

Thematic Seminar: Building Safe & Inclusive Youth Exchanges



LOCATION:

 **Bucharest, Romania**

DATE:



10.08.2026 - 16.08.2026



About us



Romanian Angel Appeal Foundation is a non-governmental organization working since 1991 to improve the quality of life and mitigate the risk of discrimination and social exclusion of children and adults in need.



Our vision:

A fair world in which every child, young and adult reaches their full potential.



Our mission:

To build a fair world for every child, young and adult through actions with impact and sustainable results in the educational, social, and medical field.

Romanian Angel Appeal's mission is to build a fair world for every child, young and adult through actions with impact and sustainable results in the educational, social, and medical field. To achieve its mission, RAA acts in multiple directions – improving the quality of the medical and social services, improving health, social and educational policies, conducting research and supporting the professional development of a variety of specialists through residential and online training.

About the Seminar

This 5-day thematic seminar will bring together **10 youth workers from 4–5 partner organizations (2 per organization)** to exchange experiences and develop common approaches for selecting and preparing for vulnerable participants in international youth exchanges.

The seminar will **focus on working with young people under 18 and especially vulnerable and with fewer opportunities youth**, such as young people experiencing mental health challenges, youth with disabilities or coming from very vulnerable communities. Through non-formal education, workshops, case studies and peer learning, participants will co-create practical tools and a shared methodology for ethical and inclusive participants selection, group leader preparation, and adaptable YE agenda.

The outcomes of the seminar will strengthen the **quality, safety and inclusiveness of future Erasmus+ youth mobility projects** while reinforcing cooperation among partner organisations.



**Inclusive
Participation**



**Capacity
Building**



**Quality Youth
Exchanges**

Objectives

✦ **Develop effective outreach, recruitment and selection strategies**

to ensure that young people with fewer opportunities—particularly minors and those experiencing mental health challenges or other vulnerabilities—are reached by accessible information, encouraged to participate, and are selected through ethical, transparent and inclusive procedures.

✦ **Design youth exchange programmes that respond to participants' diverse needs**, by adapting learning activities, support measures, safeguarding procedures and risk prevention strategies to create safe, meaningful and inclusive learning experiences.

✦ **Strengthen organisations' capacity to anticipate and manage challenging situations** by developing practical protocols and tools for responding to emotional distress, behavioural challenges, safeguarding concerns, health - related incidents and other unexpected situations during international mobilities.

✦ **Establish common standards for selecting and preparing youth workers and group leaders**, identifying the competences, responsibilities and training required to work effectively with minors and vulnerable young people in international settings.

Aim

To strengthen partner organisations' capacity to design and implement safe, inclusive and high-quality youth exchanges by developing common standards and practical tools for reaching most vulnerable young people, designing appropriate learning programmes tailored on their needs, and selecting and preparing youth workers to effectively support diverse groups.

Participants profile

The seminar will be formed of 10 youth workers from partner organisations, with 2 participants from each organisation.

Participants are youth leaders and youth workers with at least 3 years' experience in planning, participating or facilitating Youth exchanges.

Location:

BUCHAREST, ROMANIA



Arrival Date:

10th of August

Departure Date:

16th of August



Language:

ENGLISH

Of course, it's not a problem if you or someone from your group does not have a good level of English. The main idea is to be motivated to learn English and realize the importance of this language as a tool of communication

What to bring with you

- ID card or passport and visa (if required)
- Comfortable cloths and shoes for indoor and outdoor activities
- Traditional food or snacks for the intercultural moments

Please note that if you are traveling from outside the EU (including the UK), you will need to have your passport with you and not your ID card.



Requirements & recommendations

- It is mandatory to stay the full duration of the Erasmus+ project and attend all activities.
- All participants will be expected to be present and active in all the activities.
- Unauthorized absence from the activities and workshops won't be tolerated.
- Don't disturb after midnight
- Travel reimbursement can be fully removed to the people who don't respect this common sense rules

Schedule

The exact training schedule will be agreed on the first day together with all the participants, to match the needs and customs of the group (i.e. starting time in the morning, length of the lunch break, time for cultural activities, distribution of hours and subjects etc.)

10th of August

Arrival & Welcome

Arrival of participants, accommodation, informal networking and introduction to the local context.

11th of August

Building the Common Framework

Icebreakers, team building and partner presentations. Mapping current practices and challenges through participatory workshops, world café and facilitated discussions.

12th of August

Reaching & Selecting Vulnerable Young People

Partners present their outreach and recruitment practices. Through case studies, peer consultation and co-creation sessions, participants develop common strategies and ethical selection criteria for engaging young people with fewer opportunities.

13th of August

Designing Safe and Inclusive Youth Exchanges

Interactive workshops on adapting programmes to diverse needs, safeguarding, mental health support and risk management. Participants jointly develop practical tools and protocols based on partner experiences.

14th of August

Preparing Youth Workers and Group Leaders

Exchange of good practices on recruiting, selecting and training youth workers. Working groups co-design a common competence framework, preparation pathway and support tools for leaders working with vulnerable groups.

15th of August

From Learning to Practice

Participatory evaluation, finalisation of the common methodology and toolkit, action planning for future cooperation, Youthpass reflection and closing ceremony.

