



**INFORMATION  
PACK**

**ART FOR**

**DEMOCRACY**

**TRAINING  
COURSE**


**TARGOVIST  
E  
DAMBOVITA**

**19 - 26 APRIL 2026**



Co-funded by  
the European Union





# Project

## INFORMATION

### TRAINING COURSE NAME:

## ART FOR DEMOCRACY



**Covered topics:** art based methods, youth participation, democratic participation, European identity, values and citizenship, EU Youth Goals.



**Program:** Erasmus + KA1 Accredited Organizations in the field of Youth. The project is co-funded by the European Union



**Training course activity days:** 20-26 April 2026



**Arrival day:** 19 April 2026



**Departure day:** 26 April 2026



**Venue:** Targoviste, Dambovita



**Participants:** 34 Youth Workers

#### Disclaimer

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# PROJECT

## CONTEXT

This training course is a part of the Erasmus+ Accredited project 2025-1-RO01-KA151-YOU-000300803

The main focus of the training course is to develop the skills of youth workers and equip them with art based methodology to implement high quality youth activities with focus on democracy and EU youth Goals.

### *Project aim*

The aim of this training course is to empower youth workers to use art-based methods to foster participation of youth in democratic life, promote European active citizenship and values, support the inclusion of disadvantaged youth through transformative and participatory activities.

### *Objectives*

To develop the competencies of youth workers to use art-based methods in promoting democratic participation of young people.

To increase civic and democratic participation among young people.

To foster inclusion of disadvantaged youth and engagement in shaping European democratic future.

To promote European values and human rights among young people.



**!!! In order to apply participants  
have to fill the APPLICATION FORM**



**DEADLINE  
20th of March  
2026**

## **PARTICIPANT PROFILE**

The Training Course will gather together 34 participants (4 participants per organization) from EU member states and third countries associated to the programme.

### **EU MEMBER STATES**

Belgium, Bulgaria, Czechia,  
Denmark, Germany, Estonia,  
Ireland, Greece, Spain, France,  
Croatia, Italy, Cyprus, Latvia,  
Lithuania, Luxembourg, Hungary,  
Malta, Netherlands, Austria,  
Poland, Portugal, Slovenia,  
Slovakia, Finland, Sweden

### **THIRD COUNTRIES ASSOCIATED TO THE PROGRAMME**

North  
Macedonia,  
Serbia,  
Iceland,  
Liechtenstein,  
Norway,  
Türkiye

The course will primarily be aimed at youth workers over 22 years old (there is no upper age limit), part of an NGO, youth centers, educational institutions who are youth workers and all those who have a professional interest in the field of youth work, non-formal education, art-based methods, interested in the topic of youth engagement & inclusion.

We would especially welcome applications from:

- 👉 those who have minimum 1 year of experience in youth work;
- 👉 those coming from rural or remote areas;
- 👉 those working with young people with fewer opportunities, marginalized and disadvantaged groups from socio-economical point of view.

### **WHO IS A YOUTH WORKER?**



A youth worker is a person who helps young people with their personal, social and educational development in an informal setting using educational processes, care and leisure approaches.



