



# BREATHE

## BOOKLET

Tools and Methodologies  
on mindfulness & nature-based activities  
for mental well-being

## **BREATHE (ERASMUS+ KA1 MOBILITY OF YOUTH WORKERS)**

This booklet equips youth workers, educators, and youth leaders with practical tools, methods, and activities to support mental health and well-being through non-formal learning rooted in mindfulness and nature-based experiences. Developed during our training in Nea Makri, Greece, these resources are designed to strengthen the capacity of youth professionals to foster mental well-being among the young people they support and among themselves.

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The project was co-funded by the European Union and the Youth & Lifelong Learning Foundation. Views and opinions expressed are, however, those of the author(s) only and do not necessarily reflect those of the European Union and cannot be held responsible for them.

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**“ONE DAY, YOU FINALLY KNEW WHAT  
YOU HAD TO DO AND BEGAN.”**

**~ MARY OLIVER**



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# ABOUT THE PROJECT

"Breathe" was a training course organised by Hellenic Youth Participation focused on the needs of youthworkers, youth leaders and educators working with young people to tackle rising mental health challenges. The project aimed to improve their ability to empower and enhance their resilience through mindfulness and nature-based practices and methodologies, such as breathing exercises, meditation, poetry, ecological collage, and botanical art.

"Breathe" was designed on the common needs and capabilities of the participating organisations and youthworkers from Poland (Fundacja Active Kids), Italy (Associazione Basilicata Link APS), Spain (Your Missing Element), Portugal (Associacao Animam Viventem), Germany (Chance - Bildung, Jugend und Sport BJS GmbH.). The project offered intensive training in the field of mental health from the trainers, while providing the space for the group to exchange good practices and be part of an international network of active youthworkers.

The impact of the training was:

- Creation of educational material through the cooperation of the participants at a European level.
- Empowering 24 youth workers, trainers with the skills to develop nature-based activities that enhance mental well-being.
- Integration of good practices and new methodologies in their daily lives.
- Innovation of education at local, regional, national and international levels by exploring the connection between body, emotions, and communication to support mental health.
- Widening the understanding of mental-wellbeing and its challenges in the current time.

The mobility took place in Nea Makri in Greece on 19-25 May 2025. The participants created tools of their own where they applied the newly learned method about well-being and shared it with the group.



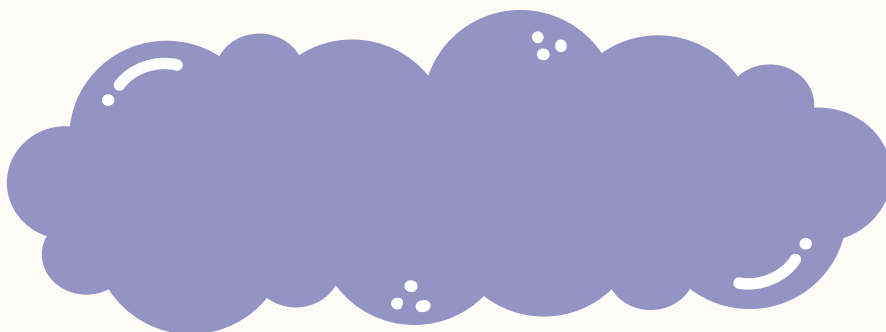
# WHY WAS THIS PROJECT NECESSARY?



Across Europe, mental health challenges among young people are increasing. Driven by growing social pressures, digital overload, environmental anxiety, as well as long-lasting effects of the COVID-19 pandemic, many young people struggle with stress, anxiety, and disconnection from themselves and their communities.

This situation calls for innovative and sustainable approaches to mental well-being that go beyond traditional support systems. “Breathe” was designed to respond to this need by providing youth workers, trainers, and educators from Greece, Germany, Italy, Spain, Poland, and Portugal with tools to promote mental wellness through nature-based activities. By strengthening the connection between body, emotions, and communication, the training helps participants support young people in managing emotional stress, building resilience, and reconnecting with the natural world.

Mental health services are currently overstretched and often inaccessible. Youth workers play a crucial role in early intervention and community-based support. This course empowers them to become agents of change, using accessible and non-formal education methods to promote psychological well-being. Ultimately, “Breathe” contributes to healthier, more connected, and more emotionally resilient societies across Europe.



# OBJECTIVES OF THE PROJECT



“Breathe” was designed to respond to the growing mental health challenges faced by young people in Europe by empowering those who support them.

