

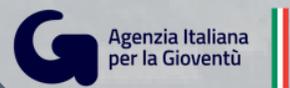
OULX, ITALY

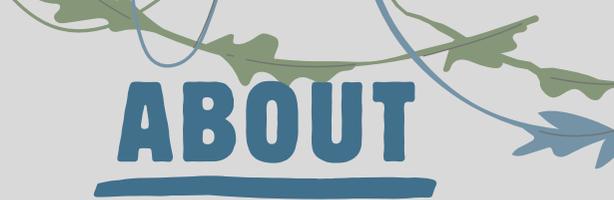
23 JUNE - 1 JULY 2026

ALTERNATIVE INTERVENTIONS FOR YOUTH



TRAINING COURSE





ABOUT



“**Alternative Interventions for Youth**” is an Erasmus+ training course (KA153) organized by WeSound APS, taking place in **Chateau Beaulard** (Oulx, Italy) from **June 23rd to July 1st, 2026**. It was created to respond to a growing need in youth work and education: strengthening social-emotional skills and emotional intelligence, often overlooked by formal learning, and providing practical alternatives to stress, conflict and burnout in educational spaces.

The project will bring together **18 youth workers from Spain, Romania, Portugal, Greece, France and Italy**. Through non-formal education, participants will explore tools such as Social-Emotional Learning, non-violent communication, mindfulness and yoga, focusing on emotional self-regulation, active listening, empathy and conflict transformation-so they can bring healthier, more respectful and supportive approaches back into their daily work with young people





INTENTIONS



During the project we intend to:

- Strengthen youth workers' competencies in Social-Emotional Learning (SEL), emotional intelligence and self-regulation, so they can better support young people in their daily practice.
- Provide youth workers with concrete tools for non-violent communication (NVC), active listening and conflict transformation, improving the quality of relationships in educational and youth spaces.
- Support youth workers' self-awareness and emotional balance through mindfulness-based approaches, helping prevent stress and burnout and promoting healthier working environments.
- Enable youth workers to design and facilitate impactful non-formal activities that respond to young people's emotional and developmental needs.
- Foster an international community of youth workers who share practices, build partnerships and spread inclusive, empathetic and sustainable interventions in their local contexts.

PARTICIPANTS

The Training course will include 18 participants from **Italy, Spain, Romania, Portugal, Greece, France**

WHO IS THIS PROJECT FOR?

Youth workers, educators and teachers aged 20+ who are motivated to strengthen emotional intelligence and well-being, deepen the connection with body, mind and emotions, and gain practical tools to use in their work and share in their communities

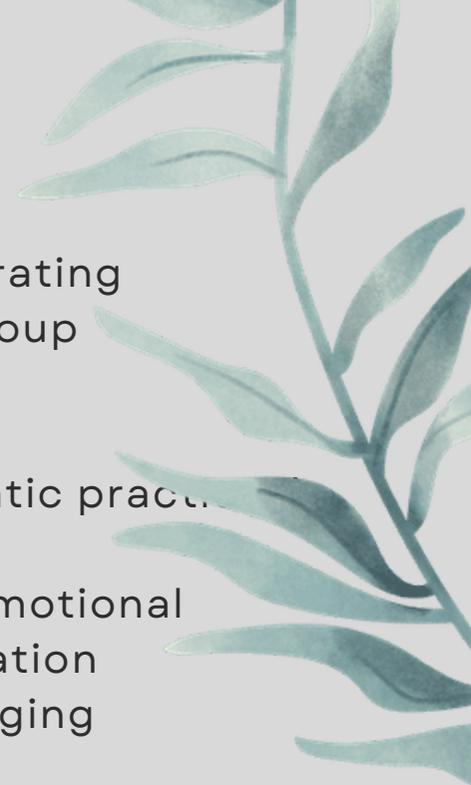
We are looking for 3 participants from each country: youth workers that are willing to get involved and be open to explore and express themselves in a group setting.

We expect you to participate in the whole programme, coming later to the exchange or leaving earlier is not allowed.





