



NeuroAI

COGNITIVE DIVERSITY IN YOUTH WORK

16 – 25 October 2026

Bansko, Bulgaria



The Aims

NeuroAI is an Erasmus+ youth worker mobility project that brings neuroscience and cognitive-diversity research into everyday youth work practice. Across Europe, youth workers regularly support young people whose brains process attention, emotion, learning and social interaction differently — including autistic, ADHD, dyslexic and otherwise neurodivergent youth — yet rarely receive training grounded in how the brain actually works. NeuroAI closes that gap.

Participants — youth workers, facilitators, and social and educational professionals from eight European countries — will take part in a training course in Bansko, Bulgaria. Through experiential, evidence-based methods, they will explore how neuroscience explains behaviour, attention and learning, and translate that understanding into concrete, inclusive youth-work practice.

BY THE END OF THE COURSE, PARTICIPANTS WILL BE ABLE TO

- Recognise and respond to diverse cognitive and sensory profiles
- Adapt communication and activities for neurodivergent participants
- Reduce stigma around mental health and neurodiversity in youth spaces
- Apply brain-based principles to engagement, motivation and group work
- Design sessions that are psychologically safe and cognitively accessible



Daily Schedule

- Each day includes 4 sessions: two morning sessions and two afternoon sessions plus a 30-minute reflection session.
- Sessions run daily from 10:00 to 18:00.
- Three meals a day (breakfast, lunch, dinner) plus coffee breaks are provided.
- One full free day is built into the programme.
- A detailed agenda will be shared 2 weeks before the course starts.
- Presence for the full duration of the programme is essential and mandatory.

Commitment

- Actively participate in tasks and activities before, during and after the mobility in Bulgaria.
- Fully engage in all activities, including teamwork, intercultural exchange and pitching sessions.
- **Be open to sharing your experience** — social media posts, written testimonials, short videos, or a local dissemination activity in your own country.
- Respect all participants and facilitators.
- Remain within the project venue during scheduled activities.

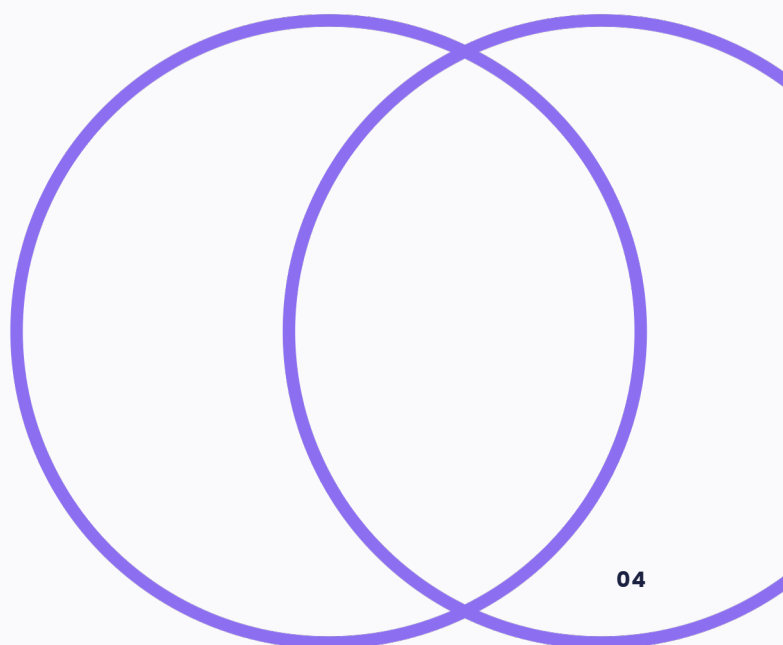


Participants

Each partner country selects 4 participants — 32 youth professionals in total.

