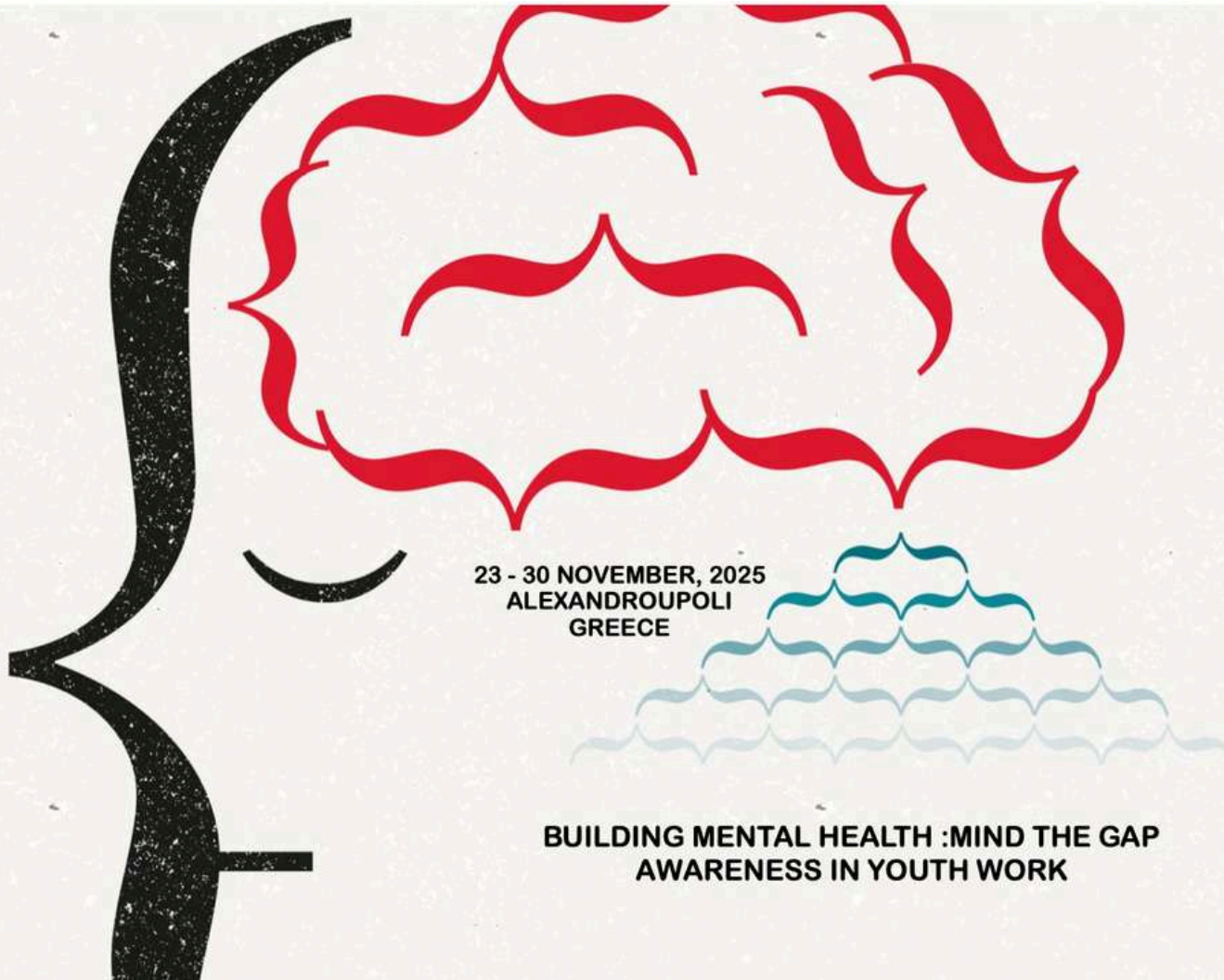




23 - 30 NOVEMBER, 2025
ALEXANDROUPOLI
GREECE

**BUILDING MENTAL HEALTH :MIND THE GAP
AWARENESS IN YOUTH WORK**



ABOUT THE PROJECT

The "Mind the Gap: Building Mental Health Awareness in Youth Work" project is designed to address the increasing mental health challenges faced by young people and the need for youth workers to be equipped with proper methodologies to support them while also safeguarding their own well-being. Mental health issues among youth, including anxiety, depression, and emotional distress, have been rising due to social pressures, economic uncertainties, and the impact of digitalization. Youth workers, who are often on the front lines of providing guidance and support, frequently lack the necessary skills, tools, and self-care strategies to effectively address these issues. This project recognizes that youth workers play a crucial role in fostering resilience, emotional well-being, and a safe space for young people to express themselves. However, their role can be demanding, and without proper training, they may struggle to provide meaningful support or even experience burnout. Therefore, this project aims to "bridge the gap" in mental health awareness by equipping youth workers with evidence-based methodologies, non-formal learning approaches, and self-care techniques that will enhance their ability to support young people while maintaining their own mental health. The project's key objectives are to provide youth workers with practical mental health tools, increase their understanding of youth mental health challenges, and foster an open dialogue on the well-being of both young people and those working with them. It will explore topics such as psychological first aid, stress management, trauma-informed approaches, and self-care strategies. Additionally, it will create a support network among youth workers from different countries, enabling knowledge-sharing and the exchange of best practices. By implementing this project, we aim to empower youth workers to become better equipped to recognize early signs of mental health struggles, respond effectively, and create supportive environments for young people. At the same time, we emphasize the importance of self-care and professional resilience, ensuring that youth workers themselves remain mentally and emotionally strong in their work. The project will serve as a foundation for future collaborations and capacity-building initiatives focused on mental health in youth work.

TIMELINE

Plan your trip according the arrivals to Alexandroupoli and departures from Alexandroupoli!

Duration: 6 working days + 2 travel days.

Arrival date: 23 November 2025 / Departure date: 30 November, 2025

