



EAST•WEST•EAST
G E R M A N Y

MOBILITY OF YOUTH WORKERS

LET (YOUR) NATURE TAKE CARE OF YOU(TH)

Part 1

15-23.05.2025

Limassol, Cyprus

Part 2

11-19.08.2025

Hagen, Germany

Description

Getting mental health help is stigmatised among the migrant community, especially when talking about refugees, who are facing a lot of disadvantages. They are not eager to ask for psychological sessions with a professional, yet, with time, they feel a bigger and more prominent need for that. We thought of creating a set of therapeutic activities that include art-, culture-, and nature-therapeutic methods, which could be performed not only by professionals in mental care.

This Erasmus+ training course aims to empower youth workers with effective tools and methodologies to support the reception, integration, and well-being of refugees, migrants, and resettlers. Drawing from our personal journeys and professional expertise, we seek to transform the daunting adaptation process into a smoother, more supportive path, aligning our objectives with the key pillars of the Erasmus+ program: education, training, youth, and sport.

Participating countries and the number of participants:

Germany 4

Cyprus 4

Greece 4

Armenia 4

Bosnia 3

Estonia 3

Ukraine 3

Participant Profile

- 18+
- experienced youth workers;
- youth workers with fewer opportunities;
- youth workers working with vulnerable groups;
- social workers and healthcare providers;
- Resident of the involved country
- Highly motivated and willing to actively participate during the whole project;
- able to speak in English
- Willing to join both parts.



Location in Cyprus



ADDRESS:

Navarria Blue Hotel
Verginas 14, Agios Tychonas, 4532
Limassol, Cyprus

MORE INFO:

navarriahotel.com

ARRIVAL - BEFORE 17:00
(15.05.2025)

DEPARTURE - AFTER 12:00
(23.05.2025)

Travel budget for Cyprus:

Germany 395,00 €

Cyprus 28,00 €

Greece 309,00 €

Armenia 309,00 €

Bosnia 309,00 €

Estonia 395,00 €

Ukraine 309,00 €

Location in Germany



ADDRESS:

ZIBB in hagen berchum ergster
weg 59, 58093 hagen berchum

MORE INFO:

2 rooms for 4-5 people
1 room for up to 10 people

ARRIVAL - BEFORE 17:00

(11.08.2025)

DEPARTURE - AFTER 12:00

(19.08.2025)

Travel budget for Germany:

Germany 28,00 €

Cyprus 395,00 €

Greece 309,00 €

Armenia 580,00 €

Bosnia 309,00 €

Estonia 309,00 €

Ukraine 309,00 €

REIMBURSEMENT RULES

100% of accommodation, food, and program materials are covered by the Erasmus+ program. Please note that the program does not include tourist trips. In case you are interested in such possibilities, we invite you to plan them for yourselves by arranging (at your own cost) some days before or after the project. You can travel +2 days before OR +2 days after the project

Don't book flights without our confirmation if you want to get your money back! Please print out and bring all your receipts, boarding passes and local tickets. It is crucial to keep the receipts with the ticket price on them!

Please look for flights and send a proposal to eastwesteastnetwork@gmail.com

EWE reimburses the money for flights, train and bus tickets as well as a cabin bag. Only economy, 2-class tickets are refundable according to the Erasmus+ rules. Any extra costs that were not agreed upon before and occurred during the travel e.g. additional luggage, meal on board, fines and penalties for late check-in, oversized luggage, etc., should be covered by participants themselves.

EWE can book the flights for participants if it is agreed with the partner organisation. In this case, the group leader/coordinator should send the ticket proposal for the whole group travelling together from the home country to the project venue and back.

EWE can book the flights only if the participant has all the necessary documents to enter the country of the project (e.g. participant already has a visa to the EU).

Should the participant break the project rules, EWE has the right to eliminate them from the project and refuse travel costs reimbursement.

If the participant does not attend the sessions, EWE has the right to refuse travel costs reimbursement.

Reimbursement will be done after the project in cash and in €.

EWE will NOT REFUND any tickets that have been purchased by a travel agency.

EWE will NOT REFUND the cost of a taxi.

What to take with you



Please, pack some comfortable clothes and shoes, also suitable for sports activities. In Cyprus we would be located next to the sea, thus we recommend taking a swimsuit with you.



For your comfort, don't forget to bring bathroom supplies, slippers, a hairdryer, and whatever else you might need with you. Bedlinens and towels are provided.



Don't forget to bring health insurance as well (European HealthCard as well if you have one). Food/drinks from your countries for the intercultural night.

Contact

MORE INFORMATION (TRAVELLING,
TICKET CONFIRMATION, PROGRAM,
OTHER QUESTIONS ABOUT THE PROJECT):

Olga Sokolova

olga.sokolova.ee@gmail.com

+491797266062

FOLLOW US ON SOCIAL MEDIA

WEBSITE - eastwesteast.de

INSTAGRAM - [east_west_east_network](https://www.instagram.com/east_west_east_network)

FACEBOOK - [eastwesteast](https://www.facebook.com/eastwesteast)