



Co-funded by
the European Union

Training of Facilitators (ToF)

BETTER FACILITATORS, BETTER YOUTH EXCHANGES

INFO-PACK

2025-1-RO01-KA151-YOU-000299376
Erasmus Plus Youth Accreditation - Year 5



27 November
5 December 2025

Băile Govora - România

ABOUT

YOUTH ON THE MOVE learning for all



At **Youth on the Move Romania**, we believe that meaningful learning happens when people are empowered to create it themselves. This Training of Facilitators represents a cornerstone of our commitment to strengthening youth work competencies across Europe, bringing together passionate professionals who work with diverse groups in inclusive settings.

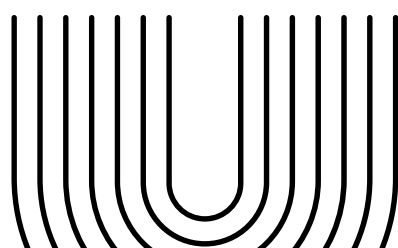
Through this training, participants will explore the transformative power of non-formal education in promoting inclusion, democratic participation, and active citizenship. The programme is carefully designed to blend theory with practice, reflection with action, and individual growth with collective learning.

This training is part of our Erasmus+ Youth Accreditation – Year 5, focusing specifically on inclusion, diversity, and democratic participation.

These themes are not just buzzwords; they represent our core commitment to creating accessible learning environments where every young person can thrive, regardless of their background or circumstances.

Our approach aligns closely with the EU Youth Goals, ensuring that the competencies developed during this training directly contribute to the broader European youth work landscape.

Participants will leave equipped with practical tools, theoretical frameworks, and a robust network of peers committed to excellence in facilitation.



Objectives

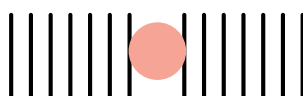
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Participants will:

- Understand the role and ethics of a facilitator in youth work and inclusive education.
- Distinguish between formal, non-formal, and informal education and explore how experiential learning supports personal and social growth.
- Identify learning needs of diverse groups and construct effective, inclusive learning environments.
- Apply the principles of Universal Design for Learning (UDL) and inclusive facilitation.
- Develop practical facilitation skills to promote participation in democratic life.
- Reflect on their learning and professional development as facilitators, using Youthpass and self-assessment tools.

OBJECTIVES



Agenda

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AGENDA

Day 1 – Getting Started: The Power of the Group

Themes: Team building, group dynamics, expectations, and learning contract

Day 2 – Understanding Facilitation and the Facilitator's Role

Themes: What is facilitation? Values, ethics, and competences

Day 3 – Non-formal, Formal, and Informal Education

Themes: Understanding learning environments and methodologies

Day 4 – Learning through Experience

Themes: Experiential learning and the EIAG model

Day 5 – Assessing Needs & Designing Learning Environments

Themes: Needs analysis, learning objectives, inclusive design

Day 6 – Universal Design for Learning & Inclusion in Practice

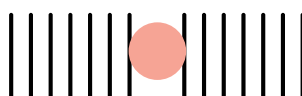
Themes: Accessibility, diversity, and inclusive facilitation

Day 7 – Facilitation in Action: Practice & Feedback

Themes: Facilitation skills, participation, feedback

Day 8 – Evaluation, Recognition, and Follow-Up

Themes: Evaluating learning, reflection, and next steps

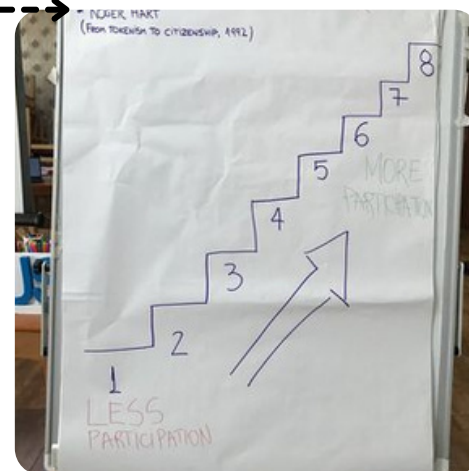


MOBILITY DATES

26 november - Arrival - Travel Day

27 november - 5 december 2025 Activity Days

6 december - Departure - Travel Day



PROFILE OF PARTICIPANTS

We are looking for:

- Youth workers, facilitators, trainers, and volunteers active in non-formal education and youth work;
- Participants over 18 years old;
- Members, volunteers, or staff of an NGO or institution with a valid OID number;
- Motivated to develop facilitation skills and implement inclusive learning processes in Erasmus+ youth projects.

Maximum group size: 33 participants

VENUE

BĂILE GOVORA

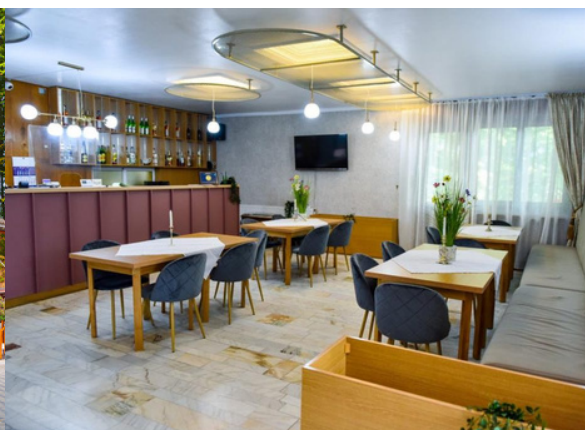
Băile Govora is a charming SPA town and resort located in Vâlcea County, Romania, renowned for its therapeutic mineral waters and tranquil surroundings. Nestled in a picturesque valley surrounded by rolling hills and lush forests, the town offers a serene escape for visitors seeking relaxation and rejuvenation.

