

# Listen, Feel, Communicate

Iași, Romania, May 22 – May 31, 2018



***Listen***



***Feel***



***Communicate***

**Youth ALMA Association**

## About the project

**“Listen, Feel, Communicate”** project arose as a result of the partners’ awareness for the need of the youth workers to develop communication competences in their work with disadvantaged young people. This is a training course that will take place in Iasi, from May 23-30 2018, in Iasi, Romania and involves 5 youth organizations that found a common need - lack of communication competences in their work with disadvantaged young people from their community.

The project is implemented by Asociatia YOUTH ALMA, Iasi, Romania with the support of 5 international partners:

- SOCIETA' COOPERATIVA SOCIALE SINNOS – Italy
- Belen Kaymakamligi – Turkey
- ASOCIACIJA APKABINK EUROPA – Lithuania
- Amigos del Pueblo Saharaui de Herencia 'El Uali' – Spain
- Asociatia YOUTH ALMA – Romania

## Aims and objectives

**“Listen, Feel Communicate”** is a Training Course which aims to develop among youth workers non-violent communication competences in their work with disadvantaged young people.

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

- Improve their knowledge and skills in different types of communication (verbal, non-verbal, assertive, non-violent) and that will help them understand and adapt their message to their target group (disadvantaged young people) in order to improve their communication (written, spoken) until the end of the project;
- Discover how to use non-formal education as a tool for assessing the needs of disadvantaged young people and improve their communication, by being able to conduct a min. of 5 non-formal education methods, adapted to their target group and apply them in their organization for a min of 50 young people, until the end of the project;
- Improve their attitude towards disadvantaged young people by starting at least 2 local projects (in each partner country) that involve min 20 disadvantaged young people, until the end of the dissemination period of this project.

## Participants

From each country – **5 participants**

Age: minimum 18

Gender: respect the gender balance (2-3)

The participants should have the following profile:

- Should be youth workers, active in working with youngsters;
- Motivation to take part in a mutual learning process in a very intercultural setting;
- Medium level of English to follow the course and ability to participate fully in the event;
- Motivated to implement future project ideas.

The participants are expected to participate fully in all activities. Unauthorized absence from activities and workshops will not be permitted and will result in cancellation of the travel reimbursements. We would really appreciate energetic and active participation!

## What to bring

We kindly ask you to bring:

- An **OPEN MIND**
- Clear information (in English if possible) about the main activities of your organization so that you can present it during the training course;
- Map, posters, postcards about your country/region/town to be displayed during the International Evening;
- Videos and pictures of you travelling around your own country;
- Prepare a quiz and tongue twister because it will be an intercultural contest;
- Stories, songs and anecdotes connected with your country;
- You can also make a play/create a song, dance or even mime the most important historical monuments;
- Some gastronomic specialties (food and/or drinks) for the Intercultural Evening. Most probably will be in the 3rd day of the TC;
- Comfortable clothes. The temperature In May, in Iasi, usually is around 18-25 degrees Celsius. It might rain, so make sure you will have with you appropriate clothes and shoes.
- **Please tell us what size you are because we want to buy T-shirts for all participants.**

## Arrival and departure

You are expected to arrive on **May 22<sup>nd</sup> 2018 until around 15:00 in Iasi, Romania**, as the training course starts with getting to know-session, followed by dinner and a *Welcome Party*.

**We will come back with information about the venue.**

The departure will be on the **31<sup>st</sup> of May** 2018 in the morning.

If you decide to come earlier or to depart later with 2 days, you will be pay for your accommodation.

## Training Venue

**We will come back with information about the venue.**

# Travel costs



You should arrive at **the hotel** on **22nd of May** during afternoon (3pm  $\pm$  1hr). If there are more people arriving at similar hours in **Iași Airport**, we can organize to come after you. You can also arrive 2 days before and stay 2 days longer than the 22<sup>nd</sup> of May, but you have to find your own accommodation for the extra days.

