

# AUTHENTIC MAN

A photograph of a group of people in a huddle on a grassy hillside. In the background, there is a forest and mountains. The people are wearing outdoor gear like shirts and hats.

A photograph of four people on a zip line course against a sunset backdrop. The scene is filled with warm orange and yellow light. One person in the foreground is seen from the back, wearing a red and blue plaid jacket. Three other individuals are in the background, wearing pink helmets and safety gear, interacting with each other. The background shows a landscape with trees and a setting sun.

**AUTHENTIC: TRUE TO ONE'S OWN PERSONALITY,  
SPIRIT, OR CHARACTER.**

MERRIAM-WEBSTER DICTIONARY/AUTHENTIC



# Hello!

This document is designed to answer all of the practical-logistical questions related to travel & preparation for the project.

You don't find the answer to your question? No worries - you can reach out to me, Imola, the project manager of AUTHENTIC MAN, via:



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# WHAT IS AUTHENTIC MAN?

It is a 10 day long intensive & immersive outdoor training course for (young) men, with focus on personal development.

## INTENSIVE

We believe in real challenges and real experiences. All the elements of the training course will demand high level of involvement and dedication from you.

## IMMERSIVE

What you will experience is real, the physical-psychological challenges will stimulate growth if you allow it. It will happen with your consent. This could be perceived as demanding for some.

## OUTDOOR

Almost all of the processes & experiences are facilitated outdoors in the OBR Youth Center, the surrounding Carpathian mountains.

The program is created exclusively for male participants.





# THE PROGRAM

**It has the potential to create a long-lasting nurturing impact on you. Besides some practical skills, you will gain insight into your potential, learn how to manage your state and how you can manage your opportunities as a man.**

## REAL, TESTED AUTHENTICITY

"Be real" - we say, but what does that mean?

In our program we want to nurture real authenticity by challenging existing ideals, fictional constructs and going to the core of what does it mean to be you - for real.

## FINDING YOUR BALANCE

When you become an adult, you are up for a rollercoaster. But as it happens in life - or on rollercoasters, when you find your inner balance, when you find your own stability, everything becomes manageable. We want to empower you through our program to make everything so manageable in your life.

## THE GIFTS OF BEING A MAN

Being a man has its ups and downs. It is a responsibility, and society helps us remember this every second. In the same time, it is also an opportunity: to use your power and your skills to create an impact on the world, through service. Are you aware of your opportunities? Do you know your skills? We will help you explore them during the program.

## FINDING OUR WAY THROUGH NATURE

We are part of nature and nature is part of us. Why not let nature help us finding our own way? We have to experience the challenges that nature offers to us as a present, in order to realize where we are in life, to celebrate our successes and know in which direction we want to take our next step as a leader, as a team member, and as an adult. In the frame of this training, you will have the chance to go through this experience as well.

# PROGRAM TIMELINE

## DAY 1-3

Introduction,  
team building and  
prep for the outdoors

## DAY 4-6

Expedition & personal  
development processes

## DAY 7-9

Expedition closing &  
personal development processes.

## DAY 10

Closing of the training

## CHALLENGE IN AND OUT

During the program the participants will face challenges that stimulate self-image, self-appreciation, inclusion and group perspective. Because of the dynamic planning, minor changes will happen to the program for various reasons (weather, participants' needs, etc.).

# LOGISTICS OF AUTHENTIC MAN

## DATE

The program will take place between **16<sup>th</sup> - 27<sup>th</sup> March 2026**, arrival day is the **16<sup>th</sup> of March**, and **departure day is the 27<sup>th</sup> of March**.

## PLACE

The AUTHENTIC MAN will take place **in and around the OBR Youth Center in Sovata, in the Eastern Carpathian mountains**.

## TARGET GROUP

Our target group is 25 men between the ages of 21 and up (3 from each partner organization), who are ready to have a new understanding of what it means to be a man in the 21<sup>st</sup> century and are ready to act upon these changes.

## PARTICIPANTS

We expect participants from the following countries: Germany, Greece, Hungary, Latvia, Lithuania, the Netherlands and Romania, the language of the program is simple English.

## ATTENTION FOR THE DETAILS

Because the AUTHENTIC MAN training course will be an intensive one, we make sure to offer you a support system specially designed for the experiential learning environment of Outward Bound Romania. In addition, we will offer personal coaching time, feedback and solo time, to make sure that you take out the most of this learning experience.





In this small area you will find 6 saltwater and 2 sweetwater lakes!

## ABOUT THE SURROUNDING

Transylvania is a multicultural and multi lingual region of Romania. Sovata is a small mountain resort, has a famous heliothermic lake - the Bear lake and it has approximately 10000 inhabitants. Târgu Mureş is the administrative center of Mureş county, it has 140000 inhabitants, here you can find the OBR offices. The locals speak mostly Romanian and Hungarian & the youth speaks English as well.

To find out more about Sovata, click on the text or scan the QR code.





The Outward Bound International Youth Center in Sovata is the sole representative of the Outward Bound schools in Romania. Outward Bound Romania since 1993 is part of the Outward Bound International, which operates in 35 countries and all OB schools share the same philosophy and methods.

To find out more about the OBR Youth Center, click on the text or scan the QR code.



