

MindBoost Academy

Erasmus+ Training Course

13 - 18 January, 2027 - Breda, Netherlands

Empowering youth workers to support youth mental health through non-formal education, peer support, and resilience-building.



WELCOME TO MINDBOOST ACADEMY!

Welcome to the MindBoost Academy Training Course!

This international training brings together youth workers, educators, trainers, and youth leaders from the Netherlands and Serbia to **explore innovative approaches to mental health promotion, resilience-building, peer support, and youth empowerment.**

Through experiential learning, collaboration, and intercultural exchange, participants will co-create practical tools that can be used in their local communities.



Mental health challenges among young people continue to grow across Europe. Youth workers are often the **first line of support** but frequently lack practical tools and confidence to respond effectively. MindBoost Academy addresses this gap through **hands-on learning and collaboration**.



WHY?

MindBoost Academy was created to:

STRENGTHEN

Youth workers' mental health competencies and international cooperation.

PROMOTE

Promotion, wellbeing, and early intervention approaches.

DEVELOP

Practical resources for youth work.

BUILD

Supportive international networks and partnerships.

PROJECT OBJECTIVES

01

Mental Health Awareness

Understand challenges affecting young people today.

02

Resilience Building

Learn tools to promote wellbeing and coping skills.

03

Mentorship & Peer Support

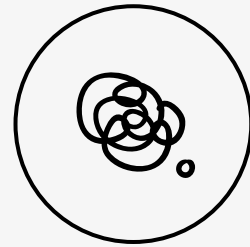
Strengthen supportive relationships with young people.

04

Toolkit Creation

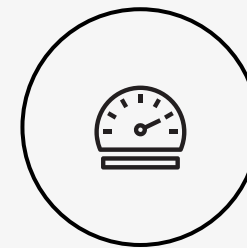
Develop practical resources for local youth work activities.

WHO IS THIS TRAINING FOR?



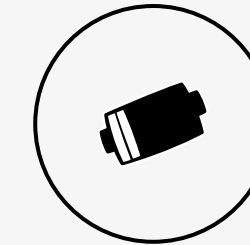
Youth Workers

Professionals working directly with young people.



Youth Leaders & Volunteers

Active members of youth organizations.



Trainers & Educators

Professionals interested in mental health and wellbeing.

Requirements

- 18+ years old
- Resident of partner country (Serbia & Netherlands)
- Ability to work in English
- Available for the full program

MEET THE TRAINERS

Milan Isljamović



With over 15 years of experience in formal and non-formal education, he facilitates interactive, participant-centred learning on mental health, well-being, emotional resilience, and personal growth, creating safe spaces for reflection, connection, and shared learning.



Loek Michiels



With a Bachelor's of Social Work he has been working with a variety of target groups for the last 5 years, including young people with disabilities, mental health conditions and early school leavers. He specializes in the presence approach, creating deep connections with youth through mentorship.

Jesse Heyms



With a Bachelor's of Social Work, he values community interaction and youth co-creation through mentorship. His expertise lies in crisis management and supporting youth to build every day life skills.



MEET THE SUPPORT TEAM

Partner Organizations



Belgrade
Peacebuilding
Institute



Team Members

Courtney Schilling - VIBE

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METHODOLOGIES



Interactive Workshops

Learning through active participation.



Peer Learning

Sharing experienced and good practices.



Reflection Activities

Personal and professional development.



Toolkit Creation

Co-creating practical mental health resources.