It included enhancing the understanding of mental well-being and the various social, emotional, and environmental factors that influence it, among 24 youth workers, trainers, and educators from across Europe. It also focused on the development of practical skills for designing and facilitating nature-based activities that promote mental health by fostering deeper connections between the body, emotions, and communication.

The project aimed to establish a European support network that connects youth workers and educators with shared values, tools, and goals in order to create a strong community of practice committed to promoting mental well-being. We wished to inspire long-term impact by motivating youth workers to integrate mental health and well-being into their regular work with young people.

Part of the former established networking objective was co-creating a toolkit of at least 10 innovative, nature-based activities that can be used and adapted across different contexts to promote mental well-being in a meaningful and accessible way.

Through the above objectives, “Breathe” aimed to build a foundation for more resilient, mindful, and emotionally aware youth work across Europe.



# THE TRAINERS

## ELENI KARDAMITSI



She is an experienced trainer and educator with more than 20 years of experience working with teams of young people in Athens. She is a Salto trainer, a ToTtie and a freelance trainer for the British Council, European National Agencies and NGOs. She believes in the power of people coming together towards social change. Since 2012, she has coached 200 local events and 30 youth initiatives. She focuses on supporting actions which will construct a world where everyone cares and acts. Nature-based activities and connection to nature in urban frameworks are part of her usual youth activities. She is co-author of the book "Mindfulness and nature: a tool kit for youth work"



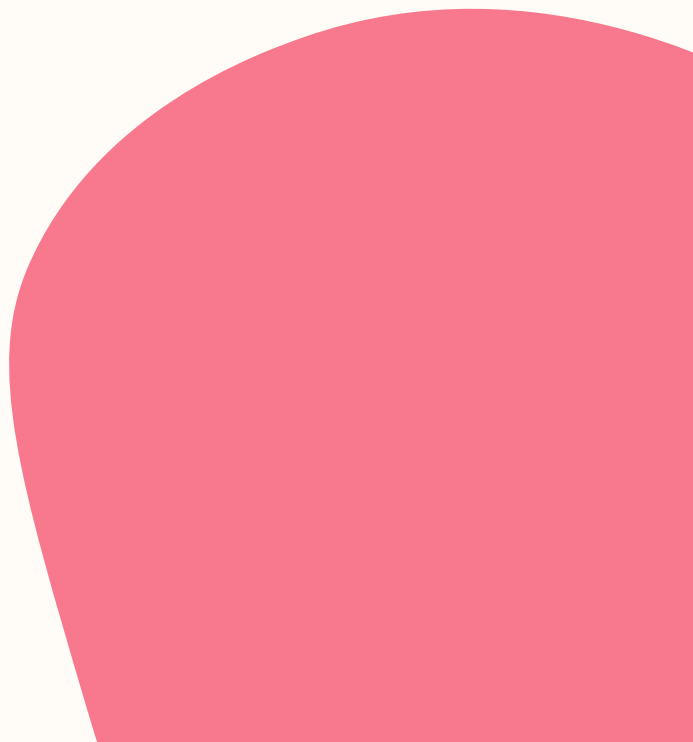
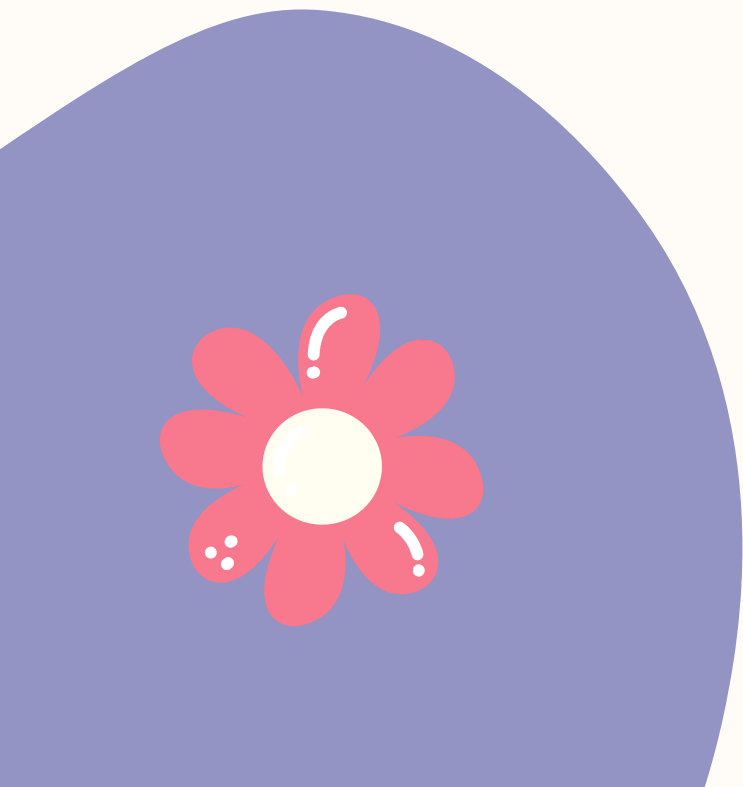
## SARA MARZO

