



Erasmus+

TRAINING COURSE

WHERE IS MY MIND?

TURKU, FINLAND

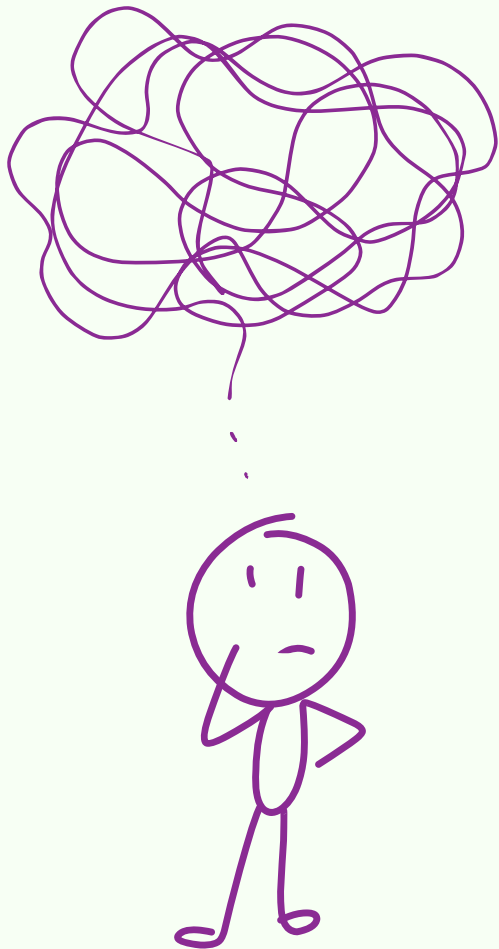
9.-15. SEPTEMBER 2025



Youth Association DRONI
for and with young people

ABOUT THE PROJECT

The project aims to create a safe and empowering space for youth workers to embark on a journey of self-discovery and personal development. The project seeks to enhance the mental well-being, self-awareness, and communication abilities of youth workers, which are essential skills needed to meet the challenges they face in their professional lives. Given that youth work can be a demanding profession filled with emotional strain and heavy workloads, the project focuses on equipping participants with practical strategies to manage stress, encourage resilience and develop healthier personal and professional relationships.



OBJECTIVES

We will introduce mindfulness practices and other mental well-being strategies that enable us to maintain emotional balance, cope with stress, and prevent burnout. In detail this project will talk about:

- Awareness about mental well-being
- Self-reflection techniques to assess the strengths, emotions, and aspirations
- Setting personal and professional learning goals
- Communication skills
- Empowering personal and professional development
- New methods for mindfulness in youth work
- Creating a digital guide book for youth workers and trainers
- Networking between youth workers and trainers from different organisations



PROJECT DATES

08.09.

TRAVEL
TO
FINLAND

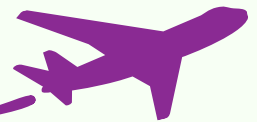
09.09. at 9 AM
ARRIVAL AT
THE VENUE

09. -15.09.

TRAINING
DAYS

16.09. at 8 AM

DEPARTURE



PROGRAMME



DAY 1
Introduction
Team Building
and Orientation

DAY 2
Me and the Others
Self discovery and
changing our
perspective

DAY 3
Building Connection
communication,
emotions and
consent

DAY 6
Now we Know
Summary and
dissemination
planning

DAY 5
We are Whole
Mental health
awareness and building
resilience

DAY 4
Feeling Nature
Hiking Day to reflect,
connect, and feel

DAY 7
What a Week
Presentation, evaluation
and celebration

COUNTRIES



Finland: Yhdessä-Yhdistys Together-Association Ry



Georgia: Youth Association DRONI



France: CONCORDIA Auvergne



Ukraine: Civic organisation development center

PANGEYA ULTIMA



Spain: Asociación cultural YOUROPÍA



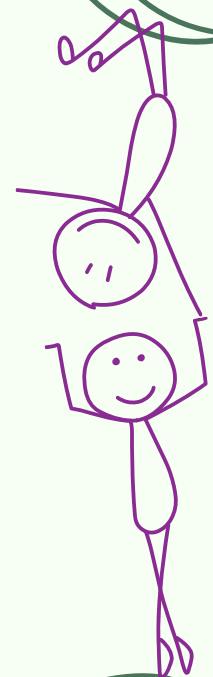
Bulgaria: Sdruzhenie ALTERNATIVI INTERNATIONAL