PARTICIPATES YOUTH WORKERS FROM EACH PARTNER

FLIGHT OPTIONS

Plan your trip according the arrivals and departures toThessaloniki or Istanbul or you can also fly directly to Alexandroupoli!

Please check in advance the connections with buses for arrival and also for the return:

[Bus Thessaloniki Alexandroupoli Thessaloniki](#)

[Bus Istanbul Alexandroupoli Istanbul](#)

The easiest is to arrive at Alexandroupoli Airport Democritus! Otherwise, you can fly to Thessaloniki Airport Makedonia for international and domestic flights. Most major airline companies have direct flights to Thessaloniki or flights via Athens. If arriving in Thessaloniki, take the bus (Line 1X / 1N) that connects the airport with KTEL Makedonia (main bus terminal). From there, take the bus to Alexandroupoli, which will take about 4 hours.

P.S.: You can use till 2/3 days extra for your travel if you want to explore more of Greece or it helps you to arrange your travel smoother. Extra days are on your own expenses.

PROFILE OF PARTICIPANTS/PARTNER ORGANIZATIONS AND TRAVEL REIMBURSEMENTS

Participants need to be motivated and interested in the topic! Each team has to be represented by 4 youth workers! There is no age limit!

Participants with fewer opportunities are more than welcome.

ASOCIATIA YELLOW SHIRTS -Romania- 417 EUR per participant for the travel

Costumes Convergentes - Associação - Portugal - 395 EUR per participant for the travel

Marijampoles jaunimo klubas "Dimera" - Lithuania - 309 EUR per participant for the travel

ASSOCIATION FOR EUROPEAN COOPERATION DEVELOPMENT AND COMMUNICATION Belgium - 309 EUR per
- participant for the travel

P.S. All the tickets have to be confirmed with us before booking them!

These travel expenses will be reimbursed to the partner organisation via transfer after the project having all the original return tickets sent to us by post. We would like to remind you that flight tickets need to be economy class. Participants need to bring and submit the original tickets, invoices where is shown the PRICE and BOARDING PASSES in order to get their reimbursement. Invoices should be in EUR and your names should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be reimbursable!!!

HOMework GUIDELINES

To make the most of your experience and contribute meaningfully to our discussions and activities, we have prepared some homework for you to complete before you arrive. This homework will help you gain a deeper understanding of the topic and engage more actively during the exchange. The task will be announced in the FB group of the project!

We look forward to your contributions and can't wait to explore the world with you together! Safe travels and see you soon!

