

LEAD WITH IMPACT

TRAINING COURSE

Ploiești, Romania

1-8 August 2026



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Welcome and

CONGRATULATIONS!

You are one of the 14 participants, who will be joining the Training Course “Lead with Impact” between **1st of August to 8th of August 2026** in Romania!

There will be participants from:

- **Romania** (2 participants)
- **Greece**(2 participants)
- **Lithuania** (2 participants)
- **Poland**(2 participants)
- **Spain** (2 participants)
- **Türkiye** (2 participants)
- **Italy** (2 participants)

Participants’ description: youth workers/leaders with experience in building/facilitating workshops for youths, +18 years old

This infopack will provide useful information about the training course subject, draft schedule, host team, travel budget, cost reimbursement, the venue and much more.

For any question, don’t hesitate to contact Anastasia Kurt for further information about the project, at: anastasiakurt2003@gmail.com



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ABOUT THE PROJECT

Our aim

- **Inspiring** youth workers and educators to become more **engaged in youngsters' needs** by giving them **methods** and tools to lead them in a mindful and efficient way

Our plan

What?

Learning about the basics of leadership, teams and their own role in different groups

Why?

Seeing the impact of successful teams and how to help youngsters in their journey

How?

Working together to develop different leadership skills

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SCHEDULE

| | 03.08. | 04.08. | 05.08. | 06.08. | 07.08. | 08.08. | 09.08. | 10.08. |
|-------------|--------------------|------------------------|-----------------------|-----------------------|----------------------------|----------------------------|------------------------|---------------|
| | Arrival day | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Departure day |
| 9:00-10:00 | | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 10:00-11:00 | | Introduction F+C+E | About the E.U. | Be Your Own Leader | Spreading Knowledge | Final Project Introduction | Finalizing the Project | |
| 11:00-11:30 | | coffee break | coffee break | coffee break | coffee break | coffee break | coffee break | |
| 11:30-13:00 | | Get to Know Each Other | Erasmus+ | How Teams Work | Communicating Meaningfully | Working in Teams | Youthpass | |
| 13:00-14:00 | | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | |
| 14:00-16:00 | | Free Time | Free Time | Free Time | Free Time | Free Time | Free Time | |
| 16:00-17:00 | | Teambuilding | Competences Mission | What's in a Lader? | Be a Storyteller | Working in Teams | Reimbursement | |
| 17:00-17:30 | | coffee break | | coffee break | coffee break | coffee break | Special Session | |
| 17:30-18:30 | | Teambuilding | | Problem Solving | Leader Simulation | Presentation Time | | |
| 18:30-19:00 | | Reflection 1 | Reflection 2 | Reflection 3 | Reflection 4 | Reflection 5 | | |
| 19:00-20:00 | | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | |
| 20:00-21:00 | Quick Introduction | Free Time | Intercultural Evening | Intercultural Evening | Intercultural Evening | Intercultural Evening | Free Time | |
| 21:00-23:00 | Free Time | | | | | | | |
| 23:00 | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | Quiet Time | |

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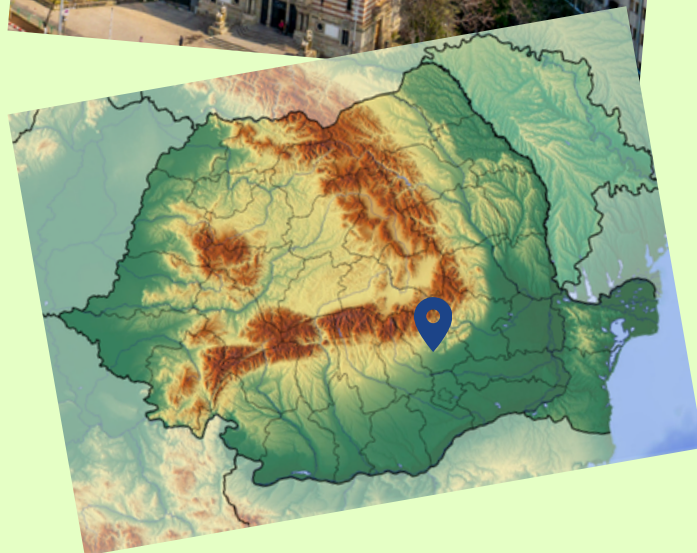
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LOGISTICAL INFORMATION



The Youth Exchange will be held in **Ploiești**, located at 62 kms north of Bucharest, the capital city of Romania. Ploiești is the main oil center of the country. The first oil refinery in the world was founded here, because the oil reserves in the region were very large. Because of this fact, the city is also called the „**Capital of black gold**”.

We look forward to meeting you all in Ploiești!