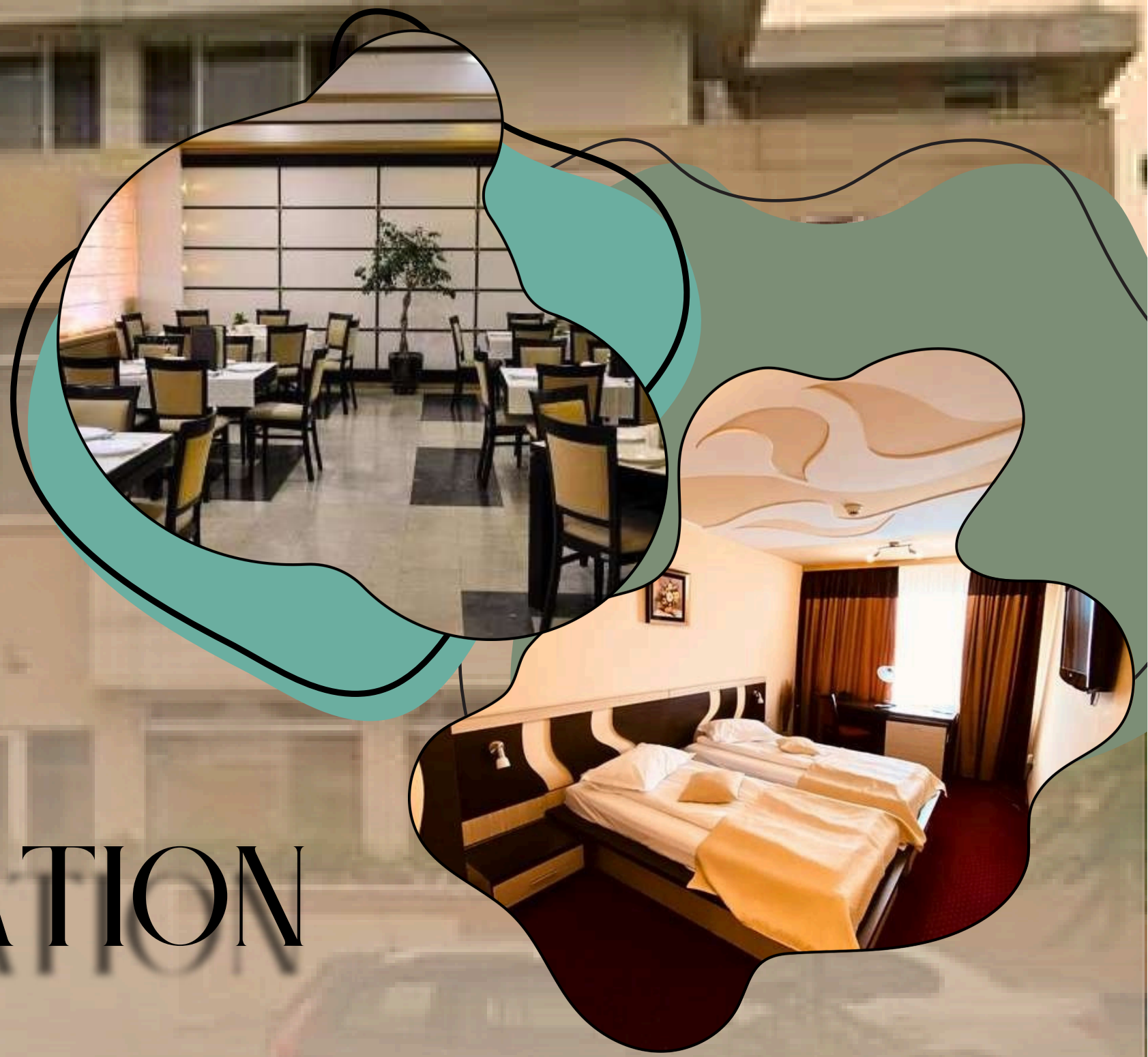
# METHODOLOGY & ACTIVITIES

The training course invites participants to embark on an engaging and transformative journey into the world of art-based methods and non-formal education (NFE) approaches with hands-on artistic expression. Drawing on methodologies such as painting, crafting, photography, and other artistic methods, this course highlights the power of creativity in fostering dialogue, and youth democratic participation.

Participants will explore innovative practices centered on democratic participation, European identity, values, youth empowerment, and addressing contemporary challenges in youth participation. The methodology emphasizes collaboration and active participation, offering tools to inspire meaningful engagement and spark creative solutions.

Through immersive workshops, participants will dive deep into art-based activities from the Manual developed in „EU for YOUTH“ KA2 project, discovering how these methods can break down barriers, promote inclusion, and strengthen community connections. They will develop practical skills while experiencing firsthand the dynamic potential of art to convey complex messages and create shared understanding.