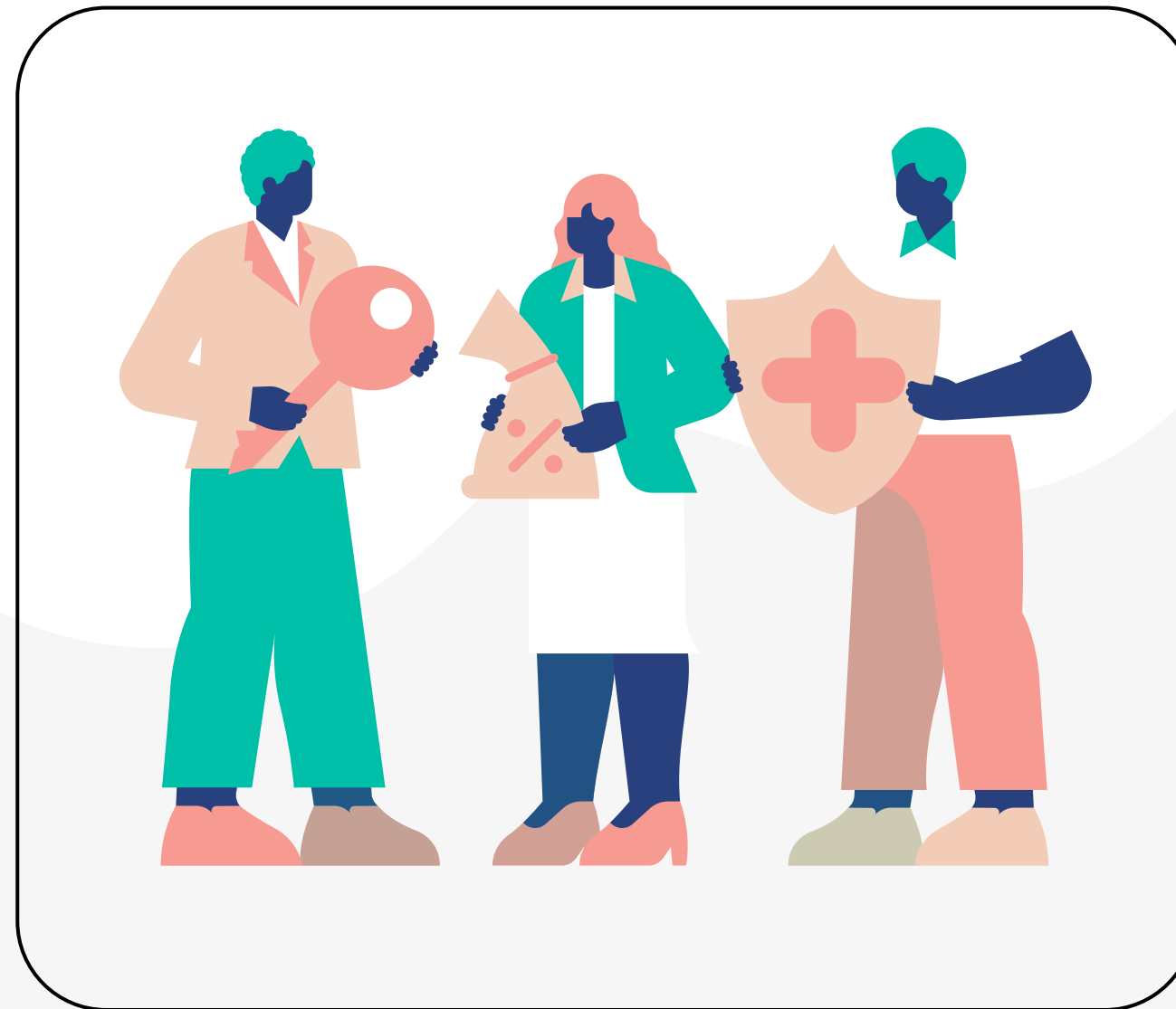
WHAT TO EXPECT

International Teamwork & Intercultural Exchange

Working with and learning from participants from different countries with diverse experiences.

Practical Learning

Methods and tools you can immediately use.



Active Participation

Engaging fully throughout the program.

WHAT NOT TO EXPECT

- Passive participation
- Long lectures
- A paid tourist visit to the Netherlands
- A lot of free time

PROGRAM OVERVIEW

01

Wednesday, 13 January

- Arrival
- 6pm - group dinner

02

Thursday, 14 January

- Team Building
- Mental Health Deep Dive
- Reflection Activities

03

Friday, 15 January

- Creative Methods for Mental Health
- Good Practice Exchange
- Toolkit Creation

04

Saturday, 16 January

- Mentorship & Peer Support
- Crisis Awareness
- Toolkit Creation
- Intercultural Evening

05

Sunday, 17 January

- Networking & Future Cooperation
- Evaluation
- Youthpass

06

Monday, 18 January

- Departure Day

VENUE

VIBE Headquarters

Located across from Avans University in Breda, VIBE is headquartered in a co-working space equipped with coffee machine, cafeteria, and plenty of stroopwafel to go around!

Heerbaan 14, 4817 NL
Breda, Netherlands



Transportation

We will provide city bus cards for your time in Breda, where you can easily take the 20 minute ride to VIBE HQ as well as any other destination in the well-connected city.

- Route 170 departs directly from the InterCity Hotel and drops off a 6 minute walk from HQ; leaving every 20 minutes.
- Note - rideshare options are very expensive in the NL.

ACCOMMODATION & MEALS



InterCity Hotel Breda

Stationslaan 416
4815 GW Breda

- Twin rooms
- Free Wi-Fi
- Next to Breda Central Station
- Walking distance to city center (10 minutes)



Breakfast

InterCity Hotel - continental self-service

Lunch

VIBE HQ Canteen - sandwich & soup

Snack

Light snacks & coffee will be available throughout the day.

Dinner

Local restaurants (changing menu)

Please inform organizers of:

- Allergies
- Vegetarian/Vegan diets
- Dietary requirements

*If you choose to go out for a meal, you are responsible for payment.