METHODOLOGY



The program will follow a **non-formal learning approach**, integrating practical experiences, peer learning and both individual and group reflection. The activities will include:

- Holistic and embodied learning (movement-based and somatic practices) to support body awareness and emotional regulation
- Emotional intelligence & SEL-based activities, focusing on emotional literacy (naming emotions, recognising triggers), self-regulation strategies, and practical tools to manage stress and challenging situations in youth work.
- Mindfulness, meditation and yoga to strengthen attention, self-awareness and emotional balance.
- Experiential workshops using sound to foster well-being, presence and facilitation processes

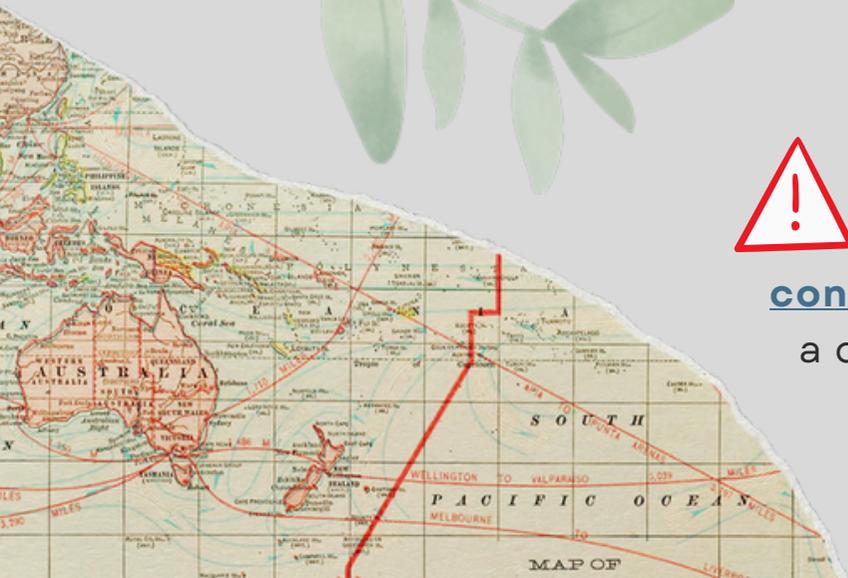


VENUE



The youth exchange will be hosted at **Casa per ferie La Cinciarella**, a cosy mountain guesthouse for groups located in the quiet hamlet of **Chateau Beaulard**, above **Oulx (Italy)**. Surrounded by meadows and forests, it offers an ideal natural setting for slowing down, reconnecting and focusing on well-being.

Participants will stay in shared rooms (5-7 pax) with shared bathrooms, and will have access to common indoor areas suitable for group workshops and evening sessions.



During the Youth Exchange, **we don't allow the consumption of Alcohol and drugs** the intention is to have a detox experience, taking care of our bodies, mind and emotions.

At the venue, WiFi won't be available.

FOOD

BREAKFAST
LUNCH
DINNER
COFFEE
BREAK

will be served in the accomodation
and it will be **vegetarian**

HEALTH REASON
(Allergies, illnesses...)

FOOD
RESTRICTION

PERSONAL REASON
(vegetarian, vegan, religious
reasons)

will be
considered



PRACTICALS

The costs of **food, accommodation and travel** during the Youth Exchange are covered by the **Erasmus+ programme**.

We encourage you to use **eco-friendly** and **sustainable** ways of travel whenever possible.

You are in charge of arranging your own insurance for your travel/stay in Italy.

In line with the Erasmus+ program and Italian National Agency you are eligible to **travel up to 2 days before and after the project** to Italy and back to your country.

