

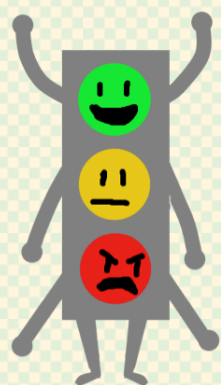


<< EMPaThY: Emotional Management - The Path for Youth >>

Summary of the Project

The Youth Association From Transylvania in partnership with NGOs from 6 other EU countries, joins together to organize an Erasmus+ KA1 project focusing on **emotional management, social oppression and abuse**. The project has two mobility activities, a training course organized in September 2018 in the village of Ruganesti, Romania and a youth exchange organized November 2018 in the town of Cristuru Secuiesc, Romania.

Our objective with the project as a whole is to become experienced both on working with emotional management in all the fields we work regularly and to do our young teenager related youth work in the future keeping mind emotional management practices when we deal with the social oppression and abuses that leads to unbalanced emotional lives at a young age. We further aim:



- To make 21 youth workers and 35 youth **aware of what emotional management is**.
- To give 21 youth workers from 7 EU countries **tools and strategies that enable them to be experts** in the emotional management of youth with risk of exclusion.
- To allow 35 youths, (20 youth with fewer opportunities) from 7 EU countries **to better understand** how various types of social oppression and abuse work.
- **To enable the 7 NGOs** to act as forerunners of a holistic approach of youth work that uses the knowledge gained in the area of emotional management.
- To Pilot with the 2 mobility projects **a new path** of cooperation between the 7 partners of the project focusing on the new skills gained by their youth workers.

To achieve this we will largely base all the activities in both of the meetings on **non-formal learning approaches, experiential learning, learning by doing tasks, debates, simulations**, but also theoretical training in case of the training course. The youth workers attending the event will be supported to carry out concrete follow up activities of the things learned and a How To Guide of methodologies on training youth workers on emotional management, social oppression and abuse will also be published and disseminated.

Cultural activities will also be organized, mainly in the youth exchange, so that all participants develop their competences in this area. Last but not least, during the training course and youth exchange we will also allocate enough time for doing daily reflections to help the participating youth workers and youth to **assess and put into words their learning achievements** and thus, as in all Erasmus+ Youth Mobility Projects we do, in the end, everyone will receive detailed **Youthpass Certificates**.

Finances and Travels

The **Erasmus Plus program covers** all the costs of this training **100%**. This includes travel, accommodation, food and organization. Each partner should search the lowest means of transport to arrive in Romania, this means low cost airline tickets and second class bus, train tickets. For arriving in Rugănești or Cristuru Secuiesc, You should manage the travels in your own country and the flight. We will help you to plan and organize your travel from Airports in Romania to the venues. When choosing your Flights, the possible airports are **Tirgu Mureș** (very close), Cluj-Napoca, (close) and Bucharest (far). Please purchase tickets from the bank account of the organization. We will reimburse the value of all tickets to that bank account in 10 working days after the mobility takes place and/or after participants send all their tickets in original to us. **The participants have to take part during the entire mobility to get their travel costs reimbursed.**

The **travel limit** for each participating country is **275 euro/participant** for the Czech Republic, Estonia, Slovakia and Poland and **360 euro/participant** for Portugal and Spain. If the travel costs exceed the travel limit, the participants or partners have to cover the difference. Before Booking any airline ticket or any other travel means, please send your plan to office.ata@gmail.com for a **confirmation**.



TRAINING COURSE

Date: 20-25 September 2018 **Arrival & Departure:** 19-26 September 2019

Location: Rugănești Village, Romania **Venue:** Kúria Guesthouse

Participants

The Training Course hosts **21 youth workers** and 2 trainers without age limit, 3-3 participants from 7 EU countries: Czech Republic, Estonia, Poland, Portugal, Romania, Slovakia and Spain. After these participants are selected they have to **fill this short participant list:** <https://goo.gl/forms/6k9BCvNvQQKLOHqt1>

The Youth Workers must Prepare the Following:

1. Bring any material that can be used as promotion for the NGO you represent, in the **NGO Fair**
2. Bring national snacks, drinks and anything relevant for the **intercultural night**
3. Prepare a **short paragraph and a photo about yourself** to be posted on the project facebook group.

