



Erasmus+



TRAINING COURSE:

“Supporting youth mental wellbeing”

04.04-11.04.2023

Brežice (Slovenia)

THE PROJECT:

This training course is created to promote mental hygiene and mental wellbeing in everyday life. From a young age, we are taught that maintaining physical health and practicing basic daily hygiene (shower, brush our teeth, wash our hands...) is important but we are rarely taught to look after our mental health as if maintaining emotional balance and a mature management of our thoughts would be innate to everyone. Through this training we aim to equip youth workers with innovative methods to help youngsters regularly maintain psychological balance using mix of physical activities and personal care activities.

The training course "Supporting youth mental wellbeing" is organized by Association CIK/Circus La Bulle (SLO) in Brežice Slovenia, from the **04.04 to the 11.04.2023**. It includes 23 participants and 3 team members from 11 countries (Slovenia, Czech Republic, Greece, Spain, Belgium, Italy, Portugal, Croatia, Serbia, Cyprus, North Macedonia).

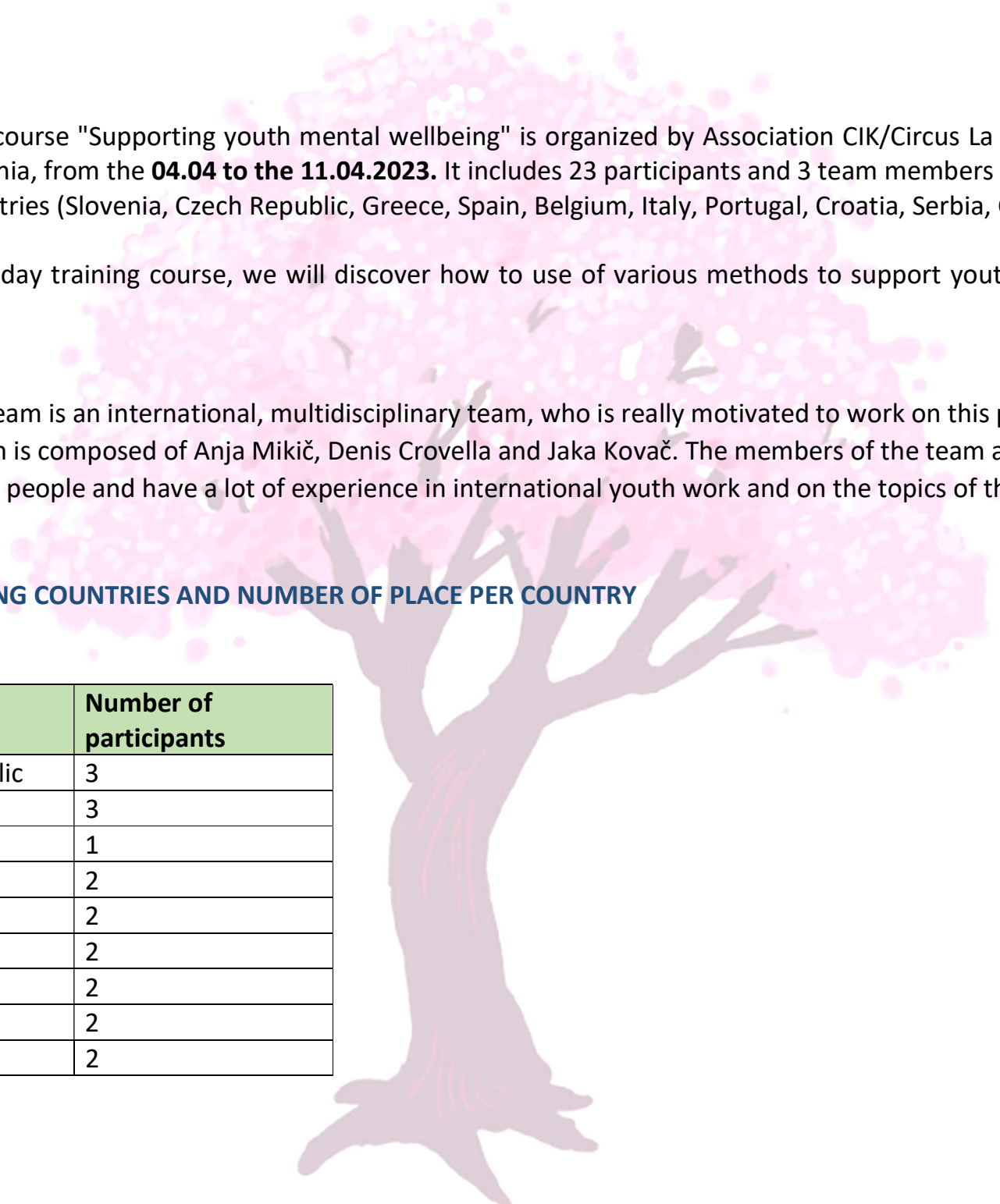
During the 8-day training course, we will discover how to use of various methods to support youth mental wellbeing.

