

Engage for Change: Youth Empowerment Training



Training course on active citizenship and youth participation

04-13 April 2025

Bușteni, România



WE WANT TO WELCOME YOU ONCE AGAIN

We are looking forward to working with you and, in order to help you with preparations and to make this learning experience very successful and enjoyable for all of us, we have created this information and welcome guide. Here you can find all the important information you might need for your preparation for the training. We also hope you will appreciate the work we have done creating this guide and we know that you will read it all till the end at least once! :)

We are doing our best to implement a sustainable project and we are counting on you in this process - therefore we kindly ask you NOT to print this info guide!

We are looking forward to seeing you on the 4th of April in Romania and getting to know each other!





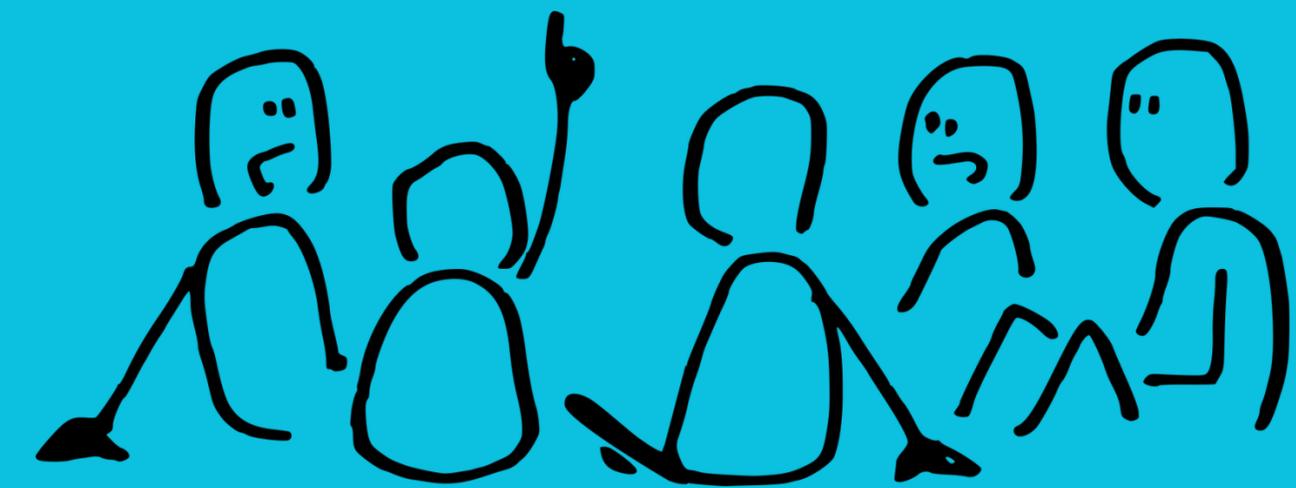
The main goal of this training is:

Empowering youth workers with the knowledge and skills necessary to foster active citizenship among young people by focusing on democratic processes and increasing youth participation.



Objectives:

- Educate 25 youth workers on fundamental principles of democracy, including rights, responsibilities, and the importance of active citizenship in order to raise awareness and capacitate youth in order to have an active role in the civil society and in politics.
- Empower the participants to encourage young people to participate in democratic processes and develop leadership skills in activism and politics.
- Inspire participants to create networks and communities for young people, where they foster active participation and leadership.



Team

The training concept offered to you is based on the results obtained from previous trainings and projects and was modified and upgraded in time to have a higher impact and long-term learning outcomes. The training will be focused on developing specific multiplying competencies and it will make use of the richness of experiential learning and non-formal education in general (it will have a strong practical approach).

**The learning process will be guided and facilitated by an experienced A.R.T. Fusion team:
Antonia Pîslariu, Alex Tomescu and Victoria Carasava.**

All of them are designing and bringing to life powerful projects focused on active citizenship, human rights, and community building, using theatre, movies, non-formal learning, research and other approaches/methods. Through their work, they challenge narratives and the status quo, empowering young people to lead the change for a world based on equity and equality. They are deeply passionate about feminism, sustainable development, human rights, active citizenship & community building, constantly learning and practising these in personal and professional contexts.

