



**OUTWARD BOUND
ROMANIA™**

Aventură și învățare • Kaland és tanulás • Adventure and learning



MAP AND COMPASS

NonViolent Communication in Youthwork

TRAINING COURSE

SOVATA, ROMANIA

22/06 - 05/07/2026



OUTWARD BOUND
ENVIRONMENTAL CHARTER
MEMBER



**Funded by
the European Union**

The essence of the project:

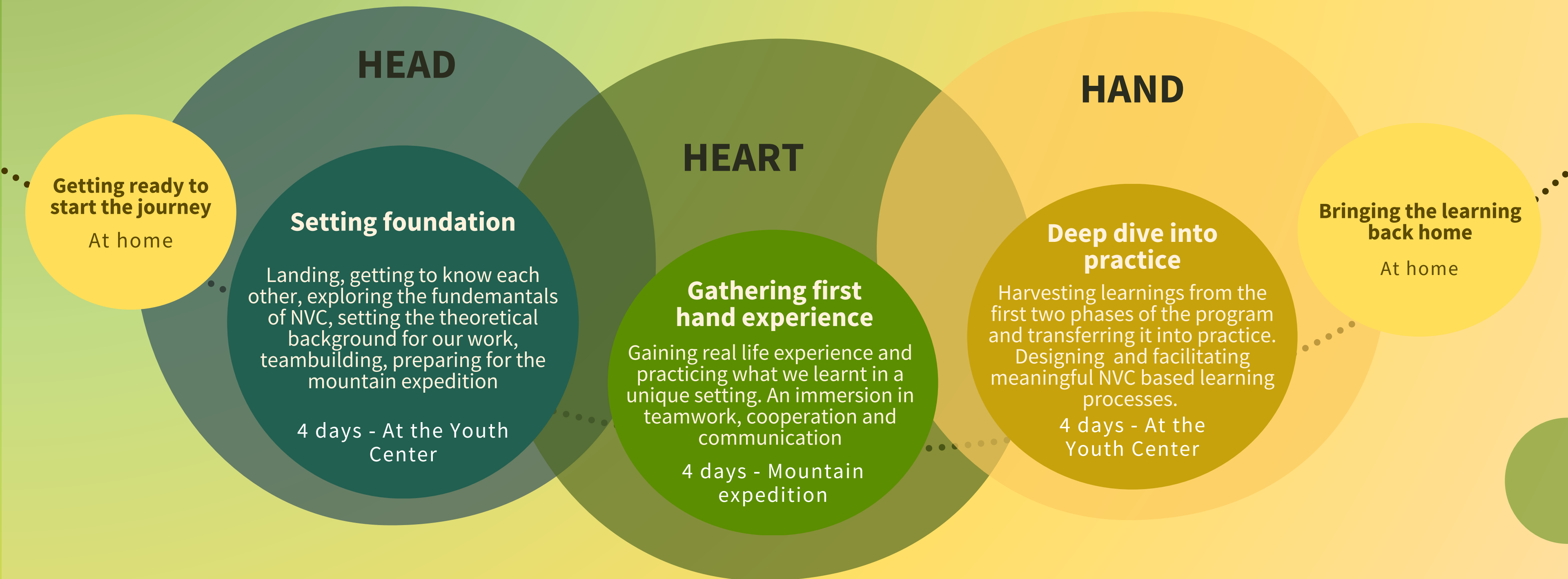
To strengthen youth workers' communication, empathy, and emotional resilience by integrating NonViolent Communication (NVC) with Outdoor Experiential Education, enabling them to build more compassionate, effective, and inclusive youth environments.

You will be invited to...

- Develop core NVC competences (observation – feelings – needs – requests) for real youth work contexts
- Experience NVC as a practical tool for cooperation, conflict transformation, and group management
- Listen beyond words using the 4 Levels of listening, empathy models and perspective-taking
- Strengthen emotional resilience and self-empathy through both theory and lived experience
- Develop skills for supporting youth in creating authentic, assertive, and compassionate communication styles



Timeline of the project





Program points

We want to leave some surprises for you regarding the concrete program.

However, you should prepare for having...