Join us in shaping a unique training experience that transcends traditional approaches, positioning you as a catalyst for change and creativity in your work with young people.



# ACCOMMODATION

The Training course will take place in Targoviste town, the old capital city of **Romania**, situated in **Dambovita** region.

Participants will be accommodated in Targoviste town central area. Mixed nationalities of the same gender will share a room. Participants will be accommodated in rooms of 3 persons.

**Address: Târgoviște, Dâmbovița.**



Check-in hour: 14:00  
Check-out hour: 11:00



# MEALS

There will be provided 3 meals per day: breakfast, lunch and dinner. Please note that the Romanian cuisine is delicious but is not fully prepared for vegan, halal or other special menus.

The cuisine is based on chicken, beef and porc meals, cow and sheep milk cheese. Local vegetables are also used. Each day is served soup, main dish with salad.

We will make sure to respect participants dietary needs within the available resources.

Be prepared for new culinary experiences without preconceptions!





# Travel



Let's be green as much as possible. We encourage you not to take the plane, even if this takes more time and might take extra effort. Of course we know it is not always possible depending on from where you are travelling, the time your studies/ job/ everyday life gives you etc. However: Planes are massively responsible for the climate crisis and through our projects we would like to contribute to a more sustainable planet, not to a less sustainable one. plane:

Compare the emissions that your journey emits by train, car or

<http://www.ecopassenger.org/>



After knowing each arrival time, we can assist you to reach Targoviste from Bucharest.

**Arrival day: 19.04.2026**

**Departure day: 26.04.2026**

Targoviste is 80 km from Bucharest (1h45 minutes – 2h by train). To reach Targoviste you have to take the train/bus/plane to Bucharest.

From the airport you can reach Bucharest North Train Station by train and from there change the train to Targoviste. From Targoviste train station you can reach easily the accommodation by walking – is 15 minutes walk from the train station to the city center.

<https://www.bucharestairports.ro/en/transport/train-connection> – link transfer Airoport – Bucharest North Train Station

<https://bilete.cfrcalatori.ro/en-GB/Itineraries> – link transfer Bucharest North Train Station – Targoviste

**Note!** Check the timetable of the local transport from Bucharest airport to Targoviste and back to Bucharest airport when you plan your travel and book your flight. We can not assure transfer from Bucharest airport. In case you need assistance you can contact us.



# FINANCIAL MATTERS

The project is funded by the European Commission through the Erasmus+ programme.

***Meals, accommodation and activities are fully covered.***

The travel costs will be reimbursed up to travel distance band and Erasmus+ programme rules:

## TRAVEL DISTANCES AND REIMBURSED AMOUNT

<b><i>Travel distance</i></b>	<b><i>Standard travel</i></b>	<b><i>Green travel</i></b>
<b><i>100-499 km</i></b>	<b><i>211 EUR</i></b>	<b><i>285 EUR</i></b>
<b><i>500-1999 km</i></b>	<b><i>309 EUR</i></b>	<b><i>417 EUR</i></b>
<b><i>2000-2999 km</i></b>	<b><i>395 EUR</i></b>	<b><i>535 EUR</i></b>

***To calculate your distance band access this [link](#) and insert the place/city of your organization and the place/city of the training course (Targoviste, Dambovita).***

***!!! We recommend you to purchase your flight tickets in Euro, if is possible, to not lose money due to the exchange rate.***

You have to use only public transportation, economy class (i.e. economy class for planes/busses/trains, etc.)

***NOTE!!! TAXI, BOLT COSTS OR OTHER TRANSPORT METHODS DIFFERENT FROM PUBLIC TRANSPORTATION ARE NOT ELIGIBLE COSTS.***



# TRAINING COURSE MATTERS



## REIMBURSEMENT

The reimbursement of travel costs will be done after the end of the Training Course, upon we will receive all travel documents (tickets, boarding passes, invoices, etc).

