

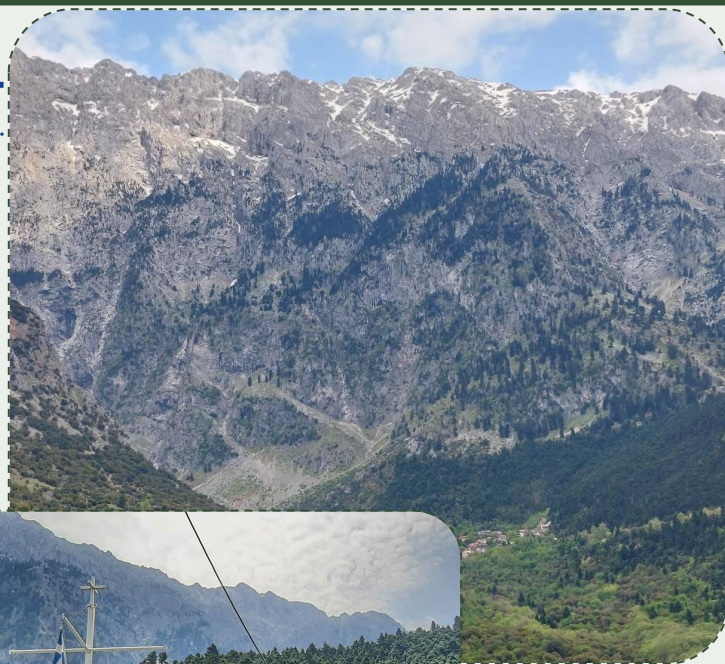


Erasmust+
Enriching lives, opening minds.

Mountain First Aid

Training Course Program

27th of September- 5th of October
2025



Mountain First Aid is an immersive **Erasmus+ Training Course** designed to ignite leadership, strengthen outdoor skills, and foster a deep sense of sustainability among **youth workers, young professionals, and young people with fewer opportunities**.

Rooted in **experiential learning**, the program offers **practical, real-life experiences** that promote **self-confidence, cooperation, and purposeful leadership**. Set in the breathtaking region of **Raches and the Vardousia Mountains in Lamia, Greece**, this course is more than a training—it's a **transformative journey** back to **nature, community, and one's self**.

Whether you're passionate about **youth empowerment, outdoor learning, ecological awareness, or social inclusion**, **Mountain First Aid** offers a **unique opportunity** to **grow, contribute, and lead with heart**.

Together, we'll face physical and mental challenges that push us beyond our comfort zones, while also exploring deep and meaningful ways to reconnect—with **ourselves, each other, and the world around us**.



What we will do

During Mountain First Aid, you'll engage in a rich combination of practical training, team activities, environmental action, and personal exploration, all designed to develop leadership, cooperation, and responsibility.

This 9 day project begins with 4 days at a seaside glamping site in Raches, Lamia. Participants will stay in luxury tents, learn essential first aid and survival skills from the Rescue Team, and enjoy cultural exchange, local traditions, and water activities.



Then, we move to the mountains Pindos for a multi-day expedition with hiking, trail restoration, herbal learning, and team tasks. Participants will rotate through roles like cooking, organizing gear, and group care—building cooperation, leadership, and resilience.

01

Day 1-4: First Aid Training and Outdoor Survival Training



First Aid Training

You'll be trained by certified rescue professionals to ensure that every activity is safe and that you are fully prepared to respond in emergency situations. The first aid sessions will cover:

- How to use an Automated External Defibrillator(AED)
- What to do if you find someone unconscious
- How to clean and treat wounds
- How to perform the Heimlich maneuver (saving someone from choking)
- Basic and advanced CPR (Cardiopulmonary Resuscitation)



Outdoor Survival & Orientation

The **rescue team** will guide us through the dangers of mountain environments and teach us essential outdoor skills, including:

- **Respecting nature** and minimizing our environmental impact
- **Orientation and map reading** techniques
- **Building your own compass** using natural materials



Team Building Activities

- Dreamcatcher Weaving
- Backpack Packing & Survival Essentials
- Village Exploration & Community Engagement
- Sports & Evening Cultural Exchange





02

Day 5-8:
Mountain is
calling...



Phase 2: Mountain Adventure

- Locations: Vardousia Mountains
- Accommodation: Scout Refuge
- Goal: Restore a mountain trail and bring it back to life for future hikers—guided by the expert team of Terra Pindus and powered by our own hands and teamwork!



Activities

Hiking and Mountain Safety



Trail Restoration and Marking

Clean the path and leave a lasting impact on the Pindus Trail !

Herbal Expertise Local Flora and Its Uses



Experiential Learning and Team Dynamics

- Orientation Exercises
- Treasure Hunt



Experiential Learning and Team Dynamics

You will bond with your fellow participants through:

- Shared responsibilities and caring for each other
- Working in small teams to divide tasks and collaborate effectively
- Practicing both leadership and followership
- Engaging in creative team-building games, riddles, and problem-solving challenges



What is the Pindus Trail?

