



Nature-Based Psychosocial Support & Resilience Building

Post-Traumatic Healing:

MAY 23–27, 2026 • KOZAN, TURKEY

Arıkan Konağı, Kozan

Erasmus+ Training Course

Welcome to Kozan

*Healing in Nature:
Embracing Growth
through Erasmus+*



Healing in Nature

This Erasmus+ Training Course brings together youth workers, educators, and social practitioners from partner organisations to explore nature-based and psychosocial approaches to post-traumatic recovery. Set in the historic surroundings of Kozan, Turkey, participants will develop practical tools to support young people affected by trauma, crisis, or displacement in their home communities.



Build skills alongside practitioners from across Europe



Learn and practice nature-based & eco-therapy methods



Experience immersive learning in the nature of Kozan



Earn your Youthpass certificate

Project Objectives

*Activities &
What to Expect
at the Training Course*



Objectives & Activities

This training aims to strengthen the capacity of youth workers to deliver psychosocial support using eco-therapy and nature-based methods. Participants will gain both theoretical knowledge and hands-on facilitation experience throughout the 5-day programme.



Understand trauma, resilience & psychosocial support frameworks



Practice eco-therapy, mindfulness & outdoor facilitation techniques



Co-create tools & activities for use in your own youth work practice



Exchange experiences with youth workers from partner countries

Accommodation & Food

Kozan Arıkan Konađı • Historic Ottoman Mansion



Night exterior — Stone walls & Ottoman architecture



Interior courtyard — Traditional wooden balconies

↪ Single or Shared rooms
(2–4 people)

🚿 Hot showers

📶 Wi-Fi (may be limited)

🌿 Peaceful garden

🍽️ Traditional Turkish meals

What to Bring

Weather: 20–28°C (68–82°F) — warm days, cool nights, possible rain

Essential Documents

- Passport / National ID
- Travel insurance
- Health insurance
- All travel receipts (SAVE THEM!)

Clothing & Gear

- Long pants (horse riding day)
- Layers for cool mornings
- Rain jacket
- Hat & sunglasses
- Comfy walking shoes
- Water shoes / sandals
- Towel & water bottle

Don't Forget

- Journal & pen
- Pocket money (Turkish Lira)
- Personal toiletries
- Open heart & smiling face! 😊

Getting There & Program Flow



Transportation

Pick-up available at

Çukurova Airport

on 22 May 2026

(time to be confirmed)



Arrival & Opening

Arrive before 19:00

on 22 May 2026

Opening Council at 7:00 PM



Program Flow

Training activities: 5 days

based on eco-therapy approach

Activity dates: 23–27 May

Travel: 22 May (in) & 28 May (out)



Confirm attendance & dietary needs by May 1 • Send flight details by May 8



Important Deadlines

May 1, 2026

Confirm attendance & dietary needs

May 8, 2026

Send your flight details to organizers

May 22, 2026

Arrive before 19:00 — don't be late! ✈️

Meet Local Youngsters!

During the training course, you'll have a special intercultural session to connect with local young people from Kozan.

 Come Prepared to Share Something!



A Song

from your culture or your favourite



A Game

a traditional or fun game to teach others



A Dance

a folk dance or move you love



An Art or Craft

draw, fold, weave — show your creativity



A Story or Poem

something meaningful from your country



A Recipe or Taste

share a food tradition from home



 This is YOUR moment to be a cultural ambassador — bring the spirit of your community to Kozan!

Quick Practical Info

This is NOT therapy, but it IS therapeutic.

Money:



Turkish Lira — bring pocket money for snacks & souvenirs

Language:



Program conducted fully in English

Youthpass:



You'll receive a certificate — great for your CV!

Visa:



EU citizens do not need a visa for Turkey

Internet:



Wi-Fi at mansion — NOT guaranteed with many participants

Dress Code:



Casual & comfortable — dress modestly when in town

Reimbursement:



Erasmus+ covers up to €309 per participant — SAVE ALL RECEIPTS!

Confidentiality:



Everything stays within the group — no forced sharing

Our Organisation & Trainers

Experienced practitioners in trauma-informed youth work & eco-therapy



Organising Organisation:

Kozan Değişim Öncüleri Derneği — based in Kozan, Turkey. Active in youth work, non-formal education & community resilience building.



Lead Trainer:

Özlem Ünlü — English teacher & experienced youth worker with training in clinical psychology. Strong therapeutic & educational background in non-formal learning.



Trainer Experience:

Both trainers have delivered Erasmus+ projects & non-formal education programmes across Europe. Previous TC topics: trauma, resilience, mental health, environmental education.



Working Languages:

Programme delivered fully in English. Turkish language support available on-site throughout the stay.



Our Mission:

Supporting post-crisis recovery & resilience through nature-based psychosocial approaches for young people & youth workers.



Co-Trainer:

Abduselam Taluk — experienced youth worker & Erasmus+ practitioner, contributing facilitation expertise and local community knowledge to the training programme.



Training Methodology:

Non-formal education, experiential learning, nature-based activities, group reflection, peer exchange & individual practice sessions.



Contact Us:

[bilgehatun01@gmail.com / ataluk@gmail.com] — questions about the programme, trainers or logistics are all welcome!

✨ See You in May! ✨

Kozan, Turkey • May 23–27, 2026

*"Nature does not hurry, yet everything
is accomplished."*

— Lao Tzu

