



The young ambassador of preventive education

- Youth Exchange -

11 – 19 April 2023, Căsoaia (Arad), Romania



**Funded by
the European Union**



The young ambassador of preventive education – Ready to explore the universe of preventive education on addictions and unhealthy habits in general? You landed in the right place then, as we invite you to join us in a journey where we will explore this topic from a mental health perspective, but also from a digital perspective, mainly by playing with some tools that will empower you to become an ambassador of preventive education in your community and for your friends.

When and where and for who? We invite teenagers aged 14-18 to join this Youth Exchange, an intensive educational process on preventive education, from **11 to 19 April, in Căsoaia (Arad), Romania**, among other youngsters interested in the same topic as you, from different countries and cultures.

The methodology. We cover a wide range of topics, such as development of addictions, cycle of addictions, principles of prevention work, designing preventive education methods and using digital tools for promoting this concept to other youngsters. You, as a participant, will be part of a great opportunity to learn and pay it forward from all these methods, tools and principles!

What else you should know before to attend this YE?

- ☼ The working language will be English, therefore an average level of speaking, reading and listening is desirable. Nevertheless, support for translation and interpretation will be provided.
- ☼ Homework: before arriving to the event, please try to think of and describe in a short paragraph what do you understand by `addiction` and send this description to your Group Leader.

MANDATORY! Register yourself in [this form](#), this is your boarding pass for this Youth Exchange.

Also the link: <https://forms.gle/FDif79jrNM53Dx9E8>

Participation conditions during the Youth Exchange:

1. Full attendance at sessions is mandatory and it is a condition for reimbursing of travel costs.
2. Active involvement. During the week, you will be assigned with different roles that will stimulate the overall group dynamic. Stay tuned for more details ☺

Follow-up activities: the participants at the Youth Exchange are expected to contribute to the dissemination of the project and the learning outcomes, including the visual elements of the project and Erasmus+ Programme. Each participant is expected to contribute to minimum one dissemination activity (details to be provided during the YE).

Important! A learning agreement will be signed with each participant before attending the Youth Exchange, including all the above-mentioned aspects.

Logistic aspects to consider before confirming your intention to attend the event

☼ **Dates:** the YE will happen during **11 – 19 April 2023, Căsoaia (Arad)**, Romania, including the travel days. That means seven full days of activities, with a daily schedule from 10 AM to 7 PM. The travel reimbursement limit is according to the Erasmus+ rules.

☼ **Schedule:** We will have four daily sessions, a morning warming up moment and a daily reflection time at the end of each day. Evenings are free, but we have some plans to have fun and we will. The meals will be provided on the spot. And fruits. And plenty of fresh air. The tap water is drinkable. No alcohol is allowed (we do not negotiate this).

☼ **Location:** We will stay in the middle of nature, a camp named Căsoaia – Casa Verde in Arad county, West Romania

(<https://goo.gl/maps/yYSrHf16NDHND5B47>), 50 km away from Arad, the main city nearby. We will be hosted in a large house, **with four rooms of 2-3 beds, and one**



large room of 14 beds (please keep in mind that some of you might share this large and cozy space). The mood will be really nice and full of good vibes, we are sure of this! The bathrooms are shared, we have a lot of open green space around us, access to paths in the forest and a very nice working room for our workshops! The overall conditions are decent, but please do not expect a high luxury resort (just to consider this before attending the event).

