



European Academy
of Innovation

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Nonviolent Communication

Preliminary Training Plan

Day 1 – Introduction to Nonviolent Communication

09:00 – 10:30	<ul style="list-style-type: none">- Presentation of the trainer- Presentation of the participants- Expectations- Presentation of the training program- Administrative aspects
10:30-10:45	Break
10:45-12:15	<ul style="list-style-type: none">- Presentation of the universities of the participants
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none">- Overview of NVC- The importance of diversity & inclusion in education

*Evening recommendation: Movie night @ Iulius Town

Day 2 – Key Components of NVC

09:00 – 10:30	<ul style="list-style-type: none">- Observation- Distinguishing between observation and evaluation
10:30-10:45	International Coffee Break
10:45-12:15	<ul style="list-style-type: none">- Feeling- Emotions
12:15-13:00	Lunch
13:00-15:00	<ul style="list-style-type: none">- Understanding and expressing needs & requests

*Evening recommendation: Visit Fabric District



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Day 3 – Cultural Immersion Day

First 10.000 steps

10.00 – Meet & Greet your guide
10.00 – 12.45 Walking City Tour #1 (700 Market, Jewish Quarter, Liberty Square, St. George Square, Union Square)
12.45 – 13.45 **Museum of The Revolution**

14.00 – 15.30 Lunch at the Bastion

Next 5.000 steps

15.30 – 17.10 **Arts Museum**
17.10 – 18.20 Walking City Tour #2 (Victory Square, the Metropolitan Cathedral, St. Mary Square)
18.20 – 18.50 **Communist Consumer Museum**
18.50 – 19.00 – Tram ride to Liberty Square
19.00 - *Dinner*

Day 4 – Deepening Understanding of NVC

09:00 – 10:30	- Emotional Intelligence - Assertiveness
10:30-10:45	Coffee Break
10:45-12:15	- Empathetic Listening - Techniques for active listening
12:15-13:00	Lunch Break
13:00-15:00	- Expressing Honestly - Strategies for honest expression without blame or judgment

*Evening recommendation: Symphonic Concert @ Filarmonica Banatul, 7 pm

Day 5 – Advanced NVC Skills

09:00 – 10:30	- Handling Difficult Conversations - Strategies for managing challenging interactions
10:30-10:45	Break
10:45-12:15	- Mediation and Conflict Resolution - Techniques for mediating disputes
12:15-13:00	Lunch Break
13:00-15:00	- NVC in Personal Relationships - NVC in the Workplace - Feedback Session & Graduation

*Evening recommendation: Opening of the exhibition "At the edge of the world" @ Art Encounters, 7 pm



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Don't miss:

- the Museum of the Communist Consumer
- the Arts Museum
- the Village Museum
- a Spa day
- Kayaking on Bega river
- Visiting Recas Winery
- Gelato di Bruno ice cream
- Iulius Town
- Opera night

The training plan is subject to change based on the needs and expectations of the participants.

The social activities recommended for each day are optional and will be updated one week before the start of the training.