

## Assertiveness at the University

### Preliminary training plan

#### Day 1 – Understanding the basic concepts

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Presentation of the trainer</li> <li>- Presentation of the participants</li> <li>- Expectations</li> <li>- Presentation of the training program</li> <li>- Administrative aspects</li> </ul>
10:30-10:45	Coffee Break
10:45-12:30	<ul style="list-style-type: none"> <li>- Presentation of the universities of the participants</li> </ul>
12:30-13:30	Lunch Break
13:30-15:00	<ul style="list-style-type: none"> <li>- What is assertiveness? The role played by balance</li> <li>- Benefits of being assertive</li> <li>- Value Yourself and Your Rights</li> <li>- Voice Your Needs and Wants Confidently</li> </ul>

\* Evening recommendation: Taste the local artisanal beers @ Bereta Taproom & Bottleshop  
// Listen to some vinyl @ Viniloteca

#### Day 2 – Conflict management

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Types of conflicts</li> <li>- Conflict management techniques</li> </ul>
10:30-10:45	International Coffee Break
10:45-12:15	<ul style="list-style-type: none"> <li>- Conflict Management as a Mind over Matter</li> <li>- Cognitive problem</li> </ul>
12:15-13:00	Lunch
13:00-15:00	<ul style="list-style-type: none"> <li>- Group exercise: practice teamwork, conflict management and assertiveness</li> </ul>

\* Evening recommendation: Visiting the Village Museum before 6 pm // Visiting the Arts Museum before 6 pm



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### Day 3 – Cultural Immersion

#### *First 10.000 steps*

10.00 – Meet & Greet your guide  
10.00 – 12.15 Walking City Tour #1 (700 Market, Jewish Quarter, Liberty Square, St. George Square, Union Square, Victory Square)  
12.50 – 13.50 **Museum of The Revolution**  
14.00 – 15.30 *Traditional Romanian Lunch*  
15.30 – 16.30 Walking City Tour #2 (Fabric District)

#### *Next 5.000 steps*

16.30 – 17.00 visiting the Faber Cultural Center  
17.00 – 17.20 **Boat trip**  
17.20 – 18.00 Walking City Tour #3 (Elisabetin District)  
18.20 – 18.50 **Communist Consumer Museum**  
18.50 – 19.00 – Tram ride to Liberty Square  
19.00 - *Dinner*

### Day 4 – Understanding others

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Skills for effective communication (listening, understanding, reception, expression)</li> <li>- Assertive communication - the key for understanding</li> </ul>
10:30-10:45	Coffee Break
10:45-12:15	<ul style="list-style-type: none"> <li>- Understanding other people's behavior</li> </ul>
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- A professional „self” through effective intercultural communication</li> </ul>

\* Evening recommendation: Hidrocycle on Bega // *Fără filtru* Rock Concert @ Manufactura, starting at 8 pm, free entrance

### Day 5 – Offering and Receiving Feedback

09:00 – 10:30	<ul style="list-style-type: none"> <li>- Types of feedback</li> </ul>
10:30-10:45	Coffee Break
10:45-12:15	<ul style="list-style-type: none"> <li>- Using assertive communication to deal with negative feedback</li> </ul>
12:15-13:00	Lunch Break
13:00-15:00	<ul style="list-style-type: none"> <li>- Practicing giving and receiving feedback</li> <li>- Feedback session &amp; Graduation</li> </ul>

\* Evening recommendation: Movie night @ Iulius Town // Opera Night



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**Dinners will be @ Jack's Bistro at 7 p.m.**



**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.**