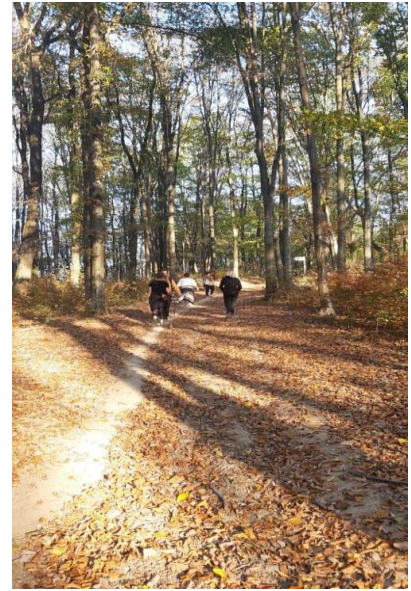


🌿 **About the surroundings:** we will stay in a semi-remote area. Not many people to meet around, maybe some animals and a lot of sounds from the forest, superb sky with a lot of stars in the night. Weather might be tricky: I cannot promise a sunny week or a rainy one, it's a hilly area. The temperature might range from 3° C to 20° C (night – day). Bring a rain jacket and waterproof shoes for the forest. Nevertheless, don't bring all the wardrobe with you 😊. The mobile connection should work 24/7, as well as the mobile data. Nevertheless, in some spots you might face some limitations. **There is a Wi-Fi connection, but sometimes not very stable.** On the other hand, you have plenty of options to walk in the forest, to de-connect from the daily routine and to re-connect to nature, to humans and your inner universe, have long evening talks, meditate, draw. Consider this as a nice retreat with beautiful people who share the same interests as you do.

🌿 **Transportation.** 🚗 The travel reimbursement limit is in accordance with the Erasmus+ rules and depends on the country and should cover all the local transfers to Căsoaia, where the venue is. In case the travel limit is exceeded, the participants will co-finance the difference, but we hope to manage this aspect within the budget. Please keep all your travel documents with you send them prior to the TC at projects@ipta.ro. Before booking your transportation, please ask for our confirmation. We may not be charged with any travel costs that are not confirmed by us.

🌿 The venue is located in the middle of two major cities in the west side of Romania: Arad and Timișoara. The most important airport nearby is in Timișoara, while the train and bus connections are pretty good to both cities. We will communicate with your Group Leaders about the travel plans and will make it happen as smooth as possible. The transfer from Arad or Timișoara might take up to three hours, depending on the timetable of the public transportation. Let's keep in touch for this!

🌿 **There are no COVID-19 restrictions** in place in Romania now. Nevertheless, it is possible that the situation will change, so please have with you the vaccination/recovery certificate and check the needed documents in order to enter to Romania here: <https://www.mae.ro/can/en/node/30320>.



What to bring with you: we are in the middle of the nature:

🌿 ***Mandatory list:***

- ✓ Rain jacket, warm coat, hat, scarf
- ✓ Proper shoes for wet terrain
- ✓ Shoes for inside spaces (we will not use the same shoes for indoor) and flip-flops
- ✓ Medicines (you know better your medical condition)
- ✓ Towel + personal hygiene products
- ✓ Comfortable clothing (we will stay as cozy as possible 😊)
- ✓ Any products that you really need for yourself (we don't have a shop in the proximity of the venue)

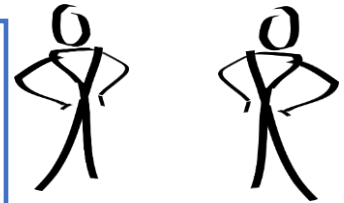
🌿 ***Optional, but highly recommended:***

- ✓ Head torch (will be very useful in the evenings and nights outside)
- ✓ Personal diary for taking all the inspiration needed for the follow-up activities
- ✓ A gift for your colleagues... and for us as well!

The timetable of the YE: check it in the following page 😊

Day 1:

- Introduction of the project.
- Group cohesion and discovering each other.
- Introduction to the preventive education.



Day 2:

- Discovering sources of addictions.
- Addictive substances.
- Teenagers, healthy relationships and social media.



Day 3:

- Addicted behavior, cycle of addiction.
- Preventive education – why and how.
- My role in my community



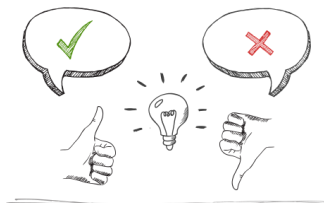
Day 4:

- Community growth and support.
- Teenagers and self-esteem.
- Peer pressure. Digital interferences.



Day 5:

- Exploratory visit in the nature
- Community stories



Day 6:

- How to deal with it?
- Questions & Answers on preventive methods.
- Let's see how you would do preventive education!
- Experiential workshops.

Day 7:

- Experiential workshop.
- Feedback and recommendations.
- Event evaluation & closing.