She has 10 years of experience in international project management and youth work. A trainer and facilitator, she specialized in mindfulness, green mindfulness, eco-psychology, and nature-based methods. She practices and guides meditation and mindfulness sessions within the organization at local and international level for five years. She is the co-author of the book "Mindfulness and nature: a tool kit for youth work" realized during the project KA2 "Mind your mind: Synergies between mindfulness and nature-based methods". She is a youth worker and volunteering project coordinator dealing mostly with youth from disadvantaged backgrounds.





## THE TOOLS





# GUIDE TO THE TOOLS



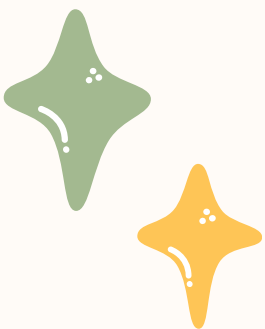
This booklet was created to provide innovative educational material and useful tools and methods on how to enhance the understanding of mental well-being among youth workers, through non-formal learning based on awareness and activities in nature. It includes 10 tools that can be freely modified to meet your group's needs. The style of description varies according to its creators, which can inspire you to find your own style to facilitate activities, too.

Since the field of mental health requires special care, we strongly recommend that you adapt the intensity or even the whole activity to your group while observing your team at all times. Consulting a mental health professional is also recommended in order to support the needs of your participants and create a safe space for exploration and non-formal learning.

Invest time in creating a safe space before applying the tools, so participants can take advantage of their benefits. Some tools may be triggering for some people, so informing them about potential triggers and creating a plan for what to do if this happens is essential. Permission for physical touch or proximity should be given before starting some activities.

Most activities can be implemented indoors and outdoors. It is advised to implement them in the natural environment for the added benefits on mental health. When adapted indoors, pay special attention to creating a “natural” feel in the space by adding leaves, rocks, flowers, spices, and other natural elements. Background music with sounds of nature or relaxing instruments is also recommended.

We hope you enjoy this booklet as much as we enjoyed creating it!





*Natalia, Irina & Stefania*

# 01 INNER VOICE



## Overview

This tool is about raising awareness, looking deeply inside yourself, and listening to your soul.

## Objectives

- To identify your personal needs and motivations.
- To reflect on your current state and setting clear personal goals.
- To recognize underlying questions or concerns that may not have been previously acknowledged.

## Tips for implementation

It is better if participants know each other to some degree. If mirrors are not available for everyone, the front camera of their smartphones can also be used.

### Materials

Papers, markers, pens.

### Duration

30 minutes

### Ideal venue

The beach, close to nature





## TOOL DESCRIPTION

### Part 1

Participants are invited to find their own place silently. Participants sit down and begin a period of quiet breathing. During this time (2–3 minutes), the facilitator remains silent. This moment helps transition them into a reflective, grounded state.

### Part 2

Once participants are settled, the facilitator guides them through a meditation (8–10 minutes). Participants close their eyes, begin to breathe deeply, and are guided inward using a spoken script focusing on breath, body awareness, and self-reflection. The goal is to support participants in connecting to their emotions and inner voice.

### Part 3

After the meditation, participants are invited to stay silent and take a sheet of paper and a pencil. They are given 5–8 minutes to draw, write, or symbolically express what they discovered, felt, or heard during the meditation. This could be a word, an image, a sentence, a color, anything that represents their “inner voice” at that moment.

### Part 4

Once the drawings or writings are complete, the facilitator guides the group step-by-step to fold their paper into a simple origami boat. This transforms their expression into a symbolic object, something they can hold, carry, and later release.

### Part 5

Each participant is asked to find a small symbol from nature (like a leaf, stone, flower) that represents something they want to carry forward from this experience like an intention, a strength, or a message. They then place this natural item inside their origami boat.

### Part 6

Participants are given the freedom to choose what they want to do with their boat. Options include: releasing it into water, placing it in nature, taking it home, or leaving it in a spot. This final step allows participants to conclude the experience in a way that feels meaningful, either through letting go or honoring what they wish to keep.