- High and low ropes course
- A 4-day self-sufficient mountain expedition
- Communication, problem solving activities
- Team building activities with purposely designed stressful frames
- NVC based interactive workshops
- Reflection processes
- Journaling
- Opportunities to face team and individual challenges and stretch your comfort zone
- Space for designing and delivering NVC based learning experiences



WHEN? 22/06 - 05/07/2025

Arrival day: 22 June (18:00 o'clock)
Departure day: 5 July (11:00 o'clock)
Program days: 23 June - 04 July

**WHERE? Sovata - Outward Bound
Romania Youth Centre,
Gurghiului Mountains**



OUTWARD BOUND

THE YOUTH CENTER

The Outward Bound International Youth Center is located on the edge of Sovata, at the end of 1 Mai Street, in a beautiful mountain valley alongside a flowing stream, far away from any city noise.

The center provides excellent conditions for the facilitation of camping, seminars, team-building, and areas for group meetings/training. The youth center has a small lake and a ropes course, a big courtyard. The participants will be accommodated in 3 to 5 bedded rooms, with common bathroom.



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[FIND OUT MORE ABOUT THE OB CENTRE](#)

Target group



We expect 2-3 participants from each partner organization:

- youth workers, trainers, educators, coaches and volunteers aged 21+
- good communication skills in English
- interested in spending time outdoors in nature and willing to develop authentic, assertive communication skills
- ready to spend 4 days in nature without digital technology

During this project we will have **SOBRIETY POLICY**, meaning no alcohol or drugs are allowed. Our intention is to **create a safe space** supporting **authentic expression and connections**. Please consider if you can agree with and support this and only apply if your answer is yes!



Travel reimbursement



- You will be reimbursed the exact amount of your travel expenses (from your home town to the venue of the event) inside the limit assigned to your country if you provide us with ALL your original travel tickets and invoices.
- Taxi and first class tickets are (unfortunately) not covered.
- Reimbursement will be done by bank transfer in Euro to the sending organizations and sent further by them to the participants.

Please buy the tickets as soon as possible and send them to us at csilla@outwardbound.ro, so we know when to expect you and can organize your arrival.

- **Romania: 28 euro/pers. (green travel 56)**
- **Hungary: 211 euro/pers. (green travel 285)**
- **Greece/ Lithuania/ Czechia: 309 euro/pers. (green travel 417)**
- **Portugal/ Spain: 395 euro/pers. (green travel 535)**



Travel suggestions



Please keep in mind that in Romania public transport is not so good as in the other EU countries, so please use the suggested routes!

The closest cities to Sovata with an airport are:

- Târgu Mureș (Marosvásárhely)
 - <https://dudatrans.ro/transfer-aeroport/>
 - [TGM-SOV: www.autogari.ro/?lang=en](http://TGM-SOV:www.autogari.ro/?lang=en)
- Cluj-Napoca (Kolozsvár)
 - we can organize an airport transfer with “Székely Vándor” transfer agency
 - you can use public transport
 - Cluj Napoca-TGM: 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

Packing list



When packing for OUTWARD BOUND it is good to remember that you will be living an active lifestyle. Focus on function, not fashion! We will spend most of our time outside, so please **be prepared for a wide range of weather conditions** (hot during the day, chilly at night, possibly rainy).

The following list should help you not to forget anything important!

- waterproof hiking boots
- sport shoes
- slippers or any kind of indoor shoes
- big backpack (50l) for the expedition and a small backpack (20l) for day hikes
- min. 1.5 liter water bottle (PET bottle)
- sunglasses, sunscreen & hat
- enough clothes for the 12 days long program taking into consideration the layers system
- synthetic clothes, that can dry fast
- windproof layer
- raincoat / waterproof jacket
- toiletry, slippers, towels for the shower
- pajamas
- headlamp or torch
- personal mug
- personal medication (if needed)
- ID and European Health Insurance Card

Please check the weather forecast before packing and take into consideration, that in the mountains will be 5-10 degrees less than in the city of Sovata. OBR can provide outdoor equipment like: 45 l backpack, raincoat (poncho), sleeping bag, camping mattress, gaiters, hiking sticks, outdoor jacket, outdoor cutlery. Keep it in your mind these pieces of equipment were used by many other participants. If you consider that your own equipment is better than ours you can bring it.

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.



We are together on this journey with:



Creative Youth Academy - Hungary



Roes Cooperativa - Greece



Tavo Europa - Lithuania



L'Alzina - Spain



Novo Mundo - Portugal



**European Youth Center Breclav -
Czech Republic**



Outward Bound Romania



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CONTACT:

CSILLA Kiss - project manager

+40756388204

csilla@outwardbound.ro

<https://outwardbound.ro/en/>

<https://www.facebook.com/outwardbound.ro>

