

A Guidebook to Preventive Education

- Training Course -



Implemented by



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tineri activi



Funded by
the European Union

The ABC of Preventive Education

- Training Course -

25 July – 1 August 2023, Valea Verde - Câmpeni (Alba), Romania

Prevention work doesn't mean abstinence or self-harm, it's all about setting an inner state of peace with yourself and with others, a way to be fully aware of why making a decision in that moment and place. This should be the core of preventive education about addictions. This letter is an invitation to a learning program that will enable you to embrace and assimilate a detailed practice on preventive education on substance abuse, with the aim at delivering it to your groups. That's what we plan to do in this project. We want to bring preventive education as close as possible to the final beneficiaries of this concept, namely teenagers. We invite you to join an intensive process on preventive education that consists of one week full of activities with and about non-formal learning.

The TC (training course) is part of IPTA (Idei si Proiecte pentru Tineri Activi) portfolio of activities dedicated for youth workers who are highly interested in working with preventive education with teenagers. The concept of the activity is based on years of practice in combining youth work, preventive work and non-formal learning, with specific focus on transferability and dissemination. We prioritize high local transferability of our results and methods in the partner organizations, that's why we will try to accommodate a wide range of learning styles during the week. This event is a proper space for exploring as many facets of personal and professional traits that are needed to deeply understand how to address preventive work with teenagers, as well with yourself. Moreover, we invite the participants to share their knowledge and practice in preventive work and education in general.



For 5 days, 18 youth workers will play, discover and assimilate minimum 12 working methods suitable for small and large groups. We will have quite long debrief sessions on all the elements of most of the learnt methods. We believe in this learning approach as a key pillar for a lasting experience with high transferability. The goal of this activity is to equip you with a very good understanding of the impact created by the prevention work among teenagers and on how this concept should be delivered. We will cover multiple topics, such as development of addictions, cycle of addictions, principles of prevention work, creation of preventive educational methods, local transferability. You, as a participant, will be part of a great opportunity to collecting relevant methods, tools, principles and other elements from those who are involved in this field.



This TC is dedicated ONLY AND ONLY to professionals who are active in youth work, education, teaching, social work, support services for young people, psychologists, youth leaders, facilitators, trainers, etc. and have a clear interest in exploring the topic of preventive education in general, and prevention of substance abuse in particular. We will have fun by learning about methods and tools on how to work with teenagers on preventive education. Of course, learner-based approach, enough time to explore the nature and for self-care. Also, every participant will receive a Youthpass Certificate that is a proof of your learning in the TC.

We expect to have a group of motivated professionals who have organizational support for transferring the practice in their work. Minimum knowledge and experience in working with NFL activities is desirable, but not mandatory. The working language will be English, therefore an average level of speaking, reading and listening is desirable. Minimum age limit is 18.

Important and very important aspects to consider before sending your intention to attend the Training Course.

In order to sign up for this event, please register in [this online form](https://forms.gle/8fbgYbKSiQjhhaVo8)!!!

<https://forms.gle/8fbgYbKSiQjhhaVo8>

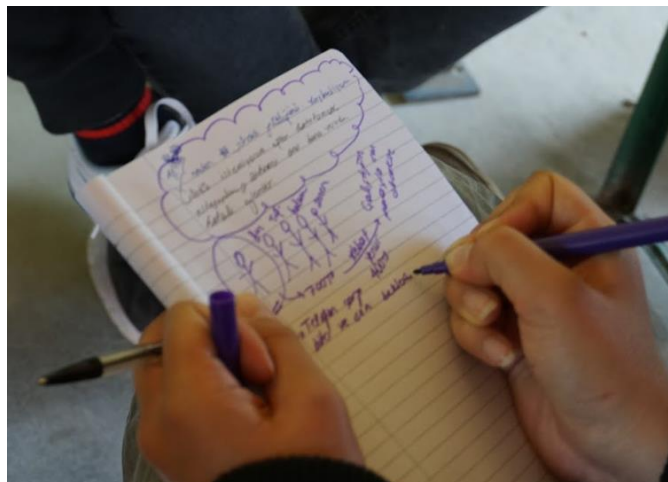
Homework: before arriving to the event, please prepare a research (no longer than one page), with the following elements:

1. Describe what do you understand by `addiction`.
2. Describe which do you consider that are the effects of tobacco/alcohol/cannabinoids on health, social and financial status (choose one substance).
3. Indicate one national and EU programs on addictions implemented in your country.

Send the homework to the facilitation team before the first day of the Training Course to anamaria.manolescu@ipta.ro.

