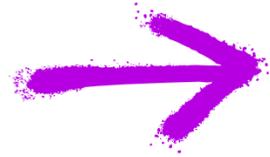


# EMOTIONS TO ACTIONS

Youth Exchange about  
Emotional Intelligence



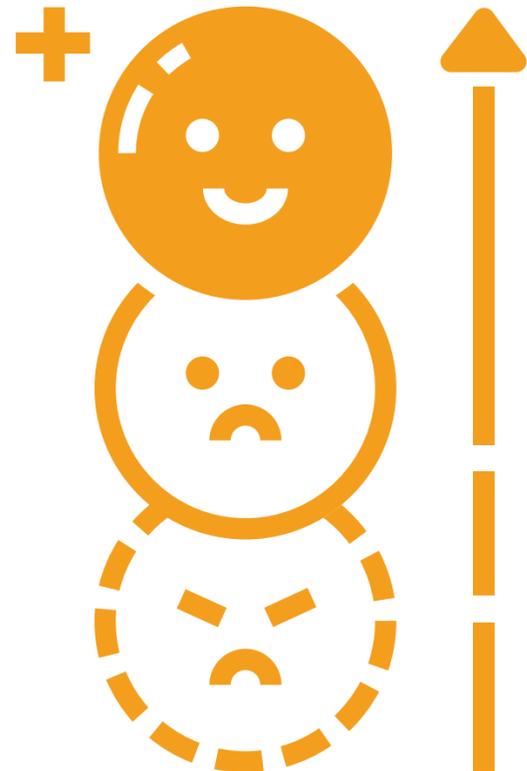
# ABOUT THE PROJECT



**MAIN TOPIC:**  
Emotional Intelligence



**SECONDARY TOPICS:**  
Discrimination  
Personal well-being  
Fake news



**Your emotional intelligence influences:**

- **how you cope with difficult events, such as the pandemic**
- **your lifetime success**
- **the impact of fake or hateful news**
- **fighting discrimination**

# APPLY IF YOU WANT TO:

- **improve your overall emotional intelligence**
- **get more in touch with your emotions**
- **manage your emotions better**
- **understand how emotions foster discrimination**
- **identify emotional manipulation strategies in the media**
- **invest in your personal & professional development**
- **learn psychology from a psychologist**



Please contact the sending organization from your country for details about the application process. You can find them on the last page.

# PARTICIPANTS' PROFILE



**18-29 years old**

**interested in emotional intelligence**

**able to communicate in English**

**willing to respect Covid-19 safety measures**

**motivated to engage at all stages of the project  
(before, during, after the youth exchange)**



# THE VENUE



**Sinaia is a small city and a mountain resort in Romania, well known for the Peles Castle, one of the most beautiful castles in Europe. The best way to get to Sinaia is to book a flight to Bucharest, followed by a train or bus ride (max. 2 hours).**



**Accommodation will be at Casa Duca in Sinaia, located in the city centre and at 11 minutes walking distance from the train station.**

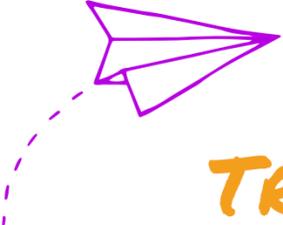
**You will be sharing rooms with other 2 or 3 people. Keep in mind that beds are double and bunk. The conference will be on the first floor and there is a small garden for daily energisers.**



***Please keep in mind that, depending on the COVID-19 situation at the time, additional safety regulations could be mandatory! It is necessary to have a valid health insurance.***

**IMPORTANT: Before booking your tickets, send us your travel plan and wait for confirmation.**

# REIMBURSEMENT + EXPENSES



## TRAVEL REIMBURSEMENT

**Bulgaria** - max. 180

**Croatia** - max. 275

**Greece** - max. 275

**Italy** - max. 275

**Romania** - max. 180

**Poland** - max. 275

**Spain** - max. 360



**You will be reimbursed with the exact amount of your travel expenses (up to the max. amount), if you provide us all original travel tickets. Taxi is NOT covered.**

**To get your reimbursement, you need to participate during the entire YE.**



## MEALS + ACCOMODATION



**During the YE, meals + accomodation + logistics are covered by the Erasmus+ Programme.**

**You are allowed to arrive or departe max. 3 days before or after the YE, but you will need to take care of your accomodation & meals for these days.**

# PROJECT PARTNERS



## COORDINATOR

Romania - Asociatia Se Poate



## PARTNERS

Bulgaria - Social Hub

Croatia - Institute of Youth Power

Greece - Iasis

Italy - Oriel

Poland - Green Elephant

Spain - Ticket2Europe



*Want to now more about them?*

*Just click on the names!*

