



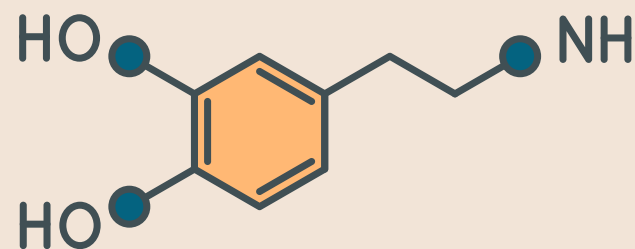
23th - 30th of August



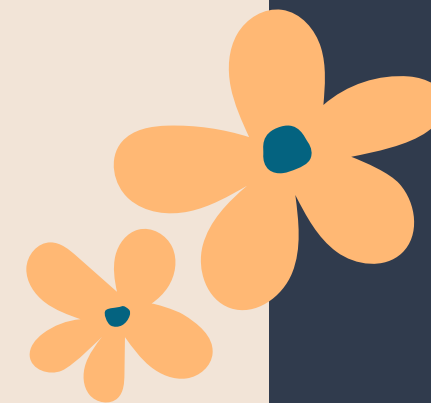
Cristuru Secuiesc,
Romania

Youth Exchange on:

The Dopamine Quest



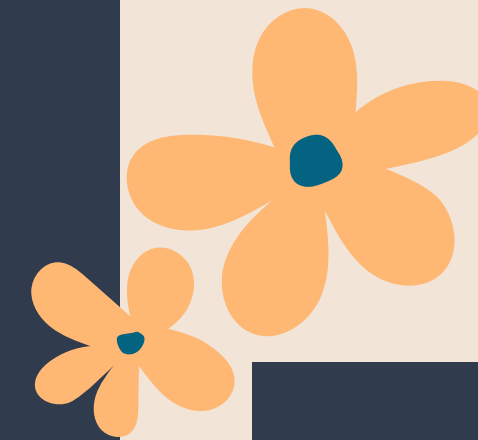
Funded by
the European Union



Let's discover
happiness
together!

Who are we?

ATA, the Youth Association from Transylvania is an organization set up in the end of 2011. Its founders all have extensive experience in the NGO field, by writing, managing and organizing local and regional projects, Youth in Action / Erasmus+ Exchanges, Initiatives, Voluntary projects and Trainings, and Cooperation Partnerships. The main objective of the association is to enable youth to take part in mobilities that support their self development.



"Building communities home & abroad."

Our aims:

We aim to help, develop, promote and represent the general interests of the communities in Transylvania by having volunteering based social, cultural, sporting, educational, recreational and professional training activities, and thus promoting the active involvement of youth in the perpetuation of ethnic, national and European values.

"We show Transylvania to Europe & Europe to Transylvania..."

About the Project:

The Youth Association from Transylvania has a seven years youth accreditation or strategy, approved by the Romanian National Agency, and within that, we aim to develop our region's youth community by offering them our expertise in inclusion, entrepreneurship and sustainability, but also our facilities. This seminar is one step taking us closer to reaching this aim.

Our strategy for 7 years includes 7 objectives:

- inclusion, soft skills and entrepreneurship
- help and enhance teachers' and pupils' capacities
- **fight addictions and domestic violence**
- fighting the small-town syndrome
- create new synergies across entities
- Have a youth center-
- inclusion of minorities and the disabled

1

To help participants to understand how happiness works - explore the science behind dopamine, emotions and real wellbeing.

3

To support the early recognition of harmful cycles - learn why addictions happen and how to make healthier choices.

Goals of the project:

2

To show ways of balance instead of burnout - discover practical ways to regulate energy, motivation and dopamine in daily life.

4

To build easy habits for a happier life - gain simple tools for more joy, resilience and authentic connection.



About the town:

Cristuru Secuiesc (RO) Székelykeresztúr (HU)

A town in Harghita County, Romania, situated in Seckler Land, an ethno-cultural region **in eastern Transylvania** where the majority of the population is Seckler, who are a **Hungarian ethnic** group which speak a distinct dialect of Hungarian. The **population** of the town is **10.000**, from which 96% are of Hungarian ethnicity, 3% of Romanian while 1% belongs to other groups. The neighboring towns are Sighișoara in the west (with a medieval fortress) and Odorheiu Secuiesc in the east.

