

NextGen Lab

Youth Exchange

4-14 August 2026

**Bucharest,
Romania**



Co-funded by
the European Union

the
youth
centrul național al ecosistemului de tineret

fnj

fundația națională
pentru tineret

About NextGen Lab

NextGen Lab is a 9-day **Youth Exchange** that brings together young people from different countries to learn, create and grow through non-formal education, organized by National Youth Foundation (FNT) and Co-funded by European Union through ERASMUS+ program.

Participants Profile

We are looking for young people aged **18–30 years old** who are interested in learning, intercultural exchange, and active participation.

Each **partner organization is invited to send 4 participants and 1 group leader**.

The group leader must be 18 years old or older. We strongly recommend selecting someone with experience in youth work, intercultural environments, international mobility, and good English communication skills, as they will support the group throughout the project.

Participants will explore topics such as:

- ★ Leadership & Entrepreneurship
- ★ Active Citizenship & Sustainability
- ★ Arts & Culture
- ★ Communication & Media
- ★ Health & Well-being
- ★ Technology & Innovation

Through workshops, team challenges, intercultural evenings, city activities and community actions, participants will develop new skills, meet people from different cultures and gain confidence in a safe and supportive environment.

Agenda & Daily Schedule

Time

08:30 – 09:30 Breakfast

09:30 – 11:00 Session 1

11:00 – 11:30 Coffee Break

11:30 – 13:00 Session 2

13:00 – 14:30 Lunch Break

14:30 – 16:00 Session 3

16:00 – 16:30 Coffee Break

16:30 – 17:00 Daily Reflection

Day 0 - 4 AUG

Arrival & Welcome

Day 1 - 5 AUG

Getting to Know Each Other & Introduction to the Project

Day 2 - 6 AUG

Personal Development, Leadership & Entrepreneurship

Intercultural Evenings

Day 3 - 7 AUG

Team Building in Bucharest

Intercultural Evenings

Day 4 - 8 AUG

Active Citizenship, Volunteering & Civic Participation

Intercultural Evenings

Day 5 - 9 AUG

Sustainability, Innovation & Future Solutions

Day 6 - 10 AUG

Youth Centre Visit & Discovery Experience

Day 7 - 11 AUG

Arts, Culture & Digital Storytelling

Day 8 - 12 AUG

Well-being, Social Skills & Mental Health *International Youth Day & Community Action*

Day 9 - 13 AUG

Reflection, YouthPass & Closing Activities

Day 10 - 14 AUG

Departure

Each day will include workshops, practical activities, teamwork, reflection sessions and non-formal learning methods connected to the daily theme.



Accommodation & Meals

During the Youth Exchange, participants will stay at Popcorn Hostel in Bucharest, sharing rooms with other participants from the project.

The organizing team will provide:

- Breakfast
- Lunch
- Dinner
- Coffee Break

We will do our best to accommodate different dietary requirements, so please let us know in advance if you have any allergies, intolerances, or specific food preferences.

