

Sustainable Youth Work: Erasmus+ Training course in Romania, 15-23 October, 2025

Are you a youth worker ready to make a real impact?

Nucu Cultural and Community Center invites youth workers over 18 y.o, from Bulgaria, Hungary, Lithuania, Poland and Romania to take part in an inspiring **Erasmus+ training course** set in the picturesque hillside town ds of **Urlați, Romania**, where we combine the power of **non-formal education** with the urgency of **sustainability**.



Co-funded by
the European Union

 **Learn with intention. Act with impact. Grow for the future.**

Step into your role as an educator for sustainability.



Sustainable Youth Work Begins with Us

Are you passionate about shaping a more sustainable world?

Through dynamic methods, creative collaboration, and hands-on experiences, we'll dive into sustainability not just as a concept, but as a way of thinking, acting, and educating. Together, we will learn how to guide young people to make informed, responsible, and inspired choices for a better planet.

Join us in building youth work practices that are ethical, inclusive, and future-oriented.

Because sustainability isn't a destination — it's a mindset. And it starts with you.



Project Overview

When & Where

October 15-23, 2025
(including traveling
days)

Urlați, Romania - a
charming town nestled
in the heart of the **wine**
country, just a short
distance from
Bucharest.

Organizer and Partner
Countries

Nucu Cultural and
Community Center
(Romania)

In partnership with
organizations from
Bulgaria, **Hungary**,
Lithuania, and **Poland**



Project Aims & Objectives

Our training course aims to develop the competencies of **25 youth workers, over 18 y.o.**, in applying non-formal education methods that inspire young people to embrace more sustainable lifestyle choices.

Enhance Knowledge

Acquire a toolbox of at least 10 diverse methods to make complex ecological topics relatable for youth.

Build Skills

Develop expertise in using outdoor and experiential learning methods to effectively engage youth in sustainability topics.

Boost Confidence

Feel more equipped and motivated to facilitate activities that inspire teams and youth to make sustainable choices.



How we work

Our training is based entirely on non-formal education with a specific focus on outdoor learning and experiential methods. You'll discover and practice a variety of engaging approaches:

- Outdoor education techniques
- Experiential learning activities
- Art-based methods
- Team-building exercises
- Simulations and role-plays
- Educational escape games
- Board and trivia games

You'll not only learn new methods but also have the opportunity to create your own approaches and test them with peers from other countries. You will have the opportunity to develop an escape room for local youth in the Uralati community.



Project team



Sorina Floroiu Rasmussen

Sorina is the project coordinator, facilitator and youth worker with over 15 years of experience. With a background in Social Entrepreneurship and Psychology, she empowers young people through coaching, non-formal education, and Erasmus+ programmes, guiding them to unlock their potential and take action towards sustainable solutions and meaningful change in their communities.



Mircea Crisbăsanu

Mircea is the founder and vicepresident of Nucu Association, a mentor for youth development and sustainability in Urlați. He always prefers to see the good side of Romania and focuses on what can be built together with other partners.

He is passionate about local heritage and traditions, permaculture, cycling and organizes bicycle and cultural tours in the area.



Alexandra Matei

Alexandra is a member of Nucu Association, a local leader and youth worker, with experience in volunteering and training. She has been actively involved in Erasmus+ projects, where she gained valuable experience in intercultural exchange and facilitation. She is a 23-year-old medical student, passionate about creating meaningful learning environments through non-formal education.

Participant Profile

We're looking for **25 youth workers, 5 per national country team, aged over 18 y.o**, who are:

✓ **Active Youth Workers**
Currently involved in direct, ongoing work with young people with at least **1 year of facilitation experience for youth**

✓ **English Speakers**
Able to communicate in English at minimum B1 level to participate actively in all activities

✓ **Passionate About Sustainability**
Interested in environmental awareness and motivated to improve their youth work in this area

✓ **Committed to Sharing**
Willing to disseminate learning outcomes with colleagues and implement new methods after returning home

Priority will be given to youth workers with no previous Erasmus+ experience. We're committed to diversity and inclusion, with **7 places reserved for youth workers with fewer opportunities**.

Accommodation & Venue

Nucu mansion and **House of the hills**, both in **Urlați**.

Participants will be accommodated in comfortable rooms (2 people per room) with private bathrooms. The venue will provide:

- Fully equipped conference room for training sessions
- Outdoor spaces for nature-based activities
- Free Wi-Fi throughout the facility
- Common areas for socializing and informal learning

The venue is located in Urlați, a charming town in Romania's renowned Dealu Mare wine region, providing the perfect backdrop for our sustainability-focused training.





Food & Sustainability

In line with our project's focus on sustainability, we'll provide:

Predominantly Vegetarian Menu

Delicious, nutritious meals with a focus on plant-based options to reduce our carbon footprint

Locally Sourced Ingredients

Supporting local producers and reducing food miles

Accommodating Special Diets

All dietary requirements will be catered for (please specify when applying)

Financial Conditions

This project is funded by the Erasmus+ Programme, covering:

100%

Accommodation & Food

All costs covered for the duration of the training

100%

Training Materials

All necessary resources provided

100%

Travel Costs

Reimbursed up to Erasmus+ distance band limits

Travel reimbursement limits per country (round trip):

Bulgaria	€285 (Green travel: €285)
Hungary	€285 (Green travel: €285)
Lithuania	€309 (Green travel: €309)
Poland	€309 (Green travel: €309)
Romania	50 €

There is no participation fee for this training course.

Please do not purchase any tickets before receiving official confirmation from the organizers.



CONTACTS

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



Laura Vanagaitė

Project Coordinator in Lithuania

Email to: laura@tavo-europa.eu

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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.

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