

Future YOUth

Harja, Bacau County, Romania

23 Sep - 01 Oct 2023



Erasmus+



innovation
EDUCATION
LAB

About the project

Becoming an adult is quite a challenge. From finding a mission in life to managing emotions, personal values, forming authentic relationships things can get complicated fast . It's also the time when you choose your future, decide what kind of career you want, what kind of person you want to become, what kind of family you want. You form new habits and learn to manage responsibilities.

This is what Future YOUTh can help you with

Dates

23 Sep - 01 Oct 2023

Including 2 travel days

Project objectives

Acquire the necessary mechanisms to manage negative emotions

Explore a set of activities you can do in your free time to develop healthy habits

Develop a clear plan for the future

Start communicating with yourself on a daily basis through writing

Reconnect with nature and with your inner world

Activities overview



The first part: In the

second part:

Acquire mechanisms to manage negative emotions.
Learn tools and information to understand your emotions.
Experience authentic relationships with those around you and be honest and open with their thoughts.

Experience empathy and its benefits through practical exercises.

Learn, through research, about the negative effects that addiction to social media and technology has.
Access to technology for only 2 hours a day.
Connect with nature

Activities overview



In part three: Part four:

Develop a clear plan for the future.
Understand how habits work and how to
remove or install new habits

Communicate with yourself; Get to know
yourself;
Design a dissemination plan

Activities timeline

DAY 

DAY 

DAY 

DAY 

24.07.2023

Getting used to

nature, yourself and others.

26.07.2023

Understanding your mind

30.07.2023

Talking to myself

DAY

28.07.2023

Free day in nature

DAY

DAY

25.07.2023

Understanding Emotions

The impact of social media & finding alternatives

29.07.2023

Planning for the future

27.07.2023

The trainers

ADRIAN MIU

Adrian is a Habit Coach, trainer and speaker. He has worked in personal development for over 7 years. Picking only the quickest and with the most lasting results methods. He has



worked with CEO's as well as teenagers from foster homes so we could say he's been around and refined his technique to be able to address most publics.

His methods are a combination from well renowned authors like James Clear, Daniel Khaneman, Denis Linn, Clinton Callahan, Osho and others.

Project objectives

29 participants

18 - 30 years old

Romania, Bulgaria, Greece,

Italy, Republic of Moldova

English speakers

Passionate about self-development

On a journey to improve themselves
and define their way in life

Venue

Located in Harja, Bacau County, Romania

We will be hosted in Yurts.

Meals will be mostly vegetarian



Transport Options

Easiest way to get here is by plane to Bucharest and then get a shuttle bus that will bring you to Oituz, Harja. We can help you find a bus once we know your



travel itinerary.

You are highly encouraged to find a land transport if you can to avoid higher degrees of pollution.

Shopping/Market possibility

There is a small shop in the Village where you can find basic things that you might want. There are no supermarkets or other facilities in the village. Closest supermarket is 15 minutes by car.



Free time

Free time is best spent in nature. There is also a river that passes through the

village where you can go for a swim to freshen up so consider bringing a swimsuit. Hiking tracks are also very accessible and they can take you to more touristic places, but it is a 2 hour hike.

What to prepare

Hiking boots

Rain coat

Swimsuit

Hoodie

Sport clothes

Local Currency

The local currency is called LEU.

5 lei = 1 euro approximately

You can usually pay most of the things by card in
Romania

Application form

You can register to this Youth Exchange .

Partners



iasis



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