

INCLUDE+

Inclusive, Green and Digital Learning for Youth and Youth Workers

INCLUDE+LAB–Participants InfoPack

Training Course for Youth Workers

Braşov, Romania

Activity days: 16–22 February 2026

Arrival: 15 February | Departure: 23 February

Coordinating Organisation

The project is coordinated by: International EduCenter (ICE), Romania.
www.internationaleducenter.org@gmail.com

International EduCenter is an organisation active in youth work, non-formal education and Erasmus+ projects, hosting and coordinating international training courses and youth exchanges.

Welcome

Welcome to INCLUDE+ LAB! This Training Course brings together youth workers from different countries to strengthen competences related to inclusion, mental and physical well-being, green practices, youth employability and the use of digital tools in youth work.

Location

The training course will take place in Braşov, a historic city in central Romania, surrounded by the Carpathian Mountains.

Discover Braşov –Useful Links

•Braşov Tourism (official county-level platform):

<https://brasovtourism.app/en/places/brasov-city-ssym8l7oxeqmgg>

•Romania Tourism – Braşov city guide:

<https://www.romaniatourism.com/brasov.html>

- Top attractions & things to do in Braşov:

<https://www.romanianfriend.com/attractions/brasov-city-guide-top-things-to-do-places-to-visit>

- Braşov City – official local information:

https://www.brasovcity.ro/ro/attractiile_brasovului

Weather in Braşov

February is a winter month in Braşov, with cold temperatures and possible snow.

Weekly weather forecast:

https://www.meteoblue.com/en/weather/week/brasov_romania_683844

Please make sure to bring warm clothes and proper winter footwear.

Arrival & Transport

Main airports:

- Bucharest Henri Coandă International Airport (OTP)
- Braşov–Ghimbav International Airport (GHV – limited flights)

From Bucharest to Braşov:

Train (recommended): 2.5–3 hours

Tickets:

<https://mersultrenurilor.infofer.ro/ro-RO/Itineraries>

<https://www.cfrcalatori.ro>

Coach / Bus:

<https://www.autogari.ro>

<https://www.flixbus.ro>

Local Public Transport in Braşov –RATBV

Braşov has a very good public transport system operated by RATBV, suitable especially for participants travelling individually.

Tickets can be purchased using:

- BT24 mobile application (recommended)
- Ticket machines at major stations
- SMS (local Romanian SIM card required)

Ride-sharing services (Bolt and Uber) are also available.

Accommodation

Participants will be accommodated at SunnyDays – Youth Space (Sunnyville), in shared rooms within an intercultural setting.

Room types:

- Double room – two participants may share one double bed
- 4-bed room – four separate beds
- 6-bed room – six separate beds

Room allocation will be done primarily based on intercultural mix and availability, depending on the final group composition.

Photos & atmosphere of the accommodation:

<https://www.instagram.com/sunnydays.brasov/>

Address:

Str. Carpaților, Nr. 24, Bl. 1, Ap. 2, Brașov

What to bring

Please note that towels are not provided at the accommodation, so participants are kindly asked to bring their own towel.

If you would like to relax during your free time, please also bring swimwear, as there is a SPA & swimming pool centre available in the city of Brașov (optional, during free time).

Meals

Three meals per day are provided. Please inform the organisers in advance about dietary needs or allergies.

Programme Overview

The programme is based on non-formal education methods such as workshops, group work, reflection sessions and practical activities.

Main topics addressed during the training course:

- Inclusion and diversity
- Mental and physical health and well-being
- Green practices and sustainability
- Youth employability and skills development
- Digital tools and innovation in youth work

Documents & Google Drive

Only selected participants are required to upload documents to the shared Google Drive folder.

Please carefully follow the instructions provided in the guide available in the Google Drive. The guide explains how documents should be uploaded, how files should be named, which documents are required and the deadlines for uploading each document.

Documents to be uploaded include:

- Application Form
- Pax Data form
- Travel tickets
- Boarding passes
- Proof of residence or right of stay (if applicable)

Travel Reimbursement

Please keep all original tickets and boarding passes. Travel reimbursement will be done according to Erasmus+ rules and distance bands.

Participation Rules

- Full participation is required for the entire duration of the activity.
- English is the working language.
- Alcohol and drugs are not allowed during the activity.

Youthpass Certificate

Participants who complete the programme will receive a Youthpass certificate.

CONTACT US

Project Coordinator in Lithuania

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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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