*Irina, Janka, Panayiota & Justyna*

## 02 ART WITH NATURE

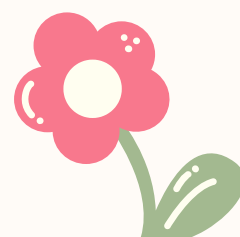
### Overview

This tool is designed to support emotional release, self-awareness and interpersonal connection through a symbolic process with natural elements.

### Objectives

- To stimulate creativity,
- To express emotions,
- To encourage self-reflection
- To accept and acknowledge emotions, learn to manage and cooperate with emotions

Materials	Stones and eco-friendly material
Duration	50 minutes
Ideal venue	The beach



## TOOL DESCRIPTION

### Part 1

Begin with a moment of stillness. Take deep breaths, listen to nature, and reflect on the emotions you wish to process or release. Connect with nature.

### Part 2

Find a rock that resonates with you. One that feels right to use for emotional expression.

### Part 3

Use markers or pastels to draw or write on your rock. Represent emotions, problems, or thoughts you wish to release.

### Part 4

When ready, throw the rock into the sea as a symbolic act of letting go.

### Part 5

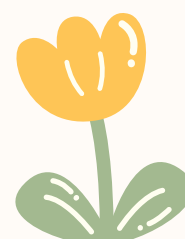
Now, find a new stone that symbolises something positive about yourself: a strength, a dream, or a source of hope. This is your power stone.

### Part 6

Facilitators provide an additional set of stones. Each participant selects one and reflects on a compassionate message they would give to a friend. Draw, write, or symbolise this message on the stone, something encouraging or kind. Then, gift this stone to the person on your left as a gesture of care and connection.

### Part 7

Reflect & close: In pairs or small groups, share your feelings about the experience. What emotions surfaced? What are you taking with you? How can this help you move forward?



# 03 MINDFUL EXPRESSION - NATURE, ART AND EMOTION

## Overview

This tool aims to support emotional expression and group cohesion among individuals with mental health challenges through art and mindfulness. It is about Art Therapy and Mindfulness.

## Objectives

- To facilitate emotional expression via nature and creativity
- To provide a brief mindfulness experience in a safe space
- To encourage group bonding through shared artmaking.

### Materials

Large paper, glue, tape, scissors, pencils

### Duration

45 minutes

### Ideal venue

The beach





## TOOL DESCRIPTION

### Part 1

The facilitator welcomes the group and offers a short overview of the session's purpose, which is to explore emotions and inner states through mindful interaction with nature and creative expression. This grounding helps participants shift their focus from external distractions to a calm, inward awareness, preparing them for the nature-based experience.

### Part 2

Participants are invited to take a silent, mindful walk around the area to collect small natural objects that speak to them or represent a certain feeling or thought. These could include leaves, flowers, twigs, feathers, stones, or shells. Encourage participants to stay present and tune in to their emotions as they collect. The objects will later become part of a collective artwork.

### Part 3

Back in the central space, the group gathers around a large sheet of paper, fabric, or natural canvas (e.g., a large flat rock or a piece of wood). Participants collaboratively place their collected objects onto the surface, arranging them into a symbolic mural or nature mandala. Participants are free to silently contribute or briefly explain their choice of object and placement, depending on the group's comfort level.

### Part 4

The group gathers in a circle around the completed collage. The facilitator invites brief sharing from those who feel comfortable:

- What did you notice during the walk?
- Did any emotion shift or deepen through the process?
- How does the mural reflect the group's collective inner world?

### Part 5

To close, the facilitator may guide a short calming ritual, such as a collective breath, lighting a candle, or a quiet minute of gratitude and stillness, to honor the shared experience.



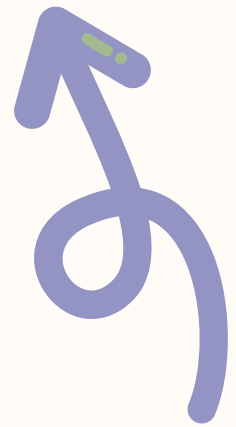
# 04 FIND MY VOICE

## Overview

This tool is for people who want to build confidence and a sense of collectivity through singing. It can also be used as a starter before other activities. The focus is on creating a relaxed atmosphere where everyone feels welcome to participate. Simple vocal exercises and group songs help break the ice and energise the group.