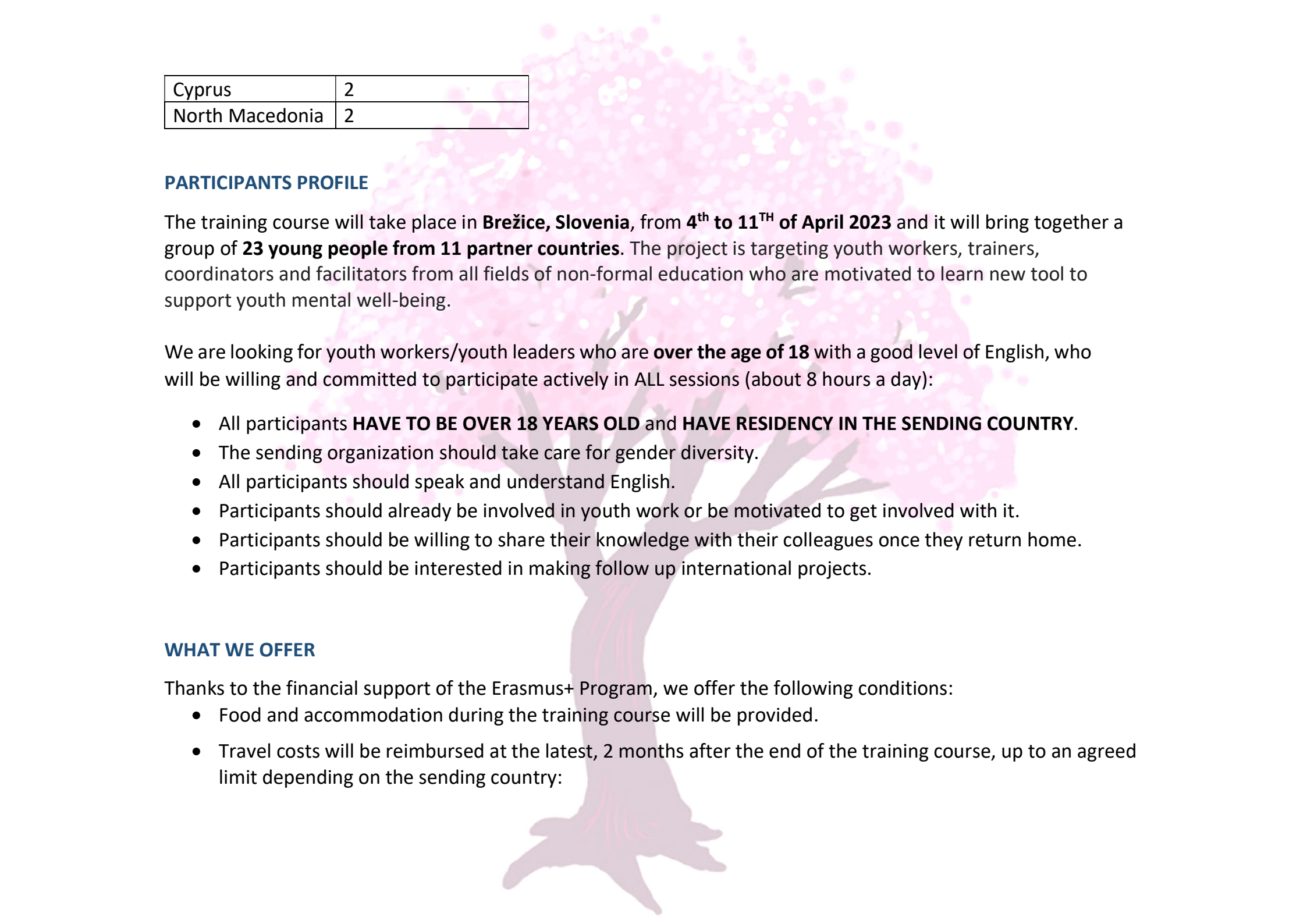
THE TEAM

The project team is an international, multidisciplinary team, who is really motivated to work on this project! The trainers' team is composed of Anja Mikič, Denis Crovella and Jaka Kovač. The members of the team are really open-minded people and have a lot of experience in international youth work and on the topics of the project.

PARTICIPATING COUNTRIES AND NUMBER OF PLACE PER COUNTRY

Country	Number of participants
Czech republic	3
Croatia	3
Slovenia	1
Greece	2
Spain	2
Belgium	2
Italy	2
Portugal	2
Serbia	2





Cyprus	2
North Macedonia	2

PARTICIPANTS PROFILE

The training course will take place in **Brežice, Slovenia**, from **4th to 11th of April 2023** and it will bring together a group of **23 young people from 11 partner countries**. The project is targeting youth workers, trainers, coordinators and facilitators from all fields of non-formal education who are motivated to learn new tool to support youth mental well-being.

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**.
- The sending organization should take care for 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 willing to share their knowledge with their colleagues once they return home.
- Participants should be interested in making follow up international projects.

WHAT WE OFFER

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

- Food and accommodation during the training course will be provided.
- Travel costs will be reimbursed at the latest, 2 months after the end of the training course, up to an agreed limit depending on the sending country:

Slovenia	Czech Republic, Croatia, Serbia	Greece, Spain, Belgium, Italy, Portugal, Cyprus, North Macedonia
23 EUR	180 EUR (Green travel: 210 EUR)	275 EUR

The countries from the second group of the above table are relatively close to the venue of the training course. For this reason, they are granted a travel budget called “Green Travel” meaning that if the participants use sustainable means of transportation such as train, buses or carpooling, they can be refunded up to 210 EUR instead of 180 EUR if they use other mean of transport with a high carbon footprint.