Weather:

21	22	23	24	25	26	27
29° 16°	27° 14°	28° 15°	29° 14°	29° 13°	29° 15°	29° 17°
28	29	30	1	2	3	4
29° 17°	29° 18°	30° 18°	30° 19°	30° 19°	31° 19°	31° 18°

Participant's profile:

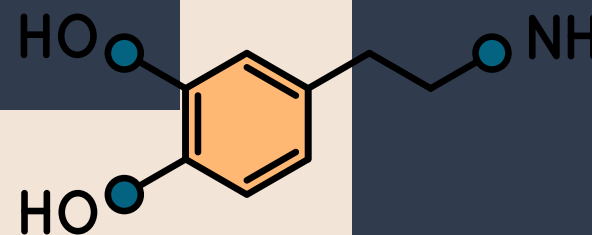
We are looking for 6 participants +1 leader from each partner country who:

- ☒ can speak English in a communication level
- ☒ are interested in the goals of the project
- ☒ ready to discover happiness in an international team
- ☒ are respectful
- ☒ are available between project's date

This is a free will agreement, the collection of fundamental values and principles that make the journey smoother and more enjoyable for everyone. By applying, you agree to do your best to follow these:

- Respect each others and be on time!
- Listen actively and avoid interrupting!
- Try to be attentive and engage in discussions, group work, and activities!
- Respect everyone - avoid stereotypes, offensive jokes, assumptions or any type of discrimination based on gender, ethnicity, religion, nationality, or sexual orientation!
- Help to keep common areas clean and tidy!
- Inform facilitators in case of well founded absences or any issues!
- Avoid alcohol consumption during the project especially during programs!
- No drugs are allowed at all!

Code of Conduct:



Travel Info:

The project will have **8 activity days** between **23-30 of August, 2026** not including travel days. **Travel days** will be on the **22nd and 31st of August**. (extra days are available for those who come by Green Travel).

We **recommend Green** means of travel for everyone as this is part of our core priorities. It means you can travel by bus, train or car-sharing, stop along the way for meals or sleep, etc. If this is not possible then you can fly to Bucharest, Cluj, Sibiu, Braşov or Târgu Mureş.



Distance Calculator:

Travel distance	Green travel	Non-Green travel
10 - 99 km	56 EUR	28 EUR
100 - 499 km	285 EUR	211 EUR
500 - 1999 km	417 EUR	309 EUR
2000 - 2999 km	535 EUR	395 EUR
3000 - 3999 km	785 EUR	580 EUR
4000 - 7999 km	1188 EUR	1188 EUR
8000 km or more	1735 EUR	1735 EUR

Reimbursement Info:

Firstly, **DO NOT BUY** any tickets before receiving confirmation from us!

Travel expenses will be reimbursed to the sending organization - or directly to the participants - **within a maximum of 2 months** after the mobility, if the follow up steps are all done (filling reports, uploading tickets and proofs of payment, disseminating mobility outcomes).

Important!

Within Romania, we will assist you in finding the best transport option from airports or train/bus stations to the venue, **so please reach out to us** before purchasing any tickets within Romania. If no public transport options are available, **we will arrange your transport to the venue!**

If you choose to come with **Green travel from farther than 1000 km**, you have the option to **travel during 2 days**. Also, **in this case**, if you keep and upload **meal and accommodation invoices**, those **will also be reimbursed** until 64 Euro/day.

Please bring your **ID or Passport** and your European **Health Insurance** Card or Health/Travel Insurance!





Venue: ATA House



The activities will take place in our Youth House and that is where we will also have the coffee-snack breaks.

You will be hosted in Petőfi Motel in separate apartments, with 2-3 beds in each and separate bathrooms.



Accommodation: Petőfi Motel



Food: European + Traditional



3 meals a day will be provided in one of the city's restaurants. You will be served typical Hungarian and Romanian food, also regular European dishes paying attention on everyone's dietary restrictions.

**For more information
contact us:**



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 Youth Association
from Transylvania

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