

INFO PACK

Included Voices - Peer Education for Democratic Participation Training Course

Băile Govora, Vâlcea, Romania



Introduction

01. When & Where

The “Included Voices” training course – will take place from the **13th of November** (arrival day) until the **22nd of November 2026** (departure day) in Băile Govora, Vâlcea County, Romania.

At the following link you can also find the online application form, which each participant who will participate in the training course will need to fill in this Google Form:

A training course that equips youth workers to activate marginalised young people as agents of democratic participation through peer education. Rather than reaching young people only directly, participants learn to grow peer educators from within marginalised communities – young people who reach their own peers where institutions rarely do.

Peer education runs as the connecting thread across the whole course, both as content and as a living method.

02. Content

03. The Organisation

Ofensiva Tinerilor Association was founded in 2004, promoting European values being an integral part of its purpose.

Our mission is to provide young people with accessible educational opportunities to help them reach their full potential. We do this by educating students through non-formal activities on social issues such as diversity, gender equality, inclusion, anti-bullying and non-discrimination.

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04. What we offer

This training course brings together experienced Erasmus+ youth workers and project managers from across Europe to reflect on the impact of their projects, exchange good practices, and prepare for future opportunities within the Erasmus+ Programme.

Through peer learning, collaboration, and practical workshops, participants will explore new ways to measure and communicate project impact while strengthening their organisations' capacity for future projects.

What to expect:

- A dynamic peer-learning experience with participants from across Europe
- Exchange of good practices, ideas, and experiences
- Tools and methods for assessing and communicating project impact
- Support in planning future Erasmus+ activities and projects
- Opportunities for networking, collaboration, and mutual learning
- A friendly and inspiring environment for reflection and growth

By the end of the course, participants will be able to:

- Better understand and assess the impact of Erasmus+ projects within their organisations.
- Identify effective methods for evaluating and communicating project results.
- Exchange good practices and learn from the experiences of other accredited organisations.
- Strengthen their strategic planning skills for the next Erasmus+ programme cycle.
- Develop new ideas, partnerships, and opportunities for future international cooperation.

05. Learning Objectives

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06. Good to know

- Participants should be actively involved in youth work as staff members or volunteers of the sending organisation.
- Each participant must be supported by a sending organisation, which will sign a short partnership agreement with us before the seminar.
- Participants will be selected based on their motivation, commitment, and willingness to actively contribute to the learning experience.
- Once selected, participants will be asked to inform their sending organisation so that we can complete the partnership agreement and administrative process.

By combining peer training, experiential learning, and diversity education, the programme creates an engaging and interactive space where participants develop self-awareness, effective communication, leadership, facilitation, and project management skills.

By equipping young people with critical thinking skills, awareness of discrimination, and the ability to challenge societal norms, this programme plays a vital role in shaping a more equal and inclusive future.

07. Our Commitment

Indicative Programme >

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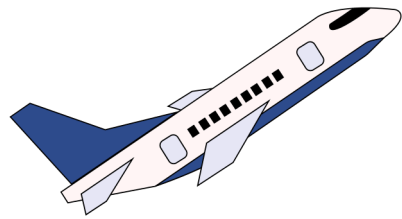


Programme

Day	Date	Session focus
–	Fri 13 Nov	<i>Arrival of participants and check-in</i>
1	Sat 14 Nov	Team building, group agreement, expectations; intro to accreditation priorities; Youthpass introduction
2	Sun 15 Nov	Marginalisation and barriers to participation; European identity, citizenship and values
3	Mon 16 Nov	Peer education 101: model, roles, ethics, peer-facilitator relationship
4	Tue 17 Nov	From participant to peer educator: recruiting, motivating and training peers (train-the-peer practice)
5	Wed 18 Nov	Democratic participation toolbox: forum theatre, participatory budgeting simulation, living library
6	Thu 19 Nov	Practice lab: participants design and test a peer-led civic activity
7	Fri 20 Nov	Transfer and sustainability: peer education at home; action plans and partnerships
8	Sat 21 Nov	Evaluation, Youthpass, reflection
–	Sun 22 Nov	<i>Departure of participants</i>

[Logistical aspects >](#)

LOGISTICAL ASPECTS



Transportation

For arrival to Baile Govora, Valcea Romania, participants can:



1. Flying to Bucharest – Otopeni airport (Henri Coanda)

Direct transfer from the airport to Băile Govora:

If you are flying to Bucharest – Henri Coandă International Airport (OTP), you can choose a direct transfer to Băile Govora, which is the fastest and most comfortable option. **Please note that you need to book your seat at least 5 days in advance, as there are only 2–3 departures per day.** You can check the timetable and book your ticket here:

