

Vilanova i la Geltrú | 19-23 January 2026

INFOPACK

THRIVE TOGETHER

Mental health

and diversity

taccbcn.com



Cofinançat per
la Unió Europea

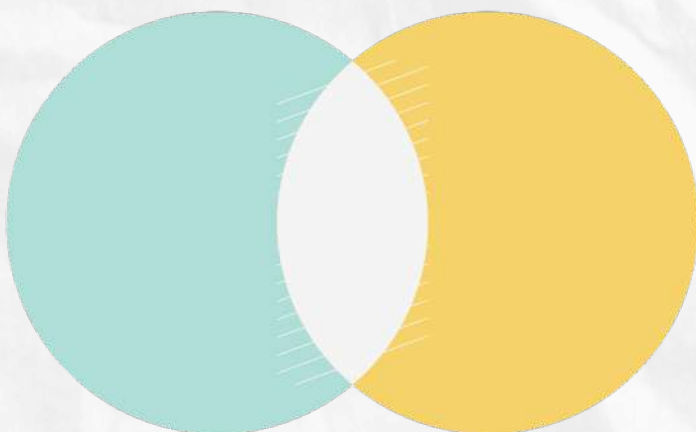
Thrive Together

TC: Thrive Together: Mental Health and Diversity (2025-1-ES02-KA151-YOU-000302213) is a training course for young professionals and youth workers, focusing on the **intersections between mental health, diversity, and social inclusion**.

The project aims to promote **intercultural exchange and learning experiences** among participants regarding mental health and its crucial role in fostering diversity, empathy, and inclusive communities.

Recognizing emotional wellbeing as a key factor in young people's personal and social development, the training highlights the **need for specific emotional support strategies within youth work and community-based projects**.

To achieve the objectives, TACC has organised the training with a **dynamic methodology and hand in hand with local professionals and experts**. This way, participants will have the opportunity to delve into different strategies and examples of initiatives with an impact on the territory.

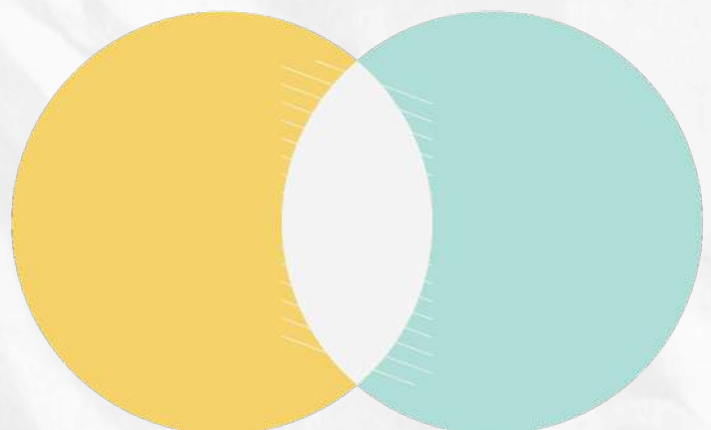


During five days, the eight professionals from eight different organisations will **visit local projects, participate in debates, share good practices, and take part in non-formal education activities.**

The training will address key themes such as **emotional wellbeing in the community, stigma reduction, resilience- building, intersectionality, and the role of art.** By focusing on everyday interactions and both visible and invisible barriers, participants will deepen their understanding of how mental health should be viewed in a **multisectorial and intersectional** way in order to include everyone and promote equality and social cohesion.

The training aims to empower participants to **propose innovative solutions, advocate for mental wellbeing, and develop the skills needed** to lead community-based projects to promote emotional support and social inclusion across Europe.

Throughout the week, they will create a **booklet** where the strategies and good practices of emotional support will be collected.



Objectives

The objectives set for this training for professionals are:

1. **Explore the links between mental health, diversity, and social inclusion**, and how they contribute to a more caring and equitable society.
2. **Encourage reflection** and support participants in identifying needs and personal values towards mental health and diversity.
3. **Exchange ideas, tools and strategies** for integrating mental health within youth projects.
4. **Empower the participants** to actively lead or participate in wellbeing-related and social inclusion initiatives.
5. Collaboratively create a **resource booklet** that compiles strategies and good practices related to mental health support for young people.

