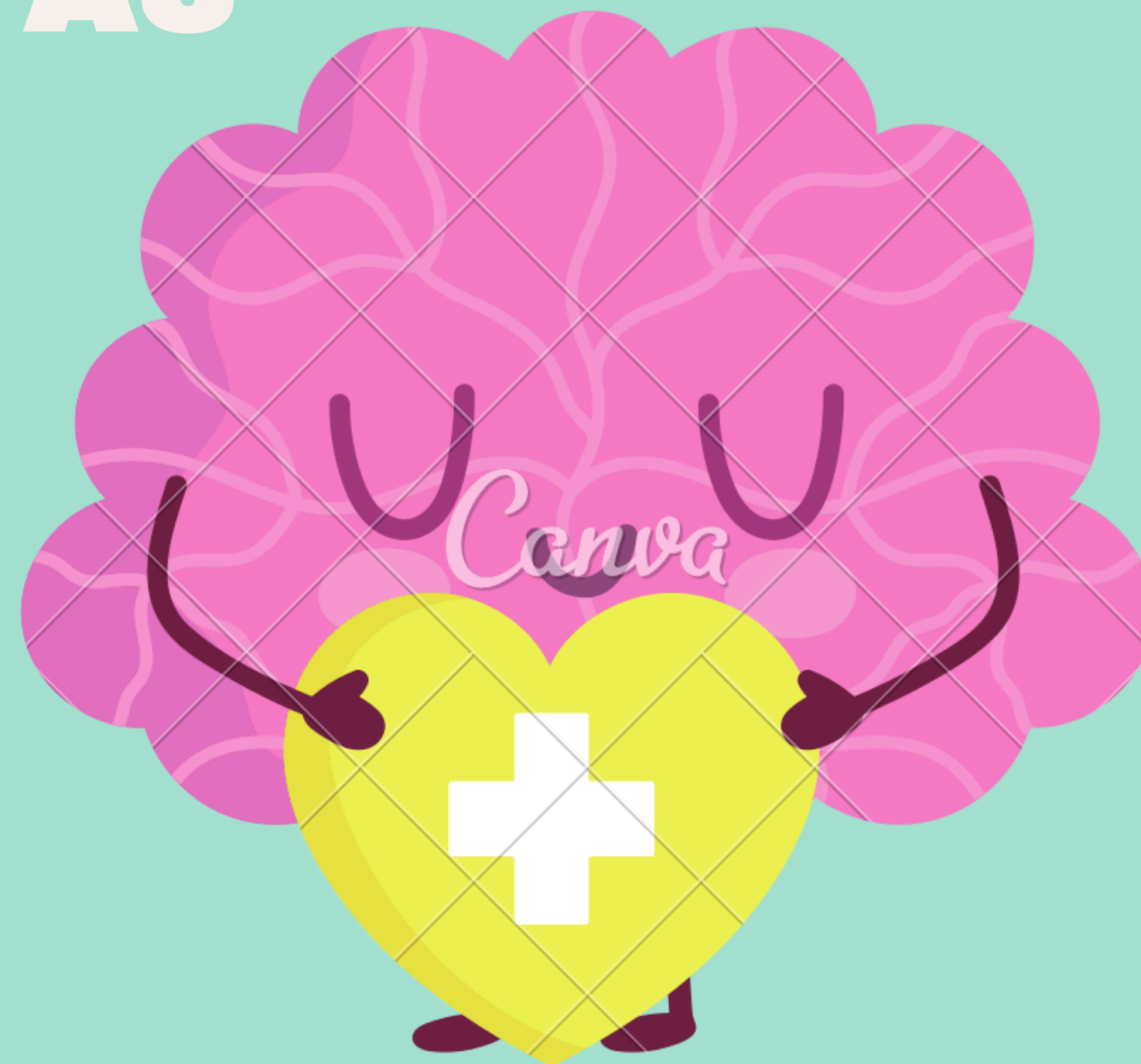


YOUTH WORKERS AS MENTAL HEALTH SUPPORTERS

Youth participation activities
27 November-06 December
2026

Location:
Sakarya/Turkiye



ABOUT PROJECT

OUR PROJECT AIMS TO EMPOWER YOUTH WORKERS FROM SLOVAKIA, POLAND, PORTUGAL, AND TURKEY WITH ESSENTIAL COMPETENCES IN MENTAL HEALTH LITERACY, CULTURAL INCLUSION, AND DIGITAL EMPOWERMENT. BY PROVIDING TARGETED TRAINING, THE PROJECT SEEKS TO STRENGTHEN THE CAPACITY OF YOUTH WORKERS TO SUPPORT YOUNG PEOPLE FACING PSYCHOLOGICAL CHALLENGES, SOCIAL EXCLUSION, OR MISINFORMATION IN THEIR DAILY LIVES. PARTICIPANTS WILL LEARN PRACTICAL TECHNIQUES FOR PROMOTING RESILIENCE, APPLYING PSYCHOSOCIAL SUPPORT, FOSTERING INTERCULTURAL UNDERSTANDING, AND USING DIGITAL TOOLS EFFECTIVELY FOR AWARENESS-RAISING AND KNOWLEDGE DISSEMINATION. THE PROJECT NOT ONLY ENHANCES PROFESSIONAL SKILLS BUT ALSO PREVENTS BURNOUT, BUILDS STRONGER NETWORKS ACROSS EUROPE, AND ENSURES THAT YOUTH WORKERS RETURN TO THEIR COMMUNITIES AS MORE CONFIDENT, INCLUSIVE, AND RESOURCEFUL PROFESSIONALS.



PROJECT OBJECTIVE

Youth workers will be trained in mental health literacy to counter misinformation and promote psychological well-being among young people.

They will gain practical skills to guide youth toward reliable support systems and reduce stigma in their communities.

