

## ***Be Where Your Feet Are: Mindfulness and self-care practices***

Training Course | Hungary, 8-16 May 2026 (days of travel included)



### **Aim**

The primary objective of our project is to equip youth workers with practical tools, knowledge, and experiences that empower them to promote resilience and well-being among young people. The project aims to address the growing mental health crisis, foster a holistic connection with nature, and empower youth workers with the knowledge and tools needed for sustainable, impactful youth work. Our goal is to create a supportive community, encourage lifelong learning, and contribute to the long-term development of youth work practices. The project will culminate in the co-creation of a comprehensive toolkit, a tangible resource that encapsulates diverse strategies grounded in self-awareness, nature connection, and coping techniques.

### **Methodology**

The methodology of this training course is based on Non-Formal Education (NFE) principles, emphasizing learning by doing. Activities are designed with clear learning objectives to ensure a coherent and effective educational process for both individuals and groups. We incorporate outdoor experiential learning, using the natural environment to enhance personal well-being and resilience. The course follows a horizontal approach, promoting equal participation and peer learning, while also integrating art pedagogy to encourage creativity and self-expression.

### **Target group**

The training is designed to meet the needs of youth workers and those in the supporting profession, particularly those engaging with vulnerable groups such as NEET young people, refugees, neurodivergent youth, and those with fewer opportunities.

**Apply here by 20 March!**

**! We are looking for participants from Albania, Bulgaria, Hungary, Serbia, Slovenia and Türkiye !**

## Food and Accommodation

All food and accommodation expenses will be fully covered by the coordinating organization.

Please note that the accommodations will be basic, with multiple people sharing large tents. The venue, Dombfalva, is remote and includes compost toilets and outdoor showers heated by solar panels.

You can get more information on the venue Dombfalva [here](#).

## Travel Reimbursement

Travel costs will be reimbursed following the completion of the mobility, once travel documentation is submitted.

Please note that the reimbursement process may take approximately 2-4 months and will be transferred directly to the bank account of the sending organization, not to the participants themselves.

## Travel Distance Calculation

The distance for travel reimbursement is determined based on the main office location of partner organizations, in line with the [Erasmus+ Travel Distance Calculator](#).

## Green Travel Option

Travel costs will be reimbursed following the completion of the mobility, once travel documentation is submitted.

Participants have the opportunity to choose more sustainable travel options, such as trains, buses, or carpooling, provided they inform the organizations in advance.



## About us

Founded in 2004, **Jatszoda Association** initially focused on supporting the development of young people with special educational needs. After a decade, the organization shifted towards cultural and eco-conscious programs, emphasizing the urgency of environmental education. The purchase of a 4-hectare property near Budapest, named "**Dombfalva**," facilitates eco-conscious programs with a strong focus on youth engagement. Actively involving young people we promote environmental education, sustainable lifestyles, community building, volunteerism, active citizenship, physical and mental wellbeing, all facilitated through non-formal educational methods and art pedagogy.



The diverse abilities of our members are a vital resource for the implementation of the association's multifaceted activities. These skills encompass developmental pedagogy, working with vulnerable young people, refugees and Roma minorities. Art therapy and pedagogy, music, dance, drama and media skills. Eco-architecture, agriculture, community development, mindfulness, meditation, and yoga.

In our experience, success comes from connecting environmental awareness with community involvement. We strongly believe that by fostering an alternative close to nature lifestyle in both our environment and communities, we can make a lasting impact not only on the lives of the youth we engage with but also within the various circles surrounding us, extending from the local community to the international stage through our programs.



## Contact us!



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