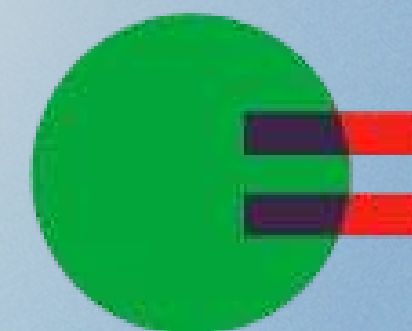


INFOPACK



EGAL
ACCES

SELFY

SELF ESTEEM &
LEARNING FOR YOUTH

11 - 17 NOVEMBER (10,
18 NOVEMBER travel
days)

YOUTH EXCHANGE



Co-funded by
the European Union

About our association

EGAL ACCES

The “Egal Acces” Association was founded in August 2011 from the desire of the founders to contribute to improving the situation of vulnerable social categories - especially young people - in terms of social challenges they face daily.

Whether we are talking about the environment, discrimination and respect for human rights, mobility or active citizenship, young people need to be protected, stimulated and empowered. We believe that the solution is to provide opportunities and encourage them to grow.



Objectives of the project •

SELFY brings together young people to reduce bullying, strengthen psychological resilience and promote positive values such as authenticity, courage and kindness.

Through non-formal education and a 7-day mobility, participants will:

- **develop self-esteem, self-confidence and emotional resilience;**
- **improve their social and communication skills;**
- **learn how to prevent bullying;**
- **promote tolerance, acceptance and inclusion;**
- **become more active and confident members of their communities.**

Activities

The programme is based on non-formal education and experiential learning methods, including workshops, role plays, meditation, reflection sessions, teamwork and community interactions.

Main activity areas:

- Workshops on building self-esteem, self-love and managing negative thoughts.
- Practical exercises on healthy communication and social interactions.
- Meditations and interactive sessions to set personal goals and identify core values.
- Exploring Buşteni and interacting with locals through digital scavenger hunts.

Participants will work in mixed-nationality teams, facilitate sessions, create social media content, and actively shape the daily activities.

THE PARTICIPANTS

This Youth Exchange will bring together 30 participants (including group leaders) from 5 partner countries.

We are looking for young people who match the following profile:

Age: 16 - 25 years old (group leaders can be 18+ with no superior age limit).

Personal interests: Young people who want to work on their self-esteem, self-confidence and mental wellbeing. You don't need to be an expert in these topics, just willing to learn and explore!

- **ROMANIA**

Egal Acces

- **ITALY**

AICEM CALABRIA APS

- **HUNGARY**

Fiatalok a részvételért Egyesület

- **CZECH REPUBLIC**

InEurope

- **SPAIN**

Asociación USIT

LOCATION

The mobility will take place at *Vila Doi Ponei, Bușteni*.

Address: 9 Crinului Street, Poiana Țapului, Bușteni, Prahova.

Facilities

- All meals included
- Internet
- Outdoor social areas
- Kitchen
- Rooms for two people
- Activities room
- Football pitch
- Parking



TRAVEL

Travel dates are *10th of November for arrival and 18th of November for departure.*

From the Bucharest Airport (OTP), you can take the train straight to Bucharest North Railway Station (Gara de Nord). Once you arrive here, you can take a direct train to Bușteni, where the accomodation is located. The trip takes about 1.5 to 2 hours.

You can choose to arrive at the Bușteni Station (3 km from the accomodation) or at the Poiana Țapului Station (1.2 km from the accomodation).

TRAVEL BUDGET

<i>Country</i>	<i>Green Travel</i>	<i>Non-green Travel</i>
Romania	56 EUR	28 EUR
Hungary	417 EUR	309 EUR
Italy	417 EUR	309 EUR
Spain	535 EUR	395 EUR
Czech Republic	417 EUR	309 EUR

Important info on travelling

- Please send your travel plan to your sending organisation for approval before purchasing any flight tickets.
- Make sure to request and keep all bills and invoices, as reimbursement cannot be processed without them.
- Please note that taxi, Uber, Bolt, and similar transport costs are not eligible for reimbursement.
- Additional airline charges, including checked luggage or excess baggage fees, are also not covered.
- For the reimbursement process, we only accept original documents. Photos or scans of printed documents will not be accepted.

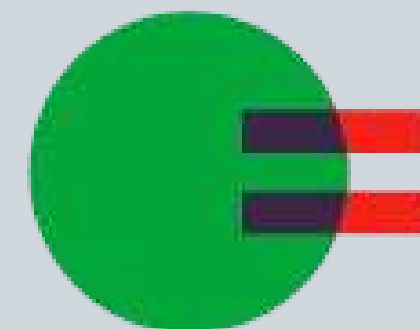
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