

BETWEEN SCREENS & STARS



Growing healthy minds

INFO PACK

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POZITIVA SAMOBOR
Udruga za održivi razvoj



Funded by
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BETWEEN SCREENS AND STARS: **GROWING** **HEALTHY MINDS**

ERASMUS+ ACTIVITY INFO PACK **TRAINING COURSE FOR YOUTH WORKERS**

Dear Participants, Welcome to our Erasmus+ training course for youth workers! This info pack contains **all the essential details you'll need**, from the program to logistics. **It's crucial to read through everything** to fully understand what to expect and how to prepare. Our aim is to equip you with valuable skills and knowledge, and we want to ensure you have a **seamless and enriching experience**. Thank you for joining us, and we look forward to an exciting and productive time together!

BASIC INFORMATION

ACTIVITY OVERVIEW

Name of the activity:	BETWEEN SCREENS AND STARS: Growing healthy minds
Type of the activity:	ERASMUS+ accredited project in the field of youth - Mobility of youth workers
Location of the activity:	Side, Antalya, Turkiye
Dates of the activity:	15. - 21.03.2026. (15th and 21st are travel days)
Age range of participants:	18+, without the upper age limit
Total number of participants:	24

The aim of this training is to support youth workers in developing practical skills to design learning environments that help young people focus, stay present and engage meaningfully in learning in a highly digitalised world. Through non-formal and experiential approaches, participants will explore how to respond to digital distraction and information overload by creating learning experiences that promote **reflection, deep learning and balanced learning rhythms**. The training treats attention and focus not as individual problems, but as outcomes of well-designed educational environments. By the end of the activity, participants will be better equipped to apply innovative learning design methods in their everyday youth work, supporting **healthier, more sustainable and more meaningful learning processes for young people**.

PARTICIPANT PROFILE

WHO ARE WE LOOKING FOR? We are seeking individuals who are actively engaged in **youth work**. Youth work involves activities designed to support the personal and social development of young people through informal education and learning. Youth workers can be either **employed** or **volunteers/cooperates**, contributing to the mission of their organizations.

WHO CAN APPLY?

- **Youth Workers:** Those working directly with young people in NGOs, institutions, and educational institutions.
- **Youth Leaders:** Individuals who lead youth groups or councils, such as scout leaders or members of youth councils.
- **Volunteers and Cooperates:** Individuals who volunteer or cooperate with organizations in youth work activities.

PREFERRED PARTICIPANT PROFILE

- Actively engaged in youth work activities through their sending organizations.
- Committed to applying the skills and knowledge gained from the project to benefit their organizations and the young people they work with.
- Able to contribute to and benefit from a collaborative learning environment.

IMPORTANT

Individuals not involved in youth work within an organisation and individuals without prior experience in youth work are **not eligible for participation in this activity.**



WHAT TO EXPECT IN THIS ACTIVITY?

- A hands-on, experience-based training focused on real challenges youth workers face when working with young people in digitalised environments
- Experiential learning activities that support focus, presence and meaningful engagement
- Practical tools and methods for designing learning environments
- Space for reflection, slowing down and deep learning, rather than constant information input
- A non-formal learning approach based on participation, dialogue and learning by doing
- Exchange of experiences and peer learning with youth workers from different countries and contexts
- Concrete ideas and inspiration that can be adapted and applied in your everyday youth work.

WHAT NOT TO EXPECT IN THIS ACTIVITY?

- Atourist, sightseeing or holiday-style programme
- Free-time-oriented activities without a clear learning purpose
- Clinical, therapeutic or mental health treatment or diagnosis
- Individual services, personal coaching or one-to-one support
- Ready-made formulas or one-size-fits-all solutions
- Optional paid activities or add-on experiences outside the programme

This activity is implemented within the Erasmus+ programme, which is primarily an **educational and learning framework** based on non-formal education, active participation and shared responsibility.