Travel costs will be reimbursed to you /your organization **AFTER** the project, and it might take some time (up to two months). Also, when buying the tickets, bear in mind that **there is a fixed maximum amount reimbursable for your individual trip costs**. The sum, set by the European distance calculator, is for return tickets and covers the travel costs from the participants' home to Brežice. Participants themselves will cover travel costs exceeding the maximum reimbursable amount.

IMPORTANT: In order to reimburse you, we need all **original invoices, tickets and boarding passes** you will use during your trip. **WITHOUT THESE DOCUMENTS WE WON'T BE ABLE TO REIMBURSE YOU.** On all travel documents has to be written your name and surname, date of travel, from where to where was the journey, and the price. Once you book your trip, **LATEST TILL 8.3.2.2023** please send your arrival and departure time to cirkuslabulle@gmail.com

THE VENUE: Brežice (Slovenia)

The Training Course will take place in **Brežice**, a small town situated in the Eastern part of Slovenia, close to the Croatian border. Our venue, **MC Hostel Brežice**, is located in the green heart of the city, just at a stone’s throw from the city center.

Our training space will be a **275m2 big multi-purpose hall** with modern equipment and stage.

You can check the website of the venue in the following link: <http://www.mc-hostel.si/>

Living:

Participants will be accommodated in **6-bed rooms with WiFi access** and it will be possible to use laundry service, shared kitchen and a cozy lounge area. The hostel has a sunny roof terrace overlooking the castle and the city park where participants can enjoy and relax. In the reception there is a tourist information point, which provides all the information on local attractions.

Eating:

We will have meals at the hostel starting with dinner on the 4th of April. On the 11th of April, 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, hot 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 Tuesday, 4th of April** and the **departure day, Tuesday, 11th of April**. 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.

