



HEARTLAND

*Supporting well-being and
preventing burnout*



Co-funded by
the European Union



**OUTWARD BOUND
ROMANIA™**
Aventură și învățare • Kaland és tanulás • Adventure and learning



To whom?

trainers, mentors

volunteers

social and youth workers

teachers

When?

8-16 September
2023

7 day long program
+2 travel days

Where?

Sovata and
Gurghiului
Mountains
Romania





The goals of the project

To support the well-being and the resilience of the helping professionals and to prevent burnout

Using the tools of outdoor and experiential education, art and nature





Elements of the training

- ropes course
- expedition
- team building
- developing trust
- art elements (painting, music, dance)
- learning through experience
- Heartland tools (easy to use activities to support well being and prevent burnout)





Profile of the participants

- aged 25+
- 3 participants/ partner country (25 part. in total)
- youth leaders, youth workers, trainers, and facilitators, who are working for the partner organizations as volunteers or as part-time/full-time employees, actively involved in the youth field, who are in daily contact with young people and offer to them educational programs
- they should be in good health and physical condition and interested to spend time actively in nature
- the participants should speak English fluently



Registration form

<https://forms.gle/a4osnudTXGABJ6WX7>

Deadline: 20th of August

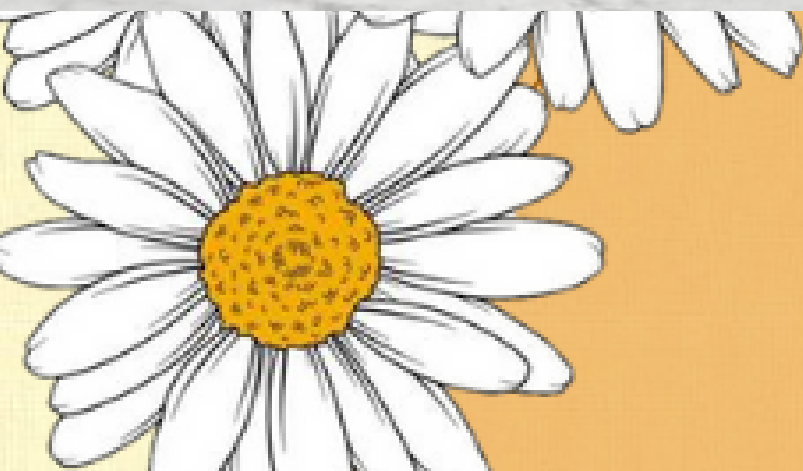


Travel suggestions

- The closest city to Sovata with an airport is:
 - Târgu Mureș (Marosvásárhely)
 - www.aeropotultransilvania.ro/en/
 - Cluj-Napoca (Kolozsvár)
 - www.airportcluj.ro
- București (capital of Romania) - www.bucharestairports.ro/en
 - from București-Târgu Mureș-Sovata by bus
 - BUC-TGM: www.cdyservice.ro/Reservari.aspx
 - TGM-SOV: www.autogari.ro/?lang=en
 - from București-Sighișoara by train, Sovata by bus
 - BUC-SIG: www.cfrcalatori.ro/en/
 - SIG-SOV: www.autogari.ro/?lang=en
- Budapest (capital of Hungary) - www.bud.hu/en
 - Budapest-Târgu Mureș by plane, Sovata by bus
 - BUD-TGM: wizzair.com
 - TGM-SOV: www.autogari.ro/?lang=en
 - Budapest-Sovata by bus
 - www.transptur.ro/transptur-en
 - www.autogari.ro/?lang=en

Please take into consideration that the local transport in Romania is not as good as in the other countries.

We can book your transfers from the Cluj-Napoca or Târgu Mureș airport.



Travel reimbursement

We, Outward Bound Romania, will reimburse your travel costs thanks to the European Solidarity Corps funding fully, up to the following sums accordingly to the distance calculator of the European Commission (<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>)

Country	Distance	Usual travel	Green travel
Romania	0-99 km	23	-
Hungary	100-499 km	180	210
Greece, Italy, Latvia	500-1999	275	320
Portugal	2000-2999	360	410

**Please ask for an invoice when you will buy your tickets.
Please keep all your tickets, bills, invoices, and boarding cards, because we will do the reimbursement only to those sums which are proved.**



