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Social Innovation
& Cohesion Institute



MV International

ECHOSPACES WORKSHOP CYCLE II – INTERCULTURAL LAB

Project Number: 101313904

Bucharest, Romania
10th - 12th November
9th & 13th are travel days



**Co-funded by
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor the granting authority can be held responsible for them.

The Hosts

MV International

MV International (MVI) is a non-profit "association of organizations" established in 2012 that functions as a global network for social innovation and project development. By bringing together a consortium of over 40 member organizations, including NGOs, public bodies, and private stakeholders, it acts as a collaborative hub for managing international initiatives and facilitating knowledge exchange among professionals working in the NGO sector.

The organization specializes in supporting project design and implementation within major funding frameworks such as Erasmus+, Horizon Europe, COSME, and JUSTICE. They provide structural support for participatory planning, thematic research, and proposal development, helping entities align their work with European Union priorities and United Nations Sustainable Development Goals. Their platform is designed to connect partners and streamline the complexities of international grant procurement.

MVI's core mission focuses on cultivating inclusive, sustainable, and reflective societies through non-formal education, social entrepreneurship, and education through sport. Their diverse activities include thematic studies, regional surveys, and networking events aimed at fostering youth mobility, social inclusion, and gender equality.



The Hosts

Social Innovation and Cohesion Institute

The Social Innovation and Cohesion Institute is working to bring about social change for the benefit of citizens in the context of development of local, regional and European society. It focuses on the promotion of equal learning opportunities, in promoting human rights, cultivating the spirit of entrepreneurship and the development of people's abilities, promotes intercultural dialogue, knowledge exchange and European awareness with the active participation of young people and adults in projects relating to mobility, entrepreneurship education, professional and personal development. It is linked closely with various public and private bodies in national and international level, including NGOs, schools, universities, VET providers, municipalities, etc.

The Social Innovation and Cohesion Institute (Fifty-Fifty) is an organization of civil society, established to help individuals, communities and institutions to develop their skills, improve their performance and share knowledge to be able to meet the challenges of society and thus contribute actively to the development of a European area of skills and qualifications.

Find us on:

Facebook: Social Innovation & Cohesion Institute - Fifty Fifty

Instagram: fiftyfifty_gr



About the Project

The project is funded under the Civil Society Cooperation in the field of Youth. Its primary goal is to deepen structured youth participation in democratic life, raise awareness of the EU Youth Strategy and European Youth Goals, and strengthen the EU Youth Dialogue. The initiative directly embeds the European Commission's core priorities of inclusion and diversity, digital transformation, environmental sustainability, and participation in democratic life. By offering dedicated youth spaces and direct engagement mechanisms, the project aims to address the democratic deficit and build young people's confidence in the EU project.

The project focuses on designing and delivering youth-centered activities across Europe, executed collaboratively by more than 30 organizations within the MVI network. The project establishes a comprehensive, forward-looking framework that bridges local youth initiatives with overarching European policy objectives.

The initiative ensures both immediate community impact and long-term organizational sustainability. Ultimately, it empowers diverse young people across Europe to become active drivers of democratic life, sustainability, and digital transformation, while solidifying the role of civil society in shaping the future of European youth policy.

About the EchoSpaces Workshop Cycle II – Intercultural Lab

EchoSpaces Workshop Cycle II – Intercultural Lab will bring together 25 young people and youth workers in Bucharest for a series of three one-day sessions focused on intercultural dialogue, creative expression, and inclusive youth participation. The activity will provide a safe and supportive environment where participants from different social and cultural backgrounds can connect, share experiences, and develop a stronger sense of belonging.

Through non-formal learning methods, creative workshops, and collaborative discussions, participants will explore how art, digital storytelling, and other forms of expression can support dialogue between different communities. Particular attention will be given to the participation of young people with fewer opportunities, including NEETs, migrants, young people with disabilities, and those facing social or economic barriers.

A central objective of the Intercultural Lab is to help young people express their identities, challenge stereotypes, and develop greater understanding of different perspectives. Participants will work together to create stories and creative outputs that reflect their experiences while promoting inclusion, respect, and social cohesion.