## Objectives

- To gain confidence through voice exploration
- To build a sense of togetherness and collectivity
- To find the power in combining voices
- To build the team



### Materials

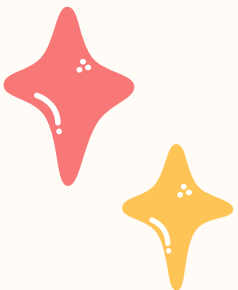
Blindfolds, speaker, lyrics

### Duration

30 minutes

### Ideal venue

Indoors



## TOOL DESCRIPTION

### Part 1

Set the tone of the tool as a space for self-expression and collective confidence-building. Emphasise that this is not about singing ability, but about the freedom of the voice.

### Part 2

First activity: a listening and movement game using only sound cues. Participants will be blindfolded and try to find the facilitators who are calling out a repeated phrase from different spots: “Find your voice.” Highlight that this exercise builds trust, awareness, and connection to voice.

### Part 3

Voice & Breath Warm-Up (5–6 minutes). Begin with simple breathing exercises to activate energy and calm nerves. Deep belly breaths, sighs, humming, ssss, and shhhh sounds. Follow with vocal warm-ups: Lip trills, sirens, and call-and-response using sounds like “ya-ya” or “ma-ma.” Connect breath, body, and sound to build vocal confidence.

### Part 4

Group Singing with lyrics (8–10 minutes). Introduce a simple song that encourages group participation. Focus on the chorus first, repeating it until the group feels comfortable. Use printed lyrics or phones if needed. Emphasise expression over perfection, and encourage everyone to sing freely together.

### Part 5

Closing and reflection (2–3 minutes). Invite the group to reflect briefly with a single word describing how they feel now. Reinforce the power of using one’s voice. Not just for singing, but for life. End with a short, empowering sentence for everyone to say together: “My voice is powerful. My voice is mine. I trust it.”





# 05 POWER OF THE SENSES

## Overview

This tool aims to raise young people's awareness of their senses and their online behaviour, and to encourage reflection on its content.

## Objectives

- To trust the senses and strengthen contact with them
- To encourage young people to reflect on the information they receive through social media critically.

Materials	Questions about social media, paper, pens, materials to mark the route, blindfold
Duration	50 minutes
Ideal venue	Indoors / outdoors



## TOOL DESCRIPTION

### Part 1

At the beginning, you ask questions about media and social media (How often do you spend time on social media? Do you believe what you see there?)

### Part 2

You mark a starting point and a destination (e.g., with tape or something similar...). The person must walk the route four times (they don't have to know this). You let the person walk the route once, without instructions.

### Part 3

The second time, they walk blindfolded. The goal is for the blindfolded person to stop at the destination on their own.

### Part 4

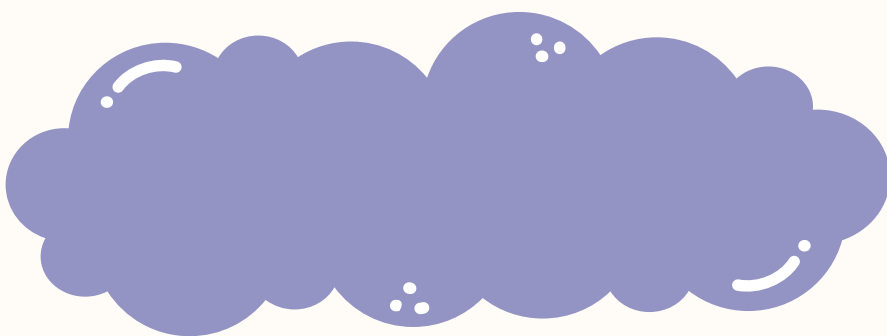
The third time, the person walks the route with open eyes. Beforehand, they are given the following instructions: to breathe deeply and use their senses to remember the distance to the destination.

### Part 5

The last time, the person walked blindfolded and tried to reach the destination again.

### Part 6

After walking, the following questions are asked: How are you feeling after this experience? Did the result surprise you? Did your senses deceive you? Is the internet/social media deceiving you?)



# 06 BODY AND NATURE CONNECTION: MIRRORS IN MOTION

## Overview

This tool allows participants to explore the textures, shapes, and colours found in nature, and the mirror images of them that we can find in our own bodies.

## Objectives

- To build body-positivity & confidence
- To build a connection with nature
- To look for connections between the body and nature
- To observe the relationship between our bodies and nature
- To take a closer look and reflect on the nature around us

### Materials

Phones, natural elements

### Duration

30 minutes

### Ideal venue

Outdoors



## TOOL DESCRIPTION

### Part 1

Participants sit in a circle. The facilitator introduces the tool's purpose: exploring the connection between self and nature, inspired by early Greek philosophers like Thales, Heraclitus, and Anaximenes, who believed that nature holds the essence of all existence.