TRAVEL

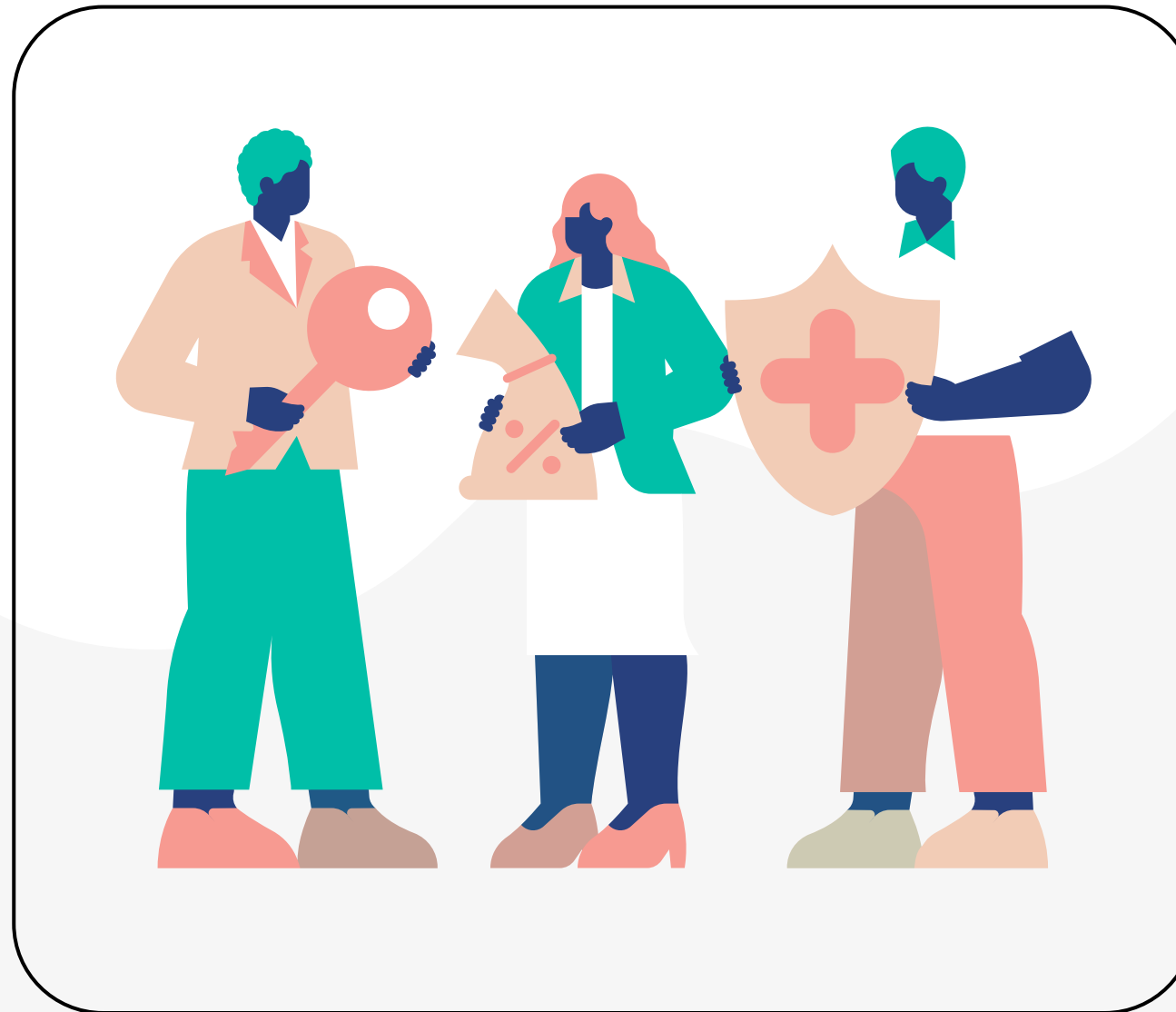
TRAVEL RULES

Do:

- Use economic travel options
- Obtain coordinator approval
- Keep all tickets & receipts

Don't:

- Use taxis/private cars
- Purchase ticket without approval



TRAVEL REIMBURSEMENT

Eligible:

- Flights
- Trains
- Buses

Required Documents:

- Boarding passes
- Invoices
- E-tickets
- Travel receipts

*Reimbursement is processed after successful participation and submission of documents.

PRACTICAL INFORMATION



How to reach Breda?

- Eindhoven Airport
- Rotterdam The Hague Airport
- Amsterdam Schiphol Airport
- Brussels Airport

All airports offer convenient train connections to Breda.

Bring with You:

- Passport/ID
- Appropriate EU visa (if necessary - check local regulations)
- Warm clothing
- Rain jacket
- Personal medication
- Notebook
- EU charger
- Materials for intercultural evening



*Personal insurance is not covered. Participants are responsible for arranging adequate insurance covered before traveling.

DISCOVER BREDA

Breda is a charming Dutch city that blends historic architecture, scenic canals, and a vibrant student atmosphere. Known for its welcoming character, lively city centre, and beautiful green spaces, Breda is an enjoyable city to explore in the Netherlands.

- Historic city center
- Breda Castle
- Grote Kerk Cathedral
- Mastbost Forest

Local Favorites:

- Stroopwafel - thin waffel with caramel syrup
- Brabantse Worstebroodje - sausage roll
- Bitterballen - sausage croquette
- Oliebollen - Dutch donut
- Dutch & Belgian beers



REGISTRATION

Will you join us for the
MindBoost Academy?

REGISTER HERE



SEE YOU IN BREDA!

Togther we will learn, collaborate, create
and strengthen youth mental health
across Europe.

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🌐 www.vibenederland.nl



Empowering Mental Wellness



Belgrade
Peacebuilding
Institute



Co-funded by
the European Union