Address: POPCORN Hostel



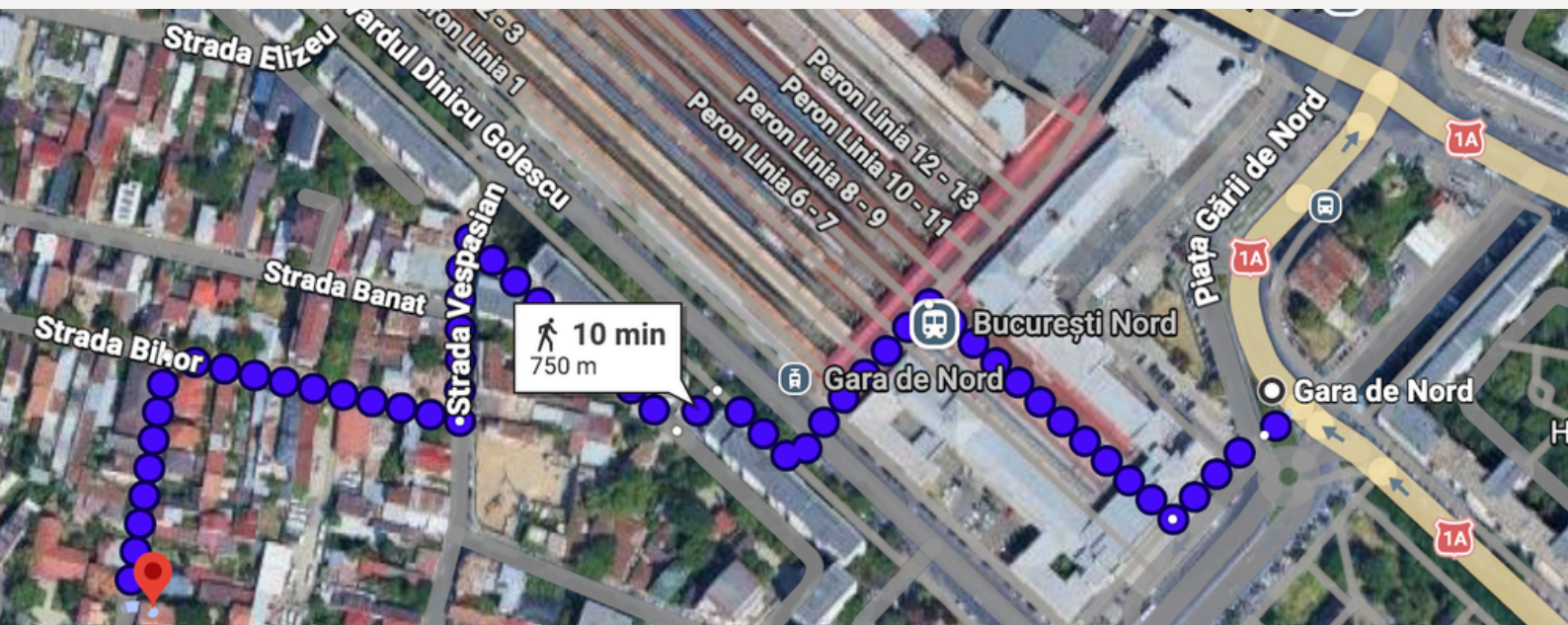
**Pisoni Street 26
Bucharest, Romania**



Popcorn Hostel

Popcorn Hostel is located approximately 10 minutes from Gara de Nord (Bucharest North Railway Station), offering easy access to public transportation and connections to the airport.

We encourage participants to use public transportation whenever possible, especially those arriving by plane, as it is an affordable, convenient and environmentally friendly way to travel around the city.



Airport → Accommodation

Recommended transport: Train

- Route: Henri Coandă International Airport (OTP) → Bucharest North Railway Station (Gara de Nord)
- Travel time: approximately 20–30 minutes
- Train availability: Day and night
- From Gara de Nord to Popcorn Hostel: approximately 10 minutes on foot
- Ticket price: 6.50 RON (approximately €1.30)
- Payment: Tickets can be purchased directly in the train by card.

We encourage participants to use public transportation whenever possible, as it is a convenient, affordable and environmentally friendly option.

Train Schedule

- Participants can check train schedules and connections [here](#)



What to Bring

- Reusable water bottle
- Comfortable clothes and shoes for workshops and outdoor activities
- Power bank
- Personal medication
- Indoor slippers
- **ID card / Passport**
- **European Health Insurance Card**
- Small backpack for daily activities

We can't reveal all the details yet, but bringing swimwear might be a good idea... just in case.

Intercultural Evening:

If you wish, feel free to bring snacks, music, traditional items, souvenirs, flags or anything that represents your country and culture. We would love to learn more about where you come from!

Please bring any personal medication and specific products that you regularly use and may not easily find in Romania. Basic toiletries and hygiene products can be purchased from nearby supermarkets and drugstores such as Mega Image or dm.