***The boardingpass is mandatory to be attached to the flight ticket, its absence makes reimbursement IMPOSSIBLE. !!! Note that we cannot reimburse travel costs if you have lost your tickets, boarding passes or we do not receive all details and proofs of your expenses according to Romanian legislation!***

***The reimbursement of travel costs will be done only by bank transfer to the PARTNER ORGANIZATION'S bank account.***

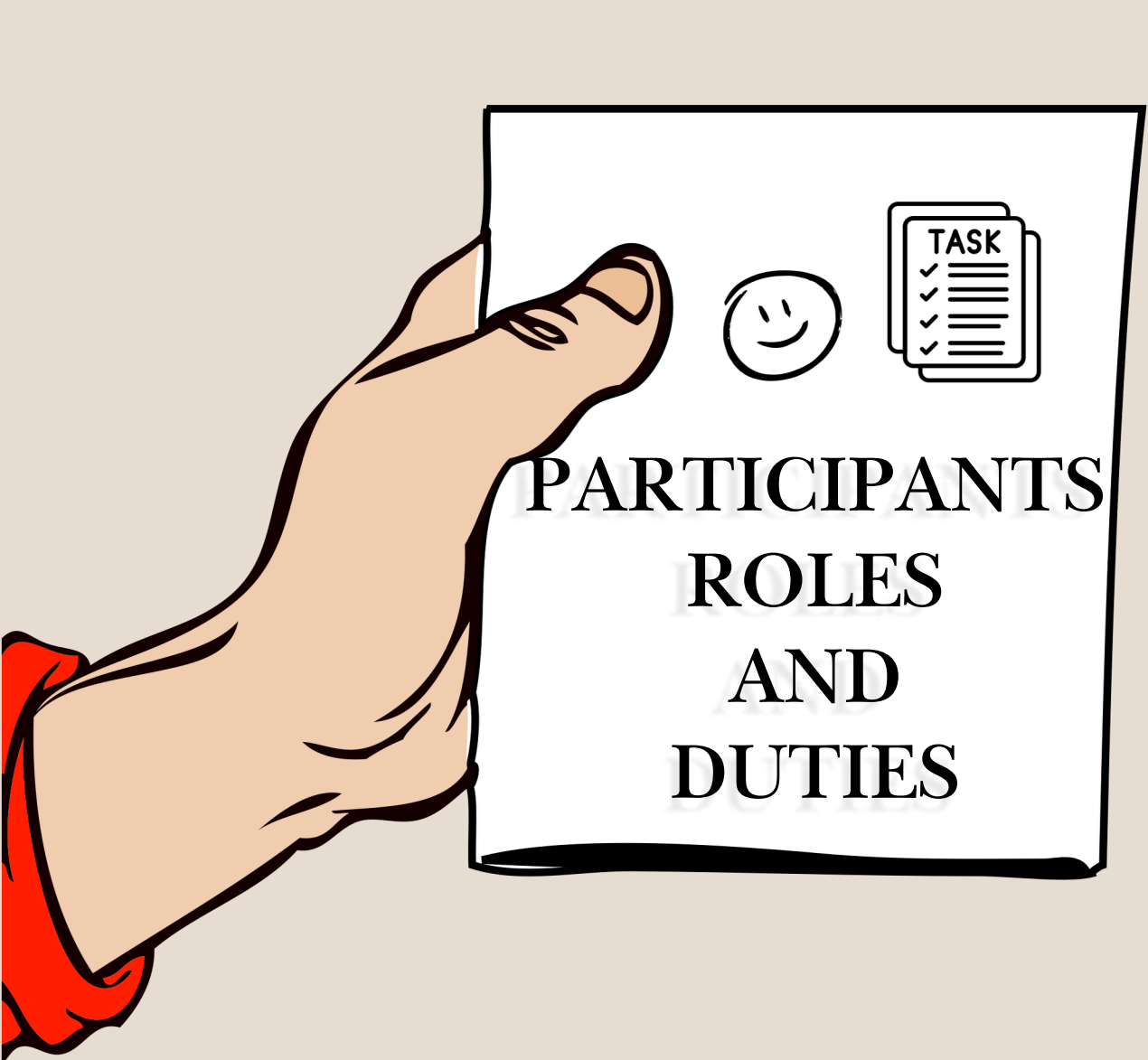
Be You Association does not request participation fees and does not encourage this practice.

