

The Gap

YOUTH WORK AND WELLBEING

29 September - 6 October 2024
Terrassa, Spain



Co-funded by
the European Union



YOUTH OPPORTUNITIES CLUB



healthy youth
participation



THE PROJECT

The Gap is a comprehensive series of three Professional Development Activities designed to enhance the competencies, knowledge, and awareness of youth workers and educators in the crucial areas of mental health and wellbeing.

Participants will gain valuable insights and practical skills to better support the mental health and overall wellbeing of the youth they work with, fostering healthier and more resilient communities.

why The Gap?

The Gap comes from a proposal of Link Association, to work together on the topic of mental health, after realising the need of young people for support on their psychological well-being specially after the pandemic.

Lastly, young people have started to share much more openly problems of psychological distress such as anxiety, stress, frustration resulting from increasing social pressures, etc.

This led us to start non-formal education projects on this issue, realising, however, that as youth workers we need specific tools to preserve the trust that young people place in us.

THE OBJECTIVES

The second stage of The Gap aims to equip participants with the tools to:

Deepen their exploration of the potential of trainers and facilitators through creative methods focused on mental health and wellbeing.

Further develop their professional competencies in these areas.

Motivate participants to integrate creativity into their approach to wellbeing and mental health.

Enhance their ability to understand and support individual and group learning processes within Erasmus+ projects.

Design engaging activities that leverage creativity and focus on mental health and wellbeing.

Foster self-directed learning and the development of "Learning to Learn" skills.

THE TRAINERS



ELENI KARDAMITSI

Eleni Kardamitsi is an experienced trainer and educator with more than 20 years of experience working with teams of young people in Athens. She has collaborated with various NAs, public bodies and organisations as a trainer and consultant. She holds an MBA focused on sustainability, an MA in Critical Theory, and an evidence-based coaching diploma. She is the co-founder of Hellenic Youth Participation.



EMANUELE NARGI

Emanuele Nargi holds a master's degree in Performance Making and has dedicated his professional life to the arts and education, with a background in movement and physical theatre. As a trainer, he consistently engages at the intersection of theatre and participation, bringing a unique blend of creativity to his work. Discover more about Emanuele at emanuelenargi.com.



PARTICIPANT PROFILE

We are seeking socially engaged individuals with a keen interest in mental health, wellbeing, creativity, and movement.

Essential Criteria

- **Fluency in English:** Candidates must be able to effectively communicate and understand English throughout the project.
- **Countries:** Participants should be residents of Spain, Italy, Greece, Armenia, Georgia, or Croatia.
- **Interest Areas:** A strong inclination towards intercultural tools and training methodologies for non-formal education is essential.

Desired Qualities

- **Social Engagement:** A proven track record of community involvement and participation.
- **Mental Health Awareness:** Demonstrated interest or experience in mental health and wellbeing.
- **Creativity:** A capacity for innovative thinking and expression.
- **Physical Activity:** An appreciation for movement and bodily expression.

By meeting these criteria, participants will be well-equipped to contribute meaningfully to the project and foster a collaborative, intercultural learning environment.

TRAVEL COSTS

We expect 4 participants per country

Country	Number of participants	Travel costs x participant GREEN TRAVEL*	Travel costs normal travel
Spain	5	56€	
Italy	4	417	309
Greece	4	417	309
Croatia	4	417	309
Georgia	4	785	580
Armenia	4	785	580

*GREEN TRAVEL is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

TRAVEL COSTS REIMBURSEMENT

Travel expenses will be reimbursed **to the sending organisation** max 2 months after the project.

Keep in mind:

- Participants can arrive 1 day before and leave 1 day after the project. The accommodation for the extra-days is not covered by the project budget.
- In case of *green travel*, participants have 2 travel days for the arrivals and other 2 travel days for the departure. We ask you to inform us in advance in case you want to use *green travel*.
- You must travel in the most efficient way available.
- Taxis cannot be reimbursed.
- You must send all the original travel documents (receipts, invoices, tickets and boarding passes).
- You will be reimbursed by the expenses you have done applying the limits indicated.
- *Green travel* is defined as the travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

GETTING HERE

By plane: Barcelona El Prat is the closest airport, once there:

Go to find the train station in Terminal 2

Take a ticket to Terrassa in the machine

Pick the train and in Barcelona Sants change line to R4.

Get down at Terrassa Nord Station.

Alberg de Vallparadís it's only 6 minuts away:

Carrer de Alcalde Parellada, 2, Terrassa

Try to arrive before 20h so we can have welcome dinner together ;)

ACCOMMODATION

The Venue

"Alberg Vallparadís" is located close to the city center, in a quiet area. Surrounded by the largest local park "Vallparadís": ideal for walks, sport, and activities.

The participants will be accommodated in rooms for 2 and 6 people, separated by gender. The rooms are equipped with **bed sheets and towels**. There is wifi connection in all the hostel.

