



**OUTWARD BOUND  
ROMANIA™**

Aventura și învățare • Kaland és tanulás • Adventure and learning



Co-funded by  
the European Union

# RECONNECTION WITH NATURE



Find the connection with nature



Youth exchange in Sovata  
12-21 of March 2024



# Why reconnection with nature?

Today, young people find it difficult to connect with nature and spend quality time outdoors. Psychology provides more and more evidence that contact with nature has a huge impact on the state of our psyche and more. Spending time outdoors and physical activity in nature is an invaluable source of health.

To give a few examples some of the benefits of spending time outdoors are:

- Stress relieve
- Increased vitality
- It improves mood
- Improved short-term memory
- Reduced anxiety and depression symptoms
- Increased concentration
- Improved creativity
- Stronger immune system

# RECONNECTION WITH NATURE

is designed for you if you want to...



- learn how to be more in harmony with nature
- connect with like-minded young people from Europe
- enjoy being outdoors and “learning by doing”
- deepen knowledge about environmental awareness
- a deeper connection with nature and the environment around you
- learn about a more sustainable lifestyle
- return home with useful tools for making positive changes in your surroundings
- challenge yourself and step out of your comfort zone

# WHEN? WHERE?

- 11th of March - 22th of March 2024 (arrival and departure days included)
- Outward Bound Youth Center in Sovata, Gurghiului Mountains





## IF YOU ARE A PARTICIPANT

- you must be 18-23 years old
- understand & speak simple English
- motivated to improve your personal abilities
- ready to meet and cooperate with other youth from Europe
- aware that you will be taking part in an outdoor program, involving activities such as climbing and hiking

**We expect the participation of four individuals from each partner, consisting of two youngsters with a background of fewer opportunities and two mainstream youngsters.**

## IF YOU ARE A GROUP LEADER

- you must be 24+ or older
- understand & speak advanced English, and support the participants with translation if needed
- experienced in facilitating youth groups and mentoring youngsters with fewer opportunities
- open to help in implementing the program for the OBR trainers during the YE
- are healthy and in very good physical condition

**We expect 1 group leader from each partner.**



# TARGET GROUPS

The Youth Exchange can host 4 young persons (participant) and 1 group leader from each partner organisation.

In total we will have 24 participants and 6 group leaders.