## INSURANCE

Each participant should have valid health insurance (for example European Health Card) and travel insurance during the whole participation in the project. The insurance is mandatory, but the cost can not be reimbursed according to the Erasmus+ program rules.

Also participants must have during the mobility valid travel documents: identity card / passport.





**1. Materials about your sending organization.** Participants can bring materials about sending organization (brochures, flyers, etc.) for networking and future partnerships establishment.

**2. Energizers.** Participants will have to lead the energizers. Prepare 2-3 energizers that will be done at the beginning of each workshop!

**3. Dissemination of training course.** Each participant will have to make social media posts on their accounts and carry out 1 activity/workshop with the target group. Also participants will have to share 1 testimony. Details will be discussed during the training course.

## WHAT SHOULD



## YOU BRING

**Practical clothes for early spring and changing weather**

**Comfortable shoes for walking**

**Personal hygiene things, medicine you usually take, other things you need for personal comfort and well-being**

**• Pocket money for personal expenses. Romania's national currency is the Romanian leu- RON. Our recommendation is to have euro with you, currency exchange will be easier and more advantageous. Also you can pay by card almost everywhere •**

**Brochures and other materials about your organization**

**Good mood**



**SEE YOU SOON!**



*Did you know about*  
**TARGOVISTE**



Targoviste was one of the most important cities in the history of Wallachia (Tara Romaneasca). In 1859, Wallachia united with Moldavia to form the United Principalities, which adopted the name Romania in 1866.

Targoviste is the home land of the real Dracula. The character Dracula was actually inspired by the cruel ruler Vlad Tepes who reigned in Targoviste.

Targoviste was the old capital city of (Wallachia) Tara Romaneasca for more than 300 years and is rich in history. The symbol of the city is Chindia Tower.

The first BOOK in Tara Romaneasca was printed in Targoviste, at Dealu Monastery in the XVI century.