Participation during the Training Course:

1. Full attendance at sessions is mandatory and it is a condition for reimbursing of travel costs. We expect to have a contribution-based process, with consistent input from your experience.
2. Active involvement. During the week, besides the working sessions, we will sign up for different administrative roles that will help us keep our house cozy, functional and happy for all of us. We will take care of our space in the venue. Stay tuned for more details ☺
3. We will have one half-day for exploring the nature around the venue. Please consider booking extra days before or after the TC if you want to visit some of the cities nearby (Cluj Napoca, Alba Iulia or others) or the beautiful mountains of the Natural Park of Apuseni.
4. The TC provides a wide spectrum of methods that could be used by a wide range of professionals. We usually cover a large variety of learning styles, ranging from art-based activities to cognitive approaches and introspection in emotional literacy and behavioral patterns. Our intention is that each and every participant will find at least a minimal set of methods to work with after this week.

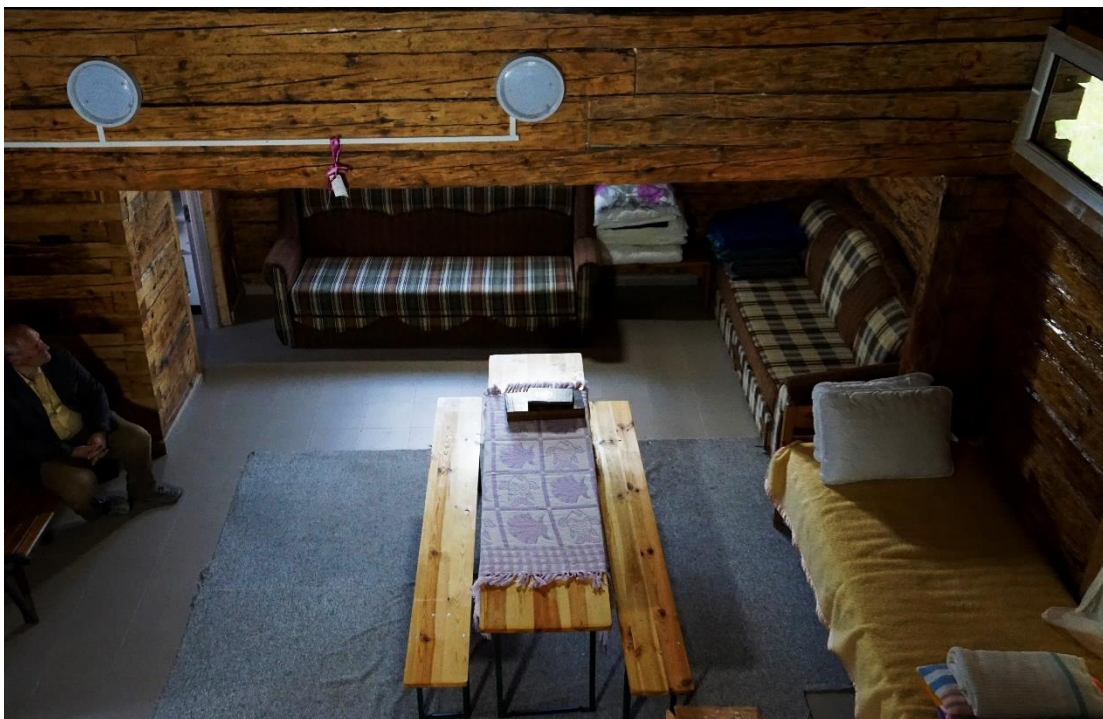


House rules, specific of the place and the week. Please read very careful all these details:

1. The venue is a Christian camp and has very strict rules regarding alcohol consumption and smoking. In other words, drinking alcohol is not allowed during this week, while smoking is completely prohibited on the site. We kindly advise you to consider these aspects, as the host indicated that those who disobey this condition will be checked-out of the venue immediately. On the other hand, we are in the middle of nature, so we compensate this aspect with an intensive dose of a healthy landscape 😊
2. We will be accommodated in three small traditional houses in a village, with basic but decent conditions, shared sleeping spaces (3 to 8 beds) and shared toilets. In addition, we will also have four places in tents outdoor, with an even more authentic touch of the nature. We will take care of our cleanliness of the whole venue and will observe the sleeping time. The alternative is to listen to crickets while watching the stars and the moon 😊.
3. The houses are not heated, in some nights might be chilly, weather is quite moody as we are close to the mountains. The water supply is limited, hot water is limited to short showers.
4. The place is in the middle of the nature in the Charpatian Mountains, there are no shops, only few houses around. We are deep in forest, far from cities, limited phone connection.
5. The dietary specific will be mainly vegetarian, with some of the dishes having including meat. We propose you a break from the daily routine of urban food.



