**Call for partners**

Youth Exchange under Key Action 1- Learning Mobility of Individuals:

MINDnART: Stress Resilience for Youth

Bulgaria, December 2025-September 2026

“Values, virtues, integrity” foundation is looking for partners interested in being part of the **youth exchange “MINDnART: Stress Resilience for Youth”** taking part in Bansko, Bulgaria in July 2026. It will gather 40 participants from 4 different European countries. The foundation will apply for the YE under Key Action 1 in the 5/02/2025 deadline.



After the project participants will:

-Become more confident in expressing themselves in a multicultural environment using a foreign language

- Explore methods to build resilience in coping with everyday stress

- Learn how to manage their mental health using different art therapy techniques

-Increase their tolerance towards people from different social and cultural backgrounds

- Reflect on their learning outcomes and learn more about Youthpass

The **participants** we aim to reach are young people between 13-17 years old.

Each partner has to select, prepare, and send 8 young people and two group leaders (18+) with previous experience in youth exchanges.

At least half of the group should be participants facing fewer opportunities.

We ask our partners to take an active role in the dissemination of results.

Eligible countries are EU Programme Countries.

If your organization is interested in being our partner in this project, we kindly ask you to send your PIF to vvi.erasmus@gmail.com before **Tuesday**, **the 7th of January 2025**.

If you have any questions, don’t hesitate to contact us,

 Elena Kirilova

Project manager at “Values, Virtues, Integrity” Foundation