



Thrive and Shine

24 October - 1 November 2026

Paphos, Cyprus

Erasmus+ Youth Exchange



Co-funded by
the European Union





BASIC INFO & CONTEXT

Our aim is to strengthen resilience, encourage open conversations about mental health, and equip young people with the resources and support they need to take charge of their emotional well-being. By fostering understanding, reducing stigma, and promoting access to helpful tools, we strive to empower young people to build healthy coping skills and confidently navigate life's challenges.



Key Objectives

Help you understand how social media can harm your mental health and equip you with strategies to reduce these negative impacts.

Teach you a minimum of three mindfulness techniques you can use in daily life to manage stress and anxiety.

Encourage you to become mental health ambassadors among your peers, empowering you to share the newly acquired knowledge and techniques, within your communities.



PARTICIPANTS PROFILE

Motivated & curious minds

We are looking for participants who are genuinely interested in the topic and ready to take part actively in all activities.

English speakers

A good level of English is needed so you don't miss any part of the sessions, discussions, and international fun.

18–30 years old

Participants must be within this age range.

18+

group leaders — one per country



Travel Reimbursement

CYPRUS - 28,00 €

ROMANIA - 309,00 €

SPAIN - 395,00 €

LITHUANIA - 395,00 €



Accommodation

The training will take place at Queen's Bay hotel. The hotel is all inclusive (without drinks).

You will be accommodated in rooms of 3 or 4, with private bathroom. Towels and linens will be provided.

<https://www.queensbay.com.cy/>



What to Bring with You

- All your travel tickets and boarding passes
- Water bottle
- Comfortable shoes
- Notebook - to write all the cool info
- Fancy outfit for the intercultural night
- Local food/sweets/non-alcoholic drinks from your country for an intercultural evening
- As well as positive attitude and eagerness to learn!





Join with Tavo Europa !

Explorer 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>



Contact Us!

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