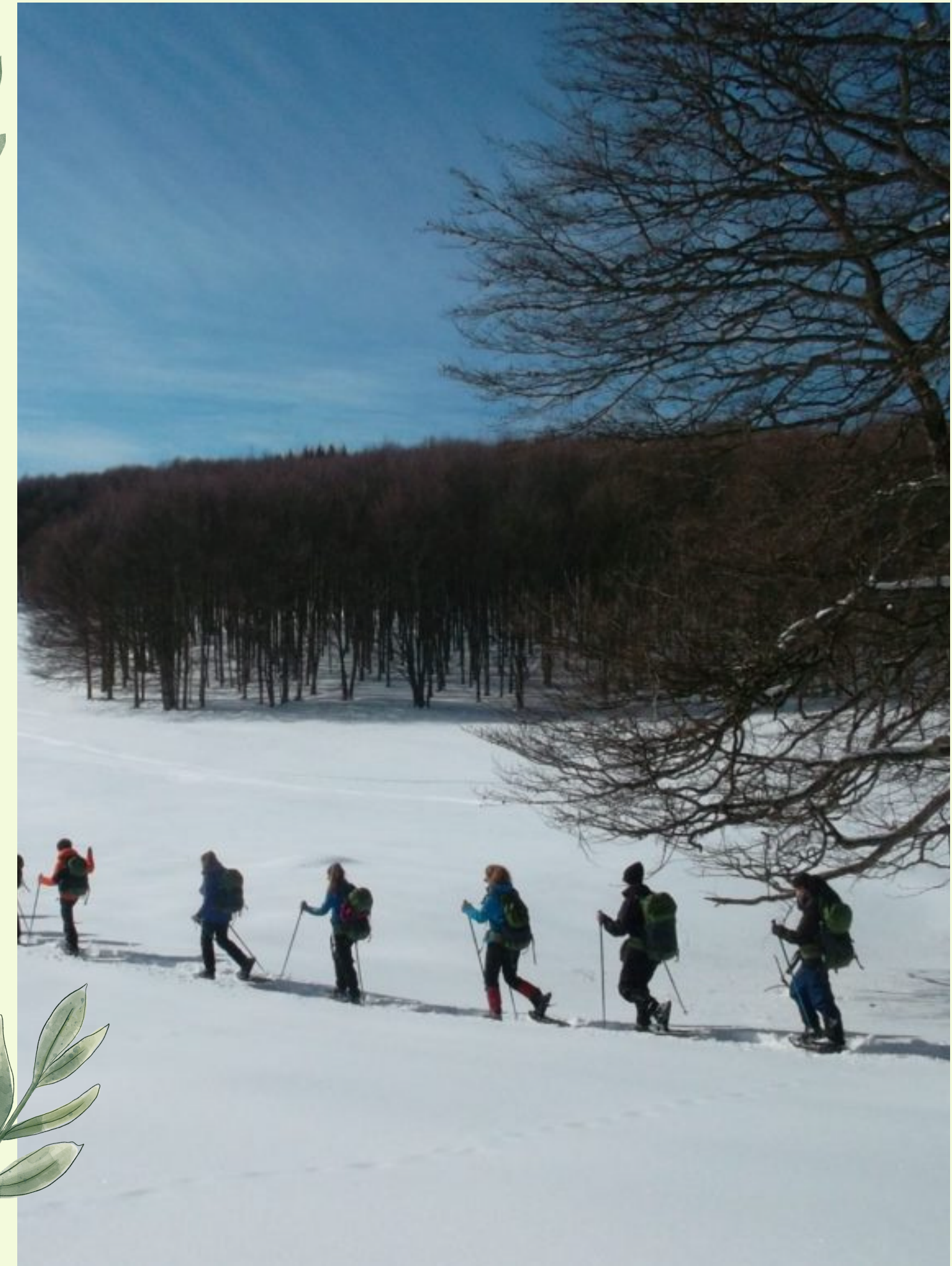
# The project`s goals



Reconnection with nature is a 10 days long youth exchange where participants learn about nature more effectively and to deal with environmental issues .

Among the objectives of this project are:

- - Increase awareness about environmental issues.
- - Increase practical knowledge in the nature.
- - Combine sport and non-formal learning in nature.
- - Increase problem-solving skills.
- - Challenge young people to go out of their comfort zone.
- - To experience different natural environments: forest, mountain



# Main program points



We want to leave some surprises for you regarding the concrete program. However, you should prepare for having...

- Team building activities
- Challenging activities: ropes course, hiking (also in winter conditions!!!)
- Overnight expedition (sleeping outdoors and/or in a mountain hut)
- Activities focused on environmental awareness and green lifestyle
- Cultural evenings
- Reflection processes



The following organisations are our partners in this project:

1. Élményakadémia - Hungary
2. Careterra - Greece
3. L`Alzina - Spain
4. Novo Mundo - Portugal
5. Parcours le Monde - France
6. Outward Bound Romania - Romania



# PARTNERS





# WHAT IS OUTWARD BOUND?

Outward Bound Romania is a non-profit organization specialized in outdoor activities that was founded in 1993 as an independent member of Outward Bound International.

Since the beginning, Outward Bound Romania has developed safe and quality programs, mostly focused on youth. The primary programs include personal development courses for high school students, courses for educators and youth leadership courses. More than 50.000 young people have participated in our courses to date.



## 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 outdoor experiential education programs. The youth center has a big courtyard, a small artificial lake, and a ropes course. The participants will be accommodated in 3 to 5 bedded rooms, with a common bathroom. The food will be provided by the kitchen staff.



# TRAVEL REIMBURSEMENT



- You will be reimbursed the exact amount of your travel expenses (from your home town till 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.
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- Portugal: 360 euro/pers. (green travel 410)
  - Spain: 360 euro/pers. (green travel 410)
  - Greece: 275 euro/pers. (green travel 320)
  - France: 275 euro/pers. (green travel 320)
  - Hungary: 180 euro/pers. (green travel 210)
  - Romania: 23 or 180 euro/pers. depending on distances
- !!! It is considered green travel if more than half of your travel is made with bus/trains/bicycle/carpooling



# TRAVEL TIPS

## SOME SUGGESTIONS HOW TO REACH SOVATA

The closest city to Sovata with an airport is:

- **Târgu Mureș (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:

**București** (capital of Romania) - <https://www.bucharestairports.ro/>

1. from București-Târgu Mureș-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)

2. from București-Sighișoara by train, Sovata by bus

- -----BUC-SIG: <https://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)

1. Budapest-Târgu Mureș 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)

2. 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)

# WHAT TO PACK?



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.



This is an indicative list of essential equipment that you will need during the training course

1. hiking boots
2. sport shoes
3. big backpack for the expedition and a small backpack
4. minimum of 1 liter water bottle (or PET bottle) and thermos
5. warm waterproof jacket
6. winter hat and gloves!
7. enough clothes for the 10 days good for outdoors and in base to the weather forecast ( keep in mind up in the mountains is still winter, so warm layers are needed)
8. toiletry, slippers, towels for shower
9. pajamas
10. swimming costume
11. headlamp or torch
12. warm underwear, leggings
13. personal mug
14. personal medication if needed



OBR can provide outdoor equipment like backpacks, sleeping bags, camping mattresses, gaiters, hiking sticks, outdoor jackets, outdoor cutlery if needed. But our equipment was used by many participants, so maybe it's more comfortable to bring your own if it's proper for the weather conditions.

# HURRY UP YOU CAN APPLY HERE



<https://forms.gle/NWLVL5tjUHsESsH88>

Selection is on-going by the partner organisations so do not hesitate too long to send your application!

The deadline for application submission is 29th of February 2024 (included).

We will let you know about the selection results late within a week after the deadline.



Do you still  
have  
questions?



# CONTACT



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