<https://www.autogari.ro/Transport/Otopeni-BaileGovora>

2. Direct transfer from the airport to Râmnicu Vâlcea (the closest city to Baile Govora):

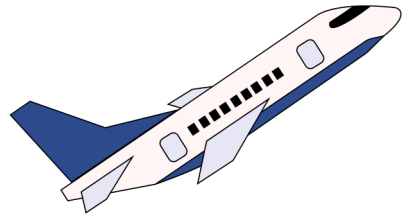
You can choose this option that is also fast and comfortable but you need to book in advance. Here is the website where you can find all the regular transfers and booking:

<https://www.autogari.ro/Transport/Otopeni-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0->

If you will choose this option we can organise a fast transfer for you from Râmnicu Vâlcea to the hotel in Băile Govora. (25 minute drive) Please make sure you communicate your plan to us.



LOGISTICAL ASPECTS



Transportation

For arrival to Baile Govora, Valcea Romania, participants can:



3. Airport – Gara de Nord – Autogara Militari – Râmnicu Vâlcea

This option is good if you would like to visit Bucharest or do not have any other options for direct transfers.

Here is the step by step process:

Step 1 – From Henri Coandă International Airport (OTP), take the direct train from the **Arrivals Terminal** to **Bucharest Gara de Nord**. The train departs approximately every 40-45 minutes, operates 24/7, and the journey takes around 25 minutes. The ticket costs 5 RON (approximately €1) and can be purchased directly on the train, at the CFR ticket office in the airport, or online.

(<https://www.cfrcalatori.ro/>)

Step 2 – Once you arrive at Bucharest Gara de Nord, take the metro from **Gara de Nord 1 Station** on **Line M1** towards **Pantelimon/Republica**. Get off at **Eroilor Station**, where you will change to **Line M3** towards **Preciziei**. Your destination is **Păcii Station**. A two-trip metro ticket costs 10 RON (approximately €2) and can be purchased from the ticket machines or paid directly with a contactless bank card at the metro station.



LOGISTICAL ASPECTS



Transportation

For arrival to Baile Govora, Valcea Romania, participants can:



Step 3 – After arriving at Păcii Metro Station, exit the station, cross the street, and walk to Autogara Militari. From there, you can take a regular bus to Râmnicu Vâlcea. Bus tickets cost approximately 45-60 RON (€9-€12) and can be purchased either online or directly from the driver.

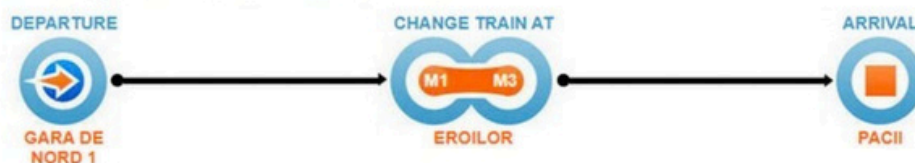
You can check the timetable and book your ticket here:

<https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea>

Please let us know your chosen means of transport and your estimated arrival time at least two days before the event. If you are arriving late in the evening or during the night, please inform us in advance so that we can arrange a private transfer to the hotel.



Resulting route for Gara de Nord 1 - Pacii



DEPART FROM GARA DE NORD 1

- 1) BASARAB 1
- 2) CRANGASI
- 3) PETRACHE POENARU
- 4) GROZAVESTI

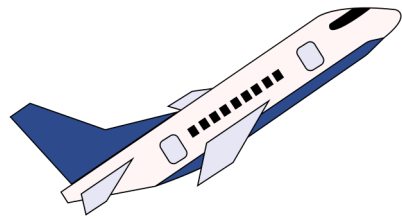
CHANGE TRAIN AT 5) EROILOR bus M1 >> M3

- 6) POLITEHNICA
- 7) LUJERULUI
- 8) GORJULUI

ARRIVAL AT 9) PACII

Regardless of your mean of transport please save all your travel documents for reimbursement purposes!

LOGISTICAL ASPECTS



Transportation

For arrival to Baile Govora, Valcea Romania, participants can:



4. Flying to Bucharest – Băneasa Airport (Aurel Vlaicu)

Direct transfer from the airport to Băile Govora:

You can choose this option if you prefer a fast and comfortable journey. Direct transfers are available, but booking in advance is highly recommended (**at least 5 days before your trip**). Here is the website where you can find available routes and make a reservation:

<https://www.autogari.ro/Transport/Bucuresti-BaileGovora>

Please note that direct connections may be limited and there may only be a few departures per day, so we strongly encourage you to check the schedule in advance.

