



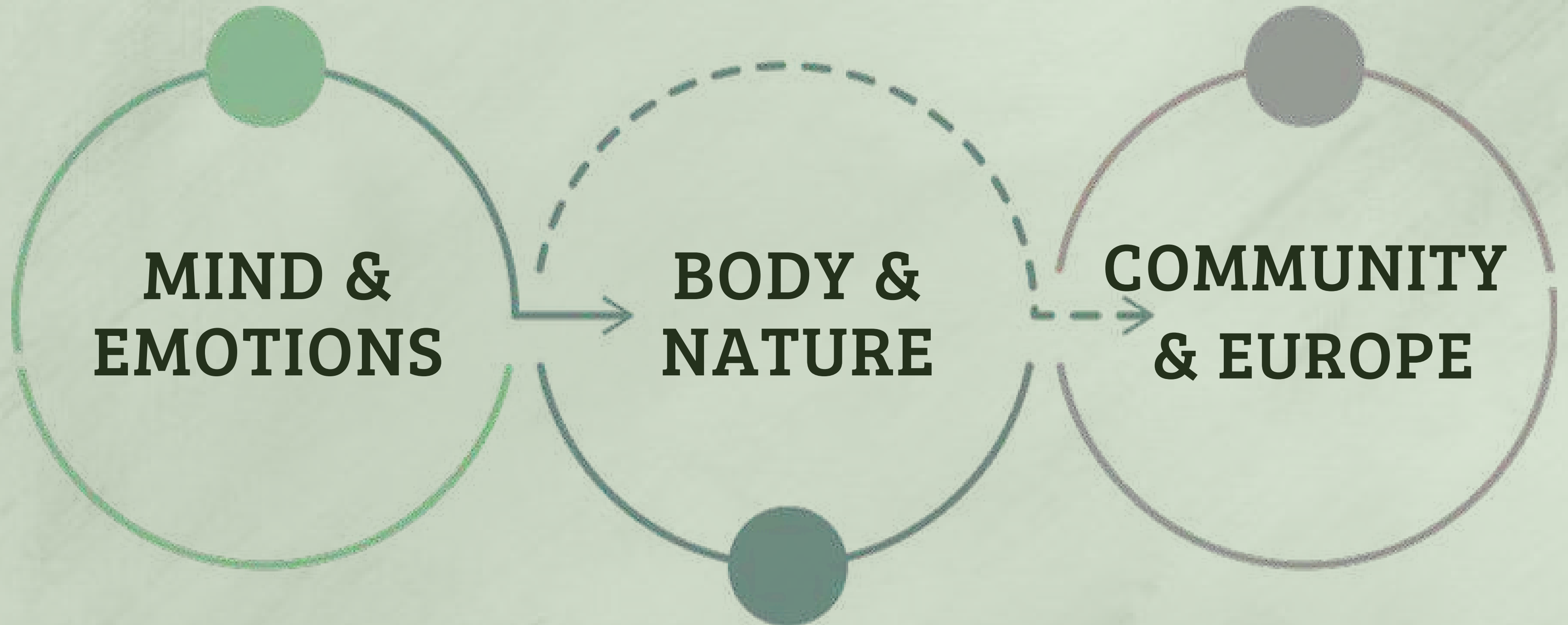
Training Course

STRONGER MINDS, STRONGER COMMUNITIES



**22nd to 28th May
ASTUDILLO (SPAIN)**

OUR 3 PILLARS



THE OBJECTIVES:

What's
in it for
you?



-Empower **youth workers** through a 360° holistic health approach.

-Transform sedentary lifestyles and isolation into **healthy habits**.

-Combat **mental health** stigma through both theoretical and practical training.

-Build a more **inclusive**, resilient, and united Europe.

EXPECTED IMPACT

- ✓ You will learn to understand your own emotions, identifying personal strengths to enhance and weaknesses to improve.
- ✓ You will acquire practical tools in cognitive therapy, stress management, and emotional regulation.
- ✓ You will enhance assertive communication to drive professional growth and leadership within the youth field.

Participating in “Stronger Minds...” requires to share the knowledge you gain with your country and community.

**ARE YOU READY TO
BUILD A STRONGER
VERSION OF YOURSELF
AND LEAD YOUR
COMMUNITY TOWARD
A HEALTHIER FUTURE?**

**If the answer is YES,
this project is for you!**

**STRONGER MINDS,
STRONGER COMMUNITIES
GATHERS 12 YOUTH
WORKERS WITH AN
INTEREST IN MENTAL
HEALTH AND YOUTH.**

**PARTICIPANTS FROM:
BULGARIA, GREECE,
JORDANIA,
ITALY,
SPAIN
& MACEDONIA**



IS THIS PROJECT FOR ME?

