



Co-funded by  
the European Union



# YOUTH RESILIENCE

## A MENTAL HEALTH JOURNEY

Tetovo, North Macedonia  
21-28 March 2025



T.C. DÜZCE VALİLİĞİ  
İL GÖÇ İDARESİ  
MÜDÜRLÜĞÜ

# Who we are?



## Applicant organisation

Lucky Punch Jugendhilfe is a non-profit organization dedicated to providing support and assistance to young people who have been removed from their families due to issues such as abuse or neglect. As a young, innovative, and open-minded organization, we are constantly seeking new challenges and expanding our concept within youth services to provide solution-oriented, resource-based, and holistic approaches to meet the needs of the youth in our care. Our multidisciplinary team takes a multifaceted perspective on the individual needs of the youth, and we adhere to accepted professional standards, with regular social and educational support to our youth and additional opportunities for our youth (such as international youth exchanges) and regular education of our staff (such as training courses and seminars) as a crucial component of our high-quality work. We prioritize transparency and efficient use of resources to ensure that we can provide the best possible support to those in our care.



## Hoating organisation

Bright is a voluntary, non-profit, non-governmental civic association formed in Skopje, North Macedonia in 2019. The Association is carrying out activities for the promotion of moral values, strengthening of inter-ethnic relations and economic development of the state and beyond. Bright strives to foster sustainable and developed local communities and improve the quality of life of citizens. Our mission: Continuous improvement of the quality of life of citizens through sustainable economic, social and environmental development.

# Partners



Association for Education and Sustainable Development BRIGHT



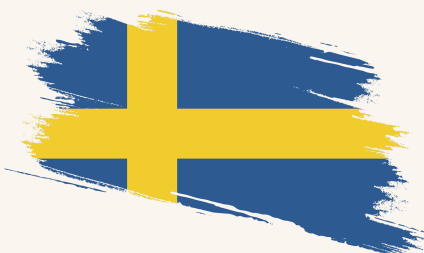
Crveni krst Srbije - Crveni krst Krusevac



Lucky Punch Jugendhilfe gGmbH



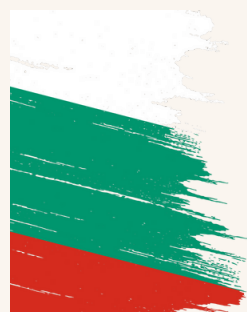
Asociatia Culturala Moldavia



Youth Educational Sphere Sweden- YESS



Odysseus Educational boat



Youth Senate Bulgaria



Düzce İl Göç İdaresi Müdürlüğü

## About the project



This project addresses the growing mental health challenges faced by Europe's youth, exacerbated by recent global crises, such as lockdowns, wars, and a fast-paced, stressful lifestyle. Many young people struggle silently, leading to long-term risks like depression, anxiety, loneliness, and addiction. Mental health is essential for personal growth, productivity, and social well-being, yet youth workers often lack the skills, experience, and resources needed to support young people effectively.

The project aims to empower youth workers to address mental health challenges through innovative non-formal education methodologies. By raising awareness, building competencies, and fostering intercultural dialogue, the initiative seeks to enhance the capacity of youth workers and their organizations to support young people in understanding and managing mental health issues.

# objectives



1

Assess the state of mental health in different countries through research, intercultural dialogue and exchange of good practices

2

Raise awareness and improve competencies among the youth workers on how they can address their mental health and help them apply it to their lifestyle

3

Increase the competence of youth workers for the implementation of educational youth programs, projects and workshops on mental health at the local/national/international level

4

Facilitate the use of mental health education tools for youth workers across Europe

5

Help the participants to design and run their own workshops and projects on the topic in which they will involve their local youth

# Participants



A total of 33 youth workers from 8 countries will participate in this project.

Each partner should send 4 participants aged 18 years old or above

Should be able to communicate in English

Should take part in the whole period of the training course



[Application form](#)



## Location

**The training course will be held in the the city of Tetovo, North Macedonia.**

Tetovo is a city in the north western part of North Macedonia, built on the foothills of Šar Mountain and divided by the Pena River. The municipality of Tetovo covers an area of 1,080 km<sup>2</sup> at 468 meters above sea level, with a population of 63,176



