

Info Pack



Nature connects

Training Course

Vienna and Wurzeralm, Austria

12-19.09.2025

for 20 youth workers

What is it about

Our “Nature Connects 2025” training course offers a unique opportunity to experience how people can get more deeply connected with themselves and others through the transformative power of nature and shows methods and techniques how to use this in youth work.

After spending the first few days in Vienna, we’ll head to the mountains, leaving behind the hustle and bustle of everyday life. In this peaceful setting, you’ll have the chance to explore a deeper connection with yourself while building meaningful friendships and international networks.

The program integrates a variety of activities designed to strengthen your bond with nature and foster personal growth. From group hikes and mindfulness practices to nature-based team-building challenges, participants are encouraged to step out of their comfort zones and push their personal boundaries.

But “Nature Connects 2025” goes far beyond outdoor experiences. A core focus of the program is bringing together youth workers from diverse cultural backgrounds. Through intercultural workshops, collaborative projects, and open exchanges of experiences and traditions, we cultivate an atmosphere of mutual respect, understanding, and cooperation.

This training course is not only a journey of personal development—it also equips you with practical tools and methods that can be integrated into your daily youth work. You’ll gain insights into how to help young people reconnect with nature, raise their awareness of ecological issues, and inspire them to take responsibility as active, conscious citizens.

Apply through our Google forms link and be part of this amazing opportunity:
you’ll find the link below

Objectives of the "Nature connects 2025"

Training course:

Our association, Support4youth.eu, is proud to host a training course called "Nature connects 2025" in September 2025 as part of the Erasmus Plus program. This program offers youth workers a unique opportunity to get to know themselves and others through the transformative power of nature while pursuing fundamental youth development goals.

Goals of the program:

1. *Relieve social system stress through empowerment:* By participating in activities that promote personal development and self-awareness, the participants will be empowered to actively shape their own lives and better address social challenges. By giving participants the tools and the self-experience to support young people in pursuing their goals, gaining more self-esteem and leading a self-responsible life, we contribute to reducing the long-term reliance on state support.
2. *Strengthening inclusion:* Our training course brings together youth workers from different cultural backgrounds and with different life experiences. Through intercultural activities, joint projects and the exchange of traditions and perspectives, we create an inclusive environment in which diversity is celebrated and prejudices are broken down. By creating a platform for mutual understanding and respect, we strengthen a sense of belonging and promote a more inclusive society.
3. *Raising awareness of our responsibility towards the environment:* In the midst of picturesque landscapes and away from the hustle and bustle of everyday life, participants have the opportunity to develop a deeper connection with nature. Through activities such as group hikes, meditation and mindfulness exercises and team-building challenges in nature, we aim to raise awareness of the beauty and vulnerability of the environment. By giving the participants the opportunity to experience and appreciate nature, we aim to inspire them to make responsible choices and take an active role in protecting and preserving the environment and to implement this more in their youth work.

4. *Promoting self-reflection:* through the experience of being close to nature, participants will have the opportunity to get to know themselves better, recognize and challenge their own strengths and weaknesses.
5. *Building intercultural skills:* The program aims to promote intercultural exchange and understanding of different cultures and traditions. Participants will broaden their own cultural perspectives and develop an open attitude towards other cultures.
6. *Strengthening teamwork and communitarian sense:* Through joint activities and challenges in nature, participants will learn to work effectively in a team, promote cooperation and take responsibility for the common wellbeing.
7. *Building social skills and interpersonal relationships:* By sharing and living together with other young people, participants will strengthen their communication skills, develop empathy and build valuable friendships and international relationships.
8. *Promoting personal growth processes:* The program aims to support participants in their personal development by stepping out of their comfort zones, mastering new challenges and thereby developing their self-confidence and skills. This will help them in their daily life and give them tools they can implement in their youth work.
9. *Raising awareness of the importance of physical and mental health:* Through various activities in nature, participants will learn the value of their physical and mental health, reduce stress and focus on well-being.
10. *Transition:* The self-experience, methods, tools, and approaches experienced during the program will be reflected upon and discussed, empowering the participating youth worker to apply them confidently in their daily work.