Venue and Logistics

The training course will take place in the village of **Rugănești**. A small village with 776 inhabitants along the bank of the Nyiko river. It is 2 kilometers from the town of Cristuru Secuiesc. 90% of the population is Hungarian. The rest are Romanian or Roma. We will be hosted in the **Kúria Guesthouse** in Rugănești. It can host 21 people at one time and has rooms with 2-3 beds. The house also has a terrace, a yard and a parking lot, all of which will be used during activities. **Dining** will be done in the dining hall of the Guesthouse. Most of the food will be traditional Romanian, Hungarian and Sekler food. If there are participants who are vegetarian, with a special diet, or other needs, please let us know in the participant list and to prepare for this.



YOUTH EXCHANGE

Date: 21-27 November 2018 **Arrival & Departure:** 20-28 November 2019

Location: Cristuru Secuiesc Town, Romania **Venue:** Kolping and Fogadó Guesthouses

Participants

The Youth Exchange hosts **45 participants:** 5-5 young people from the 7 EU countries: Czech Republic, Estonia, Poland, Portugal, Romania, Slovakia and Spain, so 25 youth aged 15-19, out of which 20 youth with fewer opportunities, their 7 group leaders chosen from the 3 youth workers who took part in the training course + 3 facilitators. After participants are selected they have to **fill this short participant list:** <https://goo.gl/forms/bbvwiQcKgv0JmJk1>

The Young People must Prepare the Following:

1. Prepare a country presentation about **how we talk about feelings** with families, friends and teachers.
2. Prepare a country presentation about **what type of abuse or mistreatment** we face or do daily.
3. Bring national food, snacks and drinks for the **intercultural food night**.
4. Prepare a country presentation/game about culture, and anything else for the **national afternoons**.
5. Bring anything that will make your **stay more comfortable** (like laptops, chargers, headphones, etc.)
6. Prepare a **short paragraph and a photo about yourself** to be posted on the project facebook group.



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Venue and Logistics

The youth exchange takes place in **Cristuru Secuiesc** which is a town in Harghita County, Romania. It is situated in the Sekler Land, an ethno-cultural region in eastern Transylvania where the majority of the population are a Hungarian ethnic group which speak a distinct dialect of Hungarian. The population of the town is 9672, from which 96% are of Hungarian ethnicity, 3% of Romanian while 1% belongs to other groups.



We will be hosted in the **Kolping** and the **Fogadó Guesthouses**. Each room has 2, 3 or 4 beds and bathroom in each room. The 2 places are 1 minute distance from one another and can host 50 people. Both places have meeting room and green areas, all of which will be used during activities. **Breakfast** will be had at the guesthouse where participants will be hosted while **Lunch and Dinner** will be in the **Fogadó Guesthouse**. Most of the food will be traditional Romanian, Hungarian and Sekler food. If there are participants who are vegetarian, with a special diet, or other needs, please let us know in the participant list to prepare for this.



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Erasmus+



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The Schedule of the Training Course

	09.19/2018	09.20/2018 - Thursday	09.21/2018 - Friday	09.22/2018 - Saturday	09.23/2018 - Sunday	09.24/2018 - Monday	09.25/2018 - Tuesday	09.26/2018
8:00	ARRIVAL	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00		Introduction to the TC and its objectives	Emotional Management (EM) Theory - How the Human Mind Works	Tools for EM: Think and Listen - Theory	Thematic panels on EM – Theory	Going Further in EM: Understanding social abuses and mistreatments - Introduction	Brainstorming on how to use EM and the knowledge of social abuse in Youth Work, in our NGOs	DEPARTURE
9:30		Our Common Rules of the TC	What are Feelings & Emotions? - Theory supported with non-formal examples	Tools for EM: Think and Listen - Non-formal examples	Demonstrations on how to use what has been learned	Concrete classifications and types of abuse: racism, ageism, sexism, male domination, classism, etc.	Planning concrete activities and strategies on how to use EM and the knowledge of social abuse in our NGOs	
10:00		Break						
10:30		Break	Break	Break	Break	Break	Break	
11:00		Hopes, Fears and Contributions	The importance of emotional discharges - Theory	Mini sessions and Sessions – Practical exercises Part 1	Support Groups – participants practice Part 1	Discovering the Medieval town of Sighisoara with a guide	Planning future projects and collaborations	
11:30		The Erasmus+ Program						
12:00		How Youthpass Works	The importance of emotional discharges - Non-formal examples	Mini sessions and Sessions – Practical exercises Part 2	Support Groups – participants practice Part 2	Free Time in Sighisoara	Final Evaluation	
12:30		Lunch						
13:00		Team Building activity while discovering Ruganesti ending with Debriefing	Break	Break	Break	Break	Break	
14:00								
15:00		Unpacking, getting settled	Daily Evaluation & Reflection for the self assessment of learning achievement					
15:30				Getting to know each other	Free Time	Free Time	Free Time	
16:00		Dinner	Dinner					
16:30				Name Games	Intercultural Night	Free Night with Boardgames	Free Night with Boardgames	
17:00		Getting to know each other	Free Time					
17:30				Dinner	Dinner	Dinner	Dinner	
18:00		Name Games	Intercultural Night					
18:30				Getting to know each other	Free Time	Free Time	Free Time	
19:00	Dinner	Dinner	Dinner					
19:30				Name Games	Intercultural Night	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames
20:00	Getting to know each other	Free Time	Free Time					
21:00				Dinner	Dinner	Dinner	Dinner	Dinner
22:00	Name Games	Intercultural Night	Free Night with Boardgames					
23:00				Getting to know each other	Free Time	Free Time	Free Time	Free Time



