many dedicated youth workers have passion and motivation to work with young people, but lack the essential leadership skills to effectively coordinate teams and create meaningful impact. We've all experienced challenges when trying to manage groups, resolve conflicts, or motivate young people despite our best intentions.

Our project aims to transform youth workers into competent leaders through practical leadership training and intercultural learning.

Objectives:

1. Participants will develop at least 3 essential leadership skills: decision-making, emotional intelligence, and effective time management.
2. Participants will acquire knowledge about 3 important leadership aspects (communication, conflict resolution, and group management) for application in youth work.
3. Participants will gain the motivation and self-confidence necessary to put these leadership skills into practice, organize better quality activities in their communities, and help local young people develop.

About our mobility



The working language of the Youth Exchange is English. Don't be afraid if your English is not perfect! Neither is ours. But it should be good enough to participate actively!

Since you will be in Romania, here are some Romanian basics:

Salut = hello / Bună dimineața = good morning / Bună ziua = good afternoon / Bună seara = good evening / Noapte bună = good night / Pa! or La revedere = goodbye / Ce faci? Bine. = How are you? I'm doing fine. / Te rog = please / Mulțumesc = Thank you

We think you already know what a training course is, but just to make sure we have a common understanding, here is the definition:

A Training Course is a project that brings together groups of young people from two or more countries, allowing them to discuss various themes, whilst learning about each other's countries and cultures. It is based on a transnational partnership between two or more organizations from different countries.

A Training Course is not: a festival, holiday, travel, or camp.

We will use a lot of non-formal methods in order to learn in a fun way, but we will be quite strict about respecting the program and being on time for all sessions. You can consult the activities program now and we also have sessions when we will discuss it. We will have activities in various spaces, both indoors and outdoors.



Participants

**25 YOUTH WORKERS
5 COUNTRIES**

We will be a group of 28 people from Romania, Lithuania, North Macedonia, Turkey, and Spain (25 participants, 2 trainers, and 1 project manager), all youth workers interested in developing their leadership skills and improving their ability to coordinate youth teams effectively.

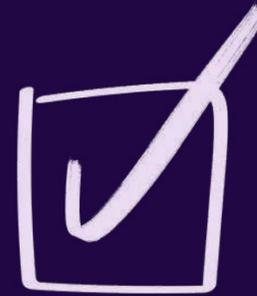
You are people who want to learn what it means to be a successful leader, discover how to manage groups and resolve conflicts, become better leaders for the youth groups you coordinate, improve your management skills, such as teamwork and time/ resource management, learn new non-formal methods to support young people's development, and organize more engaging and qualitative activities for youth.

You will have the opportunity to meet other youth workers who share the same challenges and aspirations. You will also have the opportunity to share your experience and learn about new leadership approaches and non-formal educational methods, which you can use in your further work with young people in your community.

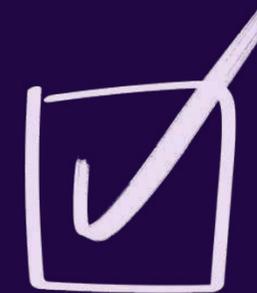


Shortly, participants' involvement can be described as follows:

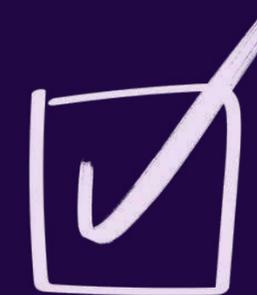
A STEP-BY-STEP GUIDE



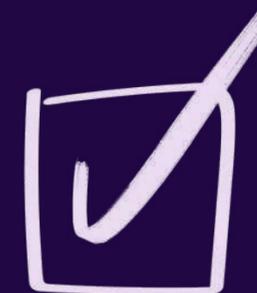
During the training, it is expected that you will be active, contributing to the learning process and having critical inputs as well as constant feedback related to the program and the activities.



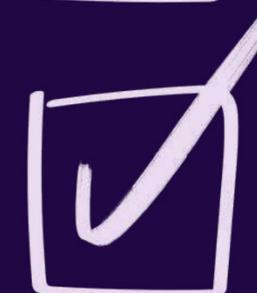
If you wish, you can facilitate energizers for the group or share leadership experiences during evening intercultural activities.



In the follow-up part, you will implement what you've learned in your local youth work, organize activities using new methods, and act as multipliers in your communities; in this process, you will be supported by mentoring from trainers.



You will be ready to promote the training through social media during the days of our meeting and share results with your local youth work networks.



You will respect all the safety measures (both indoors and outdoors) communicated to you by the organizers and by the accommodation facility.

Location

C.C.S.S. TEI

Oltețului 30 Street, Sector 2, Bucharest

[ADDRESS](#)

[WEBSITE](#)

[FACEBOOK](#)

Accommodation, meals, and workshops will take place in the same space, C.C.S.S. Tei.

The rooms are for two people, each room has its bathroom. The rooms are equipped with a refrigerator and, TV.

The location is equipped with Wi-Fi, but does not offer additional services (ironing, laundry, room service, etc.).



A few aspects

- **Bucharest** is a friendly and safe city. However, it's a very big city, and that means it's good to be careful (don't leave luggage unattended, don't exchange currency in unsafe places).
- During **rush hours**, the traffic is very heavy; use the metro if you want to reach various places in the city.
- You can **pay** with the card in all decent places. If you want to use **cash**, we recommend that you change it at the bank. Also, there are many ATMs where you can withdraw cash. In Romania, it is still not possible to pay in cash with euros. The local currency is "leu"/RON (1 euro = 5 RON).
- November can be a fickle month, especially in recent years. It can be very hot, but it can also be cold (especially at night). It can also rain. An **umbrella** or a **raincoat** could be useful.
- We will have an **intercultural evening**, during which each team will present/offer something specific to its country to the others. It can be anything, from cultural stories to small traditional snacks. Please prepare for this moment.