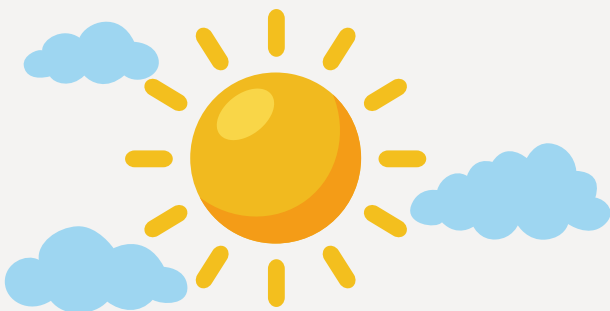


Good to Know

- Free Wi-Fi is available at the accommodation and activity venue.
- Card payments are widely accepted in Romania.
- The local currency is Romanian Leu (RON).
- Emergency number in Romania: 112.
- Most supermarkets and pharmacies are within walking distance from the accommodation.

Weather

August in Bucharest is usually warm and sunny, with temperatures between 28–35°C. We recommend bringing light summer clothes, sunglasses, sunscreen, and a reusable water bottle.



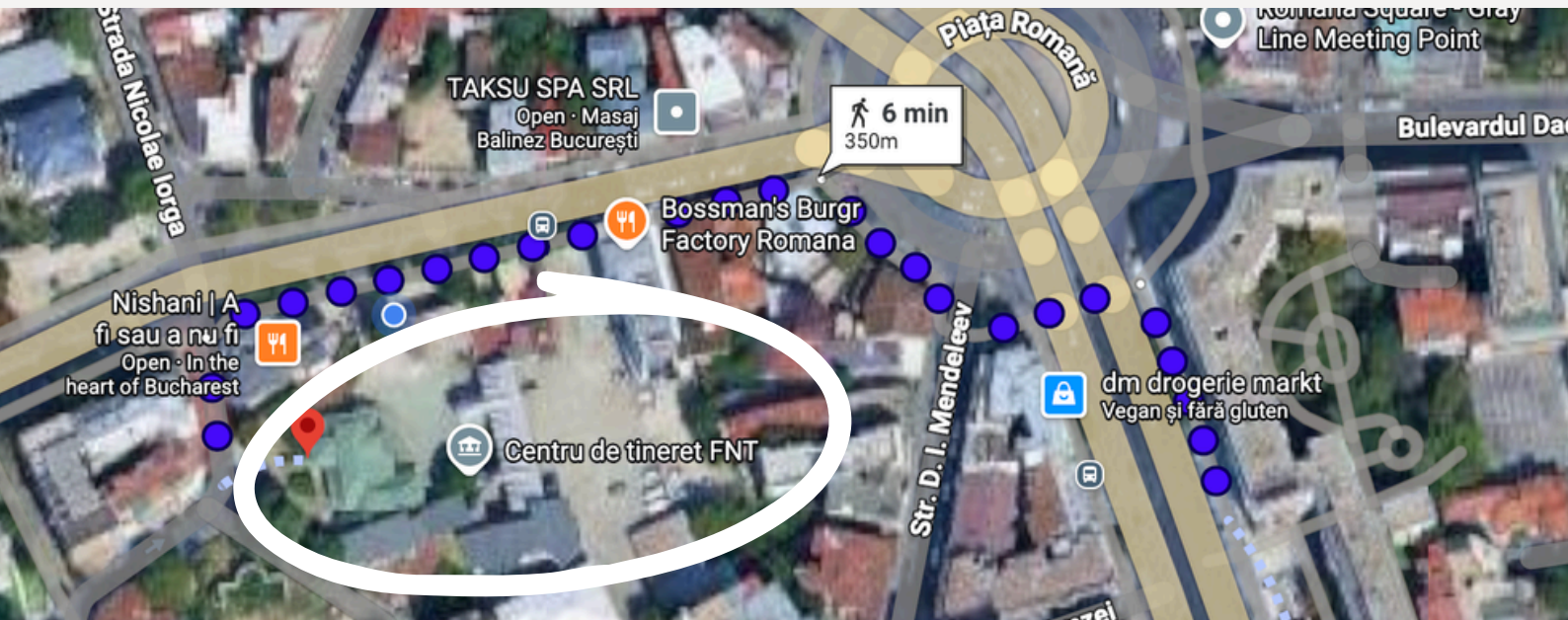
Activities Venue

All activities of the Youth Exchange will take place at The Youth by FNT Youth Centre in Bucharest, a youth-friendly space dedicated to learning, creativity, participation and community engagement.

