



THE Q ZMIANOM
ASSOCIATION
FOR DEVELOPMENT AND AID

Partnership Building Activity

European Network for Mental Health of Youth



Warsaw, Poland
21-29 November 2026

Connecting People, Sharing Practices, Creating Change



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European Network for Mental Health of Youth

Who **are** we?

The **Q Zmianom** Association for Development and Aid has been supporting people of all ages in discovering and developing their potential **since 2004**.

Our mission is to create opportunities for learning, personal development and greater well-being among children, young people and adults. Across all our activities, we are committed to promoting equal access to education and development opportunities, especially for young people from diverse socio-economic backgrounds.

We have also launched the online platform **European Network for Mental Health of Youth**, bringing together people and organisations interested in supporting young people's mental health and well-being across Europe. Now, we want to take this network from the online space into real life!

Join our **Partnership Building Activity in Warsaw** and become part of this growing European community.

Check what **we do:** qzmianom.org
[Instagram: @qzmianom](https://www.instagram.com/qzmianom)



EACH OF US, SURROUNDED BY
CARE AND SUPPORT,
CAN CHANGE OURSELVES.





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Young people's mental health is becoming an increasingly urgent challenge across Europe. As youth workers, we see first-hand how young people struggle with school-related stress, high expectations, pressure concerning their appearance, problematic technology use, and exposure to harmful or low-quality online content.

At Q Zmianom, we work directly with young people and successfully implement local and international projects supporting their wellbeing, mental health, personal development, and sense of agency. We know that many organisations across Europe respond to similar challenges in their communities, using different methods, resources and areas of expertise.

During **this Partnership Building Activity**, we want to bring these experiences into the same room.

We also want to explore **what we can create together**. During the meeting, we will identify shared priorities, develop ideas for future Erasmus+ projects and build partnerships between organisations committed to supporting young people.

Context





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European Network for Mental Health of Youth



Join the **net**work!

Through the **European Network for Mental Health of Youth**, we aim to create a long-term space for cooperation, mutual support and the exchange of knowledge, methods and good practices. **We want to bring together organisations that are ready to learn from one another, develop joint Erasmus+ initiatives and respond more effectively to the changing needs of young people across Europe.**

Your organisation **does NOT need to specialise in mental health or provide direct mental health support to join us.** What matters most is that you work with or for young people and care about their wellbeing and development.

We welcome **organisations working in different areas of the youth field.** Your experience, expertise and fresh perspective can enrich the network, inspire new approaches and help us create more diverse and meaningful projects together.



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Who are we **looking** for?

The meeting is intended **for people working with young people** in non-governmental organisations based in EU Member States or third countries associated with the Erasmus+ Programme.

We invite you to join the meeting if you:

- **are at least 18 years old;**
- are interested in programmes supporting young people and in exchanging good practices;
- would like to develop and implement international youth projects within the Erasmus+ Programme;
- hold a decision-making role in your organisation or are able to actively contribute to developing new partnerships and projects;
- are interested in networking and building long-term international partnerships;
- would like to discover inspiring approaches and good practices used by other organisations;
- are motivated to become actively involved in the European Network for Mental Health of Youth.
- can communicate in English at a level that allows you to work in an international group and express your ideas freely, even if your English is not always grammatically perfect.

Feel free to join us even if you have no previous experience with the Erasmus+ Programme! During the meeting, you will have the opportunity to learn about its possibilities, receive inspiration from experienced organisations and connect with potential partners for your first international project.

We welcome 2-3 participants from each organisation!





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Why to join us?

- Meet inspiring organisations working with young people across Europe.
- Experience Warsaw through local initiatives, study visits and an interactive city game.
- Learn from good practices presented by youth organisations, professionals and public institutions.
- Exchange experiences openly—including successful approaches, challenges and lessons learned.
- Take time to rest and recharge through nature-based activities
- Explore funding opportunities for international youth initiatives, including Erasmus+.
- Turn common challenges into practical solutions together with other participants.
- Develop concrete project ideas in international teams and receive feedback on them.
- Find reliable partners for future European cooperation.
- Become part of the European Network for Mental Health of Youth and continue collaborating after the meeting!



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The learning **journey**

1. CONNECT

Who are we as individuals and organizations?

2. EXPLORE

What is happening on a local level?

3. GET INSPIRED

What can we learn from local initiatives and one another?

4. RESTORE

How can we care for ourselves and prevent burnout?

5. CREATE

What solutions can we develop in response to young people's needs?

6. COOPERATE

What projects and partnerships can we build together?

7. CONTINUE

How will we stay connected and turn our ideas into action?



