

The Gap

YOUTH WORK AND MENTAL WELLBEING

Infopack

23-29 May 2024
Altamura, Italy



Co-funded by
the European Union



WHAT IS THE GAP?

The Gap is a series of **3 Professional Development Activities** that aims to increase competences, knowledge and awareness of youth workers and educators in the field of mental health and psychological wellbeing.

This infopack refers to the first stage of the project, which will be held in Italy from **23 to 29 May**. The second stage will be hosted in Catalunya (October 2024) and the last one in Georgia (Spring 2025).

WHY THE GAP?

Link Association has been working for 20 years with young people from Europe and the local area in the implementation of European projects.

After the pandemic, we noticed a particular sensitivity of young people to the topic of mental health and psychological well-being.



Young people have started to share much more openly problems of psychological distress such as anxiety, stress, frustration resulting from increasing social pressures, etc.

This led us to start non-formal education projects on this issue, realising, however, that as youth workers we need specific tools to preserve the trust that young people place in us.

OBJECTIVES

The aim of the first stage of The Gap will be to provide youth workers with tools to:

- explore personal wellbeing;
- create a self care plan;
- develop empathetic communication;
- learn how to build trust and a safe space.

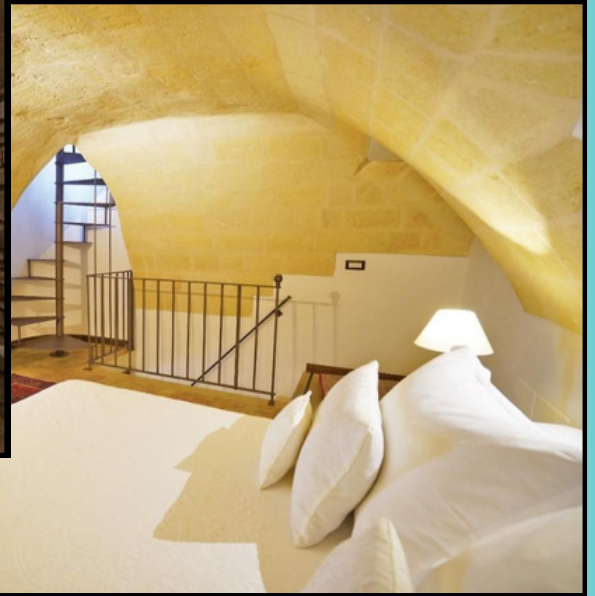


ACTIVITY SPACE

Activities will be hosted at the [Santa Croce Monastery](#) in Altamura, Italy. The place is an old monastery located in the heart of the historical centre, [a 4-minute walk from the accommodation.](#)

The place has plenty of rooms to carry out the activities, but there is no wi-fi connection.

Lunches during the project will be held inside the Monastery.



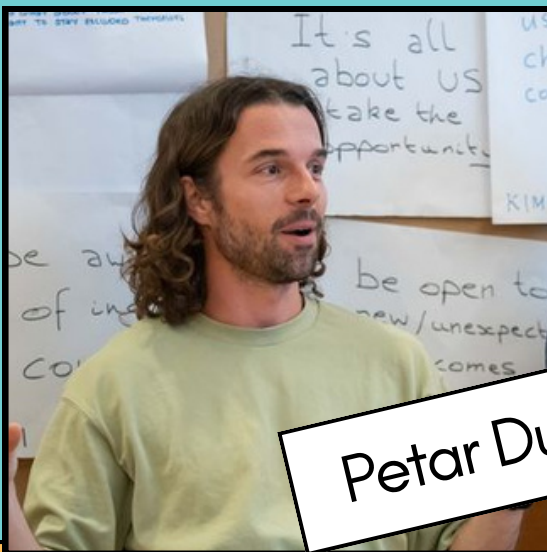
ACCOMMODATION

Participants will be accommodated in double rooms at the [**Malandrì B&B**](#) in the city centre. Breakfast will be available at the same B&B. The place is reachable on foot [**from the station**](#) or [**bus stop**](#).

