ERASMUS+ KA153 MOBILITY OF YOUTH WORKERS

TRAINING COURSE
"SUPPORTING OUR SUPPORTERS - SOS"

SARDINIA, 13-19 OCTOBER 2026

9 EUROPEAN COUNTRIES
30 PARTICIPANTS

ERASMUS+ CHANGING LIVES, OPENING MINDS

Erasmus+

CODA di LUPO

PROJECT DESCRIPTION

“Supporting Our Supporters - SOS” is a dynamic **training course** designed to integrate youth workers’ well-being as a core element of educational quality.

The project aims to strengthen the quality and sustainability of youth work by preventing burnout and promoting the professional well-being of YWs working with young people with fewer opportunities.

What will participants gain?

They will learn how to:

- reinforce NFE methodologies focused on well-being and resilience
- provide practical burnout prevention tools
- develop competences in stress management
- design meaningful and empowering learning experiences

SOS is about building healthier, more resilient youth workers and creating stronger, more connected learning communities.

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"DIVERSITY IS BEING INVITED TO THE PARTY. INCLUSION IS BEING ASKED TO DANCE"

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PARTNER COUNTRIES AND PARTICIPANTS

The Training Course involves **30** youth workers from 9 EU Countries:

- ***3*** *participants from* ***Austria, Bulgaria, Croatia, Spain, Romania, Portugal, Greece, Poland****;*
- ***6*** *participants from* ***Italy****.*

Participants profile:

- youth workers, volunteers, mentors, members or collaborators of the partner organizations,
- age > 18,
- experience in the youth field or in working with young people with fewer opportunities,
- motivation and interest in the topics of the project,
- to have positive energy and good social skills (open-minded, willing to help others, flexibility and adaptability),
- be able to share and disseminate what they learned during the course in their organizations and communities.

"THE GREATEST ADVENTURE IS WHAT LIES AHEAD"

TRAVEL

Travel Days: 13th of October and **19th of October 2026.**

100% of the travel costs will be covered by the Erasmus+ Programme up to limits according to the distance calculator:

Spain, Romania, Greece, Poland, Austria, Croatia, Bulgaria, Portugal: maximum travel grant per participant **309,00€**

The participants are provided with reimbursement of the travel expenses on the basis of the **following documents**:

- invoices of flight tickets or electronic tickets with the price stated,
- boarding pass for each flight,
- train tickets (2nd class, with the price stated),
- bus tickets (with the price stated).

Taxi is not eligible means of transport.

Reimbursement of travel costs will only be done by bank transfer to the sending organization upon presentation of the original tickets with boarding passes and receipts/invoices (including return tickets).

Note: Reimbursement will be done in EUR.

"THE WORLD IS A BOOK
AND THOSE WHO DO NOT TRAVEL
READ ONLY ONE PAGE"

TRAVEL

How to reach the venue?

The venue is **Sardara,** the town with the most ancient Roman thermal baths in Sardinia.

From Cagliari-Elmas Airport:

you can take a train from the '*Elmas Aeroporto*' railway station (located inside the air terminal) to *San Gavino train station*.

The Single fare is 3.70€, tickets are sold by Trenitalia online (http://www.trenitalia.com/tcom-en) or at the vending machine located inside the station.

We will arrange a transfer from San Gavino station to the venue.

The hotel is just at 10 km from the San Gavino train station.

"TRAVEL IS AN INVESTMENT IN YOURSELF"

ACCOMODATION AND FOOD

100% of the costs for accommodation and food will be covered by the Erasmus+ Programme

The accommodation is at the **Hotel Antiche Terme, located in Sardara**.
There will be double bedrooms with private bathrooms.
(http://www.termedisardara.it/)
Breakfasts, lunches and dinners will be served at the restaurant in the hotel.

Participants are expected to arrive in Sardara (Italy) on 13th of October 2026 and to leave on 19th of October 2026.
Organizers will NOT provide any accommodation for additional stay in Italy.
Participants are expected to attend the whole duration of the project and participate in all activities.

"HAPPINESS IS ONLY REAL WHEN SHARED"

YOUTHPASS CERTIFICATE

Each participant will receive a Youthpass certificate.

Youthpass is a part of the European Commission's strategy to foster the recognition of non-formal learning. It is available for projects funded by Erasmus+.

As a tool to document and recognise learning outcomes, it puts policy into practice and practice into policy: while creating their Youthpass Certificate, the participants of the project have the possibility to describe what they have done in the project and which competences they have acquired.

Thus, Youthpass supports the reflection upon the personal non-formal learning process and outcomes.

It could be useful for further study, working abroad and other opportunities.

More details *www.youthpass.eu*

"TO LEARN IS NOT TO FILL UP A VASE BUT TO LIGHT A FIRE"

CONTACTS

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"KEEP CALM

AND

BE ERASMUS+"