PARTICIPANT PROFILE

- Minimum 20 years old, no upper age limit
- Youth workers, facilitators, educators, social workers or volunteers working directly with young people
- At least basic experience in youth work or non-formal education
- Actively working with youth — especially neurodivergent young people or those facing mental-health challenges, NEETs, migrants, or youth with fewer opportunities
- Genuine interest in neuroscience, cognitive diversity and brain-informed approaches to youth work
- Motivated to develop practical skills and apply them in daily practice
- Willing to share the results and run follow-up activities in their own organisation or community
- Able to work in an intercultural environment and take part fully in all training activities
- Sufficient English level for communication and participation in the programme





Before Mobility

Before the mobility, Health Growth Center will send a pack of documents for every participant to read and sign:

1. Sign a Learning Agreement outlining: rules of respectful behaviour, no drugs or aggressive behaviour, compliance with local laws and regulations, respect for project venues, accommodation and equipment.
2. Sign additional documents:
 - GDPR consent
 - Image consent for photos and videos
 - Declaration of participation

HEALTH & TRAVEL INSURANCE

Make sure you have a valid European Health Insurance Card, or purchase travel insurance for your safety — costs will be reimbursed afterwards. If you take regular medication, pack enough for the entire stay, and mention any health conditions or dietary requirements on your registration form.

RULES

We're excited to have you on board. You're expected to participate fully in all activities — the working language is English. Unauthorised absence from sessions won't be allowed, and you'll sign a learning protocol before the project starts. Inclusion is essential: everyone, regardless of background, is welcome and encouraged to engage fully in the mobility. The activity schedule will be posted in the project group chat. Bring a student card if you have one. **Emergency number in Bulgaria: 112. The currency is the Euro.**

CULTURAL NIGHTS

Bring a few traditional snacks or drinks from your country to share during our intercultural evenings. Each country will have space to showcase its culture — flags, games, traditions, stories, videos, dances — keep it fun and creative (let's skip long PowerPoints and long videos). A short performance or an original activity people will remember works best. Bring a few energisers to share with the group, and a reusable cup, mug or water bottle to help us cut down on waste.

Maximum Travel Budget

COUNTRY	PARTNER ORGANISATION	TRAVEL MODE	MAX. GRANT
Bulgaria	Health Growth Center	Local / Green travel	56 €
Spain	An Open Window to the World	Standard travel	395 €
Romania	Fundația Județeană pentru Tineret Prahova	Green travel	417 €
Serbia	Axis Serbia	Green travel	285 €
Türkiye	Yenilikçi Eğitim Bilim ve Sanat Derneği	Green travel	417 €
Latvia	Alūksnes Bērnu un jauniešu centrs	Standard travel	309 €
Greece	Hellenic Intercultural Organisation HELIOS	Green travel	285 €
Italy	UmanaMente-APS	Standard travel	309 €

How the amount is set. The exact distance is calculated using the European Commission's Distance Calculator between each participant's city of departure and the project venue (Sofia). The distance band below then determines the maximum travel grant.

Standard travel (plane / public transport)

100–499 km → €211 · 500–1999 km → €309 · 2000–2999 km → €395

Green travel (bus, train, carpool)

100–499 km → €285 · 500–1999 km → €417

erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator



Arrival & Departure

To reach the project venue in Bansko on time, please follow these guidelines carefully.

● ARRIVAL

- **Participants should arrive in Bansko, Bulgaria by 16 October 2026 from 12:00 on. Arriving in Bulgaria few days earlier is possible, but at your own expense.**
 - Sofia Airport is well connected to the city centre by metro (approx. 20–30 minutes).
- Plan your arrival so you have time to check in and rest before the course begins on 17 October at 10:00 a.m.

● DEPARTURE

- **The training closes on 24 October, with departures from Bansko on 25 October until 11:00.**
 - Please avoid booking early-morning flights. The earliest bus from Bansko to Sofia is at 5:50 arriving in Sofia at 8:30. Allow around 40 minutes to reach the airport by metro from the bus station
- Please plan flights departing after 11:00, to make sure you have enough time for connections.

If none of these options work for you, get in touch — we'll sort it out together so your journey feels comfortable and stress-free.



Important Travel Info

Travel costs are reimbursed only according to Erasmus+ rules and budget limits, based on the distance between your country and the venue.