Training in Romania

The training will be made up of 8 working days starting on the 5th of April (in the morning) until the 12th of April (finishing in the afternoon). The 4th of April is the arrival day and the 13th of April is the departure day. Arriving later and/or leaving earlier at the training will not be possible. In the middle of the training – date to be decided later, we will have one half day of free time. The general working day of the training will look like as below, but will be flexible to the group dynamics:

8:30-9:30 Breakfast

9:30-13:00 Morning sessions (with one break)

13:00-15:00 Lunch break

15:00-18:30 Afternoon sessions (with one break)

18.30-19.00 Reflection Groups

19.00 Dinner

Evenings Free time or self-organised activities



Training Location and Logistics

The training will take place in [Busteni](#), a small mountain town located close to Bucharest, very popular among Romanians. It is surrounded by nature and mountains and we hope you will have the chance to discover its beauty and charm during the training time (and especially during your free time ;).

The exact location of the training course is at [Cabana Gura Diham](#) which is a bit higher in altitude and about 3 km from Busteni.

There is internet available at the location but only wireless- there are no extra computers to be used.

As we will be a big group, the participants will be sharing the room with 2 other people! If you have any preferences or special requests in this regard, let us know in advance.

The bathrooms near the training room are gender neutral (so the pissoirs can **NOT** be used)



IMPORTANT INFORMATION REGARDING THE MEALS

- The hotel will provide all meals and breaks. The meals will consist of food items only.
- The breaks will include fruits, coffee, milk and local teas.
- **Only one of the breaks will have coffee served.**
- There will be no soft drinks provided as per our policy to reduce our environmental impact and to reduce support for companies harming their workers and the environment.
- All meals are vegetarian and vegan, as per our policy to reduce the environmental impact of our projects.
- All food or drinks requested from the hotel which are not included in the buffet or breaks have to be paid for by the participants themselves!
- **Tap water is drinkable in Busteni** – therefore no bottled water will be served to the participants, please bring a water bottle with you.

Expenses for TRAVEL

- Each participant is free to choose the preferred way of travelling. Due to the organizers' policies and the climate reality we are in, we strongly encourage the use of green travel. If flights are used for more than 50% of the travel distance the maximum budget allocated available will be from standard travel!
- Reimbursement of travel costs is done on a partner basis to the organization or I responsible participant (I bank account per country group) and the reimbursements are done once participants/partners provide proof of dissemination activities.
- The transport support will be transferred into the bank account after receiving the required documents.

Use [this website](#) to find out your distance. Write at the START, your location, from where you will start your travel and at the END, Busteni, Prahova, Romania. You will get a km number as a result which will correspond to financial support which you may get for your travel costs.

The individual maximum budget for travel, per person, is the following:

10 – 99 km :28 EUR (Standard Travel) / 56 EUR (Green Travel)

100 – 499 km :211 EUR (Standard Travel) / 285 EUR (Green Travel)

500 – 1999 km :309 EUR (Standard Travel) / 417 EUR (Green Travel)

2000 – 2999 km :395 EUR (Standard Travel) / 535 EUR (Green Travel)

3000 – 3999 km :580 EUR (Standard Travel) / 785 EUR (Green Travel)

4000 – 7999 km : 1188 (All travel)

+8000 km: 1375 (All travel).

If you travel by airplane, you need to fly to Bucharest Henri Coanda International Airport (also called Otopeni) which is the closest airport. From the airport, there is a mini-bus transfer which can take you to Busteni train station in about 2 hours.

These are the companies where you can book:

Direct Airport- the price is 80 RON one way and 160 RON round way;

CDI - <http://www.cdyservice.ro/> (price is 60 RON one way); Transfer

Lowcost - <https://transfer-lowcost.ro/page/rezervare> (100 RON one way);

Jet Cab - <http://jetcab.ro/> (100 RON one way)

Check the websites to see the exact schedules, make the reservation and payments.



