

TRAINING INFOKIT

CPR: Cultivating a Positive and Resilient Mental Health Environment in the European Youth Sector

ACTION: KA 153-YOU Mobility of youth workers

VENUE: Zadar, Croatia

ACTIVITY DURATION:

Arrival date: 24th of September, 2023

Departure date: 1st of October, 2023

OBJECTIVE

The project will consist of a training course dedicated to youth workers and aimed to develop competencies in using non-formal education methods for the promotion of youth mental health.

In the training participants will increase their knowledge and the understanding of:

- mental health as a positive resource and skill that youth workers could teach, learn, support, and strengthen
- tools to promote the mental health of young people
- how to raise a concern with a young person, how to support them and to find help if necessary
- how a youth worker can have an important role in the promotion of mental health
- how to plan and develop youth organizations to support the mental well-being of young people

PROFILE

Experience and expertise in working with young people and promoting their mental health and well-being;

Experience and expertise in non-formal education methods and experiential learning Strong communication, facilitation, and interpersonal skills;

A deep understanding of the cultural context and diversity of the participants and their organizations;

Good English language skills and proficiency in any other relevant languages;

Understanding of the Erasmus+ programme and its priorities.

SHORT PROGRAM

Day 1: Introduction and Understanding Mental Health

Day 2: Tools for Promoting Mental Health

Day 3: Raising Concern and Finding Help

Day 4: Role of Youth Workers in Promoting Mental Health

Day 5: Planning and Developing Youth Organizations for Mental Well-being

Day 6: Review, Evaluation, and Closing

ACCOMODATION

In Zadar you will be staying at hotel Donat. Here is the link to the hotel website: www.hoteldonat.com/. The address is: Majstora Radovana 7, Zadar, 23 000 Croatia.

Participants will be accommodated in double rooms. If someone needs a single room, he has to pay the difference in price himself.



GETTING TO THE HOTEL

If you arrive to Zagreb airport (Franjo Tuđman airport) by plane and want to take a bus to Zadar:

At the Zagreb airport you can find bus for the central Zagreb Bus Station. One-way ticket is 8 euro and you can buy the ticket in the bus. Departures are scheduled every 30 minutes

during the day, from 6.00 to 21.00. Trip duration: 35-40 minutes, time table can be found [HERE](#).

From Central Bus Station you can take bus to Zadar (time table and one way prices are available at <http://www.akz.hr/EN/voznired.aspx>).

Prices are different and the duration of journey varies of the way. Express line is around 3 hours, some other lines which are not taking the highway could take up to 5 hours. When you arrive to Zadar by bus, follow instructions "If you arrive to Zadar by bus".

[If you arrive to Zadar by bus:](#)

In front the Central Bus Station building, on the main road, there are stations for local bus lines. (Public transportation company Liburnija operates from 5 am till 11.15 pm). You have bus /every 20 - 40 minutes/ from bus station to Borik (part of town Zadar). It costs 1,59 euro. Ticket could be purchased at the kiosk (newsstand) at the bus stop or in the bus. Hotel Donat is situated at 5 km distance from the bus terminal (take bus line no. 5 or no. 8 which brings you straight to the hotel) in the famous Borik tourist zone, that offers many commodities. Tell to the bus driver you are going to Hotel Donat.

[Taxi](#)

If you arrive by bus or a plane to Zadar, there is also an option to arrive to Hotel Donat by taxi, especially if you arrive early in the morning or late at night. The price in one direction is around 45 euro from the Airport and around 12 euro from the Bus Station. If you want to take this option in to account, please let us know earlier so that we can arrange it for you.

TAXI EASY - 00 385 99 200 4440

[APPLICATIONS](#)

We invite 3 people from each partner organization to participate in the training. Applications are possible until August 1, 2023.

[CURRENCY](#)

The currency in Croatia is euro.

[FINANCIALS](#)

There is no participation fee for the activity. Food, board and the activities are covered by the Erasmus+ program.

PLEASE, BE SURE YOU TAKE ALL THE TICKETS/BILLS WITH YOU FOR THE TRAVEL REIMBURSEMENT!

We will reimburse the money according to the real cost if they are within the allowed budget.

Please find the **maximum amounts for travel costs** in the table below.

Country	Travel reimbursement without GT	Travel reimbursement Green Travel
Italy	180	210
Czech Republic	275	320
Spain	275	not planned
Greece	275	not planned
Germany	275	not planned
Bulgaria	275	not planned
Slovenia	180	210
Croatia	180	210

WEATHER

In September the weather should be quite sunny (18 - 25C°), but there also might be some rain. So bring light clothes but also be prepared for much lower temperatures in the evenings (10-15C°). Even if it is September, it will be possible to swim in the see as the temperature can reach 21C°.

CONTACT

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