A glimpse into the activities

Some of the planned activities for the training course are:

- **Mental health in youth work:** exploring the importance of promoting mental health and emotional wellbeing among young people.
- **Art as a tool for emotional expression:** through creative and reflective exercises, participants will explore how art can be used as a powerful tool for emotional wellbeing and empowerment.
- **Gender and mental health:** this activity examines how masculinity, femininity, and cultural expectations influence emotional expression and mental wellbeing.
- **Mental health in immigrant and refugee communities:** this session focuses on understanding mental health through an intersectional lens, highlighting how migration, discrimination, identity, culture and resilience are interconnected.

Logistical aspects

The TC will be from the **19th to the 23rd of January, 2026**, with 18th and 24th as travelling days.

The TC will take place in **Vilanova i la Geltrú**, a municipality ~40km far from Barcelona (it takes approx. 45 min. by train from Barcelona city centre).

The accommodation will be in Vilanova i la Geltrú.

It is allowed to arrive/leave the country 2-3 days before/after the training course, at your own expenses. During the program of the TC we might not visit Barcelona.

Each country will participate with **1 YOUNG PROFESSIONAL OR YOUTH WORKER** (no age limit).



Meeting point

18TH OF JANUARY, AT 19.00H

Apart-hotel Atenea Park, in the municipality of Vilanova i la Geltrú.
Address: Carrer de Juan Sebastián Elcano, 4, 08800 Vilanova i la Geltrú, Barcelona



January 18th : Participants will arrive at Barcelona - El Prat Airport, and get to the meeting point by 19:00h.

January 24th: Participants will go to the Barcelona - El Prat Airport for their return journey.

There are several ways to go from the airport to Vilanova i la Geltrú.


To go directly: Take the bus **BUSGARRAF** from **Barcelona Airport Terminal 1 to Vilanova i la Geltrú**, getting off at Josep Coroleu bus stop. The bus comes once every one hour and the journey takes around one hour. From there, you have a 15 min. walk to the hotel.


Here you have the bus schedule:

DISSABTES, DIUMENGES I FESTIUS															
Barcelona					Hospitalet de Llobregat		El Prat de Llobregat	Aeroport	Les Roquetes			Vilanova i la Geltrú			
Gran Via S88	Sepúlveda / Urgell	Plaça Espanya	La Campana	Ciutat Judicial	Gran Via 2	Bellvitge	Triny	Terminal	Valentí	Les Roquetes Pavelló	Rambó Sant Jordi	Sant Antoni Abat	Jugetts	Josep Coroleu	Plaça Eduard Maristany
7:05	7:08	7:10	7:13	7:18	7:22	7:27	7:32	7:40	8:15	8:20	8:25	8:30	8:32	8:37	8:40
8:05	8:08	8:10	8:13	8:18	8:22	8:27	8:32	8:40	9:15	9:20	9:25	9:30	9:32	9:37	9:40
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11:05	11:08	11:10	11:13	11:18	11:22	11:27	11:32	11:40	12:15	12:20	12:25	12:30	12:32	12:37	12:40
12:05	12:08	12:10	12:13	12:18	12:22	12:27	12:32	12:40	13:15	13:20	13:25	13:30	13:32	13:37	13:40
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22:05	22:08	22:10	22:13	22:18	22:22	22:27	22:32	22:40	23:15	23:20	23:25	23:30	23:32	23:37	23:40

El compliment d'aquests horaris està condicionat a la fluïdesa del trànsit.
El cumplimiento de estos horarios está condicionado a la fluidez del tráfico.

Al Client: 933 937 060

 Generalitat de Catalunya
Transports públics

Consulta més horaris
escanejant el codi QR:

www.busgarraf.cat

 **ATM** Àrea de Barcelona
Autoritat del Transport
Metropolità

To go through Barcelona: You can take Airbus A1 (from Terminal 1) or Airbus A2 (from Terminal 2) to Barcelona city center. Then, you can take a **train (RENFE)** or a **bus (BUSGARRAF)** to reach Vilanova i la Geltrú.

Remember to keep all the bills (train/bus/flight) for the reimbursements.