The above mentioned living conditions are part of the project's approach of promoting a more sustainable way of living, in a context that could stimulate a deeper connection with the topics of the learning process. As follows, some additional pictures with the specific of the place.

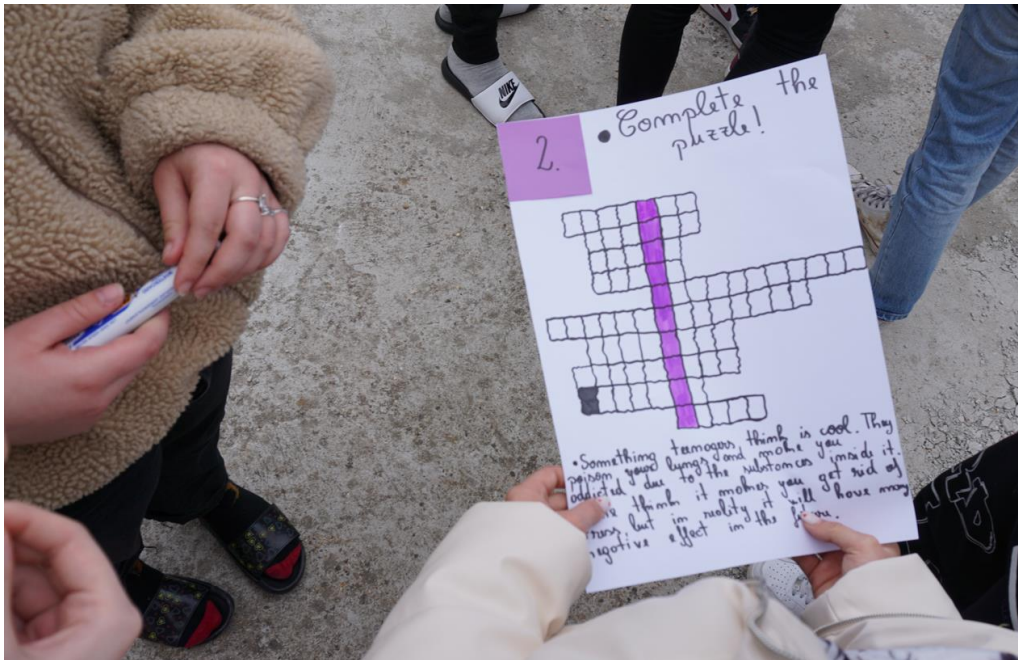




Follow-up activities: after the TC, the participants are expected to initiate:

1. Minimum **two local workshops with a total of minimum 18 participants** using the methods used in the TC with their groups, to collect feedback and provide pictures from the activities.
2. Dissemination of the TC and the learning outcomes by **creating minimum one post on the personal social media**, including the visual elements of the project and Erasmus+ Program. We need this contribution as part of the visibility of the project. Each participant is expected to contribute to minimum one dissemination activity (details to be provided during the TC).

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



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

Dates: the TC will happen during **19-25 July 2023**, travel days included. That means six full days of activities, with a daily schedule from 09:45 AM to 7:30 PM. 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. Two breaks and three meals will be provided on the spot. And fruits. And plenty of fresh air. The tap water is drinkable from the kitchen, so please bring your own bottle to refill it.

Location: we will stay in a rural area named Valea Verde (next to Sohodol), în Alba County (<https://goo.gl/maps/SLr85o1ULocE1a2q7>), 130 km away from Cluj Napoca or 170 km from Oradea, the main cities nearby.

About the surroundings: we will stay in a remote area, in the middle of a forest, next to one village (Sohodol), 20 km from the town of Câmpeni. Not many people to meet around, maybe some animals and a lot of sounds from the forest. Weather might be tricky: I cannot promise a sunny week or a rainy one, it's a high-hilly mountain area. The temperature might range from 10° C to 28° C (night – day). **Bring a rain jacket and shoes for walking in the forest, thermal clothes and socks.** The mobile connection might not work 24/7 and we **will not have Wi-Fi connection.** On the other hand, consider this week also as a beautiful opportunity to de-connect from the daily routine and to re-connect to yourself and the nature, to meditate, draw, talk with others and to experience a holistic learning experience.



The nights could be chilly, rain could be often, but also sun could be there with us permanently, so embrace everything that the nature could give us. The dining space is indoor, but we will have plenty of outdoor space. The food will be cooked on the spot and we will self-organize with the dishes, cleaning, administration and everything else. We will use indoor shoes for the house, kitchen and the working room. Please consider the week and the space as a dose of wellbeing which should be cherished with your openness for outdoor, nature, spirituality, empathy, love and introspections. Since there are a series of aspects that might be perceived as limitative in terms of logistics, please read very careful all the details of this infopack. ***It is very important to consider these aspects before signing up for the event.***



Transportation

The venue is located in Valea Verde, Alba county, west side of Romania.