16th of August

Departure of participants

Contact Persona

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+40 727 635 410

ramona.ion@raa.ro

Useful phone numbers

Ambulance, Police,
Firefighters

112



Border Police

(021) 201.33.09

www.politiadefrontiera.ro

Bucharest Otopeni
Airport

(021) 204.10.00

www.otp-airport.ro



Railways Information
(Bucharest)

(021) 9521

www.cfrcalatori.ro

Toll-free number for
tourists (air traffic)

0800.86.82.82;



**Be on time every session,
respect the schedule.**

Accommodation

The accommodation, meals and training will be provided by the organizers in the Students Complex Tei, Oltetului no 30, sector 2, Bucharest (www.ccsstei.ro). The accommodation is going to be provided in shared bedrooms (2, 3 persons).

Information about meals

- Breakfast, lunch, and dinner will be served on-site in the restaurant. Coffee breaks will be provided in the meeting room.
- The menu is omnivorous. Please inform us in advance about any special dietary requirements of the participants so that we can accommodate them.
- Cooking on-site is not possible.



How do you get there

To reach the destination, you can use either public transportation or a ridesharing service like Uber or Bolt (both are available in Romania). As for public transportation, you can take the train from the airport to the train station and then take bus 182 for 13 stops.

Download the 24Pay App on your mobile phone, where you can purchase tickets for public transportation in Bucharest and other cities in Romania. The app will prompt you to enroll your credit card. A ticket costs **3 lei (0.60 euros)** and is valid for 90 minutes.



Things to do and sights to see

- Palace of the Parliament (Palatul Parlamentului) 
- Old Town (Centrul Vechi)
- Herastrau Park (Parcul Herăstrău)
- Village Museum (Muzeul Satului)
- Revolution Square (Piața Revoluției) 
- Cotroceni Palace (Palatul Cotroceni)
- National Museum of Art of Romania (Muzeul Național de Artă al României) 
- Carol Park (Parcul Carol)
- Cismigiu Gardens (Grădina Cișmigiu) 
- Museum of the Romanian Peasant (Muzeul Țăranului Român)

Usual expressions

Salut! (/sa'lut/) - Hi!

Mulțumesc! (/mul.țsu'mesk/) - Thank you!

Cu plăcere! (/ku.plə'tʃe.re/) - You're welcome!

Vă rog (/və 'rog/) - Please

Cât costă? (/kit kos.tə/) - How much does it cost?

Ajutor! ([aʒu'tor]) - Help!

Da (/da/) - Yes

Nu (/nu/) - No

La revedere! ([la re.ve'de.re]) - Goodbye!



Currency



The Romanian currency is LEI (RON). 1 Euro is aprox 5 lei In Romania, all types of credit cards valid in the European Union are accepted.

Health Insurance



All the participants are urged to have an European Health Card or a Health/Travel insurance for the whole duration of the mobility.

Travel costs and reimbursement

Travel cost will be reimbursed up to the ceiling of the distance band for mobility events. All other expenses (accommodation and meals) will be ensured by the organizers.

Ask us! Please, do not purchase any tickets before getting our confirmation. All group leaders or coordinators should represent the participants' tickets to our confirmation via only email. The Romanian Angel Appeal Foundation (RAA) has the right to not make a refund if the leaders didn't ask for confirmation. RAA has the right to present a travel plan or different route to participants.

You're able to purchase your tickets after our confirmation from only official airlines websites. If you buy your tickets from any e-booking sites such as Skyscanner, Kivi.com, etc, RAA has the right to not make a refund.

Bring us the Boarding Passes! They are proof of your travel according to the National Agencies, and it is a small piece of paper given by flight attendants while you are on boarding at the airport. Participants must keep them for all flights. Going boarding passes must be presented upon arrival. Returning boarding passes can be delivered in electronic format (which must include QR code. After the check-in, QR code can be taken) and it is mandatory to be sent via only email.

If you couldn't get a QR code, you must keep a paper boarding pass and send them to RAA. **Pictures of papers are not acceptable.**

Invoice, e-tickets - Reimbursements will be paid to the sending organization bank accounts after all necessary documents (such as boarding passes, invoices, copy of passport etc.) are gathered by us.

The refund process will be depending on when participants send their return boarding passes and other necessary documents. Participants are responsible to send/upload their boarding passes and invoices. If they do not send them, RAA never requests/asks for returning boarding passes and does not refund the money back.

Options will not be reimbursed. Options are: travel insurance, luggage insurance, priority boarding, seat selection, meals on board, flexibility option (possibility to change the date), lounge, fast track etc.



Dissemination



After the experience of the training course, **participants will be engaged in a series of dissemination activities.**



For instance, **participants may be asked to organize a non-formal activity in the community and to share it on social media channels like Facebook, Instagram, or TikTok together with personalized hashtags.**

To also spread awareness, we encourage participants to tell other young people about what happened, what they have learned, how they found out about this project, and encourage them to take opportunities like this and participate in.



They can also organize a meeting with their school colleagues or with their friends. They can either write an article for the community newspaper.



Imagination has no limits, but the key is to actively **participate in the dissemination activity.**