5. Transfer from Băneasa Airport to Râmnicu Vâlcea (the closest city to Băile Govora):

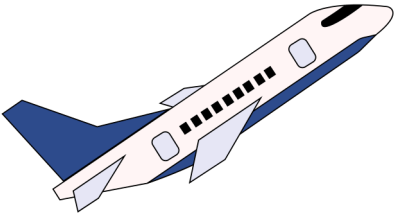
Another convenient option is to travel first from Băneasa Airport to Râmnicu Vâlcea. Since most long-distance transfers depart from central areas or transport hubs in Bucharest, you will first need to reach one of these departure points from the airport (by taxi, Uber, Bolt, or public transport).

You can find available routes and book your transfer here:

<https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea>

If you choose this option, we can organise a quick transfer from Râmnicu Vâlcea to the hotel in Băile Govora (approximately a 25- minute drive). **Please make sure to communicate your travel plan with us in advance.**

LOGISTICAL ASPECTS



Transportation



For arrival to Baile Govora, Valcea Romania, participants can:

6. Airport Băneasa – Gara de Nord – Autogara Militari – Râmnicu Vâlcea

This option is recommended **if you would like to spend some time visiting Bucharest or if direct transfer options are unavailable.**

Here is the step-by-step process:

1st Step – From Băneasa Airport to Gara de Nord

From the Arrivals Terminal at Băneasa Airport, you can take bus line 196, which provides a direct connection to Gara de Nord. The journey takes approximately 30–40 minutes, depending on traffic. Buses run regularly throughout the day.

The price for a public transport ticket is 3–5 RON (approximately 1 Euro) and can be paid directly with a credit/debit card on the bus or through the public transport app.



2nd Step – Metro from Gara de Nord to Păcii Station

Once you arrive at Gara de Nord, take the Metro from Gara de Nord 1 Station:

- Take Line M1 – direction Pantelimon / Republica
- Change at Eroilor Station
- Take Line M3 – direction Preciziei
- Get off at Păcii Station

The metro journey takes approximately 20–25 minutes.

The price of a metro ticket is approximately 5 RON for one trip or 10 RON for multiple journeys (around 2 Euro). Tickets can be purchased at the station or paid directly with a bank card.

LOGISTICAL ASPECTS



Transportation

For arrival to Baile Govora, Valcea Romania, participants can:



3rd Step – From Păcii Metro Station to Autogara Militari

Once you arrive at Păcii Station, go above ground, cross the street and walk to Autogara Militari (approximately 5 minutes walking distance).

There are regular buses connecting Bucharest with Râmnicu Vâlcea. Please consult the website below for schedules and reservations:

<https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea>

You can buy tickets online or directly from the driver. Bus ticket prices usually vary between 50–80 RON (10–16 Euro) depending on the company and departure time.

Please let us know your choice of transport and estimated arrival time at least two days before the event. For late-night arrivals, please inform us in advance so we can arrange alternative or private transfer options.

LOGISTICAL ASPECTS



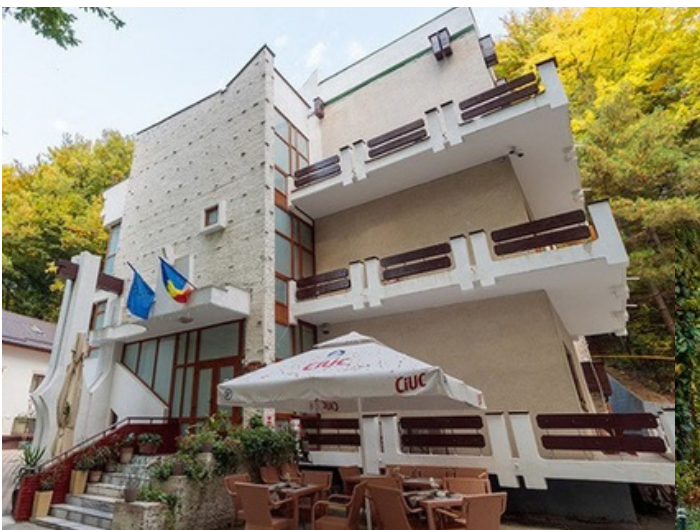
Accommodation

You will be staying at Vila Crizantema

<https://vilacrizantemagovora.ro/>

Băile Govora is a charming SPA town and resort located in Vâlcea County, Romania, renowned for its therapeutic mineral waters and tranquil surroundings. Nestled in a picturesque valley surrounded by rolling hills and lush forests, the town offers a serene escape for visitors seeking relaxation and rejuvenation. The town is also known for its peaceful atmosphere, clean air, and wellmaintained parks. Architecturally, Băile Govora boasts a blend of neoRomanian and Art Nouveau styles, reflecting its development during Romania's Belle Époque period.