HOW TO GET THERE

The address of the venue is: MC Hostel Brežice, Gubčeva 10a p.p. 29, 8250 Brežice

By plane:

Flying to Ljubljana, Zagreb, Trieste, Venise, Treviso, Klagenfurt or Graz.

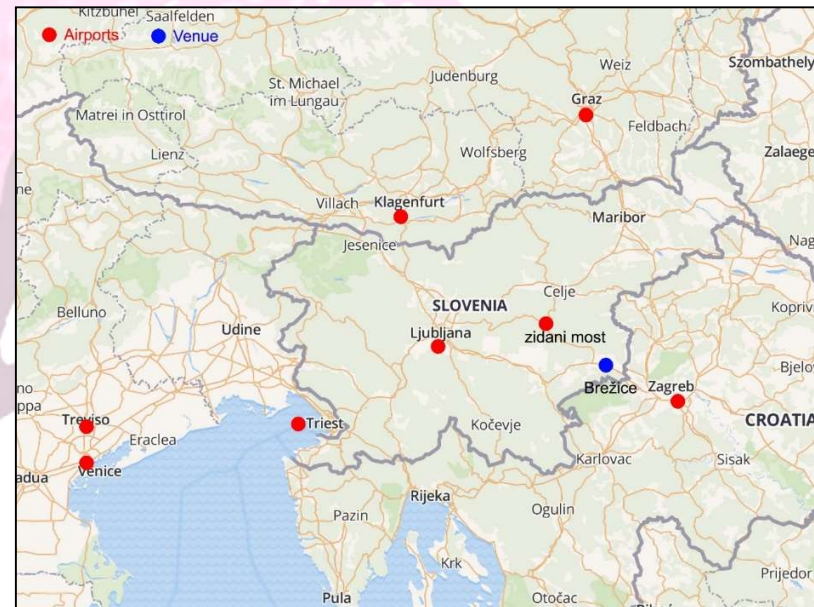
There are cheap flights from all over Europe to these airports. Check Ryanair, Volotea, Easyjet but you can also look other website like Momondo, Skyscanner, Opodo, Kayak or Expedia.

By bus or train

From your country or from the airport you can get to Brežice by taking a train via Zidani most.

Check the best prices and all the options on Rome2rio website.

Usually, the cheapest buses are the Flixbus, Ouibus or Blablabus ones but you can find cheap Eurolines buses as well.



If you will come to train station in Brežice you have the following options to reach Hostel:

. You can walk, it is 30 minutes' walk. The address is Gubčeva 10a

. You can take a local bus. Here is the timetable <https://www.nomago.si/avtobusne-vozovnice/vozni-red> and write under vstopna postaja BREŽICE ŽP and under izstopna postaja BREŽICE MARKET and you will get the

timetable. There is a 7 minutes walking from market to the hostel brežice <https://goo.gl/maps/s8hFCRx7XpeVhBtAA>

. You can call a taxi but this cannot be refunded from the project so you have to pay it. Here are the numbers +38631378000, +38631677400. I suggest you book them in advance.

Do not hesitate to contact us at cirkuslabulle@gmail.com for more information about the transport options.

TRAVEL TIPS

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).
- 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.

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 in case of accident, serious illness (including permanent or

temporary incapacity) and death (including repatriation) as well as the travel insurance (including damage or loss of luggage) is **their own responsibility**. We strongly recommend it. Please ask your sending coordinator if you have any doubt.

Intercultural snacks

We'll have the opportunity to **discover food one another's cultures and national delicacies** during multi-cultural coffee breaks. For this, you can bring some **typical snacks or drinks from your country**.

WHAT TO BRING

- Food item from your place to share with others during the coffee breaks
- Toiletries
- Warm clothes
- Earplugs (if you are sensitive to snoring)
- Insurance card, passport
- Games to play in the evening, musical instruments if you like

HOW TO APPLY

Please fill in the application form: <https://forms.gle/48fz1EXPtJDkHwrz6>

Deadline for applications is 26th of February 2023

Deadline for buying the tickets to the project is 8th of March 2023

For any questions related to the application, please contact us at cirkuslabulle@gmail.com