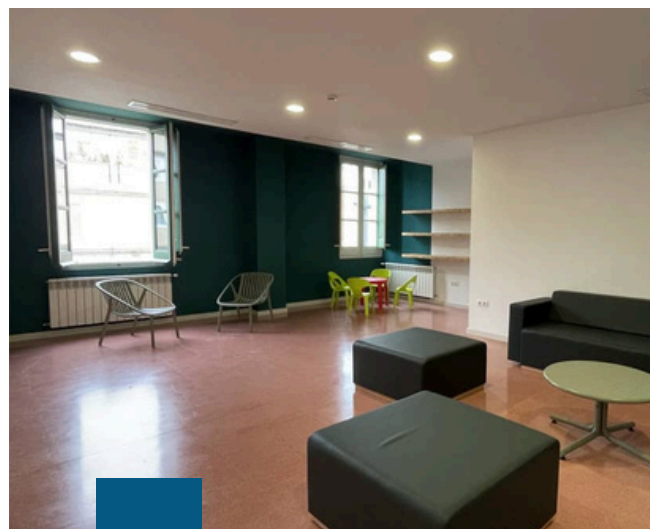
There's a conference room where some of the activities of the training course will take place.



C/ Alcalde Parellada 2, Terrassa

What to bring

- Everything that you will need to spend few days out of home! Make sure you check the **weather** a couple of days before coming (you can do it [here](#)) and bring proper clothes.
- You will have the opportunity to **share typical snacks from your country** during coffe breaks, don't forget them!



TERRASSA

Terrassa is located in the province of Barcelona, and is the co-capital of Vallès Occidental. With a population of 225.274 (2023), Terrassa is the third biggest city in Catalonia, after Barcelona and L'Hospitalet.

Terrassa has been inhabited since prehistory. During Roman times was known as Egara and there's also important remains from the Middle Ages. Terrassa was one of the leading Spanish cities of the industrial revolution, which shaped the city.

There are a lot of modernist buildings from that time in Terrassa, and some factories can be found in the middle of residential neighbourhoods, and even if this is not the most touristic city of Catalonia there are some interesting spots to see!



Terrassa people is in love with "**frankfurts**" a popular german style hot dog fast food restaurant. Terrassa was the first to have one in all Spain in the 60's.



Terrassa got the recognition in 2017 as Creative City of Film by UNESCO. The School of Cinema ESCAC and the Audiovisual Park of Catalonia are allocated here.



Field hockey, is the flagship sport; four clubs, seventy Olympics and 100 medals, making us the city with the most Olympians in the world. Declared European City of Sport 2021, will host in July The 2022 Women's Hockey World Cup.



Terrassa hosted this year the 43th edition of it's **Jazz festival**, one of the biggest events of the city.



Terrassa is also wellknown for it's **modernist buildigns**. There is even a **Modernist Fair**, that sets out to take visitors back to 100 years ago.



MENTAL FEST

During your stay in Terrassa, you will have the opportunity to participate in a peculiar festival related with the topic of our project: the Mental Fest.

Mental Fest is a festival born to break the stigma towards mental health and to commemorate the World Mental Health Day, and is organized by Ocell de Foc, a program that focus on promotion and prevention of youth mental wellbeing and a large group of organisations from civil society.

In it's second edition, the festival will include workshops, round tables, stands and even concerts. A ludic event to work on the topic of mental health from a diverse point of view.



ABOUT THE HOST

La Víbria Intercultural was founded in 2003 with the mission to promote values of diversity and interculturality among young people and society in general. Through international mobility experiences and sociocultural initiatives based on non-formal education. Since then, La Víbria works to motivate participation, active citizenship and encourage young people to develop critical thinking.



Advise on youth mobility

Our international mobility advisors help and guide youngsters to find opportunities abroad that fit their interests. We are present on 6 youth information points of the region.



Radio Vibria

Our radio studio is always open to discuss about social topics, promote active participation and create community.

Discover our podcasts here:

[_https://radiovibria.com/_](https://radiovibria.com/)



Baumann Bar

We run a vibrant cultural bar at the centre, dj's, concerts, exhibitions and intercultural evenings are taking place every week there.



#Greenfluencers

Is a group of local youngsters that promote actions to create awareness about climate change and environmental issues

PRACTICALITIES

INSURANCE:

It is mandatory to have a medical insurance (i.e. European Health Insurance Card) during your travel. The host organisation will not cover any personal health costs. It is recommended to have a valid travel insurance (not covered by the project).

WHATSAPP GROUP:

Once the group is complete, we will create a Whatsapp group to communicate before and during the project

PARTICIPANT FORM:

Please fill out the participant form ASAP which can be found here: <https://shorturl.at/OrDGe>

CONTACT:

Email Address

info@vibria.org



Website

www.vibria.org



Office Address

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SEE YOU SOON!