The minibus station is on the ground floor after you exit the arrival area; you will have to go out of the airport and pass the parking area and you will see the minibus station there.

If you want to spend some time in Bucharest, then follow the next guidelines:

From the airport, take the train to GARA DE NORD (North Train Station) and then change to Busteni. The ticket to the train station costs 5.5 lei (if you buy it online, from the ticket office or the machine in the train - if you buy it from the controller, it will be double). You can check the timetable, buy tickets online and plan your travel by using this website: <https://mersultrenurilor.infofer.ro/en-GB/Itineraries>. From the city to Busteni - Bucuresti NORD or Aeroport Henri Coanda is the departure station – and Busteni is the target destination. The search results will show you trains operated by the state company but also private ones.

If you want to buy the ticket online from the Romanian state company you need to make an account here: <https://bilete.cfrcalatori.ro/ro-RO/Itineraries>. The private companies have their website (the search website can direct you to their websites.)

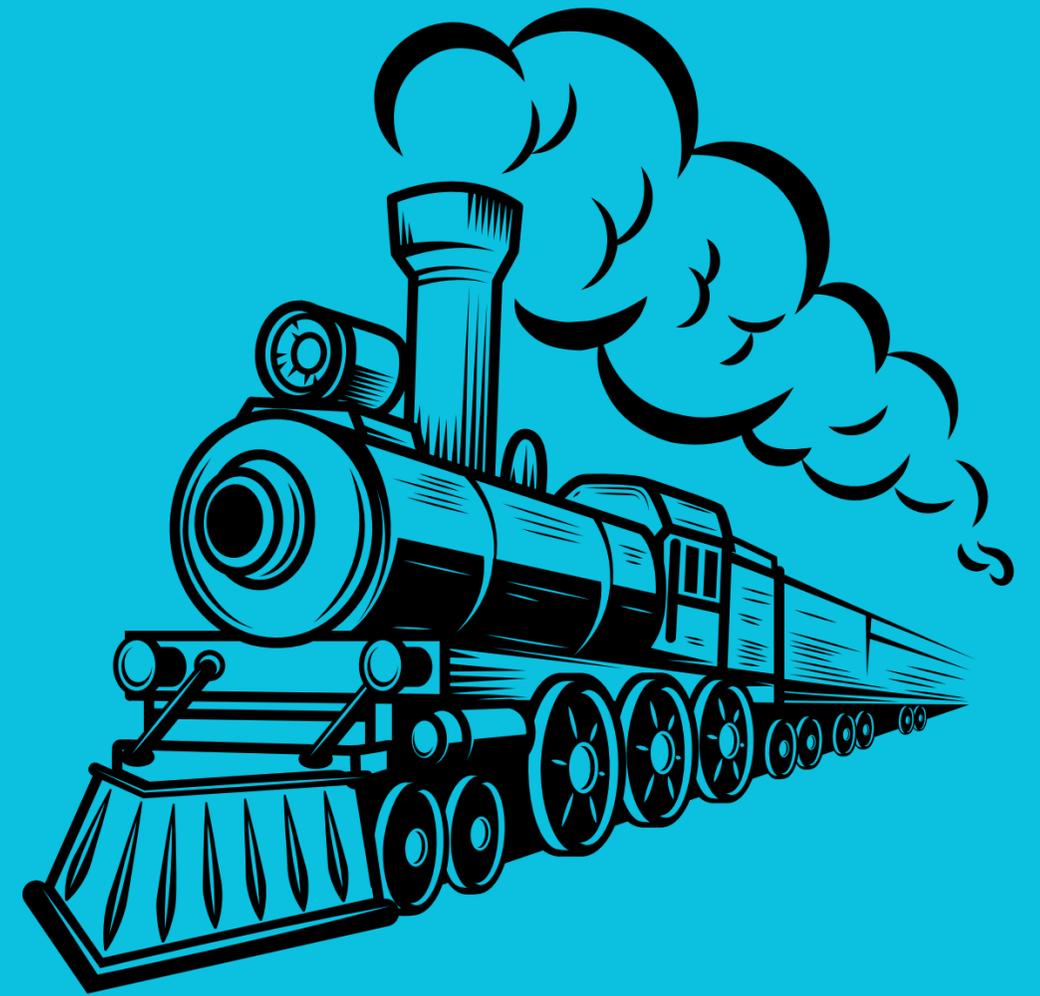
There is a train every hour or maximum every 2 hours going to Busteni or returning to Bucharest. The R types of Trains (which are slower) are 28 RON one way and the IR types of trains are 51 RON.

