

# DIGITAL BURNOUT TC FOR YOUTH WORKERS

INFO PACK

EMPOWERING YOUTH  
WORKERS TO COMBAT  
DIGITAL BURNOUT



FINANȚAT DE UNIUNEA EUROPEANĂ

**YOUNG PEOPLE ARE SPENDING MORE AND MORE TIME ON DEVICES, OFTEN WITHOUT A CLEAR PURPOSE. SCREENS ARE PRIMARILY USED FOR GAMING AND SOCIAL MEDIA RATHER THAN CONSTRUCTIVE ACTIVITIES. THIS TREND IS CONTRIBUTING TO A DECLINE IN FACE-TO-FACE COMMUNICATION, FEWER SOCIAL INTERACTIONS, AND A SHIFT FROM TRADITIONAL GAMES TO PROLONGED SCREEN TIME ON PLATFORMS LIKE TIKTOK AND INSTAGRAM. MANY INDIVIDUALS, INCLUDING CHILDREN AS YOUNG AS FOUR, ARE DEDICATING EXCESSIVE HOURS TO SCREEN USE.**





# WELCOME TO DIGITAL BURNOUT TC FOR YOUTH WORKERS

WE ARE THRILLED TO HAVE YOU JOIN US FOR THIS UNIQUE 7-DAY  
TRAINING

**WHERE?** IN SINAIA, ROMANIA

**WHEN?** FROM FEBRUARY 15 TO 23.

DURING THIS TRAINING, YOU WILL DEEPEN YOUR UNDERSTANDING OF DIGITAL BURNOUT, EXPLORE ITS CAUSES AND EFFECTS, SHARE PERSONAL EXPERIENCES, AND DEVELOP STRATEGIES TO ADDRESS THIS ISSUE.

OUR SCHEDULE WILL INCLUDE A BLEND OF IN-DEPTH CONFERENCE ACTIVITIES, GROUP DISCUSSIONS, AND VISITS TO SOME OF ROMANIA'S MOST ICONIC LANDMARKS.





# Location Overview: Sinaia

Sinaia is a beautiful mountain town located in the Carpathians, known for its scenic beauty, historical sites, and cultural heritage.

In February, **the weather is typically cold**, often with snow-covered landscapes, creating a picturesque winter experience.

Places to visit: Sinaia is home to the famous **Peleş Castle**, one of the most beautiful castles in Europe, and close to **Bran Castle**, famously associated with Dracula. These excursions are a part of our program and offer a unique look into Romania's history and legends.

**Weather:** February in Sinaia is typically cold, with temperatures ranging from **-5°C to 5°C**. Snow and icy conditions are common.



# TRAINING COURSE STRUCTURE

Our 7-day program is designed in three phases:

## Phase 1: Getting Acquainted (Days 1-2)

- Activities: Ice-breakers, introductions, expectation setting, addressing fears.
- Objective: To help participants get comfortable with each other, understand the project objectives, and set individual and group expectations.

## Phase 2: Deep Dive into Digital Burnout (Days 3-6)

- Activities: Discussions on the causes and effects of digital burnout, personal stories, and analysis of real-world experiences.
- Excursions: Visits to Bran Castle and Peleş Castle to add a cultural and historical aspect to the experience.
- Objective: To understand digital burnout in-depth, exploring various perspectives, and sharing personal experiences.

## Phase 3: Conclusions and Reflections (Day 7)

- Activities: Group reflection, sharing conclusions, and discussing ways to address digital burnout in youth work.

Objective: To reflect on the learnings, share feedback, and discuss practical applications.





# WHAT TO BRING

Since Sinaia is in a mountainous region with winter weather, please ensure you pack accordingly:

- **Clothing:** Warm clothing, including sweaters, thermal layers, and winter jackets. Gloves, scarves, and hats are essential.
- **Footwear:** Waterproof boots with good grip, as the terrain may be snowy and icy.
- **Other:** Bring any personal medication, chargers, and travel adaptors (Romania uses the European plug, Type C and F, with 230V).



# HOW TO REACH SINAIA

From Bucharest Airport (Henri Coandă Airport - OTP):

## Train:

- Step 1: Take the train from the airport to Bucharest North Railway Station (Gara de Nord)
- Step 2: From Gara de Nord, take a direct train to Sinaia. Trains run regularly and the journey takes approx. 1.5 to 2 hours

## You can buy tickets from:

- atm in the railway station
- online
- CFR app
- <https://www.cfrcalatori.ro/>





# ACCOMMODATION DETAILS

**Where:** Pensiunea Argeșu, close to Penny Market, Sinaia

- **Features:** Comfortable rooms with heating, Wi-Fi, and common areas for group activities.

**Directions:** From Sinaia train station, it's a short taxi or local bus ride (T4) to Pensiunea Argeșu or by feet - 15 min walk

The closest shop is at 150m from Pensiunea Argeșu





# SAFETY TIPS AND LOCAL INFORMATION

- **Wildlife:** The Carpathian region is known for wildlife, including bears. While bear sightings are rare in town, please avoid walking alone in forested areas, especially at dawn or dusk.
- **Local Customs:** Romanians are known for their hospitality. Basic phrases in Romanian, such as “Mulțumesc” (Thank you) or “Salut” (Hello), are always appreciated.
- **Currency:** Romania’s currency is the Leu (RON). Major credit cards are widely accepted, but it’s helpful to have some cash for small purchases.



# IMPORTANT REMINDERS

**Bring a reusable water bottle and mug to minimize plastic use.**

**All project-related materials will be provided digitally; bring a laptop or tablet if possible.**

**Stay connected with us through our WhatsApp/Telegram group for updates and support.**





# IMPORTANT CONTACTS

- **Emergency Numbers:** 112 (for police, fire, or medical emergencies)
- **Organizer Contact:** +40727830023-  
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