You can take the plane, bus or train to reach the destination, but take into consideration the amount of money we can reimburse: 275 euro for Lithuania, Italy and Turkey, 360 euro for Spain and 0 euro for Romania.

Here you have a list with taxi companies from Iasi:

RVR Taxi – 004 (0232) 949

Euro Taxi – 004 (0232) 217 217

Parma Taxi – 004 (0232) 941

Lux Taxi: 004 (0232)255 255

Though, if that isn't the best option for you from any reason, we have prepared for you a list of possible ways to get here from Bucharest Airport (in the order of our recommendations).

For the local transportation you can check [www.sctpiasi.ro](http://www.sctpiasi.ro).

1. **FLIGHT** Bucharest – Iasi and then take a taxicab or Bus 50 and then a taxi cab;
2. **BUS** Bucharest Airport (Otopeni) – Iasi,  
**Bus Coach Vama Veche/Codreanu (A1)** via Massaro ([www.massaro.ro](http://www.massaro.ro)); 80 lei one way/140 lei two ways.  
Departures (Otopeni): 06:30, 10:00, 13:30, 16:00, 18:30, 22:30  
Arrivals (Iasi): 14:46, 18:16, 21:30, 00:00, 02:00, 05:16
3. **TRAIN** Bucharest - Iasi  
**Bus 780** (from Departures) – Bucharest North railway station or  
**Bus 783** (from Arrivals) – Victory Square, **Metro Line M1** Victory Square - Bucharest North railway station or  
**Taxicab** to Bucharest North railway station; 30-40 lei  
**Train** București Nord – **Iași Train Station (A2)**; prices vary from 69,1 lei to 90,8 lei one way, depending on the booking date <https://www.cfrcalatori.ro/en>

Travel expenses will be reimbursed by our organization directly to our partner organization from each country. Please make sure you respect the maximum amount of money that we can reimburse:

Country	Amount
SOCIETA' COOPERATIVA SOCIALE SINNOS – Italy	275 euro
Belen Kaymakamligi – Turkey	275 euro
ASOCIACIJA APKABINK EUROPA – Lithuania	275 euro
Amigos del Pueblo Saharaui de Herencia 'El Uali' – Spain	360 euro
Asociatia YOUTH ALMA – Romania	0 euro

\* Please make the copies of your tickets and invoices before you will come to the project.

**Warning! If the ticket is more expensive you will have to cover the extra costs.**

Reimbursement of travel costs will only be done upon full attendance in the TC activity and presentation of the original tickets with boarding passes and receipt/invoices. Any proposals of making the staying shorter or longer should be consulted with organizers.

Reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.

If you are the type of person that likes to visit museums or that likes to test the local restaurants, shops or other local attractions in your free time, you might need some pocket money. The good news is a Euro is 4.5 lei (the local currency) and a small beverage is about 2 euro, an entrance to a museum is about the same and a satisfying meal is about 7 to 10 euro. **Be sure to have your student pass or anything that can grant you discounts in museums. You will need it if you want to visit the Palace of Culture.**

How the process of reimbursement works?

Our organization will transfer the money to your sending organization and they will give it to you through a bank transfer. This process can last 1-2 months after the activity is finished.

Please, make sure that you keep all the tickets from the means of transportation you use on your road to Iasi and then back to your country. That means bus tickets, plane tickets, train tickets... just keep all the tickets, because the reimbursement is based on the tickets we get from you.

**Last technical thing:** you will not be accident/health/personal liability insured by us during your stay in Romania, so you will need to obtain a private insurance in your own country (and make sure you will bring it with you). If you are low on cash, you have the possibility (in case of the health insurance) to ask for the European Health Card which is free of charge and can be procured from your countries (available only for EU member states citizens).