We strongly encourage participants to **familiarise themselves with the Erasmus+ programme, its values and learning principles** before the activity. Erasmus+ activities are not designed as tourism or individual service-based programmes, but as collective learning processes that rely on engagement, openness and contribution from all participants.

LOGISTICS

SIDE, ANTALYA, TURKIYE

Side is a historic coastal town known for its well-preserved ancient ruins, including temples, a Roman theatre and old city walls, all set directly by the sea. It is located in the Antalya region, an area famous for its Mediterranean climate, long beaches and natural landscapes. Part of Türkiye, Side combines a relaxed seaside atmosphere with rich cultural heritage, making it a popular destination with good infrastructure and easy accessibility.



SIDE ALEGRIA HOTEL & SPA

Our accommodation provider is **SIDE ALEGRIA HOTEL & SPA**. Participants will be accommodated in triple rooms. Three meals per day will be provided throughout the activity. The venue also offers a dedicated working space and Wi-Fi access for all participants.



TRAVEL

Travel expenses of the participants are covered in line with **Erasmus+ Programme rules** and **European distance calculator**. Participants should keep **originals** of the travel tickets and boarding passes, as without such documents we will not be able to make the reimbursement. Reimbursement of travel expenses for the participants will be carried out through **bank transfers** (to the **account of sending organization**) after the main activity, upon collecting all relevant documentation. The costs will be reimbursed **ONLY** if a participant takes part in **a full duration of the activity program**.



IMPORTANT

Please note that prior to making reimbursement, participants should complete the **Participant Survey** generated and sent from Beneficiary modul system at the end of the activity, as well as to fulfill their dissemination tasks.

GREEN TRAVEL

This activity implements a practice of **GREEN TRAVEL**, in line with priorities set within ESC Programme guide for 2021. – 2021. Green travel is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus or train. Therefore, participants should, whenever possible, prioritize travel either by **BUS, TRAIN or CAR POOLING**. It does not apply to participants arriving from destinations that are more than 2000 km away from project venue.

TRAVEL REIMBURSEMENT

DISTANCE	NON-GREEN TRAVEL (LIMIT PER PERSON)	GREEN TRAVEL (LIMIT PER PERSON)
10 - 99 KM	28 EUR	56 EUR
100 - 499 KM	211 EUR	285 EUR
500 - 1999 KM	309 EUR	417 EUR
2000 - 2999 KM	395 EUR	535 EUR
3000 - 3999 KM	580 EUR	785 EUR

Distance should be calculated by using **European Distance Calculator** for each participant individually, based on their location of departure (residency city or city where they are starting and finishing travel to/from the project).

IMPORTANT



Before making any travel arrangements (reservations, purchasing tickets, etc.), **make sure to consult us to ensure approval**. Travel plans must align with the distance calculator, Erasmus+ reimbursement framework, and green travel guidelines. **Failure to consult us beforehand may result in ticket disapproval.**

HOW TO REACH THE PROJECT VENUE?

If you are not travelling by car or bus, please note that public transportation from Antalya Airport to Side is limited and not very convenient. For this reason, **shuttle transportation** will be organised based on participants' arrival times.

The nearest airport to Side is **Antalya Airport**. To ensure efficient transport, participants will be grouped, with each shuttle accommodating more people, which may result in short waiting times.

The estimated cost of the shuttle (approximately 10–20 EUR per participant, per ride) will either be **deducted from the travel reimbursement or paid directly by participants using the shuttle**. You will receive detailed information once the final arrangement is confirmed.

IMPORTANT



Before making any travel arrangements (reservations, purchasing tickets, etc.), **make sure to consult us to ensure approval**. Travel plans must align with the distance calculator, Erasmus+ reimbursement framework, and green travel guidelines. **Failure to consult us beforehand may result in ticket disapproval.**



PRACTICAL INFORMATION

DON'T FORGET TO BRING!

- Personal medication;
- Identification documents (ID, passport, visa, etc.);
- Health/travel insurance;
- Travel tickets and boarding passes (originals);
- Swimming suit;
- Comfortable clothes for indoor and outdoor activities.