*Join the Training Course and find out more!*

# WHAT TO DO IN TARGOVISTE

VISIT



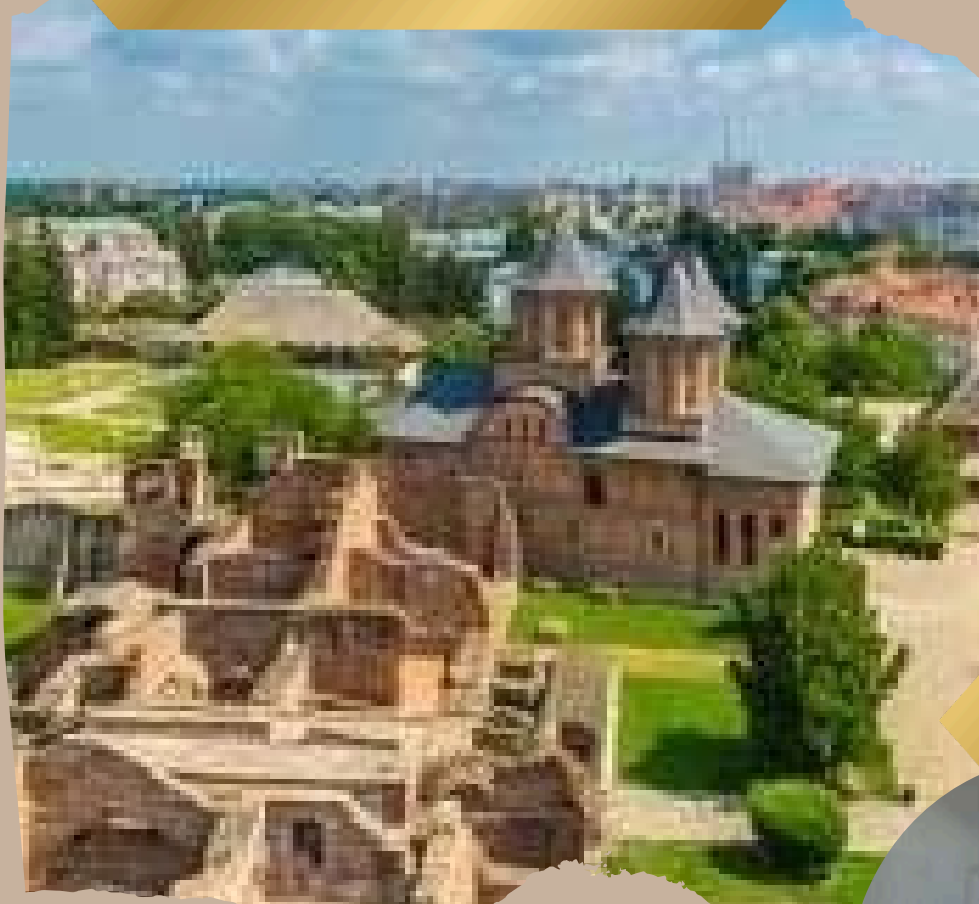
*Places to visit*



**Art Museum**



**Royal Court**



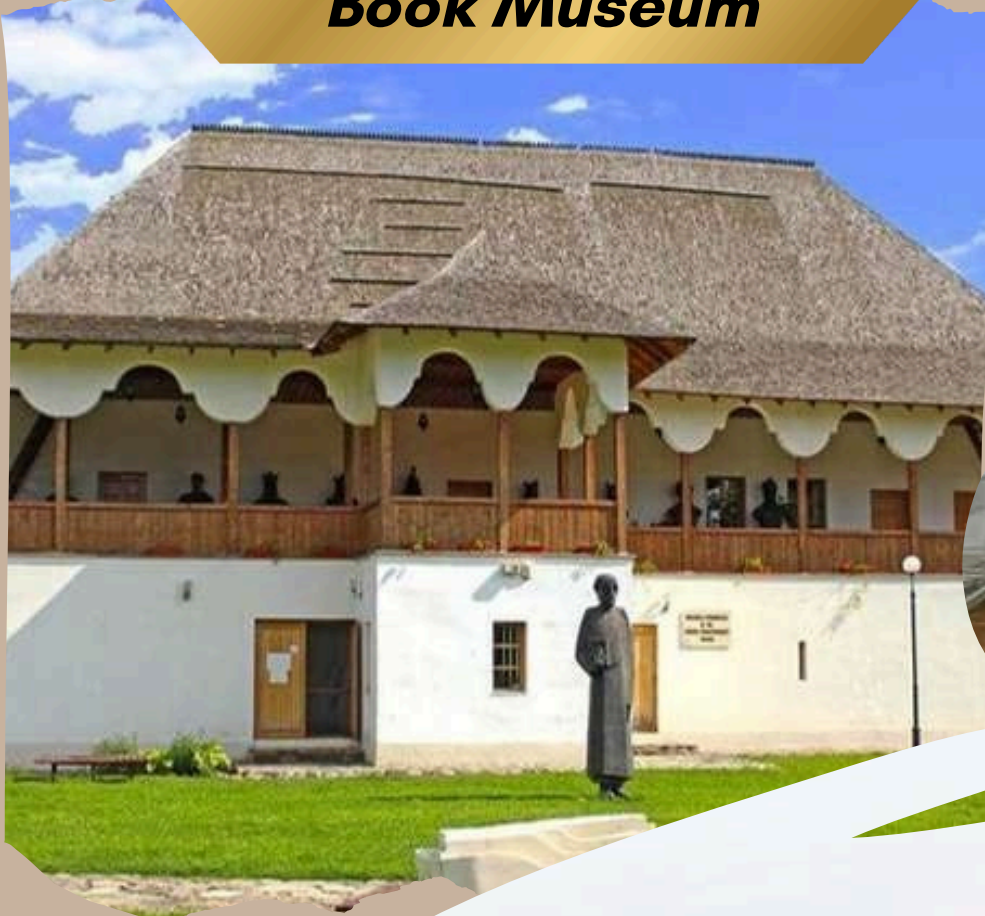
**History Museum**



**Museum of Evolution  
in the Paleolithic**



**Printing & Old  
Book Museum**



**Tricolorului  
Square**



**Chindia Park**



**Communism  
Museum**





# LEISURE TIME - COFFEE SHOPS & PUBS/CLUBS



**Belvedere pub-  
Old Center**