You have a 10% discount if you take a return ticket.



If you come by train from the West side of Romania (WHICH IS HIGHLY RECOMMENDED)- trains from Budapest (and some from Timisoara, if you come from Serbia) pass through Busteni on the way to Bucharest. If you choose this option you can stop directly at Busteni! Check <https://www.bahn.de/> for timetables for trains across Europe.

If you come by train/bus to Bucharest – then you need to follow the steps mentioned in the previous pages to come to Busteni;



How to get to the Hotel from Busteni?

“Gura Diham” is about 3-4 km from the train station up- mountain; the only option is to take a taxi. In Busteni the taxi will be about 35-40 lei for the trip to the hotel (they don't accept euro). Please check from the beginning with the taxi driver about the price or use the price machine and make sure that knows the place „Cabana Gura Diham”. As you will be coming probably in groups the price will be even lower per person. Ask for a receipt for your taxi travel so you can use it for reimbursement.



***Just short info – our accommodation is located in a national park, where bears can sometimes be seen. Please respect and do not disturb them!**



Other Important Info

- All payments in Romania are done only with the **local currency**. Unless you need it, do not change too much money at the airport - the rate is quite unfavorable; you can change more at the train station (where there is a better rate, or use the ATMs). For changing at any exchange office just be sure the exchange office doesn't take a commission! However, in most places you will be able to pay by card.
- The rate at the moment is more or less like this **1 EURO = 5 RON/Lei**

On the money itself you will find written: LEU/LEI; Leu means lion in Romanian) – and the notes are made from plastic :)

- All international cards are accepted at most shops, restaurants, bars, etc. With these cards, you can withdraw Lei/ RON from cash machines (**there are lots of them in Busteni as well, but not at our accommodation place**).
- Languages in Romania - People speak Romanian (a Latin language close to Italian, Spanish, Portuguese, French). English is also ok - especially among the younger generation and bigger towns but don't take it for granted
- Tap water is drinkable in Busteni (and many other places in Romania) so please bring your bottle for refilling. We will provide water in big jars during the breaks or meal times but if you need it outside of these times, you will need a bottle.



When packing, don't forget

- Clothes for spring in Busteni; you are advised to check updated weather information; If you want to hike up mountains (in your free time) please bring suitable hiking gear!
- Comfortable clothes & shoes for the training activities (as we will do a lot of active exercises and games). Please bring with you appropriate clothes and shoes (for both indoor and outdoor environments ;)
- Some products from your country (snacks, drinks, anything else specific, etc.) – we want to take advantage of our multicultural group so we will like to organize an international evening (could be decided together in which format we want to have it). Please be informed that there is no possibility to cook at our accommodation place! Very important – **you are kindly invited to bring sustainable products, food or drinks that are locally produced and sustainably sourced and packaged (avoid single use plastic and meat products!)**
- Materials, books or movies related to global issues in general (books, videos, photos, other products) that could be used during the training or free time & if you want and have, your own juggling and animation tools (balls, poi-poi, rings, diabolos etc)
- If for health reasons you take any specific medicine please bring a sufficient supply for the duration of your stay as it may be impossible to find them on location.
- You might consider bringing along your laptop or tablet if you have one as there will be an internet connection at the location
- Highly effective alarm clock & a GOOD mood!

Looking forward to seeing you all in
ROMANIA!

www.artfusion.ro

