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# MIND-U

11.01.2024 – 20.01.2024

Mollina (Málaga) – SPAIN

JANUARY 11-20, 2024

MOLLINA (SPAIN)



Training course  
**MIND-U**



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**PRACTICAL INFORMATION ABOUT THE TRAINING COURSE, ERASMUS +**



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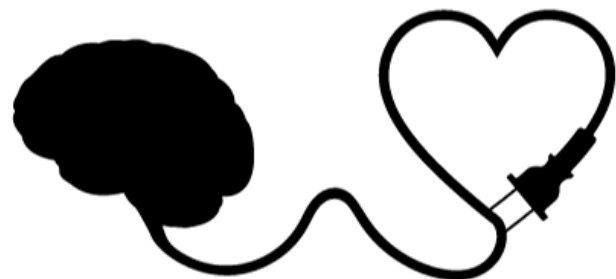
## PROJECT CONTEXT

In the last two years we have experienced continuous changes in all vital dimensions that have caused a series of consequences for the mental health and well-being of many people. In this sense, the pandemic has caused situations of fear, uncertainty, social isolation, loss of job stability or income, loss relatives, etc. All this has caused situations of stress, anxiety and depression. The expert's studies confirm that young people are at higher risk of suffering from mental illness.

**The main objective of the “Mind-U” project is to improve professional training and promote educational development through non formal and informal learning methods for participating youth workers, thereby increasing the quality of their actions and projects within of their organizations promoting mental health and personal well-being.**

### Specific objectives:

- Raise awareness of mental health and the importance of its visibility to prevent and address mental health and well-being problems caused by mental illness.
- Promote reflection and critical thinking to fight against stereotypes, prejudices, taboos and discrimination in relation to mental health.
- Promote healthy lifestyle habits, as well as leisure-recreational and cultural activities that contribute to improve personal well-being and mental health, while exploring artistic, creative and innovative methods.
- Share and exchange ideas, experiences and good practices developed in different European contexts on the promotion, awareness and approach to aspects related to mental health in work with young people.
- Provide preventive tools, techniques and methods in terms of mental health protection such as mindfulness.
- Promote active citizenship and participation in the democratic life of the participants; cooperation and social cohesion; as well as the sense of belonging to a global community that has to contribute to achieve fairer, supportive, sustainable and inclusive societies.
- Training on diversity understood from a positive approach that helps to enrich learning.
- Promote interactions with people of a diverse nature and with different personal backgrounds to, ultimately, promote the social inclusion of all people, whatever their characteristics and needs, thus contributing to improving the situation of those with fewer opportunities.





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## PARTICIPANTS' PROFILE

- Youth workers (educators; mentors; project technicians; animators; facilitators; trainers; etc.) and volunteers who work with youngsters.
- Participants must be legal residents in the country of the sending organization and be over 18 years old and no age limit.
- Participants interested in developing new personal, professional and social skills for their daily life and for their work with young people.
- Participants willing to contribute to follow-up and dissemination activities.



### More about the group

- ✓ Gender balanced groups!
- ✓ At least 1 participant per national group with economic, social, geographical or other type of barriers.

***NOTE:** Attending all the activities/sessions during the training course is mandatory and active participation is expected from all the participants. The participants also must be involved in the activities of dissemination and follow-up of the project.*

## THE VENUE

Accommodation and full board during the training course will be covered by Erasmus+ Program, between January 11 (Check in: afternoon) and January 20 (Check out: after breakfast).

During the training course, participants will be hosted in **CEULAJ, found in Mollina, in Málaga.**

The center of Mollina is a 15-minute walk from the accommodation. There you can find a supermarket and other shops.

Participants will have to share rooms (2-3 participants per room). Each room has a bathroom. Bed linen and bath towel will be supplied. Bring your own hair dryer if you need it.





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## INTERNATIONAL TRAVEL

To reach Mollina, the best option is to fly to Málaga.

Please,

- for the **ARRIVAL** search for flights landing by 5PM on January 11.
- for the **RETURN** search for flights taking off from 13PM on January 20.



### FROM MÁLAGA AIRPORT:

- ✓ At the airport, catch the train “C1” to Málaga train station (María Zambrano) and stop at the train station (3 stops).
- ✓ From the María Zambrano train station a collective bus will pick you up to take you to the accommodation.

**NOTE: DO NOT BUY ANY TICKETS** without the approval of the hosting organization and the project coordinator.

**NOTE:** The hosting organization will help you to find the best choice to get to Málaga.

## PARTNER ORGANIZATIONS, CONTACTS AND BUDGETS

Bulgaria	Sports Room	sportsroomsecretary@gmail.com	360 €/pax
Estonia	Continuous Action	info@continuousaction.ee	530 €/pax
Greece	ROES Cooperative	weare@roes.coop	360 €/pax
Hungary	ISKKA	iskkalapitvany@gmail.com	360 €/pax
Italy	MAEK Aps	francesco.cavichioli93@gmail.com	275 €/pax
Lithuania	Innoved Lietuva	team@innoved.lt	360 €/pax
Spain	Muévete por Europa	mueveteporeuropa@gmail.com	23 €/pax
The Republic of North Macedonia	SFERA International	info@sferainternational.org	360 €/pax

Travels are budgeted according to Erasmus + conditions (using the distance calculator from the city where your sending organization is based to the city where the training course will take place).