By encouraging meaningful interaction and shared creative experiences, the activity will contribute to stronger connections among participants and youth organisations. The methods, ideas, and lessons developed through the workshop cycle will also support future inclusive youth activities and the wider replication of the EchoSpaces approach across the MV International network.

Bucharest, 10 - 12 November
EchoSpaces Workshop Cycle II – Intercultural Lab

SESSIONS DAY 1

10:00 - 10:30

Registrations & Welcome

10:30 - 11:00

Opening Session & Icebreaking Activities

11:00 - 12:00

Thematic Session 1: Identity, Culture & Belonging

- Exploring the meaning of identity, culture, and belonging
- Understanding how personal and cultural identities are formed
- Reflecting on stereotypes, assumptions, and cultural differences
- Promoting respect, empathy, and active listening

12:00 - 13:00

World Café: Different Stories, Shared Spaces

Interactive discussions addressing:

- Cultural diversity and inclusion
- Barriers to intercultural dialogue
- Experiences of belonging and exclusion
- Creating safe and welcoming spaces for young people

13:00 - 14:00

Cultural Mapping Workshop: Our Identities, Our Communities

Participants will work in small groups to create visual maps representing their identities, communities, cultural influences, and shared values. The activity will encourage exchange, creativity, and mutual understanding.

14:00 - 15:00

Lunch Break

20:00

Dinner

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SESSIONS DAY 2

10:00 - 10:30

Energiser, Recap & Introduction to Day 2

10:30 - 12:00

Thematic Session 2: Storytelling as a Tool for Inclusion

- Understanding the role of stories in shaping perceptions
- Exploring representation and diversity in digital media
- Using personal stories to challenge stereotypes
- Principles of respectful and ethical storytelling

12:00 - 13:00

Digital Storytelling Lab: Tell Your Story

Participants will work individually or in small groups to develop short digital stories using photographs, videos, audio, text, or social media formats. The stories will focus on identity, inclusion, intercultural experiences, or challenges faced by young people.

13:00 - 14:00

Story Circle & Peer Feedback

Participants will present their initial ideas or digital stories, exchange feedback, and reflect on how storytelling can help amplify youth voices and promote intercultural understanding.

14:00 - 15:00

Lunch Break

20:00

Dinner

Bucharest, 10 - 12 November
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SESSIONS DAY 3

10:00 - 10:30

Energiser, Recap & Creative Warm-Up

10:30 - 11:30

Thematic Session 3: Arts for Civic Dialogue

- Exploring art as a form of communication and participation
- Understanding how creative expression can address social issues
- Examples of youth-led artistic and awareness-raising initiatives
- Connecting creativity with inclusion and active citizenship

11:30 - 12:30

Creative Co-Creation Lab: Messages for Inclusive Communities

Participants will create a group output focusing on:

- Intercultural dialogue
- Inclusion and diversity
- Challenging stereotypes
- Youth participation and social cohesion

12:30 - 13:30

Presentation of Creative Outputs

Each group will present its creative output, explain its main message, and describe how it could be shared or used within a local community.

13:30 – 14:00

Closing Ceremony

Final remarks, reflections, and group photo

14:00 - 15:00

Lunch Break

20:00

Dinner

Venue

The event will take place in Bucharest, the vibrant capital of Romania. The EchoSpaces Workshop Cycle II – Intercultural Lab will be hosted in Hotel Bliss in a fully equipped conference venue, providing modern meeting facilities, comfortable working spaces and all the necessary equipment to ensure a productive and engaging learning experience.



Sapte Drumuri 4C, Sector 3, 031647 Bucharest, Romania



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Accommodation & Meals

Participants will be accommodated at the **Hotel Bliss**, a modern hotel with a unique style and service located in Bucharest, 20 minutes away from downtown. Main cultural and commercial highlights are easy to access.. The venue offers comfortable, fully equipped accommodation, free Wi-Fi, on-site dining facilities, and modern meeting spaces, providing an ideal setting for learning, networking, and intercultural exchange. Participants will be accommodated in **double** or **triple** rooms, respecting gender balance. *(Depending on room availability, participants from different countries may be required to share a room.)*

For participants of our mobility, we will provide all main meals, breakfast, lunch, and dinner throughout the stay (on project days).