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Draft Program

21.11.26	ARRIVAL DAY	WELCOME DINNER
DAY 1 22.11.26	Getting to Know Each Other and Our Organisations	Building the group, presenting participating organisations and mapping our experience, expertise and resources.
DAY 2 23.11.26	Discovering Warsaw Together and Informal Networking	Exploring Warsaw through study visits, a city walk, an intercultural field game and an informal networking evening.
DAY 3 24.11.26	Learning from the Local Youth Work Ecosystem	Discovering how Warsaw supports youth workers and NGOs, meeting local professionals and reflecting on transferable practices.
DAY 4 25.11.26	Rest, Nature & Wellbeing	Experiencing nature-based regeneration, exploring self-care practices and creating space for rest and reflection.
DAY 5 26.11.26	From Needs to Solutions	Sharing good practices from participants' countries, identifying common challenges, developing possible solutions and exploring funding opportunities.
DAY 6 27.11.26	From Ideas to Joint Projects	Working in international teams to transform common needs and ideas into concrete project concepts.
DAY 7 28.11.26	Sharing, Evaluation & Looking Ahead	Presenting project ideas, reflecting on learning, evaluating the meeting and defining concrete next steps for the network.
29.11.26	DEPARTURE	Until next time ;)



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Participation in the meeting is **free of charge** thanks to co-funding from the Erasmus+ Programme and the work of the project team.

Accommodation, working materials, local transport and all meals except one dinner will be fully covered. **Participants will arrange and cover the cost of one dinner independently.** This will be their only financial contribution to the meeting.

Travel expenses to and from Poland will be reimbursed up to the applicable Erasmus+ limit. The amount is based on the distance between your place of departure and the project location, calculated using the official distance calculator:

[Check the Erasmus+ distance calculator](#)



Costs

Travel expenses will be reimbursed after the meeting, provided that you submit all required invoices, tickets and boarding passes. Please remember to keep all your travel documents.



Distance	Travel Budget	Travel Budget if your trip is green*
10–99 km	28 €	56 €
100–499 km	211 €	285 €
500–1 999 km	309 €	417 €

*To consider your trip as a GREEN, at least 51% of your travel must be done by bus, train, carpooling, or bike.



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You will stay in a comfortable hostel located next to Warsaw's Old Town. Participants will be accommodated in shared rooms for two or three people.

[Visit the hostel's website](#) 

Would you prefer a room to yourself? A single room may be available for an extra fee. The hotel is accessible to wheelchair users and people with other mobility limitations.

Educational activities will usually take place between 10:00 a.m. and 18:00 p.m., with a lunch break and coffee breaks throughout the day.

Activities will be organised at different locations across Warsaw. We will provide you with public transport tickets so that you can easily reach all meeting venues.

Where do we stay ?





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You will have opportunities to meet local people and organisations, learn about initiatives rooted in different parts of Warsaw and experience the city from a more local perspective.

We are planning at least two outdoor activities, and throughout the week you will move around the city on foot and by public transport.

November in Warsaw can be chilly, with temperatures usually around 0–5°C, so please bring warm and comfortable shoes, a waterproof jacket or umbrella, and clothes that will keep you comfortable outside.

Warsaw is a dynamic European capital with a unique mix of history, culture, local communities, cafés, museums and contemporary city life. We hope the meeting will help you get its atmosphere, neighbourhoods and people – and give you some space to explore the city in your own way beyond the official programme.

experience **Warsaw**





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How to **join**?

The application period to join the Partnership Building Activity in Warsaw is open
until **18th October 2026**.

Applications are reviewed on a rolling basis, so we encourage you to **apply as early as possible**.

Apply here



<https://forms.gle/jPTnWduWWkCURPrf8>



THE QZMIANOM
ASSOCIATION
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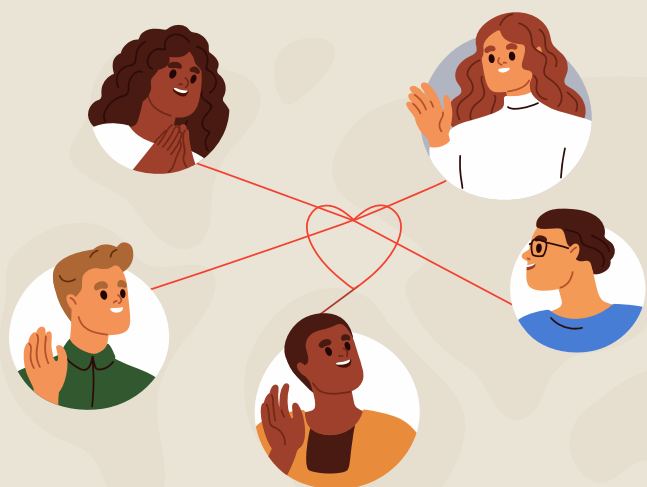
Can't join **us** this time?

We've created a Facebook group, where you'll find:

- Educational resources on mental health of young people,
- Calls for training opportunities for professionals,
- Partnership proposals for collaborative projects.

Join us to exchange ideas, share experiences and foster partnerships that support a healthier, more resilient future for young people across Europe! Together, let's make a difference!

This QR code sends to the Facebook
Group - "European Network for Mental
Health of Youth"



Join the **net**work!