HEALTH INSURANCE

We strongly recommend that all participants arrange **personal travel health insurance for their stay in Türkiye**. Please note that the European Health Insurance Card (EHIC) is not valid in Türkiye, and medical treatment costs cannot be covered from the project budget. Any expenses related to healthcare, medical treatment or emergencies must therefore be covered through personal travel insurance arranged in advance.

IN CASE OF EMERGENCY

Important contact numbers and information on safety procedures will be placed in visible places at the project venue and introduced to participants at the beginning of the main project activity.

112 – emergency number

RELEVANT INDIVIDUAL INFORMATION

If you have any medical or other issues that could impact your ability to participate in the project or affect your well-being or that of other participants, it is essential to inform the project staff in advance, prior to signing your Agreement. While health issues are **not a barrier to participation**, our staff needs to be aware to take the necessary measures to ensure your proper inclusion and safety as well as wellbeing of the whole group.

PREPARATION

TASK RELATED PREPARATION

In preparatory phase of the project, participants will receive guidelines for preparatory tasks.

INTERCULTURAL AND LINGUISTIC PREPARATION Türkiye has a rich cultural heritage and strong traditions of hospitality. Politeness, respect and friendly communication are highly valued in everyday interactions. English is commonly understood in tourist areas and by younger people, but learning a few basic Turkish words (such as greetings and polite expressions) is highly recommended and appreciated by locals.

- **Merhaba** – Hello
- **Günaydın** – Good morning
- **İyi akşamlar** – Good evening
- **Hoşça kal** – Goodbye (when you are leaving)
- **Güle güle** – Goodbye (when someone else is leaving)
- **Lütfen** – Please
- **Teşekkür ederim** – Thank you
- **Sağ olun** – Thank you (polite/formal)
- **Evet** – Yes
- **Hayır** – No
- **Anlamıyorum** – I don't understand
- **İngilizce biliyor musunuz?** – Do you speak English?
- **Yardım eder misiniz?** – Can you help me?

CURRENCY

The official currency in Türkiye is the **Turkish Lira (TRY)**. Credit and debit cards are widely accepted in hotels, restaurants and shops, especially in tourist areas, but cash is still commonly used for smaller purchases, local markets and public transport. Participants are advised to bring some cash in Turkish Lira or withdraw money from ATMs, keeping in mind that ATM withdrawals may include additional fees charged by local banks and their own bank.

YOUTHPASS

The Youthpass certificate is a recognition tool developed by the European Commission for participants of projects funded by the Erasmus+ program and the European Solidarity Corps. It aims to document and validate the learning experiences gained through participation in these projects. Here are the key aspects of the Youthpass certificate:

- 1. Recognition of Non-Formal Learning:** Youthpass recognizes the value of non-formal learning experiences, which are often not formally assessed or documented. It highlights the skills and competences gained outside of traditional educational settings.
- 2. Learning Outcomes:** The certificate includes a detailed description of the learning outcomes achieved by the participant. This includes key competences such as communication in foreign languages, social and civic competences, sense of initiative, and digital competence.
- 3. Personal Reflection:** Participants are encouraged to reflect on their experiences and learning processes. This self-assessment helps them identify and articulate the skills and knowledge they have acquired.
- 4. Enhancing Employability:** By documenting skills and competences, Youthpass can enhance the employability of young people. It serves as a useful addition to their CVs and can be presented to potential employers or educational institutions.
- 5. Standardized Format:** The certificate follows a standardized format recognized across Europe, making it easier for participants to use it in various contexts, including job applications and further education.

The participants of this project have **a right to obtain their Youthpass certificates** at the end of the main activity.



ABOUT THE ORGANIZER

Pozitiva Samobor is an association, a non-governmental organization established in 2011. with the main aim to design programs for developing skills of young people, discover their talents as well as to teach them to take actions and responsibilities. We want to provide youth with adequate tools and motivation to activate their minds and bodies in order to become great leaders of 21st century.



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CONTACT US!



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JOIN 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:

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