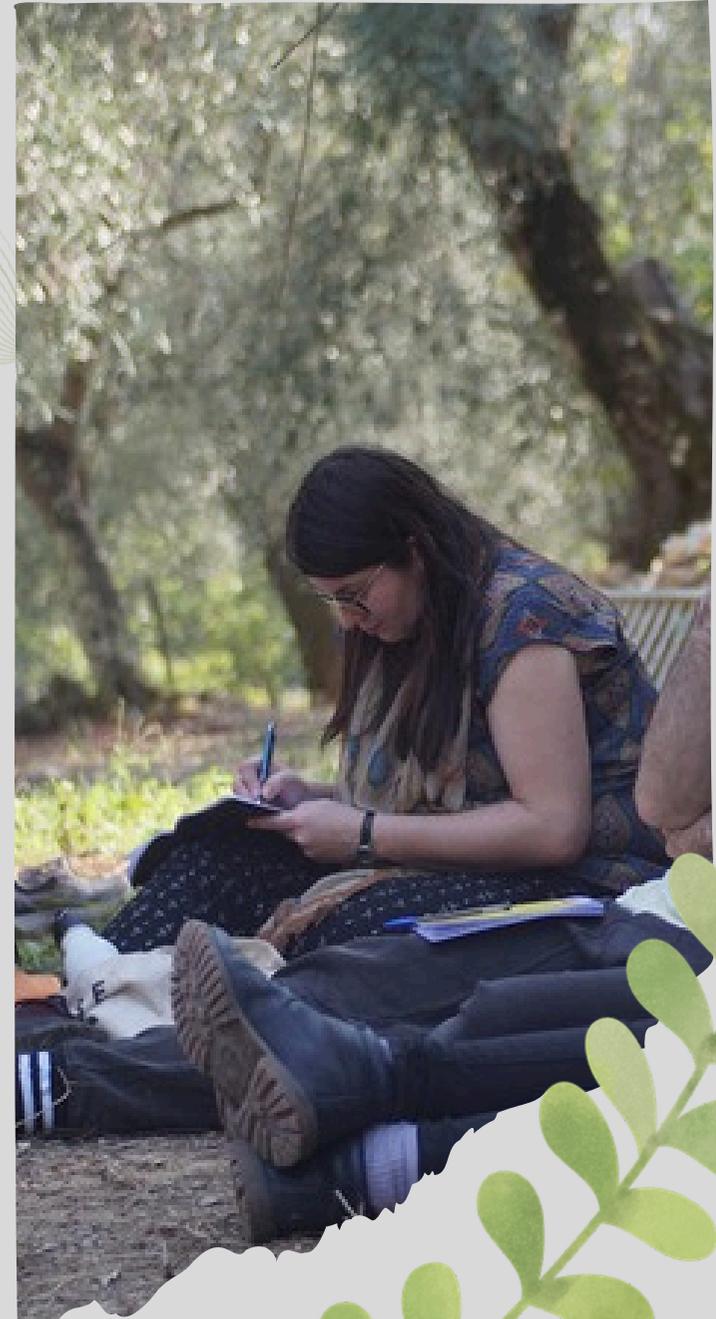


Conditions of participation

If you want to join, we need you to be there for **the whole journey**, starting with the preparation and ending with the follow up.

MORE SPECIFICALLY WE EXPECT YOU TO:

- Be active and carry out the tasks assigned to you during the project.
- Participation in the entire program is mandatory; arriving late or leaving early is not allowed.
- transfer the competences developed at this TC to your fellow Youth Workers, young people you work with and your Community;
- Ensure the wider impact of this project by implementing concrete follow-up activities and providing opportunities with and for young people in their regions and countries.
- Be aware that during the project, the use of alcohol and drugs are not allowed.

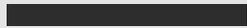




MARCH-APRIL

2026

**SELECTION &
PREPARATION**



The group will be selected and confirmed with the details. Travel planning. First preparatory tasks



JUNE

2026

IMPLEMENTATION



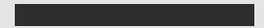
The Training Course will happen from 23rd June to 1st July. Time to experience!



JULY-AUGUST

2026

FOLLOW UP



You can now treasure what you learned during the project. Time to do your dissemination activities!



Travel reimbursement

Countries that have the **Green Travel Budget** must travel with a sustainable transport to the Venue and back home, the following means of traveling are allowed:

1-Trains and Buses

2-Carpooling

For this project, Green Travel budget is **417 EUR for: France, Spain**

The maximum travel budget **WITHOUT Green Travel is 309 EUR for: Greece, Portugal, Romania;**
this country can travel through planes also.

Travel reimbursement will be done by WeSound to each group leader or partner organization for the entire country group.

The reimbursement will occur **ONLY** after:

- **having sent the original tickets and invoices** used for the travels from your country to the venue and back home (original PDF no screenshots);
and
- **having realized and published the required dissemination material** of the Follow Up Phase of the Project.

TEAM

MOUNIR DELLAHI

Mounir Dellahi is a non-formal education facilitator, Erasmus+ project coordinator and youth worker with four years of experience, supporting international groups through participatory learning processes.

He blends music with embodied and experiential learning, using movement, presence and non-verbal communication to build trust, emotional awareness and a strong sense of belonging.

Mounir believes that investing in young people's autonomy, resilience and belonging is key to a more inclusive and hopeful future.



JANA LEAO

Jana is a Therapist for 7 years, attending individuals and groups. TEDx speaker in the university of Coimbra in 2022. CHO working on job crafting and psychological safety in work places. Instructor of Mindfulness and Yoga. She is a facilitator of Erasmus+ Projects since 2022, with the primary goal to develop social emotional abilities among youngsters.