Travel advice:

- we suggest booking plane tickets to [Bucharest Henri Coandă International Airport](#)
- from there, you can book train tickets from the airport to the Bucharest North Railway Station (tickets can be purchased physically, but we suggest buying them online)
- from there, you can book tickets to Ploiești West or Ploiești South Railway Stations (tickets can be purchased physically, but we suggest buying them online)
- after arriving in Ploiești you can book:
- from Ploiești South, the bus is 44 (tickets can be purchased by cash at the bus station, or by card in the bus)
- from Ploiești West, the tram is 102 (tickets can be purchased by cash at the bus station, or by card in the tram)

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TRAVEL REIMBURSEMENT



- Accommodation and food are 100% covered by Erasmus+.
 - Travel costs are budgeted according to Erasmus+ conditions (using the European distance calculator from the city where your sending organization is registered to Ploiești).
 - Travel costs exceeding the maximum reimbursable amount will not be covered.
 - If there are any changes in route or special travel requests, please confirm these with the project coordinator **BEFORE** purchasing the tickets. Failure to do so may result in some tickets not being reimbursable.
 - Reimbursements will be made by bank transfer to the organization or appointed responsible participant **AFTER** dissemination activities are held and if all the original documents are provided to the project coordinator.
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- 10 – 99 km: 56 EUR (green travel), 28 EUR (non-green travel)
 - 100 – 499 km: 285 EUR (green travel), 211 EUR (non-green travel)
 - 500 – 1 999 km: 417 EUR (green travel), 309 EUR (non-green travel)
 - 2 000 – 2 999 km: 535 EUR (green travel), 395 EUR (non-green travel)

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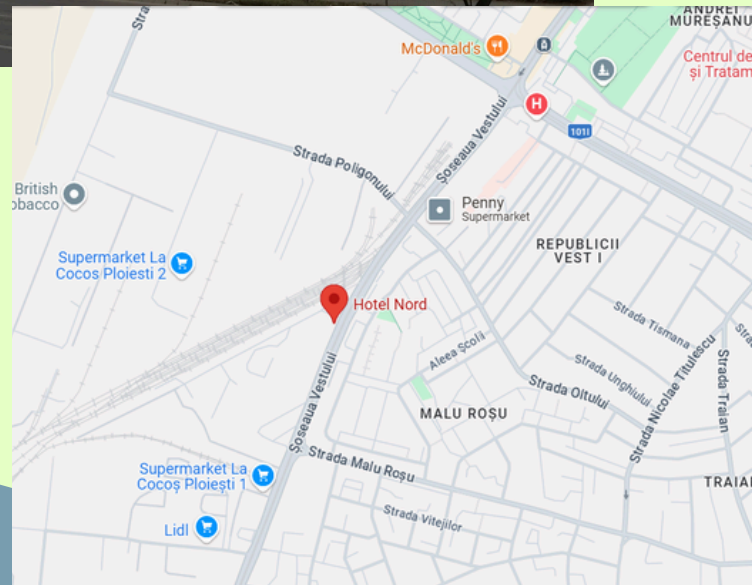
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OTHER INFO

The venue:

- **Hotel Nord Ploiești** is close to bus/tram stations, to supermarkets and is approximately 15 minutes away from the city center.
- You will have **one/two roommates**, in mixed country rooms, not mixed gender.
- Further information to be announced.



Currency in Romania:

- most of stores or facilities accept card payment, but to use cash, you need to exchange into Romanian currency, which is **RON**.



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ERASMUS + PRIORITIES

INCLUSION & DIVERSITY

In all Un Strop de Fericire projects we don't have a participation fee to ensure that we can include people with economical barriers. We always aim to create a safe space where everyone can feel included.

ENVIRONMENT & FIGHT AGAINST CLIMATE CHANGE

In Un Strop de Fericire we want to reduce our ecological footprint, so we encourage all participants to be as sustainable as possible. Here are some ideas for you!

- Take short showers!
- Pack lightly!
- Bring your **re-usable bottle** and **re-usable shopping bag** if you have one!

DIGITAL TRANSFORMATION

In this project we will work with different digital tools and we advise you to bring your laptop if you are able to.

PARTICIPATION IN DEMOCRATIC LIFE, COMMON VALUES & CIVIC ENGAGEMENT

This project's priority is offering opportunities for people's participation in democratic life, as well as social & civic engagement through non-formal learning activities.



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PARTICIPANT INFORMATION

How to ensure the best environment and learning process during the project?

- **be open** to the new experiences, intercultural interactions and learning process;
- **be involved** in your group and individual exercises;
- **be respectful** of other opinions, experiences, rules, and the topic as a whole;
- **have fun** and enjoy the process and progress of your work during the project.



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OUR TEAM



Cristiana

Youth Worker



Anastasia

Erasmus communication
coordinator



Cristina

Project Manager

About us

Your coordinator and host organisation is **Un Strop de Fericire Association**, a youth NGO founded back in 2012. Un Strop de Fericire Association is based in Ploiești with a mission of giving youngsters wings to fly towards their dreams.

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