



Predeal, Romania
2021



Erasmus+

Partener organizations

CFCECAS Romania

Active Women Association Poland

Butterfly Dreamer Bulgaria

SOPRO Portugal

UCAM Spain



About CFCECAS

CFCECAS is a non-governmental organization opened in 2007, with a national and European reference, through the standards of Excellence practiced and good practice models developed in the field of social work projects, training programs and social services.

The main purpose of CFCECAS is to invest in human resources development, design and delivery of social services in line with EU policies, organize transfer of experience and international cooperation for the promotion of good practices.

Our mission is to improve quality of life due to the implementation of community projects for the local community, especially to disadvantaged youth, as well as offering operational and financial support for social workers that work in the community services, developing institutional capacity of local government, develop innovative answer to the community problems, facilitate the public-private partnerships, growth people knowledge and skills and organizing seminars, workshops, consulting, research and trainings.



AIM:

Development of essential competences and alternative methods to prevent and combat violence in the local communities.

OBJECTIVES:

- ✓ OS1: Develop the specific skills needed to recognize the signs of various forms of domestic violence (physical, emotional, financial and social), in the family and in young couples
- ✓ OS2: Strengthen the sense of initiative and critical thinking for the 20 participating practitioners, in order to prevent and combat domestic violence among young people;
- ✓ OS3: Support the transfer of skills needed in case of direct contact with cases of domestic violence (active listening, paraphrasing, summarizing, feedback, aspects of nonverbal language, etc.);
- ✓ OS4: Developing the organizational capacity of partner associations in the field of preventing and combating domestic violence, as well as in transnational projects.



Participants profile:

- ✓ Has experience in youth work;
- ✓ Is currently working directly with young people;
- ✓ Has expertise in working with people from vulnerable groups;
- ✓ Is eager to gain specific competences on preventing and combating violence;
- ✓ Wants to extend their professional network;
- ✓ Is able to organize local dissemination events;

There will be 20 participants in this activity (4 per entity): 4 participants from Poland, 4 from Romania, 4 from Bulgaria, 4 from Portugal and 4 from Spain.



FROM 20TH OF JUNE TO 27TH OF JUNE 2021

The course will be held from 20th of JUNE (Arrival Date) to 27TH of June (Departure Date), 2021 in one of the most beautiful mountain area in Braşov county called PREDEAL.

These dates and hours are established according to the granted budget. If these hours and dates are not complied by the participants, the participant will be responsible of the costs that should be returned to the National Agency and the reimbursement of the travel will not be possible.

WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

Presentation

Each participant will present themselves, their organisation, main activities, working areas, best practices, interests pursued in this activity, expectations, etc.

DISSEMINATION AGREEMENT

For the proper dissemination of the project, please consider that coming to the activity you accept to disseminate the project and activities via your social networks and that we can disseminate pictures/videos of the activity and the participants on the internet.

WHERE?



THINGS TO VISIT NEAR PREDEAL

- ☺ BRAN CASTLE - <http://www.bran-castle.com/>
- ☺ PELES CASTLE - <https://peles.ro/program-si-taxe/>
- ☺ BRAȘOV CITY
- ☺ Hiking & trekking in the CARPATHIAN MOUNTAINS

FACILITIES

The course will take place at HOTEL MONT BLANC, PREDEAL, Romania

You can check the details here: <https://montblanc-predeal.ro/contact/>

The hotel is located near the forest and has:

- ☺ A lunch room
- ☺ A classroom
- ☺ A terrace
- ☺ A relaxing room

Each room will accommodate 2 or 3 people. Each room has a private bathroom and some of them have a private balcony.

TRAVEL

The closest airport to Predeal is Bucharest Henri Coanda Airport. From there you need to take a train from Bucharest North Train Station to Predeal. Please inform the organizers about the details of your travel, so they can arrange all logistical matters.

BUDGET:

- ✓ Romania: 180 EUR
- ✓ Bulgaria: 180 EUR
- ✓ Poland: 275 EUR
- ✓ Spain: 360 EUR
- ✓ Portugal: 360 EUR

Reimbursement rules:

Please keep all your travel documents (train/bus tickets, airplane check-ins etc.). The reimbursement will be done based on the invoices/tickets as a proof of travelling. All partners will be reimbursed the first month after the project.

Please prepare all the necessary documents and send them to contact@cfcecas.ro prior to your travel.



