



Agenzia Italiana
per la Gioventù



Funded by
the European Union

TRAINING INFOPACK

MILO, ITALY
22-30 JULY 2026



MindPlay
BREAK YOUR LOOP



MIND PLAY

exploring mental health through gamification

Welcome to Sicily

It is a privilege to welcome you to the MindPlay international training mobility. Over seven days, our collective focus will center on strategic cross-border collaboration and capacity building, leveraging digital and gamified methodologies to enhance youth mental well-being. We anticipate a highly productive and impactful training experience.

- Contextual Challenge: Conventional mental health support infrastructures frequently present significant systemic barriers regarding accessibility, outreach, and active engagement for the youth.
- Methodological Innovation: MindPlay integrates gamification strategies and advanced digital tools to establish highly interactive, inclusive, and readily accessible mental health resources.
- Strategic Aim: To modernise youth work by equipping practitioners with standardized, secure, and engaging digital methodologies designed to support young people aged 16–25 navigating psychological and emotional challenges.

About The Project



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Project objectives

- Space & Mind: Build trust and safety through play; explore youth mental health, stress, and digital pressure via empathy and mapping.
- Gamification: Master mechanics (missions, loops) and experience interactive storytelling, roleplay, and escape games.
- Design & Action: Slow down with an nature filled reflective journey; gamification and mental health activities; close with Youthpass certification.

We extend our sincere gratitude for your professional commitment to this initiative. Your expertise, active participation, and dedication form the cornerstone of these objectives, ensuring a transformative, high-quality, and lasting impact on the transnational youth work community.

About the Project



Time\Date	22.7. We	23.7. Th	24.7. Fr	25.7. Sa	26.7. Su	27.7. Mo	28.7. Tu	29.7. We	30.7. Th
08.00-09.30	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10.00-11.30		Welcome to MindPlay	Mental Health in Youth Work	Why Humans Play	Storytelling & Narrative-Based Approaches	Digital Balance & Inner Well-being	Creating Experiences	Facilitation & Testing	Departures
11.30-12.00		Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
12.00-13.30		Building the Group Through Play	Safe Spaces & Emotional Safety	Elements of Gamification	Digital Gamification Tools Lab	The Personal Journey	Design Lab 2	Next Steps & Local Implementation	
13.30-15.30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.30-17.00		First Contact: The Hidden Layers	Emotional Experience Lab	Gamification Experience Playground	Roleplay, Simulation & Cooperative Games	The Personal Journey	Prototype Creation	Final Reflection & Closure	
17.00-17.30		Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	Coffee/tea break	
17.30 -18.30		Discussion + Reflection Time	Discussion + Reflection Time	Discussion + Reflection Time	Discussion + Reflection Time	Discussion + Reflection Time	Discussion + Reflection Time		
19.00-20.00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
20.30	Informal Welcome	Social Evening	Social Evening	Social Evening	Social Evening	Social Evening	Social Evening	Goodbye Evening	

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Participant
profile

To participate in project, you must:

- Reside in one of the partner countries.
- Be actively involved in youth work or non-formal education.
- Motivated to share and learn new methods.
- Motivated to actively participate throughout the entire project and open to working in a team and exploring new tools.
- Being interested towards the topics of gamification and mental health
- Willing to disseminate what you learn.



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Milo, Sicily

Participants will be accomodated in a recently renovated hotel located in Milo, a wonderful village in between Etna volcan and the Ionian sea. Shared rooms with private bathroom are provided

Breakfast, lunch, dinner, and snacks will be included. The food will be varied and Mediterranean-style.



Finances

- The project is founded by the Italian National Agency for the ERASMUS+ youth programme of the European Union.
- All costs for the program, materials, accommodation and meals during the exchange are covered.
- Travel costs must be paid in advance by participants.
- Reimbursement will be made after the activity.
- Reimbursements of travel costs can only be done upon full attendance of the training course.
- Your travel costs will be reimbursed up to the limit,
- Reimbursement will be done in EURO



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Arrival and logistics

Please organise your travel to fit in these times!

Arrival time: July 22. between 2 - 6 PM

Departure time: July 30. until 10 AM

Please plan your travel to Catania airport/Milo and return according to the travel time shown here.

Please let us know about your travel plans in advance!



Plan your
travel

July 22
2 - 6 pm

July 30
until 10 am

Travel & Health Insurance

- Every participant must bring their European Insurance Card or must have an substitute. It is a mandatory requirement for all participants to provide their own health and travel insurance.
- Please arrange to have travel insurance - if you have to cancel your trip for a covered reason or there are some other circumstances for booking a new flight a trip insurance can save your investment, it can also protect you against lost luggage, flight cancelations.
- Insurance is not applicable for reimbursement!

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Preparation

- Please bring with you some traditional food/games/stories to share in the international evening. We will offer different opportunities for sharing.
- Nonformal methods, games, activities for group dynamics you would like to share with the other participants to empower youth work. The more everybody contributes, the more fun and engaging the week will be.
- Some energizers to share with the group.



What to bring

- Indoor shoes/slippers
- Swimming suit
- Clothes and shoes for outdoor activities and low intensity hiking
- Notebook
- Bed linen, towels and hairdryer are provided, but bring an extra one for swimming pool

MindPLAY

Team and contacts



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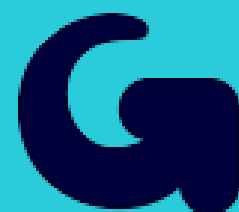
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THANK YOU

AND SEE YOU SOON



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