Summary

The "Nature Connects" training course offers not only a unique opportunity to experience the beauty of nature and build meaningful international relationships, but also aims to empower the participants to use nature as a powerful tool to increase the quality of their work.

By implementing the gained knowledge the participants can help to foster social inclusion, and environmental awareness. The program helps participants to make a positive impact on their communities and environment, and gain practical knowledge they can apply in their professional youth work.

What we will do

Activities during the training course "Nature connects 2025":

1. *Getting to know each other and getting started with the topic:* we will meet in **Vienna** on the **12th of September** to get to know each other and start working on the training's topic. We will explore the qualities of different places in our capital city in relation to mental health and well-being.
2. *Transfer to upper Austria:* on the **15th of September** we'll go by bus to Spital am Pyhrn and take the **cable car to Wurzeralm**, our destination for the remaining days.
3. *Joint nature hikes and exploration tours:* explore the breathtaking natural surroundings together with the other participants, discover hidden treasures of nature, learn about the national park nearby and the unique qualities of this special environment.
4. *Inspiring meditation and mindfulness exercises:* Learn techniques to calm down in the midst of nature, become more aware of yourself and fully enjoy the moment.
5. *Team and adventure games in nature:* Strengthen your confidence and teamwork through exciting activities and challenges in nature that promote cohesion and communication.
6. *Intercultural workshops and exchange:* Get to know the diversity of other participants' cultures, share your own traditions and experience the cultural richness of an international community.
7. *Creative workshops:* Develop your artistic talents in workshops such as environmental arts or nature crafts and give free rein to your creativity.
8. *Time for reflection and self-reflection:* consciously take time to think about your personal development, reflect on your experiences and gain new insights about yourself.
9. *Sharing of best practices:* We invite all participants to share their knowledge and best practices through interactive discussions and activities.
10. *Final event and farewell ritual:* Celebrate the shared experience and new friendships during a final event and a special farewell ritual to cement the wonderful memories.

How to apply

- 1) **Record a short video** with your phone and answer these two questions:
 - Why do you want to join “Nature Connects 2025,” and what do you hope to gain from it?
 - How do you think connecting with nature can support youth development?
- 2) Please **upload your file to Google Drive, Icloud etc.**, set the sharing settings to "Anyone with the link can view", and **paste the sharing link** into the relevant section of the application form (link below).

If you run into any issues, feel free to reach out to us for help.

IMPO: Make sure your **video** is **no longer than 2 minutes**.

- 3) **Fill in this [Google Form](#)**

Selection Process

When the application is closed (see the deadline on Salto) every applicant will get an E-mail with further information, latest 5 days after the application deadline!

Planned agenda

The detailed agenda is currently being developed and will be tailored to the skills and needs of the selected participants. It will be shared as soon as possible with the selected participants.

The arrival day is Friday, 12th September, and the departure day is Friday, 19th September.

12-15/09 > we stay in **Vienna**

15-19/09 > we are in the mountains at the **Wurzeralm**

Public relations

Visibility is important to us—and we believe it is for all our partner organizations as well. To support this, please send your organization's logo, address, Instagram account, Facebook page, and contact information so we can include them in our reports, posts, and other communications.

Accommodation

From the **12th to the 15th of September** we will stay at the [HI Hostel Vienna Brigittenau & Brigittenau Youth Palace](#).



From the **15th to the 19th of September** we will continue our project at the [Landes-Jugendhaus Wurzeralm](#).



Selected participants will receive a comprehensive information pack including details about travel accommodations, the program schedule, and more after the application process.

Useful links:

- [Youth hostel in Vienna](#)
- [More info about Vienna](#)
- [Accommodation in the Wurzeralm](#)
- [Cable car to the Wurzeralm](#)

Transfer from the Airport

To reach the accommodation in Vienna from the airport, you can use public transportation, including trains, S-Bahn, and the underground.