DURING THE IMPLEMENTATION:

- Engage fully in all non-formal sessions, workshops and group dynamics.
- Contribute to the “Open Space” session by sharing their own tools, best practices...
- Committed to sustainable practices, zero tolerance & safe space environment.

We expect 100%
commitment from
each person

AFTER THE IMPLEMENTATION:

- Each participant commits to develop/facilitate at least 1 face-to-face workshop in their community.
- Participants must help to create and distribute the project’s best practices guide.

SOCIAL MEDIA POSTS
PODCASTS, REELS
LOCAL ACTIVITIES

PARTNERS

ASOCIACIÓN CULTURAL Y CÍVICA
FUENTEVEIEJA (SPAIN)

ASSOCIATION BRIGHT MINDS
(BULGARIA)

YOUNGSTERS UNION (GREECE)

ASSOCIAZIONE SICILY PLUS
(ITALY)

JORDAN YOUTH INNOVATION
FORUM (JORDANIA)

DEUS MALUM
(NORTH OF MACEDONIA)

We will choose ~ 2 participants per country, with a focus on gender balance at prioritizing those with fewer opportunities

PARTICIPANT PROFILE

Active, proactive
professionals and

volunteers,
specialised in
supporting
rural youth.



TARGET

Youth workers,
educators,
non-profit
organizations,
people involved
in youth field,
teaching
& volunteers
interested in
the topic.

*An intermediate level of
ENGLISH is required

VENUE: HOSPEDAJE DON BOSCO

We will be hosted in the beautiful town of Astudillo (Palencia) in the north of Spain.

3 meals a day & 2 coffee breaks will be provided. All is covered by the Erasmus+ program

We will sleep at a hotel with rooms for 1-2 people with private bathrooms.



HOW TO ARRIVE?

MADRID or SANTANDER AIRPORT



If you are coming from abroad, find a connection to **Madrid** or **Santander** airport (are the closest ones)

TRAIN TO PALENCIA



Pick up a train (or bus) from Madrid or Santander to **Palencia**.

PALENCIA



In Palencia you have to pick up a local bus, only way to arrive to **Astudillo**).

ASTUDILLO



Walk in into the venue, it's less than 5 minutes!



Participants are able to travel 1-2 days before, OR 1-2 days after the project dates ONLY if it is not possible to travel in selected days .

Accommodation will not be covered on those days.

JORDANIA	580€
BULGARIA, GREECE, N. MACEDONIA	395 €
ITALY	309 €
SPAIN*	56 €

Whenever green travel is eligible, it is required.

TRAVEL REIMBURSEMENT

Reimbursement will be made in **SEPTEMBER 2026** at the latest by bank transfer. All tickets and boarding passes must be **kept in original and/or pdf format.**

Do **NOT purchase tickets** until you have confirmation from the sending organization.



*That budget is with **green travel**: low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

SELECTION PROCESS

1

Fill out the form explaining your **personal interest** in the project, how you can **benefit from** it, and how you can **contribute** to it.

2

Each partner will choose the **best representatives of their country** to participate to the training course.

3

All communication **before, during, and after** the project will be done through WHATSAPP. We will have an introductory **video call before the mobility!**



WHAT TO BRING

▶ European Health Insurance Card or any other travel/health insurance.

▶ Comfortable clothes and shoes, appropriate to the weather. Perhaps a swimsuit ;)

▶ A reusable water bottle, sun cream and cap (recommended)

▶ Any personal items you might need. In the town you will find shops for buying essential items.

▶ Typical food from your country for the INTERCULTURAL NIGHT.

▶ Passport, ID, travel tickets / boarding passes!!

DISCLAIMER:

Failure to participate in at least 80% of the sessions and program content, or inappropriate behavior, will be grounds for being asked to leave the project and for travel expenses not being reimbursed.

We are thrilled about this project and can't wait to meet you. If you feel this is the kind of project that motivates you, and you are excited about it, please fill in the form (link below)

IF YOU WANT TO BE A PARTICIPANT: [CLICK HERE!!](#)

Contact: fuenteviejaasociacion@gmail.com

No participation fee

EVERYTHING IS COVERED BY THE EUROPEAN UNION

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Co-funded by:



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