Useful vocabulary in Catalan and Spanish

Hello (EN) | Hola (CAT) | Hola (SP)

Goodbye | Adéu | Adiós

Good morning | Bon dia | Buenos días

Good night | Bona nit | Buenas noches

How are you? | Com estàs? | ¿Cómo estás?

I'm fine | Estic bé | Estoy bien

Nice to meet you | Encantat/ada de coneixe't | Encantado/a de conocerte

Do you speak English? | Parles anglès? | ¿Hablas inglés?

I don't understand | No t'entenc | No te entiendo

Please | Si us plau | Por favor

Thank you | Gràcies | Gracias

Excuse me / Sorry | Perdó | Perdón

Sorry, I got lost | Perdó, m'he perdut | Perdón, me he perdido

Excuse me, could you help me? | Perdó, em podries ajudar? | Perdón, ¿me podrías ayudar?

Could you tell me how to get to (place) | Em podries dir com arribar a (place) | ¿Podrías decirme cómo llegar a (place)?

Do you know where the (place) is? | Em pots indicar on està (place)? | ¿Me podrías indicar como llegar a (place)?

How much does it/this cost? | Quant costa això? | ¿Cuánto cuesta esto?

May I pay with credit card/by cash? | Puc pagar amb targeta/en efectiu? | ¿Puedo pagar con tarjeta/en efectivo?

Could I have the receipt? | Em pots donar el tiquet, si us plau? | ¿Me puedes dar el tíquet, por favor?

Participants



TDM 2000
(Belgium)



Aristotales
(Greece)

**Brno.
For you.**

Brno for you, z.s.
(Czech Republic)



Scambieuropei
ETS (Italy)



Tavo Europa
(Lithuania)



Taller d'Art, Cultura
i Creació (Spain)



Mais Cidadania
(Portugal)



Asociația Sanătate
pentru Viață
(Romania)



Kalyoncu Innovation
and Technology
Transfer Office
(Türkiye)

Collaborators



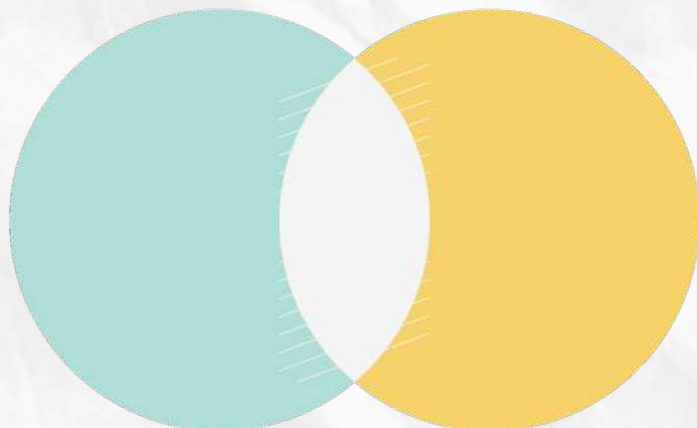
AJUNTAMENT DE
Vilanova i la Geltrú

Emergency contacts



EMERGENCY NUMBER

112



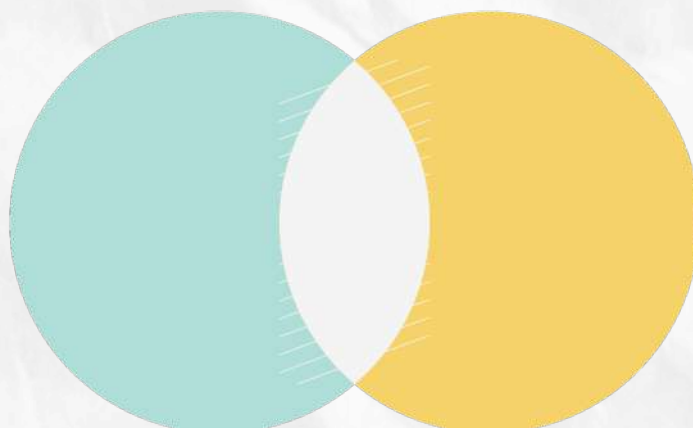
Organisation Contacts



PROJECT COORDINATOR IN LITHUANIA

Julija Staniulyte

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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.

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