We will provide detailed instructions once we have received all travel information from the selected participants through the next steps.

For your flight back a bus will bring you from the Wurzeralm back to Vienna airport on the 19th of September.

Travel costs

The travel costs are budgeted according Erasmus+ conditions. We only can reimburse the actual travel costs that are proven with tickets, boarding passes, invoices etc. and included in the lump sum. Once you give us all your travel documents we can reimburse these costs.

Participation fee

Also, a participation fee of €50 will be retained. We will keep these 50,-€ when we transfer the travel reimbursement after the project.

Intercultural exchange

We invite you to present your country and culture to the project group (ideally together with your fellow participants from your country) in a way that feels best for you—whether through music, food and drinks, singing, dancing, or any other form of expression. We would also love for you to share a story, legend, or tradition from your country or local area that connects to the project's themes—such as sustainable habits, nature-related legends, or community and communal values.

We will support you as much as possible; just let us know what you need.

Your travel and the reimbursement

Arrival time: Please ensure you **arrive at Vienna airport no later than 7 pm**.

Departure time: Please arrange your **flight for 2 pm or later**.

Before booking your travel, you must be selected as a participant after submitting the Google form ([Google Form](#)) and will get all the needed information in a separate mail and another google form to share more details with us.

Do not book any tickets before you have the Ok to do so from us!

We will transfer the travel reimbursement after the project once we have received all your tickets and invoices, your documentation of one project day, and your completed survey in the beneficiary tool.

The details about the reimbursement procedure will be shared with all participants after the selection process.

In case of green travel (e.g. train or bus), participants may be eligible for a higher reimbursement. Only economy class and public transportation are eligible. Taxis and first-class tickets are not refundable. Participants are encouraged to plan their trip carefully and keep all receipts and boarding passes.

More detailed information will be provided in the info shared upon selection.

Check the [European Distance Calculator](#) to determine the distance between your home and Vienna.

Your travel reimbursement will be based on this distance. You can find the corresponding maximum reimbursement amounts in the chart below.

Travel	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. Below 500 km, participant will, as a general rule, travel with low-emissions means of transport Financing mechanism: contribution to unit costs. Rule of allocation: based on the travel distance and number of persons. The applicant must indicate the distance between the place of origin and the venue of the activity ¹¹⁴ by using the distance calculator supported by the European Commission ¹¹⁵ . For itinerant activities, the applicant should add up the distances between individual venues and choose the distance band corresponding to the total. ¹¹⁶	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

What to bring with you

Comfortable and warm clothes and shoes

Make sure to bring comfortable clothes for (outdoor) activities. Once in the Wurzeralm we will be up to 1.500m from the sea level and it might be colder than in the valley. **Don't forget a rain jacket**, do not bring only an umbrella. An umbrella will not work during our outdoor activities! Please also bring waterproof hiking shoes. When it is raining sneakers etc. will not work for you!

Personal insurance

Insurance cover for personal effects is the responsibility of the individual participant. You are recommended to ensure that you have adequate medical and travel insurance to cover the period of your stay in Austria.

Proof of all the Travel Expenses

For the travel reimbursement you will have to keep all travel documents. After the selection we will share detailed information about the reimbursement procedure.

Materials about your Organisation:

During the training course, we want to provide the opportunity to learn more about all partner organizations. Therefore, we encourage you to bring relevant materials—such as English-language brochures, leaflets, or any other informative resources about your organization.

Best practices

During this training course, we aim to learn from one another, so each participant is invited to share its best practices. Please be prepared to give a brief presentation highlighting your experiences, unique approaches, challenges, and insights.

Let us know if you need any specific support or materials so we can make the necessary arrangements.

Sustainability

Taking responsibility for our environment, we try to run our activities sustainably. This means integrating eco-friendly practices into every aspect of our work.

For example:

- Sourcing most of our food from nearby shops or local farmers
- Minimizing waste and avoiding unnecessary trash
- Preventing food waste
- Using resources like energy and water responsibly
- Choosing public transportation whenever possible,
-and more!