**CT Coffee**



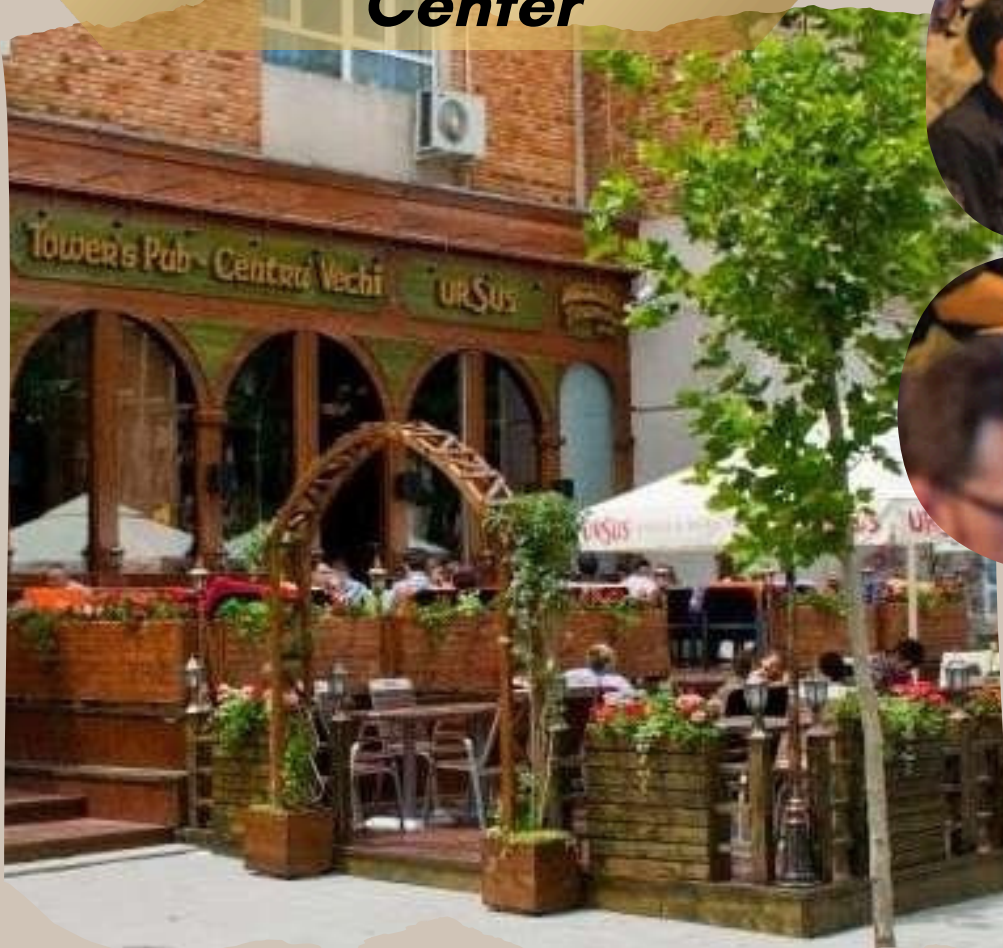
**Dambovită Mall  
Shopping Center**



**Baba Pub**



**Tower's Pub-Old  
Center**



**Zoom-Biliard &  
Bowling**



# Contact Us!

Project Coordinator in Lithuania

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# Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

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:**

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>



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