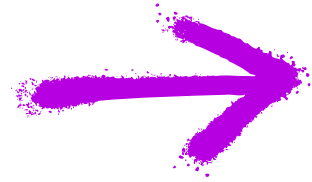


EMOTIONS TO ACTIONS

Youth Exchange about
Emotional Intelligence



ABOUT THE PROJECT



MAIN TOPIC:
Emotional Intelligence



SECONDARY TOPICS:
Discrimination
Personal well-being
Fake news



Your emotional intelligence influences:

- **how you cope with difficult events, such as the pandemic**
- **your lifetime success**
- **the impact of fake or hateful news**
- **fighting discrimination**

APPLY IF YOU WANT TO:

- **improve your overall emotional intelligence**
- **get more in touch with your emotions**
- **manage your emotions better**
- **understand how emotions foster discrimination**
- **identify emotional manipulation strategies in the media**
- **invest in your personal & professional development**
- **learn psychology from a psychologist**



Please contact the sending organization from your country for details about the application process. You can find them on the last page.

PARTICIPANTS' PROFILE



18-29 years old

interested in emotional intelligence

able to communicate in English

willing to respect Covid-19 safety measures

**motivated to engage at all stages of the project
(before, during, after the youth exchange)**



THE VENUE



Sinaia is a small city and a mountain resort in Romania, well known for the Peles Castle, one of the most beautiful castles in Europe. The best way to get to Sinaia is to book a flight to Bucharest, followed by a train or bus ride (max. 2 hours).



Accommodation will be at Casa Duca in Sinaia, located in the city centre and at 11 minutes walking distance from the train station.

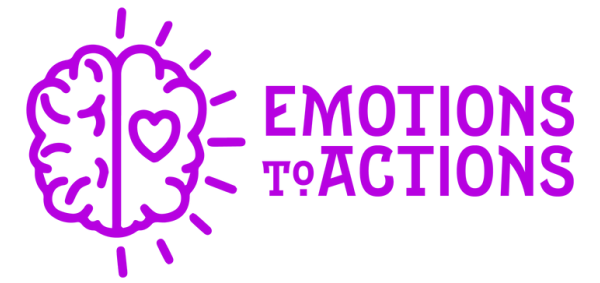
You will be sharing rooms with other 2 or 3 people. Keep in mind that beds are double and bunk. The conference will be on the first floor and there is a small garden for daily energisers.

Please keep in mind that, depending on the COVID-19 situation at the time, additional safety regulations could be mandatory! It is necessary to have a valid health insurance.



IMPORTANT: Before booking your tickets, send us your travel plan and wait for confirmation.

REIMBURSEMENT + EXPENSES



TRAVEL REIMBURSEMENT

Bulgaria - max. 180

Croatia - max. 275

Greece - max. 275

Italy - max. 275

Romania - max. 180

Poland - max. 275

Spain - max. 360

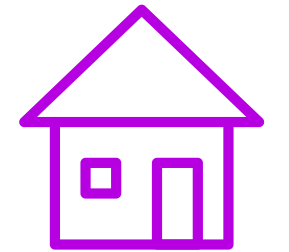


You will be reimbursed with the exact amount of your travel expenses (up to the max. amount), if you provide us all original travel tickets. Taxi is NOT covered.

To get your reimbursement, you need to participate during the entire YE.



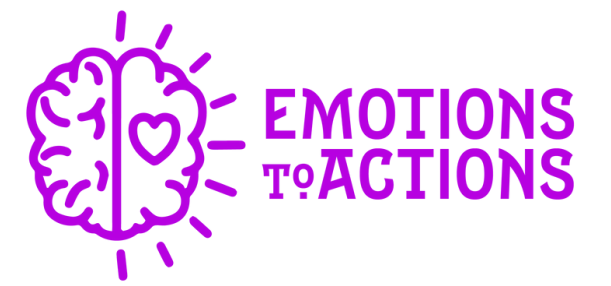
MEALS + ACCOMODATION



During the YE, meals + accomodation + logistics are covered by the Erasmus+ Programme.

You are allowed to arrive or departe max. 3 days before or after the YE, but you will need to take care of your accomodation & meals for these days.

PROJECT PARTNERS



COORDINATOR

Romania - Asociatia Se Poate



PARTNERS

Bulgaria - Social Hub

Croatia - Institute of Youth Power

Greece - Iasis

Italy - Oriel

Poland - Green Elephant

Spain - Ticket2Europe



Want to now more about them?

Just click on the names!

