

Mind in the Forest

Youth Exchange

15-23 MAY 2025

INCLUDED TRAVEL



ACCETTURA, ITALY



[CLICK HERE TO APPLY](#)



Agenzia Italiana
per la Gioventù



Link

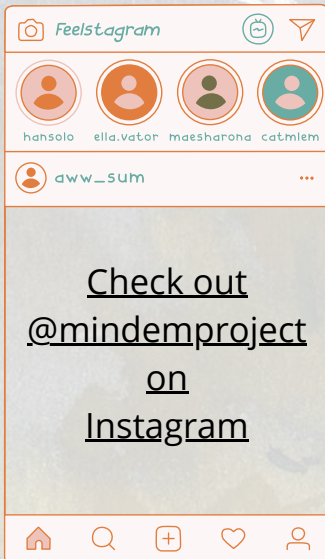


Co-funded by
the European Union



The Youth Exchange **Mind in the Forest** represents the fourth mobility of the Mind'Em series, an initiative born in 2020 during the Covid pandemic, created by the experience and professionalism of young European volunteers together with their mentor Birgit.

Mind'Em wants to support young people in their journey of self-awareness, in managing difficulties and moments of crisis, while also promoting connection with nature and physical well-being through international and intercultural experiences.



Mind in the Forest wants to create a **safe space** for young people where they can **explore** their emotions, feelings, thoughts and **discover** methods to improve their own mental health and the one of others.

The team that sets up the project is a group of young adults who desire to bring their experience, knowledge and **good vibes**, tackling a much needed subject such as Mental Health with a light, fun approach in order to bring young adults closer to it.

Mind'Em has already done magic in...

Italy, Matera - June 2022



Portugal, Oliveira de Azeméis - June 2023



Romania, Campulung Moldovenesc - August 2022

MIND'EM IS...



Non-formal educational methods and games to discover the world of emotions and mental health in a funny, polite, creative and interactive way.



Connecting with people and forgetting about phones - human connection and technology detox made easy.

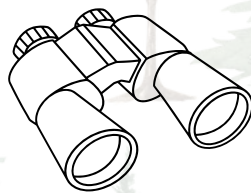


Introspection and self awareness exercises - improve self knowledge and understanding of personal needs, values, desires, likes and dislikes.



Connecting with the nature, in particular trees and ground, deepening connection with the environment around. Learning to benefit from it for wellbeing.

All this, we will reach while ...



Who can join?

Mind'Em projects are made for everyone.

You can apply if you:

- are between 18 and 23 years, resident in countries mentioned on the last page. 😊
- have already joined Mind'EM projects before or if you have not yet done any other project. ✅ / ❌
- speak medium level of English and you are ready to engage in an international group. 🇪🇺
- want to experience one week of disconnection in the middle of the forest with healthy food 🥗 🌿
- are ready to live a (maybe) life changing experience, and want to have fun! 🌟 😄



Draft program

	<i>morning 09.30 - 12.30</i>	<i>lunch</i>	<i>afternoon 15.00 - 17.00</i>	<i>17.00</i>	<i>evening 21.00</i>
FRI	Get to know each other		Guided trekking tour to the town Meeting with the mayor	National Group Meetings	Pizza welcome
SAT *	Theory about mental health Sharing techniques	Shared tasks: lunch preparation, clean up, journalists	Art in Nature		Romanian evening
SUN	Good practice: • yoga group • walking • dancing group		Evaluation moment Pasta making workshop		Italian evening Barbecue
MON *	Day out: Bike and Walk	packet lunch	Bike and Walk		Austrian evening
TUES	Healthy Body / Healthy Mind		National Workshops		French Evening
WED +	WORLD DAY FOR CULTURAL DIVERSITY National Workshops	Shared tasks: lunch preparation, clean up, journalists	Preparation of the meeting with the community		Portuguese evening
THUR	Meeting the community (primary school, kinder garden)		Final Evaluation and wrap up		Oscar Awards

*No phone day

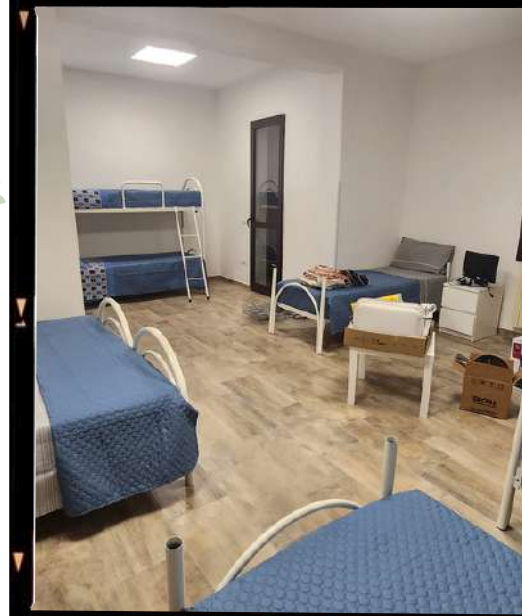
Where will we live?



... AT 5KM FROM THE TOWN OF ACCETTURA, ITALY IN A MOUNTAIN HOUSE

This house has been used for years to host scouts and other similar groups. It is made of two levels: downstairs is a big open space used for in-door activities, dining area, kitchen and toilets; upstairs 6 different rooms of different sizes (from 4 to 8 beds) and three bathrooms with showers.

- 🌳 Forest all around!
- 🏠 A sport-playground with a covered pick nick area
- 🏠 At 30 min downhill of Accettura



Wanna check out where it is?
[click here](#)

Bring your adaptation skills with you!

Want to join?



Contact the NGO of your country of residency and apply on the official form.



Austria AACR
culturalrelations.at@gmail.com

Italy

Associazione Link
projects@linkyouth.org



Romania

Asociația Timbru de Bucovina
timbrudebucovina@gmail.com

[CLICK HERE TO APPLY](#)



Cruz Vermelha Portuguesa

Portugal



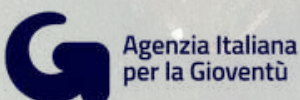
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