### Part 2

Participants close their eyes and are guided through a meditation, focusing on the details of their bodies. They are then asked to select one part of their body that stands out to them. With that part in mind, they explore the natural surroundings to find an object that visually or symbolically resembles it. They take a photo of the natural element, and optionally, of the body part itself.

### Part 3

If participants can not find a literal resemblance in nature, they are encouraged to find something that metaphorically connects to their chosen body part, perhaps something that shares an energy, feeling, or story.

### Part 4

Back in the circle, participants form pairs and engage in 30 seconds of silent eye contact. Then, they exchange phones and take a photo of a feature they appreciate in their partner (e.g. eyes, smile, hands). This is done quietly and respectfully, and phones are returned without explanation.

### Part 5

Participants now search again in nature. This time to find an object that reflects the part of their partner they photographed. After returning to the circle, they switch partners again. Each person gives their new partner one minute of compliments about their appearance and personality, while the listener remains silent and simply receives the words.

### Part 6

Group reflection (how do they feel about the activity, which emotions were felt, how do they feel their connection to natural objects and their bodies).

# 07 CONNECTING HEARTS

## Overview

This tool encourages finding emotional stability, wellbeing, inner peace, body connection, interconnection with the environment, and developing inner expression.

## Objectives

- To support young people in self-regulating in difficult emotional situations.

Materials	Paper, pens, natural items
Duration	45 minutes
Ideal venue	Outdoors



## TOOL DESCRIPTION

### Part 1

Connecting to the heart. Find a quiet space. Sit or stand comfortably. Close your eyes if it helps. Place your hand over your heart. Bring gentle awareness to that area. Breathe slowly and deeply through your nose, imagining each breath moving directly into your heart space. Ask yourself silently: “What am I feeling right now in my heart?” Don’t analyse, just notice.

### Part 2

Breathing with the heart. Begin with the same position as above (hand over heart, eyes closed or softened gaze). Inhale for 5 seconds, exhale for 5 seconds. Keep it smooth and even. Visualise your breath moving in and out of your heart area. After a few breaths, bring to mind a positive memory or feeling (gratitude, love, calm). Stay in this breathing pattern for 3–10 minutes.

### Part 3

Eco-somatic practice (choosing a totem in nature and exchanging/breathing with it). Go outside to a park, forest, garden, or any natural space. Let your body guide you and walk slowly until you feel drawn to a specific element (tree, rock, plant, stream, etc.). Sit or stand nearby. Observe it without judgment. Notice shape, colour, movement, and texture. Breathe deeply and match your rhythm to the environment. Imagine an exchange of breath or energy between you and the totem.

### Part 4

Express inner voice (seeing/feeling/writing/drawing). Settle into a quiet space after one of the above practices (e.g., heart breathing or eco-somatic connection). Ask inwardly: “What wants to be expressed right now?”.

# 08 INNER MOVEMENT

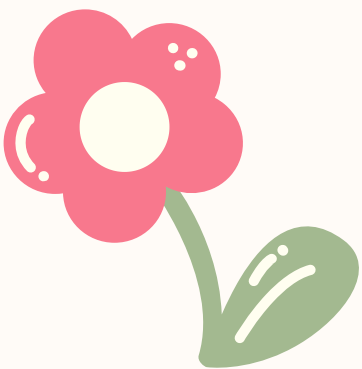
## Overview

This tool is for those who want to have an awareness of their identity. People who are addicted to technology. Young people experience stress, anxiety, emotional blocks, self-esteem issues and people who have been victims of violence.

## Objectives

- To get in touch with/ be aware of your own Inner Movement
- To recognise that your body is an important part of you
- To manage emotions

Materials	Speaker
Duration	30 minutes
Ideal venue	Indoors





## TOOL DESCRIPTION

### Part 1

Welcome the group with a short energiser/warm-up to relax the body's muscles, especially the back. For example, invite the participants to go in a circle, lay their hands on the back of the person in front of them, and start “making a pizza” for them, after asking for consent and only if they agree.

### Part 2

Participants choose a partner they feel safe and comfortable with. This person will be their “support angel.” Standing face to face, they look into each other’s eyes in silence. A gentle, kind smile is welcome. The invitation is to recognise something beautiful or inspiring in the other, and to embrace that quality in oneself. Then, they slowly make gentle contact through the hands.

