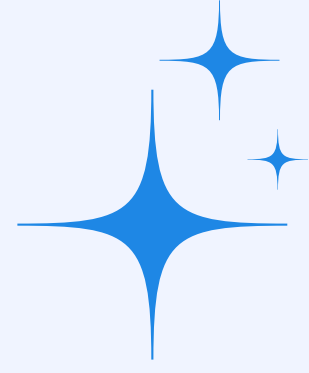


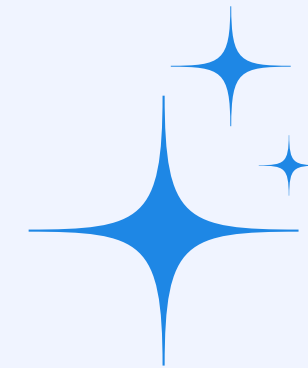


Into the Wild: Well-being through nature

Call for Youth Workers

26 August - 2 September (including 2 travel days)

Bansko, Bulgaria



About the organisers:

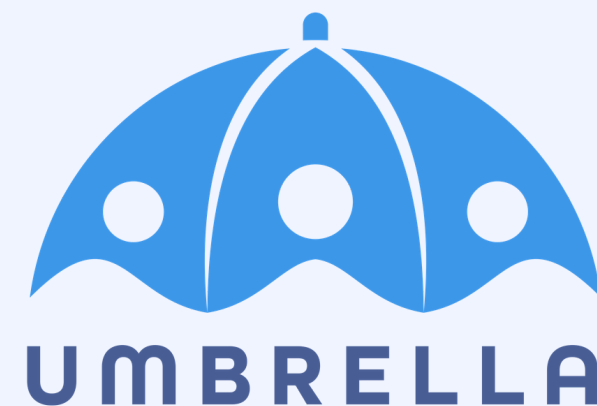
The project is organised within the collaboration of “Umbrella ” and “Gaziantep Youth and Sport Directorate (applicant organisation)

Umbrella is Georgian youth organisation aiming to promote local youth work in Georgia and beyond

Website

Facebook

Instagram



Gaziantep Youth and Sports Directorate is aiming to implement the youth policy of the Gaziantep regional government

Website

Facebook

Instagram

About the project:

The aim of the training course is to strengthen youth workers' competences in promoting mental wellbeing by combining theoretical knowledge about wellbeing and mental health with experiential outdoor learning and non-formal education methods that can be applied in work with young people.

Objectives:

1 Increase their knowledge and understanding of mental well-being, its different dimensions, and factors.

3 Experience and explore the potential of nature and outdoor environments as spaces for reflection, personal development, connection, and well-being promotion.

2 Raise awareness about common stigmas and stereotypes related to mental well-being.

4 Exchange experiences and good practices with other youth workers, strengthening cooperation and peer learning around wellbeing-focused youth work.

The project is funded under Erasmus+ Accreditation in the Field of Youth by the Turkish national agency.

Profile of the participants:

The training course is addressed to youth workers, youth leaders, educators, facilitators, and active members of youth organisations who are interested in exploring the connection between mental wellbeing, nature, and non-formal education.

We are looking for participants from **the Program countries**, as defined in the Erasmus+ program guide. Participants using the **green transportation** (bus, train) will be prioritised.

Aged at least 18 - no upper-age limit

Ready to be involved in the TC and implement the dissemination activities (online)

A resident of the E+ program countries and represent an youth organisation

Motivated to explore mental-wellbeing in youth work and share their practices

Accommodation

The Training course will take place in Bansko, Bulgaria; participants will be accommodated in the 2, 3 or 4 persons rooms with all basic facilities. More information about the venue [RoyalBansko](#).



Travel arrangements:

Each participant is required to buy the travel tickets, which will be reimbursed after the project, within concrete limits, depending on the distances.

To get the information of the exact travel reimbursement limit, check the **distance calculator** and the corresponding table.

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580EUR
4000 – 7999 km	1188 EUR	1188 EUR

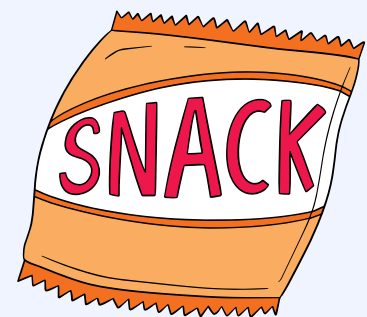
Participants should arrive at Sofia airport or the Bansko bus/train station (if green transportation).
The exact instructions on how to reach the venue from the airport will be communicated to selected participants (please, don't purchase any local transportation ticket without us).

The reimbursement is only possible if you present all of the tickets, invoices, boarding passes, and buy the tickets only after our confirmation. Taxi costs will not be reimbursed.

What else?



Bring appropriate clothes for the weather (Check it before coming
- we are going to be in the mountains! Also, take swimsuit if you want to use Sauna/pools.



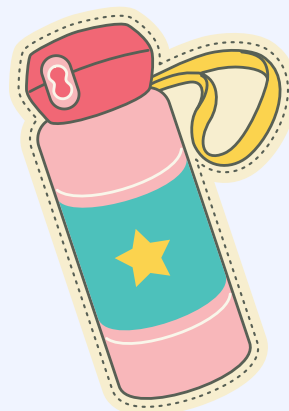
Bring national snacks and drinks to share during the coffee breaks or the culture evening (optional)



It is recommended to have the laptop, which will be needed for some sessions



The travel and health insurance are not covered by the project, but we ask to bring your insurance cards or buy one.



Have your multi-use water bottle with you!
We will not provide water with the plastic

How to apply?

Please fill in the application form.

CLICK HERE

Please, apply until 20th of July (we will
contact applicants on rolling basis)



ngoumbrellageo@gmail.com

medeaumbrella@gmail.com