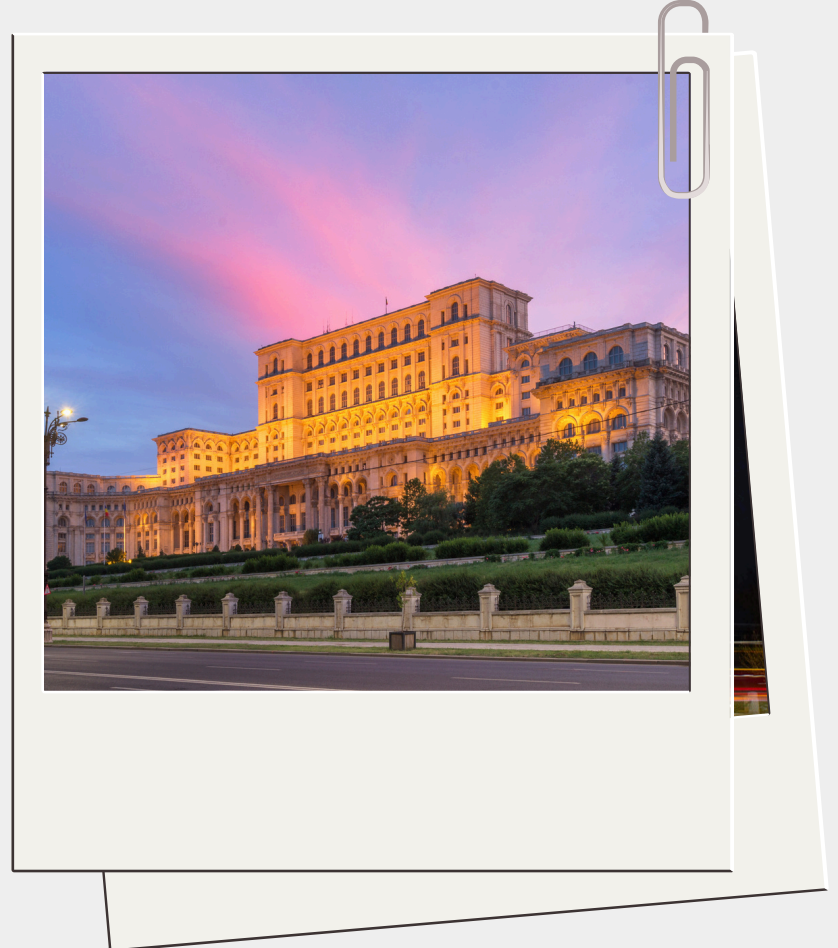


Sapte Drumuri 4C, Sector 3, 031647 Bucharest, Romania

Explore Bucharest

Bucharest, the dynamic capital of Romania, is a city where history, culture, and modern urban life come together. Known for its elegant architecture, lively neighbourhoods, and diverse cultural scene, the city offers visitors a fascinating mix of historic landmarks and contemporary experiences. From the impressive Palace of Parliament and the charming streets of the Old Town to the Romanian Athenaeum and Calea Victoriei, Bucharest provides many opportunities to discover the country's history and identity.

During your stay, take the opportunity to explore some of the city's most well-known attractions, enjoy traditional Romanian cuisine, relax in its parks, or visit cultural spaces such as the Village Museum. With its welcoming atmosphere, creative energy, and multicultural character, Bucharest offers an ideal setting for the EchoSpaces Workshop Cycle II – Intercultural Lab, complementing the event's focus on intercultural dialogue, inclusion, and creative youth expression.



Participants' Profile

Participants for the activity must have the following:

- Participants from 5 different countries
- Age range: 18 - 30 (or 30+ for youth leaders)
- Youth interested in civic engagement and policymaking, young leaders and activists, youth workers and professionals in the field, public officials and policymakers for multi-level dialogue
- Equal gender representation for balanced perspectives, inclusive of all races, ethnicities, religions, and political affiliations fostering cross-cultural communication and collaboration
- Willing to share their knowledge, skills and experience with the other participants and act as multipliers in their communities.