If any participant wants to stay longer in Spain, this is possible up to 2 days before or after the mobility. All expenses related to the extra days (for food, accommodation, trips, local transport or other types of costs that were not incurred for the project) must be covered by the participant himself/herself.

**NOTE:** That the budget is applicable if you travel from the city of your sending organization. In case you travel from another city, the budget might be reduced according to Erasmus+ distance calculator.

**NOTE:** Aborting mobility/early departure means not receiving travel reimbursement/the return travel costs.



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## PRE-DEPARTURE TASKS

Participants of each national group should meet with each other before the mobility to prepare some tasks and materials for the training course. The tasks are the following:



**Intercultural evenings:** It is a great opportunity for participants to present their country, local/regional/national food, traditional games, songs, dances, but also their language and lifestyle. Each national group will have the opportunity **to present their culture to the rest of the group in a dynamic and interactive way**. The presentation style is free. Please keep in mind that **it is not possible to cook or to take any stuff from the kitchen**.

**NGO FAIR:** It is a partnership building activity. You can bring **digital presentations or paper materials about your sending organization's goals, activities and projects**. Each national group will have a corner in the room (like a fair) and the participants will be able to move around to learn more about each organization.

**Energizers:** Each national group should lead some energizers before starting some of the workshops.

## TRAVEL REIMBURSEMENT

**YOU MUST KEEP ALL YOUR DOCUMENTS AND TRAVEL TICKETS.** Even if you think it is not important, do not throw anything away.

### For the reimbursement of the flight tickets:

- **All boarding passes.**
- **An invoice** from the travel agency/website/airlines company from where the flight ticket was bought.
- **The payment confirmation:** If you paid through bank (debit/credit card, bank transfer, etc.) you need a bank extract, or a printed statement released by your bank showing the payment.

### For any other travel tickets (busses, trains, etc.):

- **Ticket + receipt:** If you buy your tickets from an office, in cash, then you need the original ticket, with the price on it or the ticket and a receipt (if the ticket has no price on it).
- **Ticket + payment:** If you buy your tickets online, then you need the electronic ticket and the payment confirmation (same as above).

**NOTE:** *Only original travel documents will be considered for reimbursement. Therefore, electronic tickets are preferable. If you buy the tickets in an office for the return trip to your home, then you will have to send it to us by post.*

**NOTE:** *Keep in mind that if you check-in through the airline's App, the boarding pass disappears after 24 hours. Then you must check-in through the website and send us that original boarding pass.*



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## OTHER LOGISTICS

**Insurance:** It is mandatory to have **valid health insurance in Spain** during your entire stay in the country. The **European Health Insurance Card** is valid, do not forget to bring it with you and that it has not expired.

Participants should also take out travel insurance. The travel insurance cost it is not an eligible cost for the project budget so it cannot be reimbursed.

**Currency:** The currency in Spain is the Euro. To give you an idea, a coffee in a bar is around 1,30 €, a daily fixed menu around 12 €, a loaf of bread in a supermarket around 0,75 €.

**Weather and temperature:** Check the [forecast](#) before you come.

### Basic rules:



1. Respect the rules of accommodation.
  - Alcohol consumption is prohibited within the center.
  - Out of respect for other guests, silence must be maintained from 12:00 p.m. to 8:00 a.m.
  - Only spaces for which we have authorization may be used during the training course.
2. Follow the recommendations of the project team.
3. This is an educational project co-financed with public money. Be aware that it is not a vacation.

## WHAT TO BRING?

- Things for the intercultural evenings (games, traditional food, traditional songs, dances, etc.).
- A presentation and materials about your sending organization for the NGO Fair activity.
- Energizers/icebreakers.
- Personal reusable water bottle.
- Your own toiletries and your own medicines.
- Comfortable clothes and shoes.
- Open mind, positive attitude and a smile =>





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## DISSEMINATION AND FOLLOW-UP

All participants and partner organizations must be involved in the dissemination and follow-up activities of the project, since this is one of the selection criteria.

**Before and during the training course**, the selected participants and their sending organization must **promote the project through their own digital media** (Facebook, website, Instagram, etc.).

**After the training course**, the partner organization and the selected participants must **write an article or a post (a small report) and publish it on their dissemination channels**. They must also **disseminate the products of the project (video, etc.)**. The partner organization and the participants must also **carry out at least one activity (online or offline) with young people at the local level** using the results of the project.

## ABOUT US

**Muévete por Europa** is a non-profit association located in Alcalá de Guadaíra-Seville, in southern Spain. Founded in 2019 due to the concern and motivation of its founders to contribute to the development and improvement of peoples' quality of life. We develop, manage and implement international projects of social interest through awareness and promotion of values. Through the method of non-formal and informal education we promote social inclusion, equality, diversity and interculturality.

Our main objective is to promote the educational, labor and social integration of young people, through the raise of their integral development and their personal autonomy. For this reason, we carry out training and international mobility projects for young people and professionals who work with this group.

### Contact details:

Project Coordinator: Aida Pereira Fernández

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Facebook page: [/Asociación-Muévete-por-Europa](https://www.facebook.com/Asociación-Muévete-por-Europa)

Instagram: [@mueveteporeuropa](https://www.instagram.com/mueveteporeuropa)



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