Depending on the starting point of your journey, the easiest transportation mean could be by:

- Plane: airports in Cluj Napoca or Timisoara, or in Hungary – Budapest or Debrecen
- Train or bus to Alba Iulia, Cluj Napoca, Deva, Câmpeni or Abrud.
- Taxi fares are not reimbursable.
- The closest bus service goes to Câmpeni and could be the meeting point with us.

The **travel limit is calculated according to the Erasmus+ rules, 23, 180, 275 or 360 EUR depending on the country you are coming from. This will cover ALL the transfers, including bus, train, car sharing, plane, ferry.** For example, let's consider a limit of 275 EUR. If your plane costs 240 EUR and the local transfers to the venue costs 50 EUR, the maximum reimbursable amount will be 225. As well, if we as organizers will arrange a transfer from the airport or a city to the venue, that amount will be communicated to you in advance and deducted from the travel limit. Usually, the transfer from Câmpeni to the venue will be charged with 5-10 EUR/person. A transfer from Cluj Airport to the venue could vary from 36 to 60 EUR/person, depending of the number of participants. We will provide you assistance in planning your journey. **Another important aspect related to travel:** please try to avoid late arrivals in Cluj Napoca later than 5:00 PM and early departures earlier than 10:00 AM from the venue (subject to change due to the schedule of public transportation). We will reimburse only the economic, 2nd class tickets (no business, first class tickets). **Please confirm with us the transportation plans in advance, we cannot accommodate situations that are were not confirmed with us before.**

What to bring with you

Mandatory list:

- Rain jacket, warm clothing, hat, scarf, warm socks, **indoor shoes**.
- Proper shoes for wet terrain and forest
- Medicines (according to your medical condition) & some extra in case you catch a cold
- **Towel** + personal hygiene products (**we don't have spare towels**)
- Comfortable clothing (the parliamentary setup is not for us 😊)
- Any products that you really need for yourself (we will not have access to a shop in the proximity of the venue, but for urgent need we will be able to accommodate this)
- All the good vibes, energy and desire to learn are much needed for this event!
- Once again: the homework.

Highly recommended:

- Head lamp (besides the moon and the stars, this could help you a lot in the nights)
- Laptop or personal diary for taking all the inspiration for the follow-up activities
- Materials that you use in your work, such as toolkits, methodologies, videos, brochures and other inspirational resources that could help us and others to explore the topic.

Optional:

- Trekking clothes and shoes
- A gift for your colleagues and for us, we will organize some thematic evenings

*** Should you have the resources to support to our efforts to provide further youth work to teenagers from Europe, we invite you to contribute with a small donation in cash, 20-40 EUR, that would really help us to continue our work. Thank you! ***

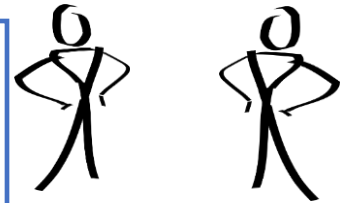
It is highly important to read each and every word of this file, so you make sure that you are fully aware of the participation conditions and the facilities we provide. For any questions that require additional clarifications other than the information that are mentioned in this infopack, please send an email to beniamin.branzas@ipta.ro

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

See you soon!

Day 1:

- Introduction of the week and targeted competences.
- Group cohesion and discovering each other.
- Introduction to the prevention work.



Day 2:

- Exploring the sources of addictions. Habit to Addiction.
- Addictive substances: nicotine, cannabinoids, alcohol.
- Prevention work: principles and other fields of work.
- Creation / adaptation of methods.

Day 3:

- Prevention work and non-formal education.
- Cycle of addiction and healthy relationships.
- Teenagers and social climate.

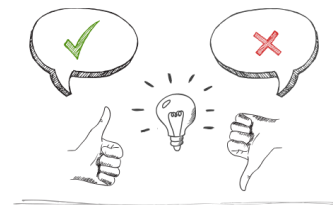


Day 4:

- Teenagers, self-esteem and self-confidence.
- Peer pressure.
- Healthy wish, healthy life.

Day 5:

- How about exploring the nature?
- Questions & Answers on preventive methods.
- Preventive methods – how to use and adapt them.



Day 6:

- Additional examples of NFL tools
- Interactions with teenagers: particularities
- Closing and follow-up plans.