### Part 3

Partners take their roles: one as the “mover,” the other as the “support angel.” The angel gently places one hand at the top of the partner’s back (near the neck), and the other on the lower back, only with consent and after checking for comfort. Eyes close. The music begins. The mover begins to explore subtle movements. The angel remains still and present, simply holding space through grounding touch. After a few minutes, roles are switched.

### Part 4

Everyone gathers again in a circle. Those who feel called can share something from their experience, emotions, realisations, or body sensations.

# 09 POETRY SEEDS



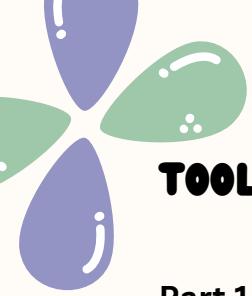
## Overview

This tool is a playful initiation of creativity using natural elements and metaphors to inspire young people to express

## Objectives

- To feel empowered to experiment with something new
- To express creatively
- To experience a connection with nature

Materials	Paper, pens, colours, speaker, poems
Duration	60 minutes
Ideal venue	Indoors / Outdoors



## TOOL DESCRIPTION

### Part 1

Prepare the space so that it is calm and welcoming, with music and scents to help the participants land and open up. Invite participants to walk slowly and silently around the space for 5 minutes. Then ask them to notice what their senses pick up in sounds, colours, smells, and textures. After 5 minutes, invite participants to pair up and share what they noticed while they are still moving in the space. Invite participants to share in the circle something that they noticed today that they hadn't seen before.

### Part 2

Initiate this part by asking participants to sit or lie on the floor with their eyes closed. Then read some poems with vivid imagery of nature, for example, from Mary Oliver and Joy Harjo. Read the poems slowly, pause and stress the parts that create images. Ask the participants (who still have their eyes closed), "What image stayed with you?, Which feeling do you have?, What sound is still in your ears?" Provide some colours and paper so that participants can express without aiming to create something concrete.

### Part 3

Participants are now invited to express themselves in a poetic way. The facilitators provide some ideas, such as "I am a tree who... The wind told me... I come from... What I cannot say out loud is... This is how I feel, in colours... My culture smells like / sounds like / tastes like...". If the session is held outside, they can gather natural element that resonates with them.

### Part 4

The session concludes with the participants reading their poems to the group. The facilitator explains that the important part is the presence, and participants are encouraged to respond with a thank you, without feedback or interpretation.



# 10 WEATHER REPORT

## Overview

This tool is a creative non-threatening exploration of emotions using imagery from the weather.

## Objectives

- To expand their vocabulary of expression
- To create a common space of creation
- To practise active listening

### Materials

Speaker, a flipchart paper per 4 participants

### Duration

40 minutes

### Ideal venue

Outdoors (can be adapted indoors)

## TOOL DESCRIPTION

### Part 1:

Prepare the space so that it is soft and atmospheric, and invite participants to lie on the floor in silence for 5 minutes. Then ask them to pay attention to the climate of the space and their bodies. What is their temperature? Do they feel warm or chilly? Which internal winds or sensations are active now?

### Part 2

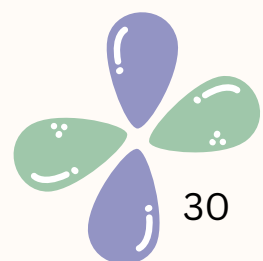
Participants are now invited to move in the space a bit and form groups of 4 people. The facilitators hand out a flipchart paper and markers for each group. They explain that this paper represents the sky and the endless horizon. Then the participants are invited to represent their inner climate with colours, shapes (such as clouds) or symbols. They stress that the goal is expression; no drawing skills are required.

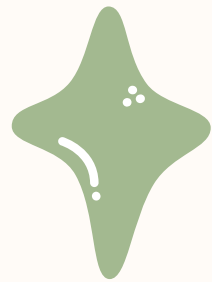
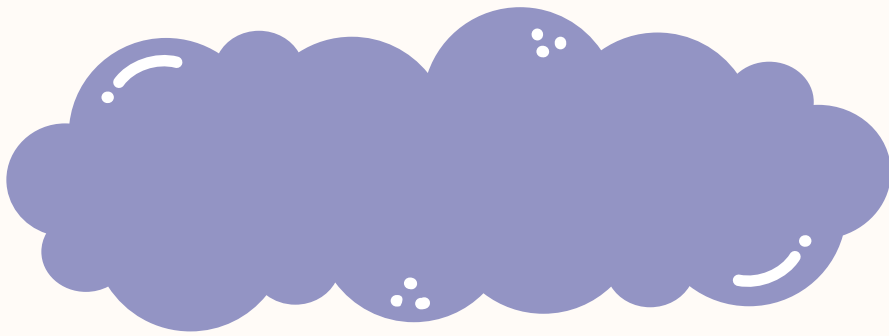
### Part 3