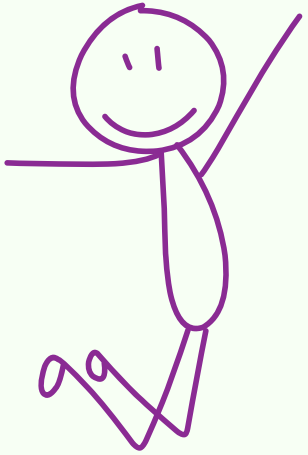
Moldova: Asociatia obsteasca centrul republican GUTTA-CLUB



Azerbaijan: AKSIOM Telim Tedris Merkezi



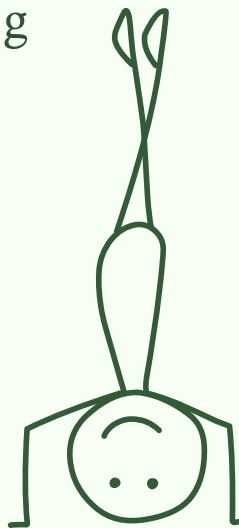
PARTICIPANT PROFILE



We will create a group of participants that are open for a new experience, can learn from each other, want to develop new skills, and will support each others development. We will be 24 participants, 2 trainers and 2 support staff with different backgrounds and experiences, of different genders and ages.

You can apply, if you:

- Have a high interest in the topic of mindfulness
- Are a youth worker, youth leader, or working with young people in any context
- Are motivated to be actively involved in all project phases
- Are aged 20 or above
- Are able to communicate in English



TRAINERS



Ana

has over five years of experience working with young people and developing projects focused on mindfulness. Skilled in facilitating diverse groups and creating authentic connections, with a strong commitment to supporting personal growth and well-being through creative and engaging methods.



Johanna

has been organizing many successful events and projects empowering young people in different countries. She focuses on communication theories and mindfulness practices with a variety of non-formal learning methods to promote self awareness, improve expression and strengthen confidence.



VENUE



Merimasku, Finland (28 km from Turku)

You will be accommodated in a camping area, which is 28 kilometres from the city centre. You will be living in shared rooms with three other participants of the same gender. Each room has a separate bathroom.

Information about Turku:

<http://www.turku.fi>

We will organize transport from Turku to Merimasku for the group.



TRAVEL AND REIMBURSEMENT

All costs related to the training, travel, accommodation, food, and other practicalities will be covered by the grant from the Finnish National Agency of the Erasmus+ Programme.

Each participant is responsible for buying their own tickets (with the support of their sending organizations). Before purchasing the tickets you will need to send us potential routes and costs and wait for our confirmation.

The travel costs will be reimbursed up to the determined limit per country. Reimbursement will be done in Euros, regardless of the currency indicated on your ticket and receipt/invoice.



TRAVEL REIMBURSEMENT

Reimbursement depends on the following conditions:

1. DELIVERING ALL NECESSARY DOCUMENTS

- You have to send of all original tickets, invoices and boarding passes

2. ATTENDANCE

- You have to attend all workshops and activities of the project

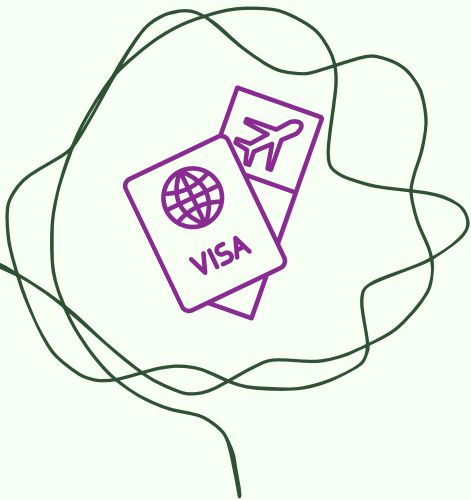
3. DISSEMINATION

- You have to create an outcome and promote the results of the project back in your home country