The Schedule of the Youth Exchange

	11.20	11.21/2018-Wednesday	11.22/2018-Thursday	11.23/2018-Friday	11.24/2018-Saturday	11.25/2018-Sunday	11.26/2018-Monday	11.27/2018-Tuesday	11.28
8:00	ARRIVAL	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	B'fast
9:00		Introduction to the YE and its objectives	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Morning Energizer	Packing and Good-bye
9:30		Our Common Rules of the Youth Exchange	How do we talk about our feelings with our families, friends and teachers	What type of abuse or mistreatment do we see in our daily lives	Types of abuse I: based on skin color (racism) - World Café	Types of abuse III: based on financial capacity (classism) - Pyramid debate	Other types of abuse based on religion, age, etc. - Plenary Discussion	Preparing and practicing Flashmob about social abuse and mistreatment	
10:00			Break	Break	Break	Break	Break	Break	Break
10:30		Our Hopes and Fears	Understanding Feelings & Emotions with non-formal games	Understanding how social abuses separate us with non formal games	Types of abuse II: based on sex (sexism, male domination) - simulation game	Types of abuse IV: physical appearance - Forum Theatre	Planning a Flashmob about social abuse and mistreatment	Doing Flashmob about social abuse and mistreatment in the city center	
11:00		The Erasmus+ Program							
12:00		How Youthpass Works							
12:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
13:00		Afternoon Energizer	Afternoon Energizer	Afternoon Energizer	Afternoon Energizer	Afternoon Energizer	Afternoon Energizer	Afternoon Energizer	
14:00		Team Building activity while discovering Cristuru Secuiesc	Short theory of emotional management and emotional discharges	Short theory of social abuses, mistreatments	Managing our emotions connected to past abuses of racism or sexism - 7 Groups	Managing our emotions connected to past abuses of classism or physical look - 7 Groups	Discovering the Medieval town of Sighisoara with a guide	Working on Youthpass	
14:15			Break	Break	Break	Break			
15:00			Romanian Cultural Afternoon	Czech and Slovak Cultural Afternoon	Spanish and Portuguese Cultural Afternoon	Polish and Estonian Cultural Afternoon	Free Time in Sighisoara	Planning the future and Final Evaluation	
15:30		Daily Evaluation & Reflection for the self assessment of learning achievement							
16:00		Free Time	Free Time	Free Time	Free Time	Free Time			
16:30		Packing, getting settled	Debriefing of the Activity	Dinner	Dinner	Dinner	Dinner	Dinner and Youthpass Ceremony	
17:00									Dinner
17:30		Knowing each other	Intercultural Food Night	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Daily Evaluation and Youthpass Night	
18:00									Dinner
18:30		Name Games	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Daily Evaluation and Youthpass Night	
19:00	Dinner								Dinner
19:30	Dinner	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Daily Evaluation and Youthpass Night		
20:00								Dinner	Dinner
21:00	Dinner	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Daily Evaluation and Youthpass Night		
22:00								Dinner	Dinner
23:00	Dinner	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Free Night with Boardgames	Daily Evaluation and Youthpass Night		
23:00								Dinner	Dinner

DEPARTURE