Terra Pindus is a social cooperative founded out of a deep love for the Pindus Mountains and a strong commitment to protecting their natural and cultural heritage.

Their main mission is to revive and promote the historic and scenic trails of the Pindus mountain range by restoring forgotten paths and creating the Pindus Trail—a long-distance hiking route that connects 12 regions across northern and central Greece.

Since 2018, with the support of volunteers and local communities, the team has been working to clean, mark, and reopen old trails, combining exploration with education and environmental awareness.

Terra Pindus believes hiking is not just tourism—but a way to reconnect with nature, history, and rural life in a meaningful and sustainable way.

<https://bit.ly/PindusTrailPresentation2024-EN>





03

Day 9: Travelling back Home



Departure Information

Please note that **you will depart directly from the mountains to Athens** to catch your return flights. For this reason, if you get selected, we kindly ask you to **book your flights carefully**, ensuring you allow enough time to reach the airport **without any issues**.

Make sure to check the **flight timing guidelines** and **travel reimbursement rules** on the following pages before confirming your booking.

Your cooperation helps us ensure a smooth and stress-free departure for everyone!



Objectives of the Training Course

Authentic Leadership

Leadership starts with self-awareness and grows through collaboration and action. Leadership is not about position, but about purpose, empathy, and shared responsibility.

Action-Based, Nature-Fueled Learning

- Engage in real-life first aid training in outdoor settings.
- Contribute to trail restoration and environmental stewardship.
- Solve problems and test leadership through hands-on challenges in nature.

Empowerment Through Self-Discovery

- Deepen emotional intelligence and self-understanding.
 - Clarify personal values, boundaries, and motivations.
- Foster initiative, confidence, and ownership.
- Tune into physical, emotional, and mental well-being.

Accommodation Day 1-4:

You will arrive on the 27th of September in Raches, Lamia where our training course will begin. We will be accommodated in NISI Glamping, a Glamping site located in Raches beach, with direct access to the sea and immersed in the Greek Nature. We will be staying in sustainable Bell Tents equipped with bed linens and towels. Meals and activities will be held in the Glamping for the first 4 days. Participants will share tents of 3-4 people with same-gender participants. On the 1st of October we will head to the mountains!

You can see more info about NISI here :
www.nisi.com.gr



Accommodation Day 5-9:

We will be sharing and managing the scout refuge together with the trail team, making it a fully self-organized experience.

As part of the project, we'll split into smaller groups and take responsibility for our own survival—managing food, planning the daily schedule, and supporting one another. It's a chance to be creative, work as a team, and enjoy the mountains that are generously hosting us. This is an opportunity to step out of your comfort zone, test your limits, and truly live in connection with nature.



Accommodation Day 5-9:

We will cook our own meals, with guidance and support from the experienced trail team, who will also teach us about trail marking and mountain safety.



Target Group

- a youth worker/volunteer/trainer of our partner organization experienced in youth work , Age: 18+
- good English language skills
- good physical condition open for outdoor challenges (hiking, sleeping outdoors, climbing...)
- ready to be fully available and present during the program in body, mind and spirit and spend
- time without digital technology
- ready to meet, cooperate and share their knowledge and experience with other young people from Europe
- Feels a strong calling for this topic and motivation to contribute and explore together
- involved in outdoor education field, experienced outdoor instructors as well as less experienced, beginners in this field are welcome to apply
- have a sending organization from their country involved in Erasmus+ program (it is necessary to send contact from the sending organization)

WHAT TO BRING

When packing for our training course it is good to remember that you will be living an active lifestyle. Focus on function, not fashion! We will spend most of our time outside. Therefore, make sure that you are well prepared for the weather conditions. The following list should support you not to forget anything important!

- synthetic clothes, that can dry fast (for the expedition) and/or wool items warm layers, leggings
- T-shirts for our work and expeditions (to change them regularly)
- wind catcher
- toiletry, slippers, towels for shower
- pajamas
- headlamp or torch with extra batteries
- sun glasses/ski goggles, lip balm, sun Screen
- headlight (with extra batteries)
- personal medication (if needed)
- European Health Insurance Card

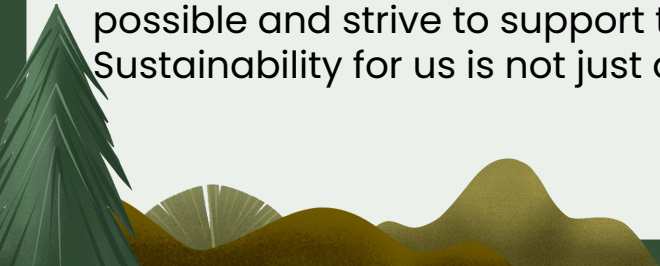
- waterproof hiking boots suitable for winter conditions
- sport shoes
- slippers or any kind of indoor shoes
- big backpack (50-60l) for the expedition and a small backpack (20l) for day hikes
- min. 1 liter water bottle (PET bottle)
- personal mug, thermos (1l)
- winter hat, 2 pairs of gloves (1 thin, 1 thick)
- raincoat / waterproof jacket
- clothing according to the weather, enough for the 9 days

WHAT TO BRING

Please do NOT bring items that are highly valuable or irreplaceable. It is best to bring only necessary and easily replaceable possessions. Please do not bring alcohol or illegal drugs of any kind. Please do not use sensitive electronic devices during the program. Please check the weather forecast before packing and take into consideration, that in the mountains will be 5-10 degrees less than in the city of Lamia. Equipment is mandatory for this project to happen!