You will stay at Vila Crizantema, a charming 3-star hotel situated near the town center, surrounded by beautiful natural scenery. This hotel has a historical significance as it once belonged to the famous Romanian dictator Nicolae Ceaușescu



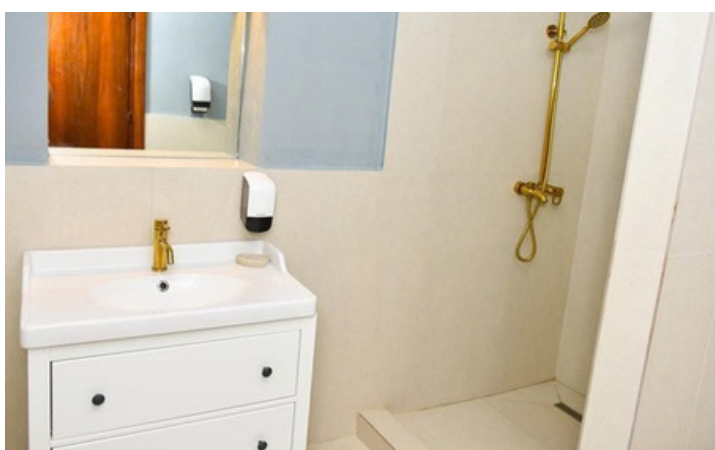
More >

LOGISTICAL ASPECTS



Participants will be hosted in rooms of 2 people, according to the same gender. There is no possibility for single rooms.

Wi-fi will be provided at the accommodation. Please keep in mind that you will be a big group of participants, in case the Internet is slow or not working at times, it is due to the fact that most probably all of you will try to connect at the same time to the same wireless router. Patience and understanding are required :)



LOGISTICAL ASPECTS



Food



We will provide everyone with 3 meals per day, as well as 2 coffee breaks during the training sessions. These breaks will give participants some time to relax, enjoy a coffee or snack, and connect with the other participants.

Participants will be asked about their special dietary needs in the application form. Please make sure to fill in the specific section, as this information will help us and the restaurant staff prepare and offer the best service possible.

If you do not mention your special dietary needs in the application form, we cannot guarantee that they will be taken into consideration by the restaurant. Please keep in mind that this refers to food allergies, food intolerances, as well as dietary restrictions for religious reasons.



IMPORTANT ASPECTS



Reimbursement



Each participant will receive a reimbursement form; participants' travel costs will be reimbursed according to the funding rules of the ERASMUS+ program.

Reimbursement will be done by bank transfer to each participant right after our association will receive all original both ways travel documents from all participants (round trip boarding passes, flight itinerary, bus or train tickets).

Travel costs will be reimbursed according to the Erasmus+ distance bands, as outlined in the Erasmus+ Programme Guide. Please find the reimbursement details in the table below.

Travel support	Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return.	Travel distance	Green travel	Non-Green travel
	Below 500 KM, participants will, as a general rule, travel with low-emissions means of transport.	10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
	Financing mechanism: contribution to unit costs.	500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
	Rule of allocation: based on the travel distance per participant. The applicant must indicate the distance between the place of origin and the venue of the activity ⁵⁶ by using the distance calculator supported by the European Commission ⁵⁷ .	3000 – 3999 km	785 EUR	580EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR
	If necessary, individual support to cover subsistence costs are is eligible for travel time before and after the activity, with a maximum of two travel days for participants and accompanying persons receiving non-green travel support, and a maximum of six travel			

IMPORTANT ASPECTS



Do not forget to pack:



- ✓ Your good mood! :)
- ✓ Some outdoor clothing – you will like being comfy in the nature and evenings can be slightly cold outside;
- ✓ Music you like, we could use it during the breaks and working sessions;
- ✓ In case you use any kind of medication please make sure you have enough for your stay;
- ✓ Laptop/photo camera – if you wish;
- ✓ Everything you need for your own personal comfort and for your evenings entertainment: musical instruments, games, sports shoes, and clothes, etc.;
- ✓ Optional: Some traditional sweets or drinks you can share with other participants during free evenings.



The end.

Educator Pass 2026.

You are welcome to join our new educational programme for 2026! Dive into non-formal learning exploration with an Educator pass 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>

Any questions? email us!

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