## Contact information

If you need help, have questions or need further information please contact:

<b>Vasile Anghel</b> <b>0040 751 648 936</b> <b>Email:</b> <a href="mailto:licanghel@gmail.com">licanghel@gmail.com</a> <b>Facebook Id:</b> Anghel Lica	<b>Alexandra Anghel</b> <b>0040 743 094 867</b> <b>E-mail:</b> <a href="mailto:itcoalexandra@gmail.com">itcoalexandra@gmail.com</a> <b>Facebook id:</b> Alexandra Itco
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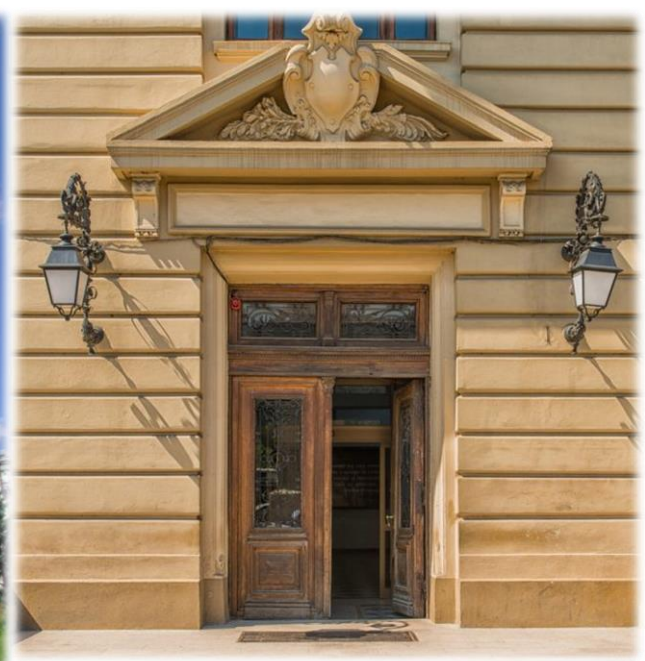
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Whether you're a neophil or an ancient things lover, Iasi greets you with a variety of choices to visit, from the Palas commercial and business center, to the oldest buildings in Romania (the first modern university, the first national theatre, 500-year-old churches and monasteries).

## Why Iasi?





Discover the architecture of Iasi, from the Neo-gothic Palace of Culture, to the Neoclassical and Baroque Alexandru Ioan Cuza University & Vasile „Alecsandri National” Theatre, or to simply the Moldavian style of Trei Ierarchi Monastery.



If you fancy walking in nature, the first Botanical Garden in Romania awaits you to step through its alleys and to admire and enjoy the beauties of the autumn, next to Copou Park.





**Timetable „Listen, Feel, Communicate“**  
**May 22 (Arrival) – May 31 (Departure), 2018**

	Arrival	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Departure
9:00 – 10:00	<b>Arrival</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 – 11:30		Get to know each other	Who are we as youth workers	Basics of communication	Non-violent communication	Go to high school Needs assessment	Non-violent com. Part 2	Go to high school Implement comm. methods	Recap	<b>Departure</b>
11:30 – 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12:00 – 13:30		Team building session	Who is our target group?	How to gain young people trust	Non verbal communication	Analyse the high school experience	How to adapt to difficult com.situations	Analyse the high school experience	Erasmus+ and how can it help my work	
13:30 – 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:00 – 16:30		Project objectives Fears & expectations Rules agreement	Particularities of our target group	Assertive communication	Prepare a method for the high school	Communication-Methods Fair	Prepare for working with high school	Brainstorm on dissemination ideas	Networking Partnership building	
16:30 – 17:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:00 – 18:30	Get to know each other, rules of venue	The 8 key competences-youth pass	What do the young people really need?	What is a non formal method formed of?	Practice the methods	Communication-Methods Fair	Practice	Delegate resp. for the brochure	Evaluation Feedback	
18:30 – 19:00		Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	
19:00 – 20:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 +	Welcome	Board games	Intercultural night	Free night	Storytelling	Free night	Movie night	Free night	Farewell party	