Sustainability

Sustainability is a core value of our project. Taking responsibility for our environment means approaching every aspect of our activities with care and awareness. We aim to buy most of our food from local shops or farmers, reduce waste and avoid trash, and use resources like energy and water responsibly. We also encourage the use of public transport whenever possible and strive to support the local community through our choices and actions. Sustainability for us is not just a concept—it's a daily practice woven into everything we do.



Travel Reimbursement

You have to check the European distance calculator:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

The reimbursement depends to the distance, you can find the right amount in the following chart:

Travel	<p>Contribution to the travel costs of participants, including group leaders, accompanying persons and facilitators, from their place of origin to the venue of the activity and return.</p> <p>Below 500 km, participant will, as a general rule, travel with low-emissions means of transport</p> <p>Financing mechanism: contribution to unit costs.</p> <p>Rule of allocation: based on the travel distance and number of persons.</p> <p>The applicant must indicate the distance between the place of origin and the venue of the activity¹¹⁴ by using the distance calculator supported by the European Commission¹¹⁵.</p> <p>For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total.¹¹⁶</p>	Travel distance	Green travel	Non-Green travel
		10 – 99 km	56 EUR	28 EUR
		100 – 499 km	285 EUR	211 EUR
		500 – 1999 km	417 EUR	309 EUR
		2000 – 2999 km	535 EUR	395 EUR
		3000 – 3999 km	785 EUR	580 EUR
		4000 – 7999 km	1188 EUR	1188 EUR
		8000 km or more	1735 EUR	1735 EUR

Participation fee

IMPORTANT:

For your participation in this training course be aware that we only can cover your actual travel costs which are proven through tickets, boarding passes, invoices etc. following the rules of the Erasmus+ program. You will be picked up by bus in Athens center or at the airport of Athens. The bus will also bring you back to Athens after the project. Please keep in mind to stay minimum of 50 euros under the travel budget to save it for the bus. That means that with the participant fee we will keep 50,-€ of the travel reimbursement (from the actual travel expenses) to cover the costs for the bus and the sport activities!!

IMPORTANT for the flight times

Please send us the detailed flight BEFORE you book them! We will give you the final GO to book! If not, we cannot ensure to reimburse the money.

Keep the following informations in mind while searching for flights:

Arrival 27.09.2025

Pick up in Athens center: 5pm from Athens center

Pick up at the airport on Athens: and 6pm from Athens airport.

Departure 05.10.2025

Departure time for flights: not earlier than 2 pm

Important Information

Best practice

During the activity we want to learn from each other and therefore every participant is invited to share best practice examples. **Please get prepared to run a little presentation/activity to share your experiences, special approaches, challenges,...**Let us know what you need for that so that we can help you to prepare everything.

Intercultural exchange

We want you to present your country and culture with the project group. So please be prepared to share and to do this in the way you prefer (Music, cooking, singing, dancing,.....). We will support you as best as possible, you just have to tell us what you need. We will help you to get in contact with participants from your country.

Planned agenda

Will be announced latest in the beginning of the project.

Public relations

For us, and we think for all our partner organizations, it is necessary to be visible. To support this we ask you to send us the logos, address, instagram name, facebook and contact information of your organization so that we can add them to our reports, postings etc!

Farewell

Activities:

- Reflection and Celebration
- Strengthen Friendships
- Prepare for Departure

Key Takeaways

- **Personal Growth:** Skills in first aid, navigation, and teamwork
- **Cultural Exchange:** Share and learn from diverse cultures
- **Nature Connection:** Experience the beauty of Greece's landscapes
- **Legacy:** Contribute to community and environmental preservation

APPLICATION FORM: [CLICK HERE](#)

Thank you!!!

Websites:

<https://www.support4youth.eu/>
<https://www.wheeling2help.com/>

Instagram: <https://www.instagram.com/support4youth.eu/>
<https://www.instagram.com/wheeling2help/>

Facebook:

<https://www.facebook.com/support4youth/>
<https://www.facebook.com/Wheeling2help/>

Support4youth.eu, Langthalerstraße 8, 4664 Laakirchen Tel.: +43 650 944 13 64, sup-port@gmx.at

APPLICATION FORM: [CLICK HERE](#)