The town is also known for its peaceful atmosphere, clean air, and well-maintained parks. Architecturally, Băile Govora boasts a blend of neo-Romanian and Art Nouveau styles, reflecting its development during Romania's Belle Époque period.

ACCOMODATION

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 infamous Romanian dictator Nicolae Ceaușescu. You can discover more about its history here: <https://vilacrizantemagovora.ro/>

Check-in will commence on November 26th at 16:00 and will conclude on December the 6th at 12:00. You will be accommodated in double rooms, separated by gender. The hotel will provide towels and essential toiletries for your convenience.



Flying to Bucharest - Otopeni airport (Henri Coanda)

Direct transfer from the airport to Băile Govora: You can choose this option that is fast and comfortable but you need to book in advance (minimum 5 days). Here is the website where you can find all the regular transfers and booking: <https://www.autogari.ro/Transport/Otopeni-BaileGovora?zi=2025-02-01&pas=1-0-0-0-0> **Please be advised that there are only 2 - 3 transfers per day!**

- **Direct transfer from the airport to Râmnicu Vâlcea (the closest city to Baile Govora and our hub)** - You can chose 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=1-0-0-0-0> **If you will choose this option we can organise a fast trasnsfer for you from Râmnicu Vâlcea to the hotel in Băile Govora. (25 minute drive) Please make sure you communicate your plan to us.**

- **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:

1st Step - from the Airport - Arrivals Terminal take the direct train to Gara de Nord - Bucharest - Note that this train departs every 45 minute from the airport, is available 24 h and takes 25 minutes to get to Bucharest. The price for one ticket is 5 lei (1 euro) - buy the tickets directly in the train, at the airport CFR counter or online. (<https://www.cfrcalatori.ro/>)

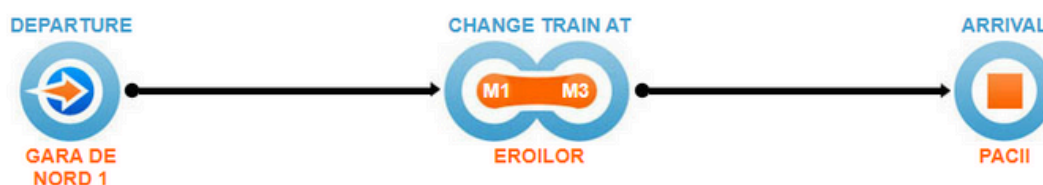
2nd step - once arrived in Gara de Nord - take the Metro from Gara de Nord 1 - Metro station - LINE M1 - direction Pantelimon/Republica, change in Eroilor station to LINE M3 - direction Preciziei . Your stop will be Păcii Station. The price of a 2 way metro is 10 lei (2 euro). You can buy tickets from the station or you can pay directly with credit card.

Flying to Bucharest - Otopeni airport (Henri Coanda)

3rd step - At Pacii Metro Station go above ground - cross the street and go to Autogara Militari. There are regular busses that connect Bucharest with Râmnicu Vâlcea. Please consult the website below for the program and reservations. You can either buy online or buy directly from the driver. The cost of a bus ticket varies between 45 - 60 lei (9 - 12 euro). <https://www.autogari.ro/Transport/Bucuresti-RamnicuValcea?zi=2025-02-01&pas=1-0-0-0-0>

Please let us know your choice of transport and arrival hours at least two days before the event. For night arrivals let us know so we can arrange private transfers.

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

By car

If you are planning to use a car to arrive at the venue this is the address of the Hotel: Vila Crizantema, **Strada Școlii, Nr. 1 245200 Băile Govora Romania**

Save your travel papers

Regardless of your mean of transport please save all your travel documents for reimbursement purposes. Boarding Pass is a must in order to fully reimburse you.

REIMBURSEMENTS

Your travel cost will be covered by the project budget in a certain maximum amounts. The EU is encouraging the use of green means of transport (train, bus, carpool) and the budget for this type of travel is higher. Of course, you can use this type of transport when available and efficient.

The reimbursement will be made once the survey for trainers is submitted by the participants and all the documents are checked by our financial department. This could take up to 3 weeks after the mobility.

Bellow you have the rates according to your distance band.

Travel	Contribution to the travel costs of participants, including trainers, accompanying persons and facilitators, from their place of origin to the venue of the activity and return. Below 500 km, participant will, as a general rule, travel with low-emissions means of transport Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance and number of persons. The applicant must indicate the distance between the place of origin and the venue of the activity ¹²⁵ by using the distance calculator supported by the European Commission ¹²⁶ . For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. ¹²⁷	Travel distance	Green travel	Non-Green travel
		10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

Distance band calculator

You can find your distance band using this EC calculator : <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Green Travel reimbursements

Please note that green travel rates will be applied only to participants that can demonstrate that they've used a green mean of transport at least half of their travel band.

PREPARATION & WHAT TO BRING



- **Comfortable clothing and footwear** suitable for both indoor and outdoor activities. Keep in mind that late November and early December can be quite chilly in Romania.
- **Cultural items**, traditional snacks, or symbols to share during the Intercultural Evening.
- A presentation from your sending organization, limited to **5 minutes**.
- A **reusable water bottle** and an eco-friendly mindset.
- **Laptops or tablets**(optional) for documentation and collaborative work.

CONTACT AND SIGN UP



IMPORTANT

If this Info-Pack has been provided to you by your sending organization, please reach out to your coordinator for registration.

As a general guideline, the selection process should be conducted through our local partners. We typically accept independent trainers or youth workers only in exceptional circumstances. If you find yourself in such a situation, please get in touch with us.

CONTACT

For any questions or more info feel free to contact us at



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<https://www.facebook.com/youthonthemoveromania>