Participants are now invited to express themselves by writing a short personal forecast using metaphors. For example: “a calm sea after the storm”, “winds of change are picking up in Greece”, “a necessary rain is watering our fields”. Then participants are asked to add an element that may support them, for example, softer winds, warmth instead of heat, rain that nourishes instead of overwhelms, steadier grounds. The facilitators clarify that this element comes from a space of support, not of forced positivity.

### Part 4

The session concludes with a reflection in trios. The prompts may be “What surprised you today? How does thinking in weather metaphors make emotional expression easier? How can you use this activity in your everyday life?”





*"We can use this opportunity of sharing and meeting each other to build more cultural bridges! That way when we are at home, it is easier to share and live peaceful lives with people of different cultures." - S.DS.*



*"For me, nature is to be here, to be in this moment." - D.G.*



*I work in Tech, but in these sessions I have learned how to connect with nature, and I know I have the power to connect the technological and natural parts of my life." - M.L.*

*"I will implement the breathing exercises from this training course into my daily life because it helped me fight my anxiety and panic attacks" - D.G.*



*"After this project, nature is part of me." - N.M.*

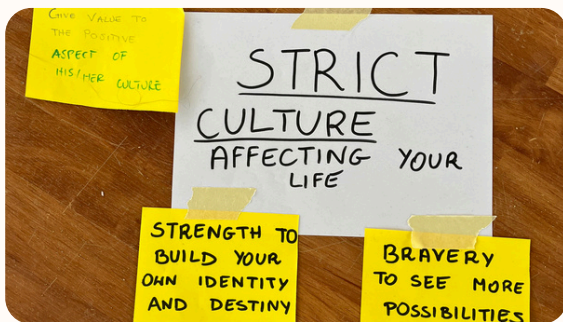






*"Art is a beautiful way to connect all cultures and it is a beautiful exercise to visualize how you feel." - S.DS.*

*"I learned how to be with myself, how to collaborate with others, that I am whole, and that I can continue to work on myself." - P.K.*



*"I feel more connected with nature. I discovered that the rhythm of the waves in at sea is the same as my breath. It helped me relax and I will use this discovery at home to relax more." - S.DS.*

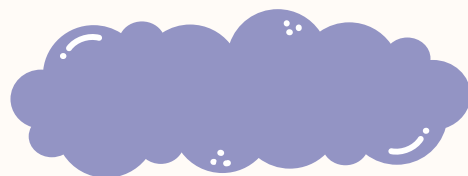
*"The whole day was like a present of the universe for me." I think I got inspired by everyone. Thank you for inspiring me." - P.K.*



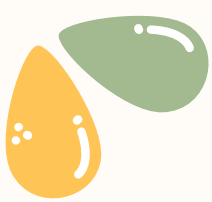
*"It was a truly eye-opening experience that allowed us to share our thoughts and experiences openly and break down stigma. This honesty was incredibly meaningful to me and gave me the space to express myself authentically." - M.S.*



*"Even though I didn't have this kind of connection back in my country the guides here made every new thing welcoming and us feel accepted at every moment. Thanks for everything!." - M.Z.*



*"Very, organized, profesional and artistic." - A.C.*



# PARTNERS OF BREATHE

We would also like to mention and thank the wonderful partner organisations that made this training course possible.

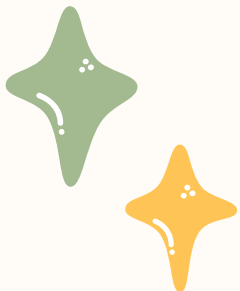
**POLAND: FUNDACJA ACTIVE KIDS**

**SPAIN: YOUR MISSING ELEMENT**

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**ITALY: ASSOCIAZIONE BASILICATA LINK APS**

**PORTUGAL: ASSOCIACAO ANIMAM VIVENTEM**



Contact us at [info@hellenicyouthparticipation.com](mailto:info@hellenicyouthparticipation.com) to see how we can support you in bringing these tools to your own environment.



## HELLENIC YOUTH PARTICIPATION



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