Participants will collaborate across countries to exchange experiences and develop inclusive approaches to youth work.

The project will strengthen their digital competences, resilience, and capacity to address mental health challenges effectively.

A sustainable network of youth workers will be created to advocate for mental health awareness and support across Europe.



PARTICIPANTS

A total of 28 participants from 4 countries



Gender balance will be taken into account in determining the participants



Criteria: People between the ages of 18-45 Those who are willing to work on the subject.



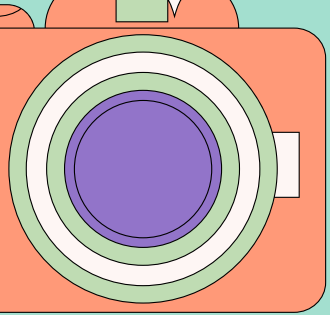


PARTICIPATION CONDITIONS

Eligibility: Participants must be aged 18+ and reside in Turkey, Portugal, Poland and Slovakia. Priority will be given to individuals with economic disadvantages, as well as youth workers who are motivated to develop their skills in mental health, cultural understanding, and digital empowerment.

Commitment: Full attendance is mandatory. Active participation in workshops, cultural nights, and group activities. Completion of evaluation surveys and dissemination tasks post-project.

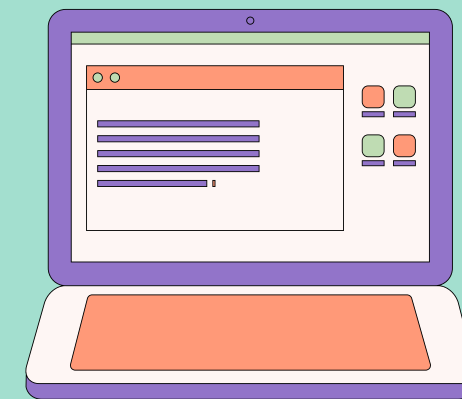
Youthpass Certificate: All participants will receive a Youthpass certificate recognizing their learning achievements.



COUNTRIES



TURKIYE



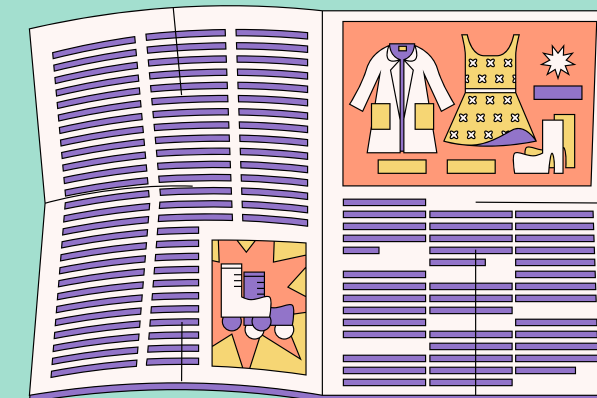
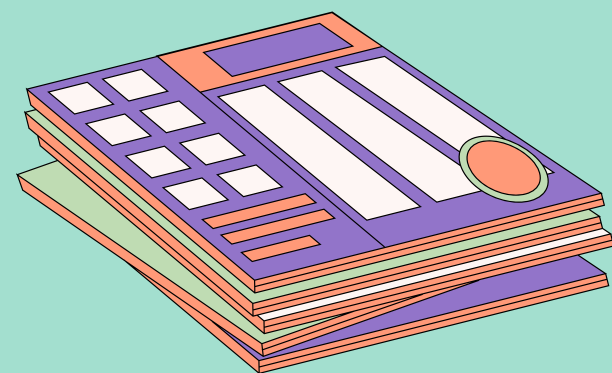
Poland



