

# Beyond Feeling Fine: Exploring Well-being in Today's World

**Erasmus+ project - Training course**

*under accreditation nr. 2022-1-CZ01-KA150-YOU-000111402*

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Co-funded by  
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**Brno.  
For you.**

# Short intro.

During this project, we will focus on the well-being of youth workers and explore what truly influences it in today's world. Participants will **learn practical tools and techniques to support well-being**, including mindfulness practices, physical movement, and a critical look at how social media affects mental health and overall balance.

A strong emphasis will be placed on community building as a key factor of well-being. **Youth workers will learn how to create and nurture local communities in their own towns.** As a practical example, we will use the concept of run clubs, which successfully combine physical activity with human connection—both proven to significantly enhance **well-being**. While running itself is not the main focus, participants will explore how this model can be adapted to other sports, creative activities, or social initiatives, and how to **start similar community-based projects from scratch**.

As a follow-up activity, participants will be expected to organise a small well-being-focused event in their local community after the project, applying the methods and concepts learned during the training.



## Main objectives

- **Increase** youth workers' understanding of well-being as a holistic and essential element of youth work and non-formal education.
- **Strengthen** participants' personal well-being through experiential learning, reflection, and group processes.
- **Equip** participants with practical methods and tools to support well-being in youth work and community settings.
- **Explore** key influences on well-being, including human connection, balance, mindfulness, physical movement, and social media.
- **Support** the exchange of good practices and help participants use well-being-focused approaches in their local contexts.





# Target group.

## Youth workers

- Age 18+
- Interested in the project topic
- Involved in youth work in participating organisation or organisations that regularly work with young people at local level
- Motivated to actively participate in sharing their experiences and good practices
- Coming from EU countries and third countries associated to the program



We are able to involve up to 32 youth workers including participants with fewer opportunities and special needs. We are eager to seek for possibilities to lower the barriers to access. Together, we will create a non-judgmental and open-minded space for learning.





# Where?

Conil de la Frontera,  
Spain



# When?

4.– 11. 4. 2026

## Travel costs

Travel expenses will be covered up to

- Between 10 and 99 Km - 28 € (green travel 56 €)
- Between 100 and 499 Km - 211 € (green travel 285 €)
- Between 500 and 1999 Km - 309 € (green travel 417 €)
- Between 2000 and 2999 Km - 395 € (green travel 535 €)

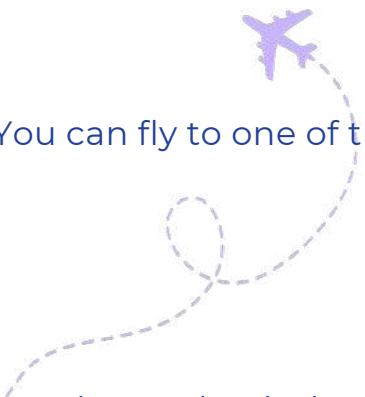
You can calculate your distance [here](#). Please **keep all of your originals of travel documents** so we can reimburse the travel expenses! **Do NOT buy any tickets** before they are officially approved by Brno for you.

We are here to help you to figure out how to get to the meeting point. We have to make sure that you find connections to be at there on time!

## Travel logistics

Conil de la Frontera does not have its own airport. You can fly to one of the following airports:

- Málaga Airport
- Seville Airport
- Jerez Airport



From the airport, you will need to continue by bus. Please check the bus schedules [\(on this website\)](#) in advance and book your tickets early, as buses can sell out. **Make sure your flight arrives early enough to allow sufficient time to catch the bus and reach the venue.**



**From the bus station in Conil de la Frontera it takes approximately 30 minutes walk to reach the accommodation (check the route [here](#)). As public transport options are limited, walking may be necessary.**

## Accommodation

For the project, you will be accommodated in the guest house called

**Cortijo Roa La Bota.** Please note that accommodation includes some rooms with double beds, which may need to be shared by two participants. If this is an issue, please inform the organisers in advance. The accommodation is strictly non-smoking.

[Check the accommodation website.](#)



## Formalities

- Part of the Erasmus+ project is reporting and promotion of the program and for that we will need your consent to the storage of your personal data and taking of photos and video recordings which will be used for promotional purposes only. The documents to sign will be sent to you after acceptance.

# Practicalities.

## Never leave for a project without...



- ID or Passport – Make sure it's valid for the entire duration of your trip.
- Original Tickets or Boarding Passes – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



- Important Contact Details – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



- **European health card - obligatory for EU citizens!**



- Travel insurance **MANDATORY!** – you never know what might happen on the way...

## Could be useful...



- Towel & Slippers – Often forgotten and usually not provided at the accommodation.
- Comfortable clothes – during the project we will do daily yoga sessions and other physical activities, we suggest to choose comfort and functionality over visuals.
- Comfortable shoes – we will spend a lot of time outside walking.
- Warm Clothes – Even in south of Spain the evenings can get chilly, so it's always good to be prepared (and check the weather forecast in advance).
- Typically drinks and snacks from your country for the intercultural evening.
- Emergency Cash – Carry some cash money in case of unexpected expenses (the currency is EUR).
- Optionally swimsuit – although we will spend some time at the beach, the weather might still not be ideal for swimming therefore we leave this up to you.

# Schedule\*

This is an **educational project**, which means that although we will have fun, connect, and enjoy created safe and welcoming space, our focus is on learning new competencies for personal and professional development.

1

2

3

4

5

6

7

8

## Saturday: Arrival & Introduction

## Sunday: The Body Pillar - Physical Wellbeing

- Get to know each other, icebreakers
- Movement and the Body
- Body Signals
- Sustainable Physical Habits

## Monday: The Mind Pillar - Mental Wellbeing

- Emotional Awareness and Regulation
- Resilience and Coping Skills
- Meaning, Purpose, and Motivation
- Self-Talk

## Tuesday: Impacts of Social Media

- How do digital connections (social media, messaging) support or hinder your wellbeing?
- Impact of Scrolling
- Social Media, Sleep, and Focus

## Wednesday: Connection and its Effects

- How does the quality of your relationships affect your overall sense of wellbeing?
- How to create an environment in which connection thrives?
- How to build a strong local community?

## Thursday: Community event

- Based on the knowledge gained in previous days it will be up to you to organize a local community event

## Friday: Methodology Takeaways & Community Engagement

- Preparation of engaging local communities in participants' countries
- Reflection, Next steps, dissemination plan
- Farewell rituals

## Saturday: Departure

\*Activities and schedule may vary based on the logistics needs and group dynamics.

\*\*No specific level of physical fitness is required to participate. However, physical movement will be a daily part of the programme.



# Application process

**1** Submit your application

*Deadline 8. 2. 2026*

Get approved by  
hosting organization

**2**

*Deadline 12. 2. 2026*

**3** Arrange your travel tickets

- **Do NOT buy any tickets before they are officially approved. After purchasing, keep all the original documents.**

# Our organization.

- Brno foryou is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



## Achievements under our coordination 2014-2024



# Contact us!

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

## Project Coordinator in Lithuania

Julija Staniulyte: [julija@tavo-europa.eu](mailto:julija@tavo-europa.eu)



# Join now with Tavo Europa!

**Educator Pass 2026.** You are welcome to join our new educational programme for 2026!

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>