PARTICIPANTS' PROFILE

The project is aimed at **youth workers, youth leaders, peer supporters, teachers and educators** with an interest in learning more about mental wellbeing and how to deal with it in their daily work.

TRAINERS



Petar Dukic

Petar is psychotherapist, educator, and trainer from Croatia. He has been trained in integrative body-oriented psychotherapy, Mindfulness, Movement and Embodiment. For many years he has been working on international projects focused on minorities, LGBTQ+ topics, mental health, personal development, and inclusion and diversity. Alongside his work in the youth/community sector, and his private practice he is also a teaching assistant at the Institute for integrative body psychotherapy (CIR INTP).



Emanuele Nargi

Over more than two decades, I have led teams of experts and coordinated training programmes for sharing artistic skills and ideas with participants from all over Europe. I collaborate with organisations for community development, promotion of diversity, and inclusion of principles of equality for the benefit of all. My work developed under the umbrellas of Erasmus+, EYF, CERV, EACEA, CSVs, CEI and a myriad of creative initiatives.

I have been a trainer for the national agencies of the Youth, Youth in Action and Erasmus+ program in the United Kingdom, Italy, and Poland since 2009.

[More info here.](#)

FINANCIAL RULES

Travel, board and lodging expenses are covered by the European fund. Regarding the travel, the expenses will be reimbursed within the limits of the ceilings as foreseen by the User's Guide of the program Erasmus+ (distance calculator) and according to the rules of the Partnership Agreement that will be signed.

In the case you want to use **GREEN TRAVEL** option please contact us.

The project dates are 23-29 May (**travel days included**). If you want, you can arrive one day before the beginning of the project and leave one day after the end. In this case, the accommodation expenses for the extra-days will be NOT covered by the budget, so they will be NOT reimbursed.

To get reimbursed, you need to send us, at the end of the project, all the documents related to the travel (tickets, invoices, receipts etc.).

HOW TO REACH US



FROM
BARI AIRPORT

There are two chances from Bari Airport: one is by shuttle bus from (timetables [here](#)) and another one is by train. In this second case, you need to take the train from the airport (Bari K.W.) to Bari centrale and then from Bari Centrale to Altamura (information on this [website](#)). To get the train to Altamura you need to change the station. They are close to each other, the company is [Ferrovie Appulo Lucane](#).



FROM
ANOTHER
AIRPORT

From another airport, the connection will be discussed with the organization.

IMPORTANT:

Project dates are **23-29 May including travel days**. You have to arrive in Altamura by 8 p.m. on **May 23** and leave in the morning on **May 29**

TRAVEL BUDGET

Namely: if the main part of the travel, in terms of kilometers traveled, is done by bus, train or car-pooling

Travel distance	Normal travel	Green travel
10 – 99 km	23 euro	/
100 – 499 km	180 euro	210 euro
500 – 1 999 km	275 euro	320 euro
2 000 – 2 999 km	360 euro	410 euro
3 000 – 3 999 km	530 euro	610 euro
4 000 – 7 999 km	820 euro	/

IMPORTANT

- Participants can arrive 1 day before and leaving 1 day after the project dates (**23-29 May**). The accommodation for the extra-days is not covered by the project budget;
- In case of **green travel**, participants have 2 travel days for the arrivals and other 2 travel days for the departure. We ask you to inform us in advance in case you want to use green travel.

DISCLAIMERS



Bring a **notebook**




Bring **comfortable clothes**
for physical activities



Opt-out of work. Focus on the
process. Enjoy the moment.

Some of the activities involve **physical contact** in the respect of the participants, specifically during the energisers, team building, physical theatre and dance. If functional physical contact during the activities is not accepted, this project might not be right for you :)



Specific information about program and activities will be sent around **1 month before** the project beginning

CONTACTS

Do you want to apply? Fill out this form.

For any question, please, don't hesitate to contact us:

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link@linkyouth.org