The selection criteria of the participants will be:

- Participants from different cultural and social backgrounds, individuals with fewer opportunities (economic, social, or geographical challenges) and commitment to inclusivity and respect for diverse perspectives.
- In equally good evaluated applications, then the previous experience in such kind of projects will be considered – the participants who have never participated to an Erasmus project will have priority to the ones that have already been to be introduced to the European values and develop a sense of European citizenship and identity and also have the opportunity to raise their awareness of other countries and cultures.

Preparation of Participants

- The activity will be in **English**. Therefore, participants should be able to communicate in English.
- All participants are expected to participate **fully throughout the activity**, except in the case of illness. Unauthorised absence from activities is not permitted. The activities will be designed and conducted in such a way that all participants have the opportunity to contribute their points of view. We expect you to participate and contribute.
- Before your travel, participants should check the documents they need to cross the border into Romania and whether they have them. **Pay attention to the expiry date!**
- Participants are encouraged to **promote the project**, share the results achieved and carry out **dissemination activities**.

THE EUROPEAN HEALTH INSURANCE CARD The European Health Insurance Card is a free card that gives you access to state- provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Lichtenstein, Norway and Switzerland, under the same conditions and at the same cost (free in some countries) as people insured in that country.

The European Health Insurance Card is issued by your national health insurance provider. You can find more information here: <http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>

Travel & Reimbursement

Participants are responsible for booking and purchasing their own round-trip travel tickets to Brussels. Travel expenses will be reimbursed up to a maximum budget of **309 EUR** per participant upon successful completion of the activity and submission of all original travel documents.

Travel tickets should be economy class and before buying tickets inform your sending organisation of your travel itinerary, when you will arrive and when you will departure from training. **1st class or other upper class flight tickets, taxi costs and travel agencies fees are not eligible and will not be refunded.**

*Participants can arrive 1 day earlier and/or depart 1 day later than the designated dates, but cover their own accomodation expenses for the extra days

Reimbursement Guidelines:

- **Keep All Documents:** You must keep all original receipts, invoices, e-tickets, and boarding passes (both physical and digital). Reimbursements cannot be processed without valid proof of travel and payment.
- **Eligible Dates:** Please do not purchase any tickets until your travel plan has been confirmed by the organizing team.
- **Process:** The reimbursement will be conducted after the event, once all travel documents are received and checked.

Travel

AIRPORT: HENRI COANDĂ INTERNATIONAL AIRPORT (OTP)

To City Centre: Take the Express Bus 100 directly from the arrivals terminal to Piața Unirii (approx. 40–50 minutes). Buses run 24/7 every 15 minutes during the day and every 30 minutes overnight. Alternatively, take the train from the airport station to Bucharest North (Gara de Nord) station (approx. 25 minutes), then transfer to Metro Line M2 (towards Berceni) to reach central hubs like Piața Unirii or Piața Universității.

To Accommodation: Take the train from Bucharest Henri Coandă International Airport to Bucharest North (approx. 25 minutes). From Bucharest North take Metro Line M1 (towards Dristor 2) and get off at Piața Muncii or Dristor. From there, it is approximately a 10–12 minute walk (or a short ride via Bus 330 / Tram 1 or 10) to Șapte Drumuri 4C.

TRAIN STATION: GARA DE NORD (BUCHAREST NORTH)

To City Centre: Take Metro Line M1 or M3 towards Piața Unirii (approx. 10–15 minutes), or transfer at Piața Victoriei to Metro Line M2 towards Berceni for central stops (Piața Romană, Universitate, Piața Unirii).

To Accommodation: Take Metro Line M1 (direction Dristor 2) directly from Bucharest North to Piața Muncii or Dristor station (approx. 15 minutes). From either station, the venue is a 10-minute walk or a short bus/tram ride away.



Buses & Trams: Transport is operated by STB. Tickets or contactless card payments (3 RON / 90 minutes) cover buses, trams, and trolleybuses. Journey planning is available through Google Maps or the Info TB app.



METRO: Operated by Metrorex, running daily from around 5:00 AM until 11:00 PM. Metro stations connect all main sectors, including major interchange hubs at Piața Unirii, Piața Victoriei, and Dristor. You can pay directly at the turnstiles using contactless bank cards.

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