ACCOMMODATION

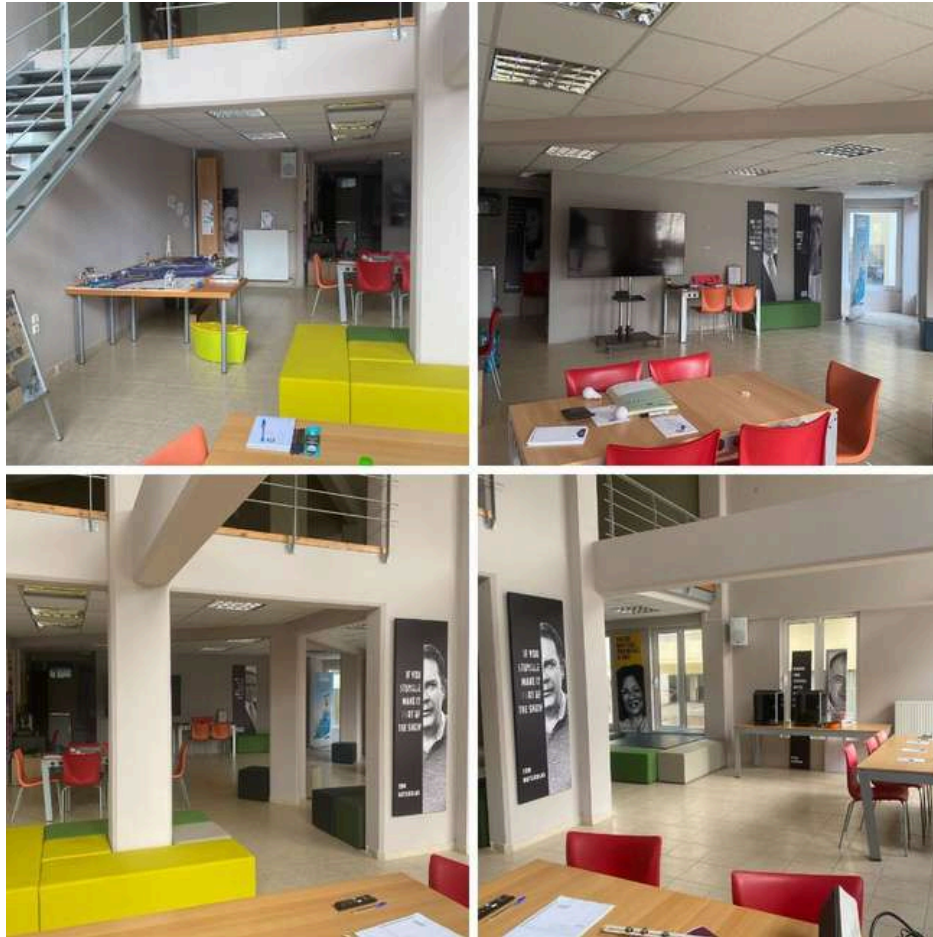
You will be accommodated in apartments at Konstantinoupoleos Street 33, Alexandroupolis, sharing rooms with 2 or 3 people.

(Κωνσταντινουπόλεως 33, Αλεξανδρούπολη 681 00).



VENUE OF ACTIVITIES

Most of the activities we will be hosting will take place at the Digital Youth Centre of Alexandroupoli.



INSURANCE

All the participants are responsible to obtain a health and full travel insurance. The costs for the insurance have to be covered by you.

Remember your European Health Insurance Card!

WHAT TO TAKE WITH YOU :

Specific medicines (if you need any), personal documents to travel, materials and a presentation regarding your Sending Organisations, some national/local snacks and sweets, warm clothes and comfortable shoes, any other item that you consider relevant.

Weather: Its Autumn here by the sea! So we suggest dressing in warm clothes during the day and check the forecast before you pack.

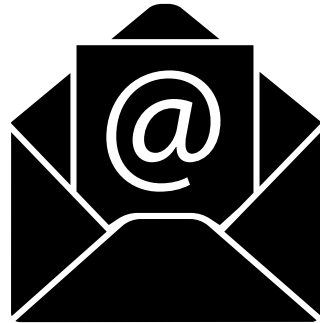
Couple of words about Alexandroupoli..



Looking forward meeting you in Alexandroupoli!

CONTACT US

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



Laura Vanagaitė

Project Coordinator in Lithuania

Email to: laura@tavo-europa.eu

JOIN NOW WITH TAVO EUROPA

Educator Pass 2025. You are welcome to join our new educational programme for 2025!

Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.

Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects:

Explore the world and learn together with the help of Tavo Europa.

Join the group with more opportunities:

<https://www.facebook.com/groups/186132221744993>

