

MAINTAINING MENTAL HEALTH THROUGH OUTDOOR ACTIVITIES

14-21 October 2023, Trofaiach, Austria



MENTAL
HEALTH

What is it about?

Mental health is often forgotten or ignored by the society when it comes to health care.

Sedentary lifestyles and time spent indoors contribute to a decline of physical and mental health in all the generations. Young people nowadays are at higher risk than any other generation in the modern history for obesity, diabetes, myopia, depression and many other preventable conditions and diseases. As youth workers, we can fight the current situation by introducing changes in our work, or implementing new activities that promote healthy lifestyles.



Co-funded by the
Erasmus+ Programme
of the European Union



What will we do?

We have included yoga, hiking and cycling in our projects for years and would like to explore other ways of remaining active on daily basis and physically/mentally fit, while aware of the addictive algorithms of the apps or processed food and alcohol.

As the title suggests, this Training Course includes active participation not only in the theoretical part, but hiking in the Eisenerz Alps, cycling around Trofaiach and Leoben, daily morning yoga exercises, and trying new sorts of team sports like bumper balls football or outdoor team building games that participants can implement at home.



Venue

The activity is taking place in Trofaiach, Austria, between 14th and 21st of October 2023.

The Venue is Schloss Stibihhoffen, located in the centre of the town. We will stay in shared rooms, but only occupy 2/3 of the capacities.

Youth Workers from Austria, Italy, Denmark, North Macedonia, Greece, Germany, Türkiye and Spain can take part in the project.

There is no costs for participation in the TC, accomodation and food is covered by InterAktion, and travel costs are reimbursed to a limit, according to the distance from your home to the venue.



Travel arrangements

Travel distance	Standard travel	Green travel
10 - 99 km	23 EUR	
100 - 499 km	180 EUR	210 EUR
500 - 1999 km	275 EUR	320 EUR
2000 - 2999 km	360 EUR	410 EUR
3000 - 3999 km	530 EUR	610 EUR
4000 - 7999 km	820 EUR	
8000 km or more	1500 EUR	

Participants from Macedonia, Greece, Germany, Italy, Denmark and Spain receive up to 275 eur per person or 320 for traveling green*

From Türkiye, up to 360 eur if the distance exceeds 2000 KM. The partner organization is from Igdir, and participants from that area receive reimbursement up to that amount.

The reimbursement will be done after the project, via bank transfer.

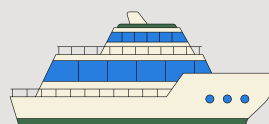
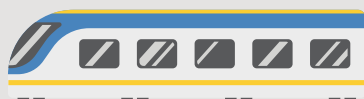
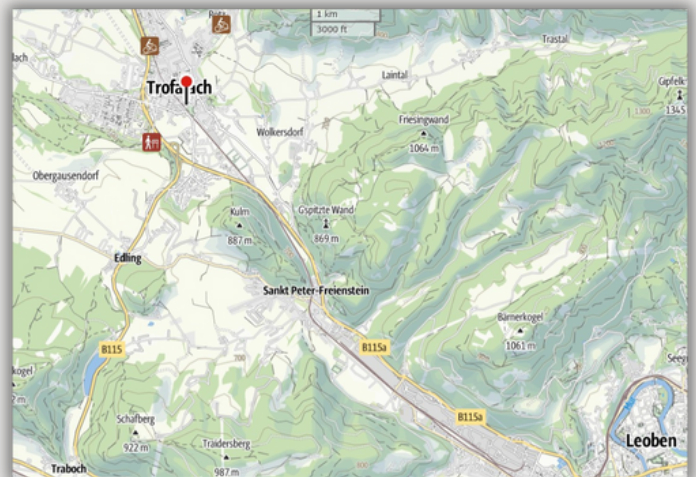
To reach Trofaiach you can fly to Vienna or Bratislava, or even Budapest, Ljubljana, Zagreb or Munich. From there, there are different options to Leoben or Graz, either a Train or FlixBus to St. Michael. With both options **it is better to book as early as possible**, as their prices get higher the closer you book to the day of travel.

<https://www.oebb.at/>
www.flixbus.at

Full price train ticket from Vienna Airport to Leoben/Trofaiach is 46 Euros! Booked in advance it can cost as low as 15 Euros.

If selected to participate in the project, please contact the hosting organization before booking your tickets.

Please keep all the originals, boarding passes and tickets from the entire trip.



*Green travel is considered travel by train, bus, sharing a car, boat or bicycle. If at any point of your trip you are flying or driving alone, you are not entitled to the higher amount.

What should I take with me?



1. Personal identification document. Austrian border police checks those often at the border, regardless of Schengen, due to high refugee influx from the past years.
2. Enough clothes and socks/underwear for 7 days, and a rain jacket.
3. A towel (or two, depending on how many you need), soap, shampoo, tooth paste and brush.
4. Slippers or house shoes. You will find it easier to move around the hostel with those.
5. Pocket money, for any personal needs
6. Comfortable shoes, with thicker bottom for hiking
7. Health Insurance! If you are a holder of European Health insurance card, take it with you. Otherwise, please arrange private travel insurance for yourself. It should not cost you more than 15 euros, and if the travel budget including that cost does not exceed the sum above, we will reimburse it.
8. Some snacks, drinks or souvenirs from your countries you want to share with the rest
9. Any medicine that you might need, or are regularly taking.
10. Promotional materials from the NGO/Institution you represent, if any
11. Positive spirit and good mood :)