⊘ NOT REIMBURSED — PLEASE AVOID THESE WHEN BOOKING

- Taxi fares
- Parking fees (e.g. at the airport)
- Extra or oversized luggage
- Seat reservations, priority boarding, early check-in, etc.
- Any private or premium transport options, such as Uber or rent-a-car

✓ Only public transport and economy-class tickets are allowed (bus, train, economy flights).

✓ Keep and submit all original tickets, invoices and boarding passes for reimbursement we'll guide you through the process.

GET APPROVAL BEFORE BOOKING

Send us your travel plan by email and get our approval **before** buying tickets, so it meets the project's reimbursement rules.

USE COST-EFFICIENT & GREEN TRAVEL

Choose the most cost-efficient, environmentally friendly option available whenever possible.

TICKET COLLECTION & REIMBURSEMENT

Keep all original tickets and boarding passes — paper or PDF. Travel expenses are reimbursed after the project ends, once you submit all original tickets and invoices, by bank transfer.

RYANAIR TRAVELLERS

If you're flying with Ryanair, download your boarding passes as PDF before your trip — Ryanair does not allow access to them afterwards.



The Venue

The NeuroAI training course takes place in **Bansko, Bulgaria**. The hotel where we will be staying is Aparthotel Royal Bansko: <https://www.royalbansko.bg/>

WHAT TO EXPECT



Shared accommodation

Rooms organised by gender, 2–4 participants per unit.



Meals included

Three meals a day plus coffee breaks, provided on site.



Wi-Fi & essentials

Wi-Fi, towels and bed linen included throughout your stay.



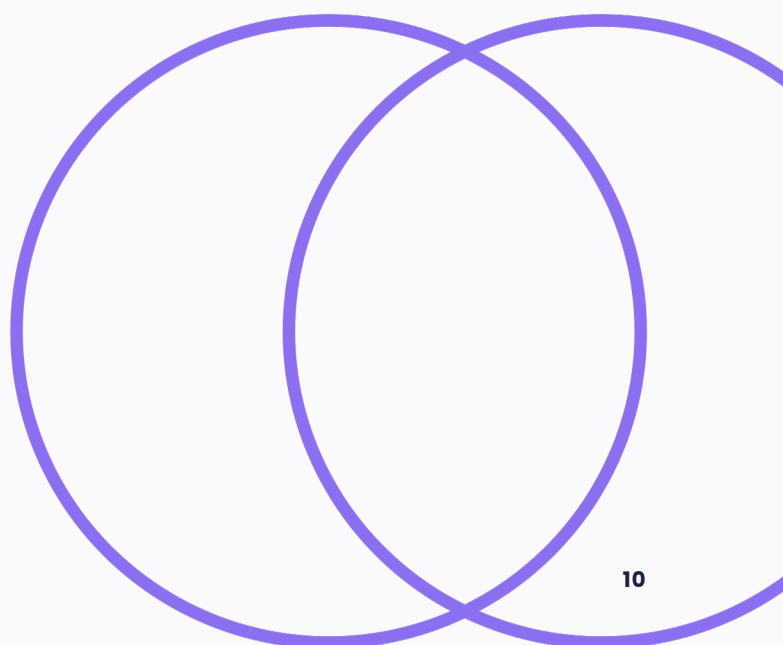
Dedicated training space

A workspace set up for all sessions, workshops and group work.



What To Bring

- A raincoat and something warm for the evenings
- Comfortable walking shoes — we will get outdoors in the woods if the weather allows
- A personal mug/cup and refillable water bottle for coffee breaks
- A notebook for personal reflections
- One laptop or tablet per country team
- Personal hygiene kit (shampoo, shower gel, toothbrush, toothpaste, etc.)
- Personal medication, with a doctor's prescription if needed
- Non-perishable traditional food or snacks from your country
- A flag, traditional clothing, music, or small items representing your culture
- Curiosity, openness — and good energy for eight intense days



The Contacts



NeuroAI

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Health Growth

Center for personal and cultural development

Coordinated by Health Growth Center, Bulgaria

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