MATTEO BOLLE

Matteo Bolle is a non-formal designer, Erasmus+ coordinator and trainer, youth leader, and educator, specializing in coaching methods for international groups.

A musician with experience in coordinating over 20 mobilities, he focuses on facilitation, coaching techniques, mindfulness, sustainability awareness and social inclusion through music.

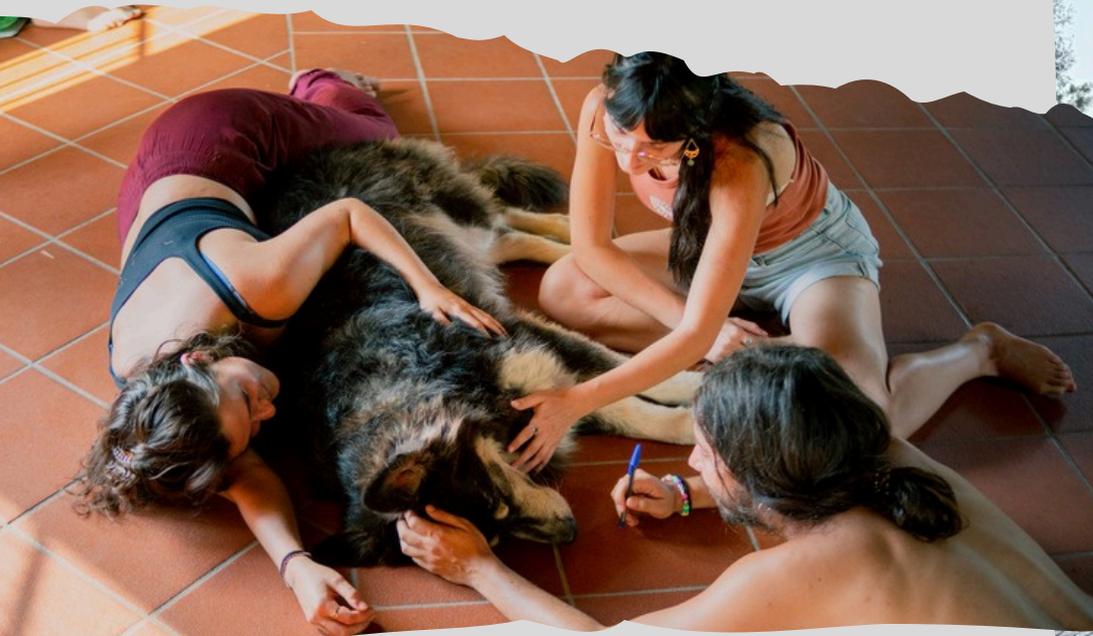
Matteo's goal is to help young people connect with themselves and others, fostering authentic relationships and encouraging self-expression free from judgment and conditionings



OUR FRIEND ROMEO.....

Romeo is an important part of our projects: a 7 year-old dog, half Maremmano and half Border Collie, who supports the group's well-being through a gentle, pet-therapy inspired presence. His calm energy helps participants slow down, feel safer and more grounded, and naturally strengthens emotional balance during intense learning days.

Romeo also helps create a warmer group atmosphere: he reduces stress, supports relaxation, and makes it easier for participants to connect, cooperate and feel a sense of belonging.



How to apply?

You can apply through the link below if you live in one of the countries involved in this project.

The application will be open until **March 10th**
click here

[CLICK TO APPLY](#)



WESOUND



WESOUND IS A COMMUNITY OF FACILITATORS, EDUCATORS, AND MUSICIANS PASSIONATE ABOUT THE TRANSFORMATIVE POWER OF MUSIC. BORN FROM THE DESIRE TO RECONNECT PEOPLE WITH THEIR INNER VOICE, BODY, AND EMOTIONAL DEPTH, WESOUND CREATES SPACES WHERE MUSIC BECOMES A BRIDGE - BETWEEN SELF AND OTHERS, BETWEEN TENSION AND HARMONY, BETWEEN NOISE AND PRESENCE.

OUR INTENTION IS TO MAKE MUSIC-BASED ACTIVITIES ACCESSIBLE TOOLS, ESPECIALLY IN THE FIELD OF YOUTH WORK AND NON-FORMAL EDUCATION, SUPPORTING YOUNG PEOPLE AND COMMUNITIES IN BUILDING CONNECTION, EXPRESSION, AND WELLBEING.

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