REIMBURSEMENT POLICIES

Erasmus + makes us keep all the invoices, flight tickets, boarding passes and PCR costs for a correct Financial Reporting of the activities.

We also have to duly justify all payments done from our bank account for accounting purposes. For these reasons, you need to comply some requirements and conditions before we reimburse your expenses. Coming to the activity or starting using the Funds of this activity means that you accept these conditions and requirements. You need to attend to all the activities of the course to get the refund.

To get all the expenses reimbursement it is necessary to follow the next points during all the activities:

- ☞ You need to attend to all the activities of the training course to get the refund.
- ☞ The consumption of alcohol or drugs is not allowed, nor in educational facilities, but neither during the outdoor activities such as meetings with stakeholders or cultural visits.
- ☞ Discriminatory behaviours are totally prohibited. So racist, sexist or other kind of disrespectful behaviours (against the identity of a person or a social group) will not be tolerated during the activities.

PURCHASE AND REIMBURSEMENT

Due to COVID-19, participants will have to comply with the current legislations (vaccination passport or having a negative COVID test) to travel to ROMANIA, and sometimes to come back to their countries without having to go into quarantine. The sending entities will inform their participants about the number and type of COVID test required in their country. In any case, participants who submit the corresponding Test invoices will be refunded 100% of the cost incurred.

PERSONAL DOCUMENTS

P A S S P O R T - To enter Romania, you need a valid identity document (passport or identity card).

V I S A - Whether you need a Visa for entry depends on your nationality. Citizens of EU and EFTA countries do not need a Visa.

HEALTH INSURANCE

As a member of the European Union, Romania has agreements for the recognition of insurance systems. Those who possess a European insurance card should therefore be covered for illness and accidents in the same way as they are in their country, so please bring this card with you. In any case, please remember that health insurance as well as travel insurance is your responsibility, we assume no liability knowing that EU health card is enough. So, do not forget to check & bring your insurance card with you! How to issue it? Click here: <http://ec.europa.eu/social/main.jsp?catId=559>

CURRENCY

The currency in Romania is the LEU. You will need to bring money if you need something for the travel or if you want to buy personal things (like presents for your family or if you wish to go out).

WEATHER

The weather might change from one day to another.

If the weather permits, we will go to a walking tour in the mountains during the free time. If you just want to check the forecast before coming, please click on the following link: <https://www.accuweather.com/ro/ro/predeal/272498/daily-weather-forecast/272498> BRING warm clothes, clothes for hot weather and rain, personal hygiene products, face mask, towels are not required.

RELEVANT INFORMATION REGARDING COVID19

Due to the CO-VID 19 crisis CFCECAS wants to clarify some issues:

Sending entities or participants **WILL NOT BUY** any flight tickets, before consulting with their organisation and with CFCECAS and receiving our agreement.

The situation in our country is not so risky at this moment. The number of citizens affected by COVID-19 is very low and still under control. However, our Government can impose travel restrictions, at any moment, in order to prevent a collapse of our health-care system. Therefore, this mobility could be affected.

CFCECAS will issue a document stating the reason for the travel.

Each sending entity should have a list of participants and a travel/ flights proposal ready, before the 6th of JUNE. That date, this information must be shared with CFCECAS, who will determine, then, after consulting the authorities' recommendations, if it is possible or NOT to carry out the mobility and therefore, to proceed with the flights' purchase.

Itinerary

Day	Morning	Afternoon	Evening
0		Arrival/ Security rules and conduct within the project	Welcome party
1	Introduction	Brainstorming – domestic violence Youthpass and Erasmus+	Reflection group Multicultural evening
2	International coffee. Types of violence	The effects of domestic violence on the community	Reflection group Multicultural evening
3	Development of soft skills- Active listening/ Paraphrasing and summarizing	Development of soft skills: feedback/ Non-verbal communication	Reflection group Multicultural evening
4	Attachment. #metoo campaign Healthy relationships	Stakeholders meeting Resilience of the victims	Reflection group Multicultural evening
5	Info pack – types of violence Causes of violence	Info pack - effects / consequences of violence/ existing services in each country	Free night / Games night
6	Follow up	Evaluation	Goodbye party
7	Departure		

MULTICULTURAL ACTIVITIES

Please bring something you would like to share with us from your country.

FOOD MUSIC PICTURES CRAFTS STORIES GAMES



CFCECAS

www.cfcecas.ro

office@cfcecas.ro



AT LAST BUT NOT LEAST...

Bring good vibes and your best smile!