- The easiest option from **Otopeni Airport to the accommodation** is Uber/Bolt (75-150 lei/trip, 15-25 euros).
- A slightly cheaper option is: the train from the airport to Gara de Nord, then Uber/Bolt.
- The cheapest option (but quite confusing) is public transport.
- Ask the organizer for more information.
- About **public transport** in Bucharest - [LINK](#)



Day 1

Foundation Building

- Team building and getting to know each other
- Introduction to Erasmus+, Youthpass, and European Values
- Setting SMART objectives for the training
- Defining the portrait of a successful leader

Day 2

Leadership Fundamentals

- Self-management and personal leadership qualities analysis
- Introduction to the leadership project themes
- Understanding what young people expect from their leaders
- Exploring the European dimensions of youth work

Day 3

Communication & Conflict Management

- Assertive communication techniques
- Coaching vs. mentoring approaches
- Managing challenges within youth teams
- Conflict resolution using the "Six Thinking Hats" method

Day 4

Essential Leadership Skills

- Building trust and belonging in youth groups
- Developing empathy and emotional intelligence
- Time and resource management techniques
- Effective decision-making for youth workers

Timetable

FROM LEADERSHIP THEORY TO PRACTICE - WE START WITH TEAM BUILDING AND LEADERSHIP BASICS, THEN EXPLORE PRACTICAL LEADERSHIP SKILLS, FOCUSING ON COMMUNICATION, CONFLICT RESOLUTION, AND COMMUNITY ACTION.



Day 5

Attitude Change & Motivation

- World Café method for sharing good practices
- Intrinsic vs. extrinsic motivation exploration
- Empathy development in youth work
- Understanding youth needs and perspectives

Day 6

Community Action

- Putting learning into practice with the local community
- Working with young people from the "Conacul Golescu Grant" Center
- Collaborating with local youth workers
- Facilitating non-formal methods for youth development

Day 7

Evaluation & Future Planning

- Program evaluation and learning outcomes assessment
- Setting future leadership goals
- Creating clear dissemination plans
- Farewell and networking for future collaborations

Main results produced after the mobility

- Leadership development plan for each participant
- Project brochure with methods and techniques (15-20 pages)
- Artistic video about leadership values (2 minutes)
- Local activity implementation guide

Please bear in mind that the program might undergo some changes!

Also, the program can be changed according to the participants. Let us know what you need!

Timetable

FROM LEADERSHIP THEORY TO PRACTICE - WE START WITH TEAM BUILDING AND LEADERSHIP BASICS, THEN EXPLORE PRACTICAL LEADERSHIP SKILLS, FOCUSING ON COMMUNICATION, CONFLICT RESOLUTION, AND COMMUNITY ACTION.



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Atelierul European de Arta - Romania

5 participants, 1 trainer, 1 project manager (Total - 7)



Asociacija Tavo Europa - Lithuania

5 participants (Total - 5)



ASSOCIACIO GLOBERS - Spain

5 participants, 1 trainer (Total - 6)



NECI Stip - North Macedonia

5 participants (Total - 5)



PANGEAGENÇLİK DERNEĞİ - Türkiye

5 participants (Total - 5)



Stay connected!

PARTICIPANTS AGE: 18-30 Y.O.

GROUP LEADER AGE: OVER 18 Y.O.

Finances

Accommodation, food, travel, and training are funded completely by Erasmus+.

Travel costs are covered up to:

- Spain - 6 persons - 395 euros
- Lithuania - 5 persons - 309 euros
- North Macedonia - 5 persons - 309 euros
- Türkiye - 5 persons - 309 euros

per participant and will be reimbursed after the end of the mobility and dissemination of the results.



**YOUR
ROLE**

**YOUR
PROJECT**

See you in BUCHAREST!



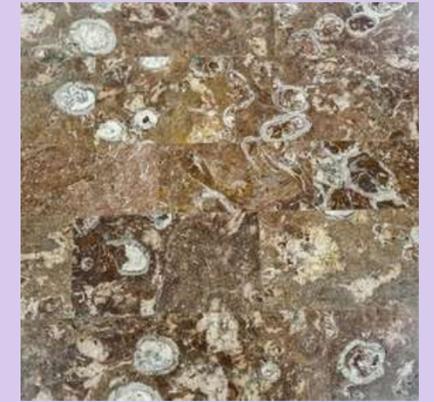
Bucharest was the first capital in the world to be illuminated with kerosene.



The famous 'mici' were invented in Bucharest



The Palace Of The Parliament is the heaviest building in the world



Politehnica metro station floor is made of 80-million-year-old fossils

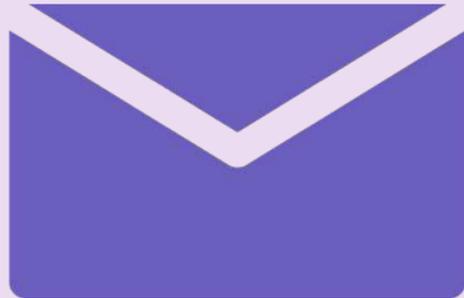


Union Boulevard is the longest in Europe.



CONTACTS

If you have any questions, feel free to contact us!



Laura Vanagaitė

Project Coordinator in Lithuania

Email to: laura@tavo-europa.eu

JOIN NOW WITH TAVO EUROPA!

Educator Pass 2025. You are welcome to join our new educational programme for 2025!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!

Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

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