# THE TRAINERS OF AUTHENTIC MAN

## HUNOR NAGY



"Hi, I'm Hunor — a former safety engineer, now an outdoor trainer and psychology student. I'm also a soon-to-be husband, and of course, a man in progress — until the very end.

Like you, I've gone through a lot in my 34 years: I've struggled, failed, worked on myself, learned, and changed. All these experiences have contributed to the creation of this program, through which we hope you too will go through moments that truly move you."

Find out more about Hunor by scanning the code or clicking on the text:



## SZILÁRD MARTON

"Hi, I'm Szilárd, and I work as a freelance facilitator, program designer and L&D professional. I work with Outward Bound since 2014, enabling participants to learn about themselves through nature - all while I learn about myself with them.

The need for us, men to meet, to inspire each other and to grow together comes not only as a professional challenge, but also as a personal dream. I know, that in my 39 years I would have done so many things differently, if I would have had a circle of men in a safe environment to support me in my self-discovery and growth. The best time to plant a tree is 25 years ago. The second best time to plant a tree is right now - so goes the quote. We created this program for you, now, so that we can do that here, together. Looking forward meeting you around the campfire."

Find out more about Szilárd by scanning the code or clicking on the text:



# TRAVEL REIMBURSEMENT

**The program is co-financed by the Erasmus + program of the European Union. The funding covers:**

- the program costs
- generic outdoor equipment
- training handout & materials
- accommodation
- all meals
- travel reimbursement to certain amount

**Please buy the tickets as soon as possible and attach the bill / invoice as well. We, Outward Bound Romania will reimburse your travel thanks to the E+ funding fully, up to the following sum:**

- Up to 99 km: 23 € / person - **23 € / person - ecotravel**
- 100-499 km: 180 € / person - **210 € / person - ecotravel**
- 500-999 km: 275 € / person - **320 € / person - ecotravel**
- 2000-2999 km: 360 € / person - **410 € / person - ecotravel**
- 3000-3999 km: 360 € / person - **410 € / person - ecotravel**
- 4000-7999 km: 820 € / person - **820 € / person - ecotravel**
- More than 8000 km: 1500 € / person - **1500 € / person - ecotravel**

You don't know the distance between your home and our youth center? Feel free to use the Erasmus + Distance Calculator here:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

We would like you to **bring all the tickets, invoices & bills in physical form or keep them digitally**. Once you will hand over the tickets/travel bills, we will wire the total amount of travel expenses from your country to the account of your sending organization in the shortest time possible. Thank you for your understanding!



**Our partner organizations are:**

- Institut für Erlebnispädagogik - CVJM Hochschule (Germany)
- Roes Cooperativa (Greece)
- Creative Youth Academy (Hungary)
- Re:view (Latvia)
- VšĮ Enterprising Partners (Lithuania)
- Stichting Buitendoor (The Netherlands)
- Outward Bound Romania (Romania)

# WHAT TO PACK ?

For the expedition you will also need the following equipment - the crucial ones in bold. If you need, you can also borrow them from OBR (limited stock). In the list, there are other things to consider packing:

- **50 L backpack (minimum)**
- **sleeping bag (winter)**
- **camping mattress (winter)**
- **hiking boots (winter)**
- **gaiters**
- **outdoor jacket**
- hiking sticks
- clothes & shoes that can get wet (sports shoes)
- minimum of 1 liter water bottle (or PET bottles)
- cap, sunglasses & sun screen
- scarf or buff (the last one is recommended)
- raincoat / waterproof jacket
- clothing according to the weather
  - warm layers
  - wind catcher
- toiletry, slippers, towels for shower
- pajamas
- headlamp or torch
- warm underwear, leggings
- personal mug
- personal medication (example: for allergies)

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.



# HOW TO REACH SOVATA?

## Some suggestions from our side

- The closest city to Sovata with an airport is:
  - Târgu Mureş (Marosvásárhely)
    - [www.aeroportultransilvania.ro/en/](http://www.aeroportultransilvania.ro/en/)
  - Cluj-Napoca (Kolozsvár)
    - [www.airportcluj.ro](http://www.airportcluj.ro)

You can also fly from your country to

- Bucureşti (capital of Romania) - [www.bucharestairports.ro/en](http://www.bucharestairports.ro/en)
  - from Bucureşti-Târgu Mureş-Sovata by bus
    - BUC-TGM: [www.cdyservice.ro/Reservari.aspx](http://www.cdyservice.ro/Reservari.aspx)
    - TGM-SOV: [www.autogari.ro/?lang=en](http://www.autogari.ro/?lang=en)
  - from Bucureşti-Sighișoara by train, Sovata by bus
    - BUC-SIG: [www.cfrcalatori.ro/en/](http://www.cfrcalatori.ro/en/)
    - SIG-SOV: [www.autogari.ro/?lang=en](http://www.autogari.ro/?lang=en)
- Budapest (capital of Hungary) - [www.bud.hu/en](http://www.bud.hu/en)
  - Budapest-Târgu Mureş by plane, Sovata by bus
    - BUD-TGM: Wizzair daily flights
      - [wizzair.com](http://wizzair.com)
    - TGM-SOV: [www.autogari.ro/?lang=en](http://www.autogari.ro/?lang=en)
  - Budapest-Sovata by bus
    - [www.transptur.ro/transptur-en](http://www.transptur.ro/transptur-en)
    - [www.autogari.ro/?lang=en](http://www.autogari.ro/?lang=en)