Portugal



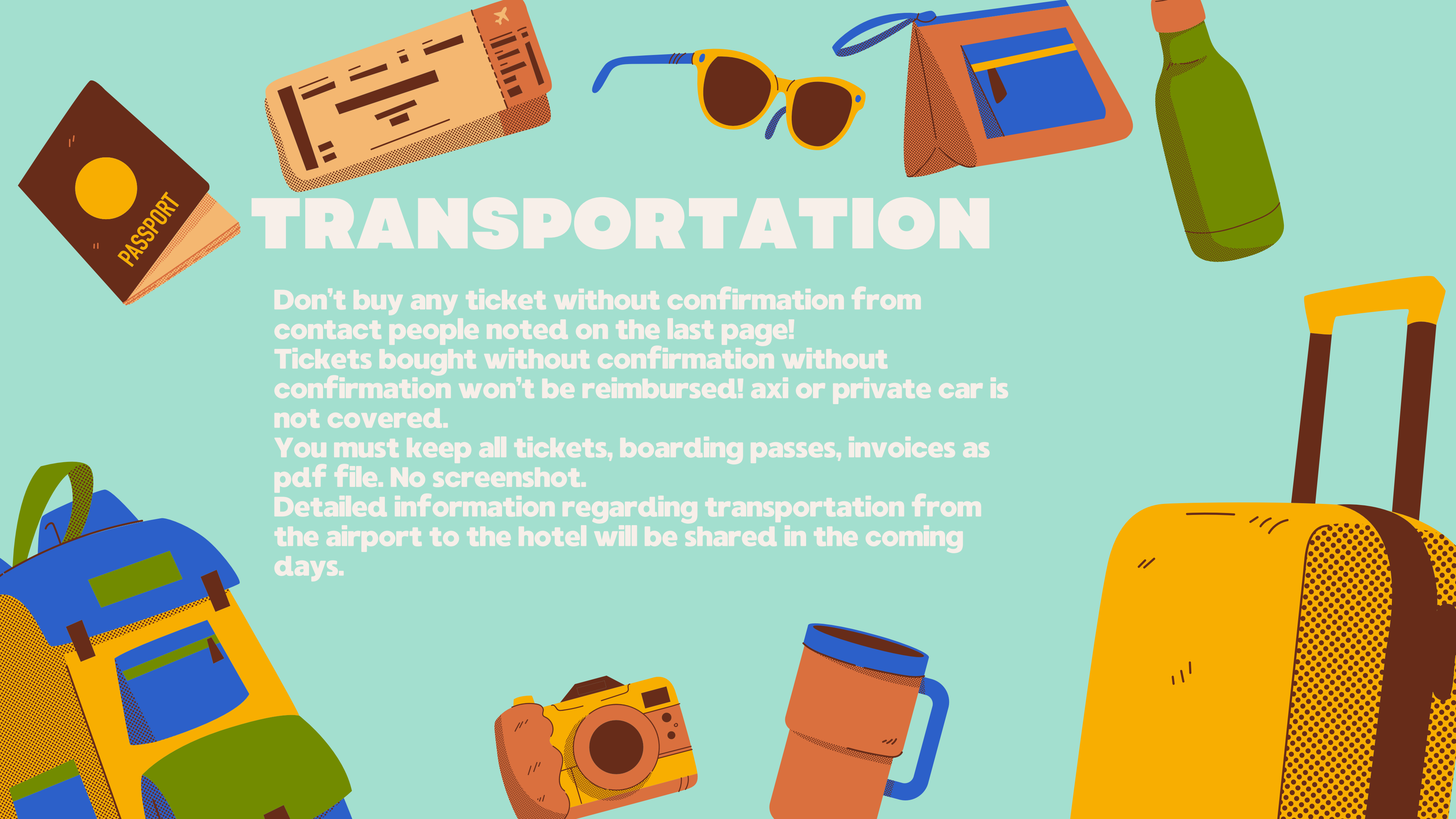
Slovakia



FOOD ORGANISATION

Only dinner will be provided on the day of arrival and only breakfast will be provided on the day of departure. 3 meals a day and coffee break snacks will be provided between sessions