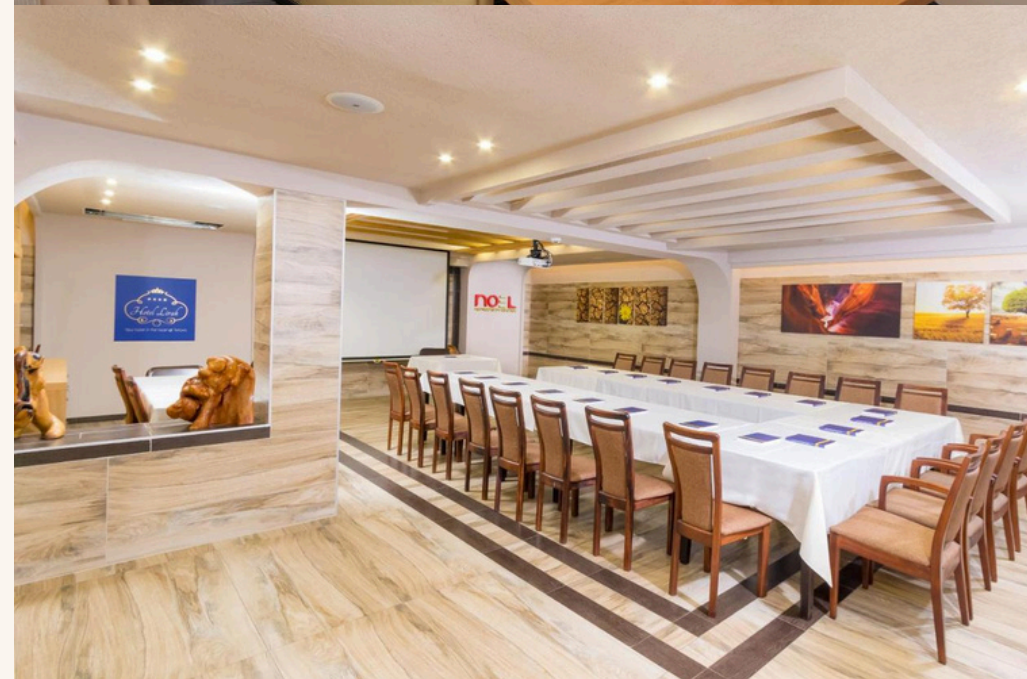
## Accommodation



# Hotel Lirak

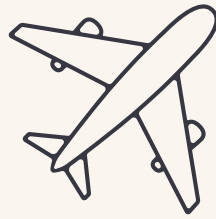
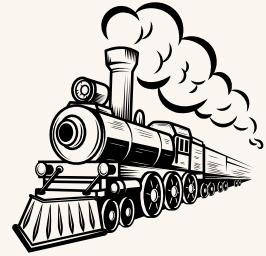
**Situated in the town's central square, Hotel Lirak is the oldest hotel in Tetovo. It offers free WiFi and air-conditioned rooms. The on-site restaurant serves Macedonian and international dishes. The rooms are newly refurbished and come with a flat-screen cable TV.**

**The participants will be accommodated in double, triple or quadruple rooms. Regarding food: breakfast, lunch, dinner and 2 coffee breaks will be served at the hotel restaurant.**





travel

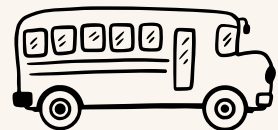


**Before choosing the way of travel please contact us**



The closest airport is Skopje international Airport

But you can check option to Sofia, Tirana, or Thessaloniki



From airport we can organise shuttle bus to the hotel



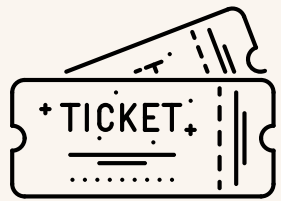
**Don't buy tickets  
before our approval**



# Reimbursement



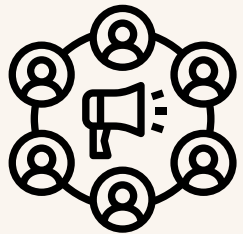
The reimbursement will be done after:



providing all tickets, boarding passes, invoices as pdf file, no screenshot.  
(If you can't provide documentation, you can't be reimbursed.)



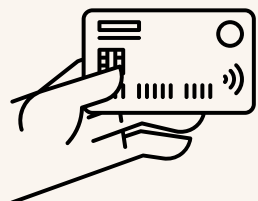
attending in all activities



completing the dissemination activity



filling the evaluation form sent by the National Agency on your mail



providing correct bank account details ( iban, swift)

## Limits for reimbursement per participant in EUR

Country	Grant
Germany, Sweden, Türkiye, Romania	275
Serbia, Bulgaria, Greece	180

# Important notes



## INSURANCE



**Participants are required to have valid medical insurance for the entire duration of the program. The health insurance should meet the following criteria:**

- The insurance should provide comprehensive coverage for medical emergencies, accidents, and illnesses that may occur during the program.
- The insurance should provide repatriation coverage if the participant needs to be transported back to their home country for medical reasons.
  - Emergency assistance
  - Pre-existing conditions

## ! ALLERGY ALERT



**Participants must fill out a health and safety form outlining any pre-existing medical conditions, allergies, or medication they are taking.**



**Strictly no use, possession, or distribution of illegal substances.**

## Contact Person

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