Finland	0
Georgia	375
Spain	375
France	375
Ukraine	340
Moldova	290
Azerbaijan	375
Bulgaria	375

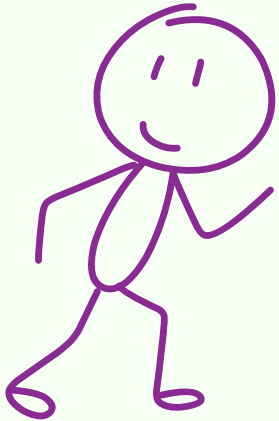


INSURANCE AND VISA



Insurance will not be covered from the programme. It is mandatory to take care of your personal insurance on your own. You can only participate in the project if you have a travel and medical insurance that is valid in Finland and during your travel. The organizers will not cover any personal health costs. If you need help with this, please contact your sending organization.

Participants from Azerbaijan will need Visa. Please contact your sending organization to help you.



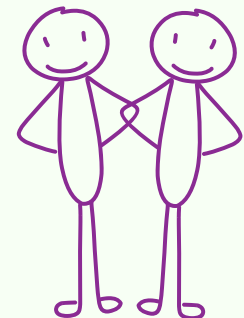
WHAT TO BRING

INFORMATION about your organisation:

Please bring information materials about the organisation and the experience you have in mental health youth work, i.e. photos and reports from former projects and further material which will help you to present your organization and your experience.

INTERCULTURAL EVENING:

Please don't forget to bring some materials to present your country, culture, traditions and place. We recommend bringing some traditional food and drinks, pictures, games, dances or songs to share with the group. You don't need to bring a lot, but try to be creative and show something that is special to you.





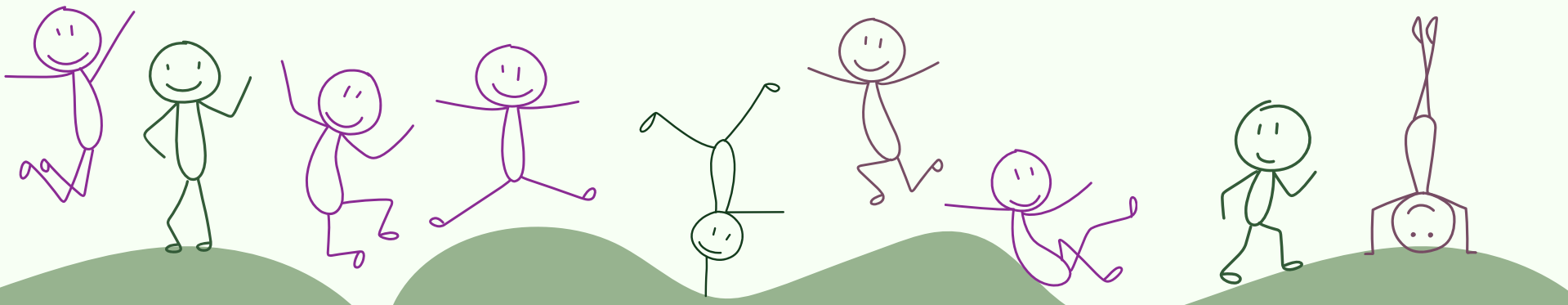
APPLICATION

If you want to be part of this project please get in touch with the sending organisation from your country first.

Then, please fill the application form by clicking [HERE](#) by 31st of May 2025.

Applicants will be selected based on their **MOTIVATION** to be actively involved in the project.

After filling out the application form you will be notified about your **PARTICIPATION** and receive detailed information about the travel, transfer to the venue and other practicalities.



In case of any questions please contact:

Trainers:

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Logistics:

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Giorgi -

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