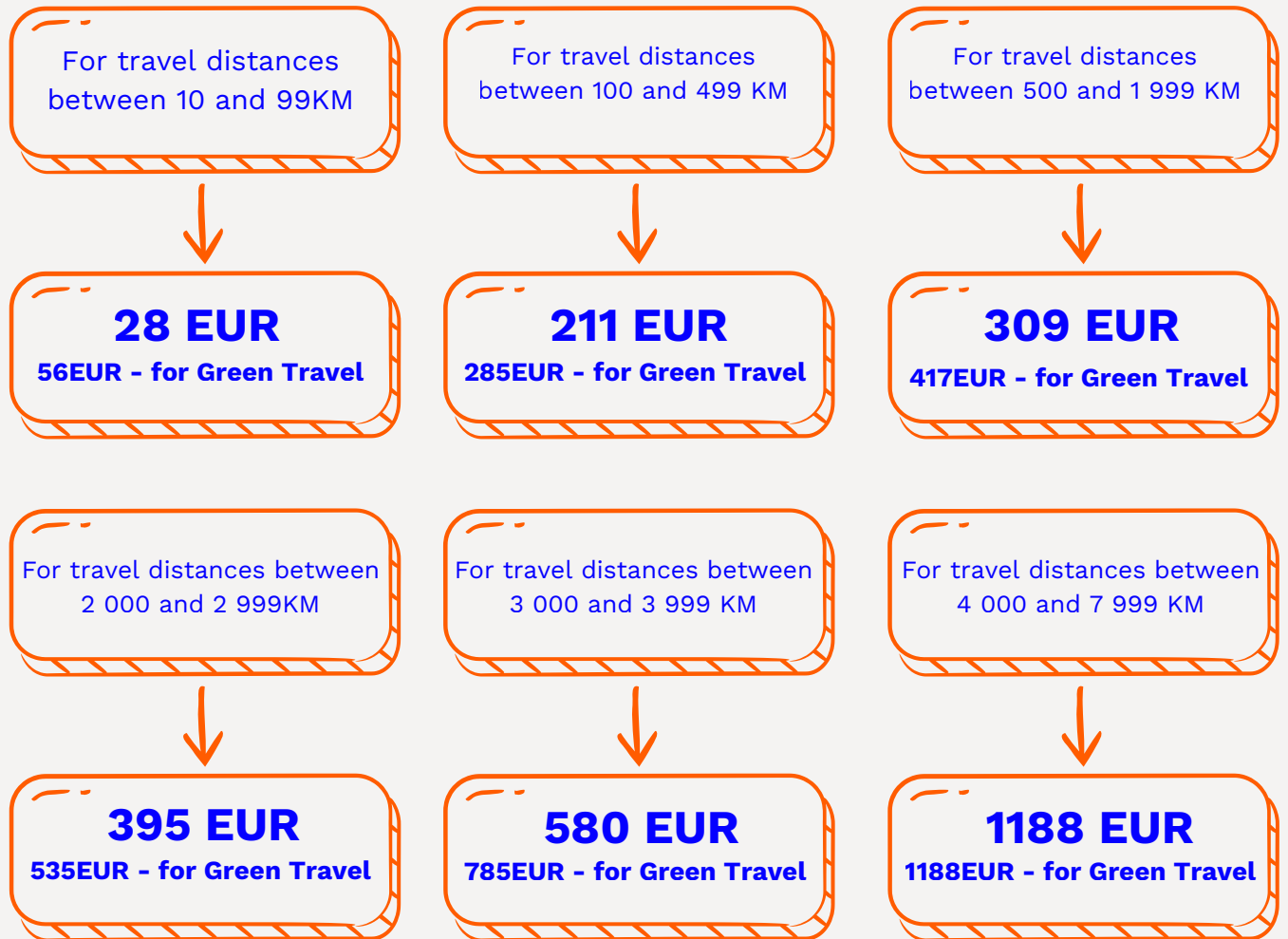


The Youth by FNT

General Cristian Tell Street, No. 22, Bucharest, Romania
(approximately 6 minutes walking distance from Piața Romană Metro Station)



Travel reimbursement

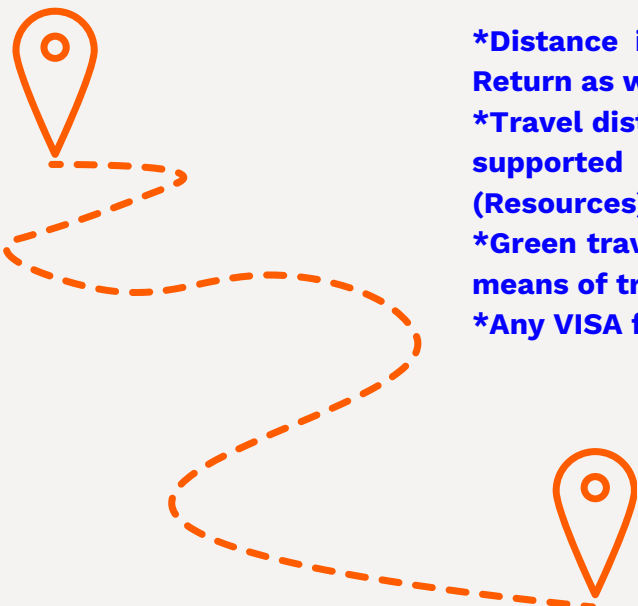


*Distance is calculated from your place of origin to Bucharest. Return as well.

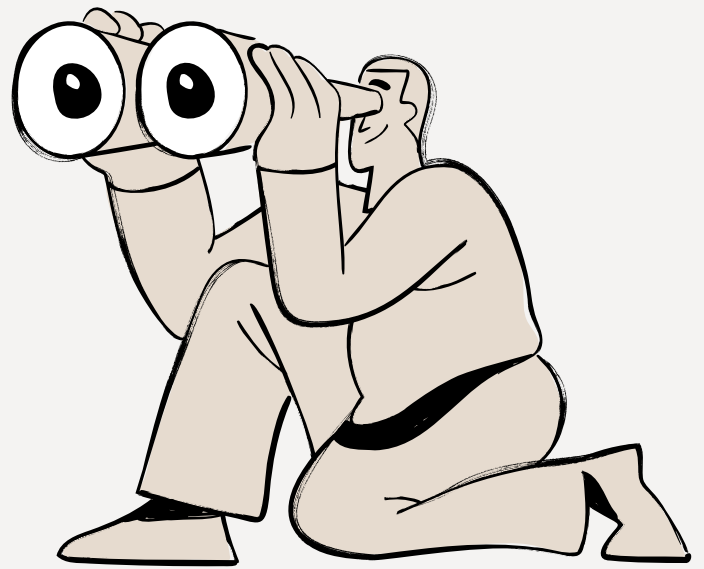
*Travel distances must be calculated using the distance calculator supported by the European Commission - details [HERE \(Resources\)](#) & [HERE \(Distance Calculator\)](#).

*Green travel means 2/3 of the distance to be covered using green means of transportation (carsharing, bus, train, etc.)

*Any VISA fees will not be covered.



**Ready
to join?**



**Fill in the
application form
here:**

LINK



Deadline: 15 Jun 2026



23:59 (CET)