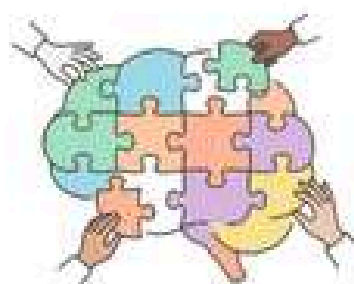


STRONGER MINDS, STRONGER COMMUNITIES

YOUTH EXCHANGE

PLOIEȘTI, ROMANIA

22.06.2026-29.06.2026



**Stronger Minds,
Stronger Communities**



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Welcome and

CONGRATULATIONS!

You are one of the 24 participants, who will be joining the Youth Exchange „Stronger Minds, Stronger Communities” between 22.06.2026-29.06.2026 in Romania!

Participants’s description: Participants of the youth exchange should be young people 14-17 years old. They should be interested in the topic of mental health and social inclusion but don’t need to have any previous experience. The group leader should be an experienced youth leader 18+ who must participate in preparatory team meetings.

We hope that these six days will inspire you to discover new ways of supporting social inclusion and youth wellbeing, and to learn how to apply these methods in your own communities.

This infopack will provide useful information about the Youth Exchange subject, draft schedule, host team, travel budget, cost reimbursement, the venue and much more.



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ABOUT THE PROJECT



Our aim

Our aim is to inspire young people to become more aware of the importance of social inclusion and mental wellbeing, while providing them with tools and methods to create supportive environments in their communities. Through this project, participants will explore how empathy, communication and peer support can help build more inclusive and healthier communities for young people.

Our plan

What?

Participants will learn about the connection between social inclusion, belonging and mental wellbeing. They will explore topics such as empathy, emotional awareness, stereotypes, and the importance of creating safe spaces where young people feel accepted and supported.

Why?

Many young people today experience isolation, social pressure and lack of belonging, which can negatively affect their mental wellbeing. Learning about inclusion and emotional support can help young people better understand themselves and others, while also encouraging more supportive and inclusive communities.

How?

Participants will learn through non-formal education methods, including interactive workshops, group discussions, role plays, reflection activities, team building exercises and creative activities. These methods will encourage active participation, intercultural dialogue and personal reflection.



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Stronger Communities

SCHEDULE



| Date Time | Monday 22/6 | Tuesday 23/6 | Wednesday , 24/6 | Thursday 25/6 | Friday 26/6 | Saturday 27/6 | Sunday 28/6 | Monday 29/6 |
|-------------|---------------------------|--|---|---|--------------------------------------|----------------------------|--|-------------|
| 9:00-10:00 | Arrivals (14:00-20:00) | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| 10:00-11:00 | | Got to know each other | What is Social Inclusion? Activity: Belonging and Identity | Emotion Awareness Activities | Trip to Brasov | Event preparation | Reflection | Departures |
| 11:00-11:30 | | Snacks + Free time | Snacks + Free time | Snacks + Free time | | Snacks + Free time | Snacks + Free time | |
| 11:30-13:00 | | Team Building | Breaking Stereotypes | Mindfulness & Stress Management Activities | | Event preparation | Meme Contest | |
| 13:00-15:30 | | Lunch + Free time | Lunch + Free time | Lunch + Free time | Lunch in Brasov | Lunch + Free time | Lunch + Free time | |
| 15:30-17:00 | | Introduction to project Erasmus+ explained | Impact of Exclusion on Mental Health | Active Listening & Peer Support Simulation game | Free time in Brasov 15:00 - 17:00 | EVENT | YouthPass ceremony Evaluation & Closing of the project | |
| 17:00-17:30 | | Snacks + Free time | Snacks + Free time | Snacks + Free time | Snacks + Free time | Snacks + Free time | Snacks + Free time | |
| 17:30-19:00 | | Reflection Leaders meeting | Reflection Leaders meeting | Reflection Leaders meeting | Reflection Leaders meeting | Reflection Leaders meeting | Special Session | |
| 17:00-17:30 | | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 20:00-22:00 | | Brief get to know each other | cultural evening | cultural evening | cultural evening | free time | cultural evening | |

with reservation for changes



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LOGISTICAL INFORMATION



The Youth Exchange will be held in **Ploiești**, located at 62 kms north of Bucharest, the capital city of Romania. Ploiești is the main oil center of the country. The first oil refinery in the world was founded here, because the oil reserves in the region were very large. Because of this fact, the city is also called the „**Capital of black gold**”.

We look forward to meeting you all in Ploiești!