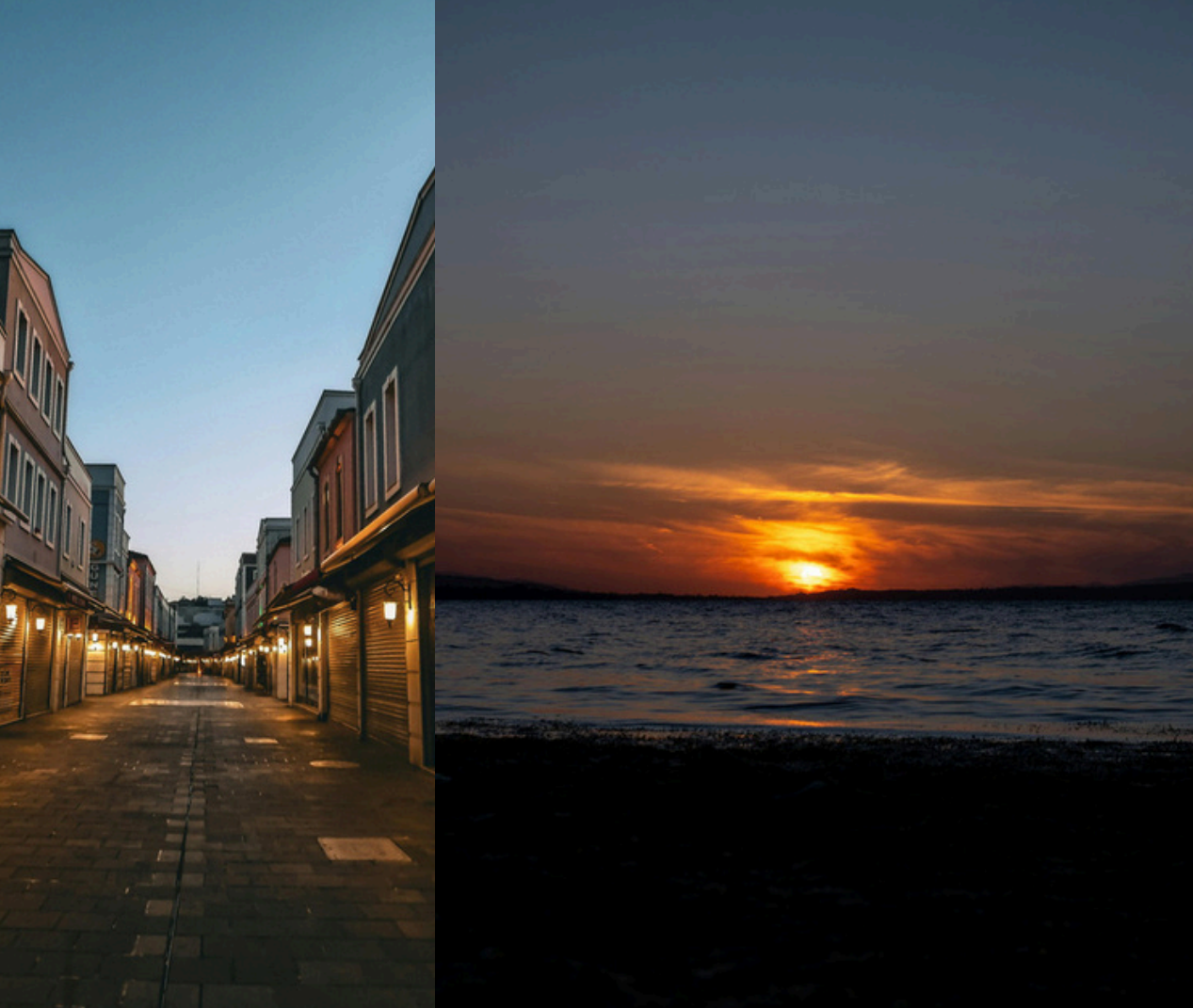


TRANSPORTATION

**Don't buy any ticket without confirmation from contact people noted on the last page!
Tickets bought without confirmation without confirmation won't be reimbursed! axi or private car is not covered.**

You must keep all tickets, boarding passes, invoices as pdf file. No screenshot.

