

# TRAINING COURSE

TIMISOARA, ROMANIA

April 15-21



Co-funded by the  
Erasmus+ Programme  
of the European Union



# ABOUT THE TRAINING COURSE

## ABOUT THE TRAINING COURSE

Between April 15-21, FITT is organising a Training Course on Activating youth through Photovoice.

The Training Course will focus on highlighting the importance of Photovoice method to collect the needs, to facilitate the dialogue between youth and decision-makers and to activate young people.

The event will take place at the Youth House in Timisoara, the only youth centre accredited by the Council of Europe with the Quality Label Certificate for Youth Centres (2016-2023) in Romania and one of 14 such centres in Europe.





# ABOUT THE TRAINING COURSE

Within the training course, with FITT's staff support, participants will:

- Practice taking and editing photos with the phone;
- Discover the Photovoice method and how it can be applied in working with young people (as a method used in Human Rights Education and Education for Democratic Citizenship);
- Develop a methodology on activating young people through Photovoice on diverse topics on the "Democracy here. Democracy now" campaign and the European Year of Youth;
- Interact with other young people, youth workers or youth leaders.





# PARTICIPANTS

The training course will gather participants who are:

- Youth workers, youth leaders, members or volunteers of youth organisations;
- Willing to find out more about the Photovoice method;
- Speaking English at a conversational level.





# WE ARE YOUR HOST:

Timis County Youth Foundation (FITT) was founded in 1990. It is a public utility umbrella organisation for youth and student NGOs (from 14 different specialties).

Moreover, FITT...

- is a model of democratic behaviour;
- owns the Youth House, an 11.000 m2 building
- is focusing on youth participation and youth policies;
- has 31 years of existence;
- has 31 youth and student organisations as members;
- is the only youth centre in Romania accredited by the Council of Europe with the Quality Label for Youth Centres (2016-2023) and one of 14 such centres in Europe.





# INFO ABOUT THE CITY

Timisoara is a special city. Everybody feels it, those who were born and live here and those who come here and then decide to stay.

In 2023, Timisoara will be the European Capital of Culture.



Timisoara has got many things to offer, such as:

- Impressive heritage from different epochs and cultures;
- Rich cultural history;
- Agitated and fun nights in the popular clubs;
- Refined evenings in elegant restaurants.

As a true youth city, Timisoara received the title of the National Youth Capital. The implementation of this 1st edition has been under FITT's coordination from 2nd of May 2016 until 1st of May 2017.





# ACCOMMODATION & FOOD

LOCATION OF ACCOMMODATION: THE HOTEL WITHIN THE YOUTH HOUSE

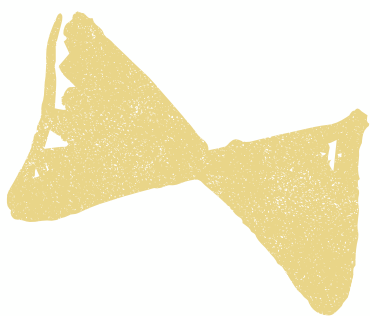
Accommodation – it will be provided by us – you will be accommodated in the 3 stars hotel with double rooms, on the 3rd floor of the Youth House.

Food – it will also be provided by us – 3 meals/day. Also, we will organise a dinner out, and you will have the chance to eat some traditional food also.





# TRAVEL



The travel expenses will be reimbursed according to Erasmus+ distance band:

Budget category	Eligible costs and applicable rules	Amount		
		Travel distance	Standard travel	Green travel
Travel support	<p>Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return.</p> <p><b>Financing mechanism:</b> contribution to unit costs.</p> <p><b>Rule of allocation:</b> based on the travel distance per participant. The applicant must indicate the distance between the place of origin and the venue of the activity<sup>46</sup> by using the distance calculator supported by the European Commission<sup>47</sup>.</p>	10 – 99 km	23 EUR	
		100 – 499 km	180 EUR	210 EUR
		500 – 1999 km	275 EUR	320 EUR
		2000 – 2999 km	360 EUR	410 EUR
		3000 – 3999 km	530 EUR	610 EUR
		4000 – 7999 km	820 EUR	
		8000 km or more	1500 EUR	



# PROGRAM

Day/Time	APRIL 16 SAT	APRIL 17 SUN	APRIL 18 MON	APRIL 19 TUE	APRIL 20 WED	APRIL 21 THU
8:30-10:00 Breakfast						
10:00-11:30	Getting to know each other	Phone photography	Photovoice method	Presenting the results of the photovoice method	Open space	
11:30-12:00 Coffee Break						
12:00-13:30	Teambuilding activities	Phone photography	Photovoice method	Creating a methodology on Photovoice within the European Year of Youth	Dissemination and follow-up	
13:30-15:00 Lunch						
15:00-16:30	Tour of the Youth House	Phone photography	Photovoice method	Creating a methodology on Photovoice within the European Year of Youth	Evaluation	DEPARTURE
16:30-17:00 Break						
17:00-18:30	City Tour	Phone photography	Photovoice method	Creating a methodology on Photovoice within the European Year of Youth	Evaluation	
19:00-20:00 Dinner				Dinner out		
20:00-...	Free night	Free night	Free night	Free night	Free night	

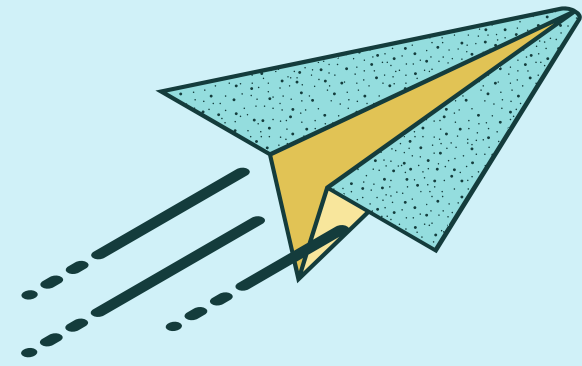


# WHAT TO BRING WITH YOU



- ID - Passport or any other ID you use for travel.
- E-tickets and receipts - keep original tickets/boarding passes, invoices, receipts.
- Towels, flip flops, hygiene products, and a hairdryer if you need one.
- Medicine if you have any specific illness or medical condition.
- A lot of good mood and energy. :)





# TRAVEL INSURANCE AND COVID-19 RESTRICTIONS



## TRAVEL INSURANCE

.....

FITT declines all responsibility for any risk that can occur to participants during their journey, or during their stay in Timisoara. Individual insurance or collective insurance against all risks is therefore necessary, the latter to be arranged by participants. There is a Social Security Convention on sickness insurance for member states of the European Union. Nationals of these countries can obtain the necessary documentation, the European Health Insurance card.

## COVID-19 RESTRICTIONS

.....

The infection rate is quite high here, but over time most of the restrictions have been dropped. Currently, it is only recommended to wear a mask inside.

If one of the participants wants certain measures to be implemented, these things will be agreed with all the group. Also, if participants want to do COVID-19 tests, these tests will be provided by the organisation.





This time of the year, the temperature typically varies from 8°C to 20°C.

Our currency is RON: 1 EURO = 4.95 RON (or LEI)

# CONTACTS

Adela Murarescu

Lorena Dumitrascu

adela.murarescu@fitt.ro

lorena.dumitrascu@fitt.ro

+40 735 156 259

+40 0757 074 054

Find us on:

Facebook: @FITT Timisoara

Instagram: fitt\_timisoara



Co-funded by the  
Erasmus+ Programme  
of the European Union

