



YOUNG MINDS

BIDART FRANCE

22<sup>ND</sup> TO 30<sup>TH</sup> MARCH 2024



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Association La Villa

# THE PROJECT

The project is a 9 days (including travel) training Course on Mental Health for young people aimed at Youth Workers interested in learning resources to cope with daily situations.

Mental well-being as a fundamental human right and a vital resource for a fulfilling life. Adolescence, being a critical stage, raises important questions about one's identity and purpose. To effectively manage mental health, a combination of attitudes, knowledge, and skills is crucial.

Our project address the topic of mental health education and its key role in developing young people's own understanding, capability, self-acceptance, awareness of influencing factors and essential skills such as recognizing and expressing emotions.

Our projects aim to teach youth workers methods of education to deal with the emotional and mental health educational needs of young people in their communities and empower them to maintain mental well-being, adopt healthy lifestyles, and seek help when needed.

The activities of the training course are centred on 4 areas:

- Identity
- Relations
- Social
- Emotions

During the training course, participants will experience a series of non-formal activities targeting the social and emotional development of teenagers aged 14 to 18. The activities are part of an educational curriculum adapted to 45' School Format, which means they can be used during school classes but also outside of school, in various programmes.



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## THE TEAM

**Javi:** I'm a non-formal educator, trainer and Waldorf pedagogy teacher. I have been involved in NFE as a volunteer since 2002 when I joined the Scouts as an educator. Since then I've been part of many planning teams for international educational events for more than 60.000 people such as Jamboree 2007 UK, RoverWay Italy, and I was in charge of the adaptation of Youth in Action programme for the European Scout Region from 2006-2011 in Spain.

I have co-created educational board games like "Gira2", "Mission Z", "Real iDeal", "The 4 headed Monkey", "Amazing Island" and some pedagogical books. I have taken part in building lots of educative escape rooms in Spain, Germany and Italy.

I believe we should embrace the joy of learning again.

**Arantxa:** Passionate Learner by vocation and teacher by commitment. I firmly believe that we can leave this world in better conditions than we have found it. In order to achieve this goal, education is the key. I am dedicated to personalising the long life learning process, paying attention to the diversity and empowering people in decision-making and emotional management. I have been part of international planning teams since 2005 as a volunteer in scouts and for local authorities and companies too. My daily challenge is feeding curiosity and generating powerful learning experiences.



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## PARTICIPATING COUNTRIES AND NUMBER OF PLACE PER COUNTRY

Country	Number of participants
France	2
Italy	3
Türkiye	3
Lithuania	2
Portugal	2
Spain	2
Czech Republic	2
Malta	2
North Macedonia	2
Belgium	2
<b>TOTAL</b>	<b>22</b>

## PARTICIPANTS PROFILE

The training course will take place in **Bidart, France**, from **22<sup>nd</sup> to 30<sup>th</sup> of March 2024** and it will bring together a group of **22 young people and 4 trainers/facilitators from 10 partner countries**. The project is targeting youth workers, trainers, coordinators and facilitators from all fields of non-formal education who are motivated to learn resources to cope with young people's mental health in daily situations. We are looking for youth workers/youth leaders who are **over the age of 18** with a good level of English, who will be willing and committed to participate actively in ALL sessions (about 8 hours a day):

- All participants **HAVE TO BE OVER 18 YEARS OLD** and **HAVE RESIDENCY IN THE SENDING COUNTRY**.
- We encourage gender diversity.
- All participants should speak and understand English.
- Participants should already be involved in youth work or be motivated to get involved with it.
- Participants should be interested in making follow up activities.



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## WHAT WE OFFER

Thanks to the financial support of the Erasmus+ Programme, we offer the following conditions:

- Food and accommodation during the training course will be provided
- Travel costs will be reimbursed up to an agreed limit depending on the sending country:

<b>France</b>	<b>Portugal, Spain (320 if green travel), Czech Republic, Malta, North Macedonia, Belgium, Italy.</b>	<b>Türkiye, Lithuania</b>
23 EUR	275 EUR	360 EUR

## THE VENUE: BIDART (FRANCE)

The Training Course will take place in [Bidart](#), a coastal village situated in the south-west part of France.

## LIVING

The accommodation is a [Holiday](#) center adapted for groups. There is a park in the front and it is close to the beach.

- Participants will be accommodated in dorm style rooms of **4 to 6-beds** (bunk beds). Rooms are simple and without any luxury.
- Bathrooms are either in the rooms or shared.
- Water from the tap is drinkable.
- Bed linen will be provided, but please bring a towel!
- The accommodation is a non-smoking environment, so you have to go outdoors to smoking.
- Unfortunately, it is not possible to wash your clothes at the hostel.



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## EATING

Meals will be served at the accommodation, starting with dinner on the 22<sup>nd</sup> of March. On the 30<sup>th</sup> of March, breakfast is included as well.

Simple but delicious : During breakfast you can choose what you want to eat from a buffet. Lunch and dinner will be a common dish according to everyone's dietary needs.

You can make our tea breaks more interesting! Bring a food item from your village, city, family, community, region, or country to share with the others.

## ARRIVAL AND DEPARTURE

The arrival day is **Friday, 22<sup>nd</sup> of March 2024** and the departure day, **saturday, 30<sup>th</sup> of March 2024**. All participants have to arrive on the arrival day to the venue. If you plan to come a bit before or leave a bit after the project, please contact us before booking your tickets.

## PRACTICALITIES

### Health insurance:

It is mandatory to have a valid travel and medical insurance (European Health Insurance Card) during your travel. The host organization will not cover any personal health insurance for participants. Participants have to be aware that obtaining a health insurance is their own responsibility.



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## TRAVEL TIPS AND REIMBURSEMENT CONDITIONS

To avoid misunderstandings and have an easy reimbursement process, we advise you to:

- Arrange all your travel in advance based on economy class tickets and plan the cheapest route possible to the project venue and back home.
- If possible, travel together with participant from your country (come with the same plane, bus, train which will make our and your organization much easier).
- If the travel costs exceed the amounts specified above, you will have to pay the difference.
- Taxi rides can only be refunded in special situations and have to be discussed in advance with us.
- Please note that car travel is not refundable.
- If you have any doubt about your travelling plans, please contact the coordinator before booking tickets.

***Failure to participating in a minimum of 80% of the content sessions or inappropriate behaviour might resolve in reimbursement not being given to the participant or even withdrawal from the course with a notice provided to the sending organization.***

Reimbursement will be done by bank transfer after your arrival home and after you send us all the original travel documents and the proof of their purchase (tickets, boarding passes, invoices, receipts, bank statement etc.). So please keep ALL the travel documents. Also, reimbursement of transport will be done only to participants who fully attend the training course activities and after filling the Mobility Tool Participant's Report that you will receive after attending the training.



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