Detailed information regarding transportation from the airport to the hotel will be shared in the coming days.



Sakarya is a lively and student-friendly city surrounded by nature. It is close to Istanbul, making it easy to visit the city during free time. Sakarya also has several universities, cafés and social spaces where young people can spend time together. One of the most beautiful places nearby is Sapanca, with its lake, forests and outdoor activities. The city offers a nice balance between student life, nature and easy access to bigger cities.



WHAT CAN YOU BRING FOR THE CULTURE NIGHT?

You must participate in all activities to receive a refund. Each participant is responsible for doing some research on Erasmus+ and the project topic and being ready to present ideas, lead energizers and contribute to the project.

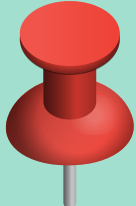
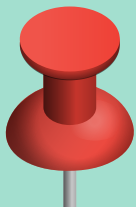
Cultural nights are planned for each country to introduce different cultures. Each participant should be ready for their country's presentations, bring food, drinks and small souvenirs.

After the project is over, you will prepare a distribution letter explaining how the project went and what you did during this period, and share it in your organization 's accounts, on your website and share the link with us. You must upload your tickets to the folder and write your expenses in an excel file within a maximum of one week after the project is over. (folder and excel file links will be shared) Refunds will be processed after all teams have completed their tasks.

IMPORTANT NOTES Don't forget to bring your special cup



WHAT TO BRING

- 
- 
- TOWEL, SHAMPOO ETC (PERSONEL BELONINGS)**
- 
- HEALTH INSURANCE IS NOT PROVIDED AND THERE WILL BE NO REFUND FROM THE PROJECT GRANT, ALL PARTICIPANTS ARE REQUIRED TO PURCHASE PRIVATE TRAVEL INSURANCE.**

 **Insurance is mandatory during participation. But the insurance needs to be covered by yourself.**

 **Health Insurance: Participants must have a valid health insurance for the duration of the program.**

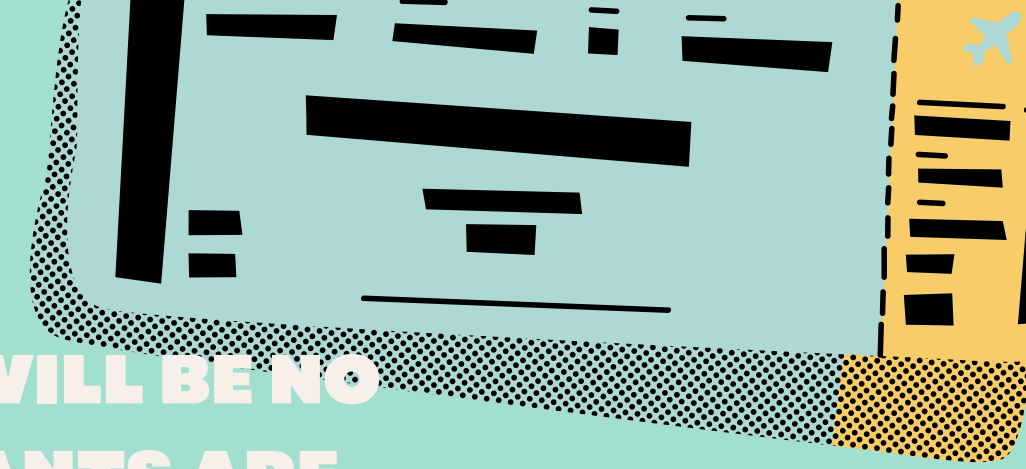
Health insurance must meet the following criteria:

Comprehensive Coverage: Insurance must provide comprehensive coverage for medical emergencies, accidents, and illnesses that may occur during the program.

 **Repatriation Coverage: The insurance must provide repatriation cover in case the participant needs to be sent back to his/her home country for medical intervention.**

 **Emergency help**

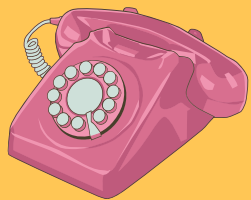
 **Pre-existing conditions**



CONTACT

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