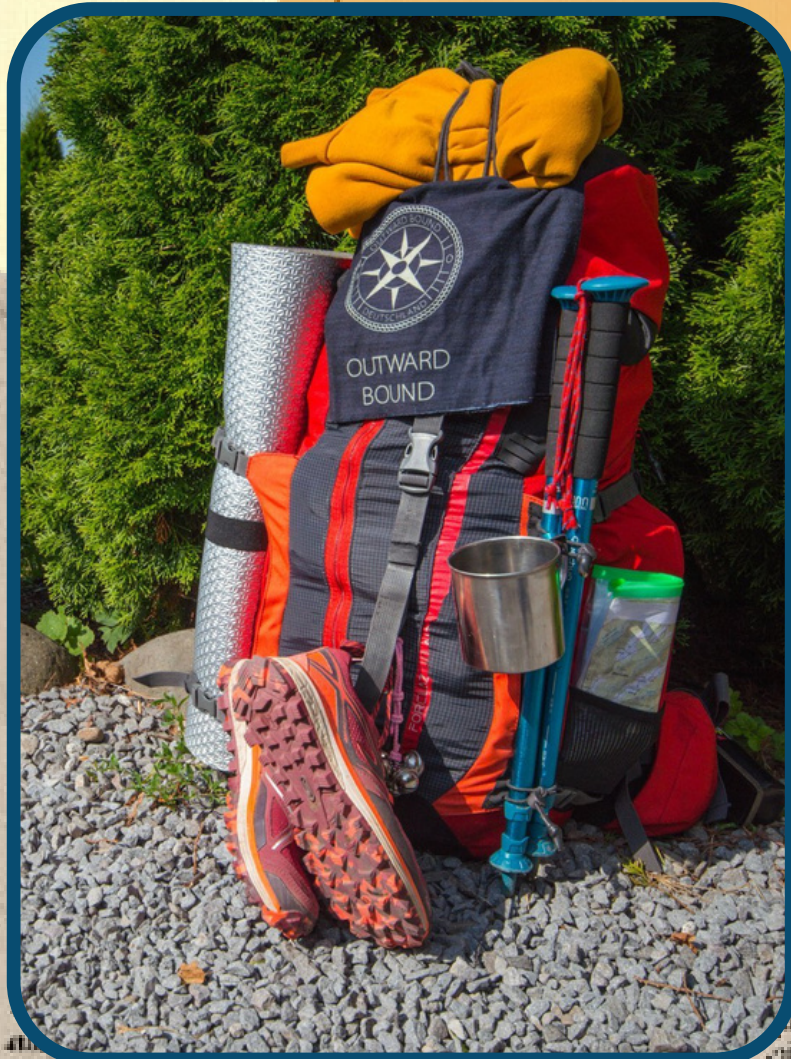


Packing list

- hiking boots
- sport shoes
- swimming shoes
- slippers or any kind of indoor shoes
- small backpack for day-hikes
- min. 1 liter water bottle (or PET bottle)
- sunglasses, sunscreen
- hat
- mosquito and tick repellent spray
- raincoat / waterproof jacket
- clothing according to the weather
- warm underlayers
- toiletry, slippers, towels for the shower
- pajamas
- headlamp or torch
- personal mug
- personal medication (if needed)

OBR can provide outdoor equipment like 45 l backpack, raincoat (poncho), sleeping bag, camping mattress, gaiters, hiking sticks, outdoor jacket, outdoor cutlery.

Please do NOT bring items that are highly valuable or irreplaceable. It is best to bring only necessary and easily replaceable possessions. Please do not bring alcohol or illegal drugs of any kind. Please do not use sensitive electronic devices during the program - we can store these items in a safe place during the activities if you wish.





About the location

Transylvania is a multicultural and multi-lingual region of Romania. Sovata is a small mountain resort, that has a famous heliothermic lake - Bear lake, it has several other salty and sweet lakes, salty rocks, and it has approximately 10000 inhabitants. OBR Youth Center is located at the edge of the town.

Târgu Mureș is the administrative center of Mureș county, it has 140000 inhabitants, here you can find the OBR offices.

The locals speak mostly Romanian and Hungarian and young people speak English as well.





Trainers:

Susana Silva

from Portugal
educational psychologist



Vargancsik Iringó

from Romania
social pedagog, outdoor trainer





Contact:

Kiss Csilla

project coordinator

+40 756388204

csillaobrprojects@gmail.com



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