Travel advice:

- we suggest booking plane tickets to Bucharest Henri Coandă International Airport
- from there, you can book train tickets from the airport to the Bucharest North Railway Station (tickets can be purchased physically, but we suggest buying them online)
- from there, you can book tickets to Ploiești West or Ploiești South Railway Stations (tickets can be purchased physically, but we suggest buying them online)
- after arriving in Ploiești you can book:
- from Ploiești South, the bus is 44 (tickets can be purchased by cash at the bus station, or by card in the bus)
- from Ploiești West, the tram is 102 (tickets can be purchased by cash at the bus station, or by card in the tram)



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TRAVEL REIMBURSEMENT

- Accommodation and food are 100% covered by Erasmus+.
- Travel costs are budgeted according to Erasmus+ conditions (using the European distance calculator from the city where your sending organization is registered to Ploiești).
- Travel costs exceeding the maximum reimbursable amount will not be covered.
- If there are any changes in route or special travel requests, please confirm these with the project coordinator **BEFORE** purchasing the tickets. Failure to do so may result in some tickets not being reimbursable.
- Reimbursements will be made by bank transfer to the organization or appointed responsible participant **AFTER** dissemination activities are held and if all the original documents are provided to the project coordinator.
- 10 – 99 km: 56 EUR (green travel), 28 EUR (non-green travel)
- 100 – 499 km: 285 EUR (green travel), 211 EUR (non-green travel)
- 500 – 1 999 km: 417 EUR (green travel), 309 EUR (non-green travel)
- 2 000 – 2 999 km: 535 EUR (green travel), 395 EUR (non-green travel)



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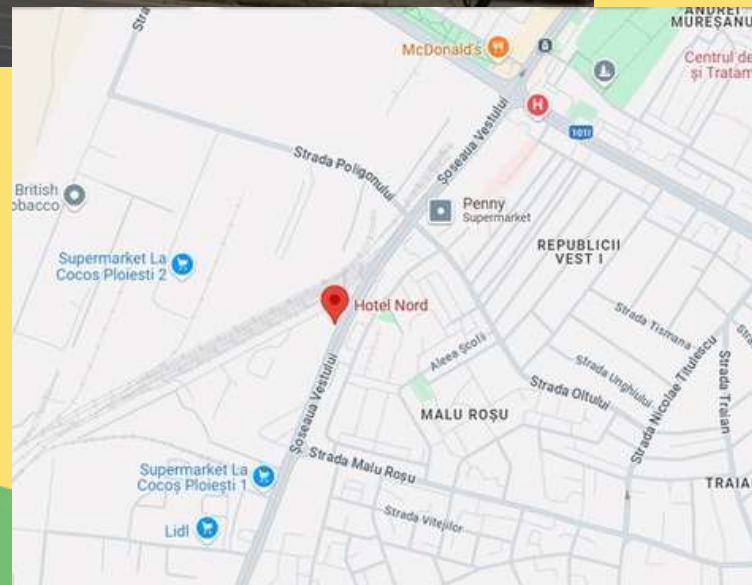
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OTHER INFO



The venue:

- **Hotel Nord Ploiești** is close to bus/tram stations, to supermarkets and is approximately 15 minutes away from the city center.
- You will have **one/two roommates**, in mixed country rooms, not mixed gender.
- Further information to be announced.



Currency in Romania:

- most of stores or facilities accept card payment, but to use cash, you need to exchange into Romanian currency, which is **RON**.



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ERASMUS + PRIORITIES



INCLUSION & DIVERSITY

In all Un Strop de Fericire projects we don't have a participation fee to ensure that we can include people with economical barriers.

We always aim to create a safe space where everyone can feel included.

ENVIRONMENT & FIGHT AGAINST CLIMATE CHANGE

In Un Strop de Fericire we want to reduce our ecological footprint, so we encourage all participants to be as sustainable as possible. Here are some ideas for you!

- Take short showers! Pack
- lightly! Bring your **re-usable**
- **bottle** and **re-usable shopping bag** if you have one!

DIGITAL TRANSFORMATION

In this project we will work with different digital tools and we advise you to bring your laptop if you are able to.

PARTICIPATION IN DEMOCRATIC LIFE, COMMON VALUES & CIVIC ENGAGEMENT

This project's priority is offering opportunities for people's participation in democratic life, as well as social & civic engagement through non-formal learning activities.



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PARTICIPANT INFORMATION



How to ensure the best environment and learning process during the project?

- **be open** to the new experiences, intercultural interactions and learning process;
- **be involved** in your group and individual exercises;
- **be respectful** of other opinions, experiences, rules, and the topic as a whole;
- **have fun** and enjoy the process and progress of your work during the project.



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OUR TEAM



Anastasia
**Communication
Coordinator**



Cristina
Project Manager



Anabelle
Youth Worker

About us

Your coordinator and host organisation is **Un Strop de Fericire Association**, a youth NGO founded back in 2012. Un Strop de Fericire Association is based in Ploiești with a mission of giving youngsters wings to fly towards their dreams.



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Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

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Join with Tavo

Europa

Explorer 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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