SAVE THE DATE

03-10
04
25



MIND MATTERS

INTERCULTURAL DIALOGUE & MENTAL WELL-BEING

Krioneri, Corinthus, GREECE

Youth Exchange

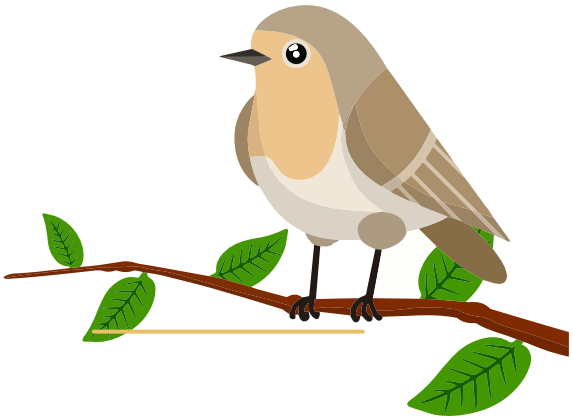
ελιξ a life experience

Co-funded by the European Union

About the project

MIND MATTERS

In today's world, mental health is becoming an increasingly important topic, yet stigma, misinformation, and cultural differences often prevent open discussions. At the same time, intercultural dialogue is essential in promoting understanding, inclusion, and social cohesion. The "Mind Matters" youth exchange brings these two crucial areas together, creating a space where young people can explore the link between mental health and intercultural learning.. This 8-day exchange will bring together 35 young participants from different cultural backgrounds, fostering meaningful conversations on mental health, emotional well-being, and ways to combat discrimination, exclusion, and inequality. Using non-formal education methods, participants will engage in interactive workshops, storytelling, group discussions, and creative activities to develop skills for open dialogue, emotional resilience, and inclusion.



TARGET GROUP

young people 18-30, adult 18+ (for leader), volunteers and active members of the partner organisations

Ideally, we are looking for a person who is mental health enthusiast and loves to explore their inner realm - their psyche,

AIM & OBJECTIVES

- Increase awareness of mental health and break the stigma around it
- Develop intercultural dialogue skills to foster empathy and understanding
- Empower young people to support their own and others' well-being
- Create a safe, inclusive environment for sharing experiences and learning from different cultural perspectives

Financial Conditions

TRAVEL COSTS & REFUNDS

- Board, lodging, visa costs, local transports, all materials and the content of the activities are fully covered.
- Participants will be in charge of arranging their own insurance for their travel and stay in Greece.
- **Travel costs** to and from the venue **are covered** according to the Erasmus+ lump sums, based on the travel distance per participant.
- Travel distances must be calculated using the distance calculator supported by the European Commission: click here



ACCOMMODATION & FOOD



FOR TRAVEL DISTANCES BETWEEN:

100 - 499km: 180 EUR

500 - 1999km: 275 EUR

2000 - 2999km: 360 EUR

The team will be accommodate at the Hostel Elisson which is situated in Kryoneri Korinthias, a mountainous village (740m altitude) surrounded by vineyards, 150 km from Athens Airport.

WHERE TO APPLY

Apply HERE

GET IN TOUCH

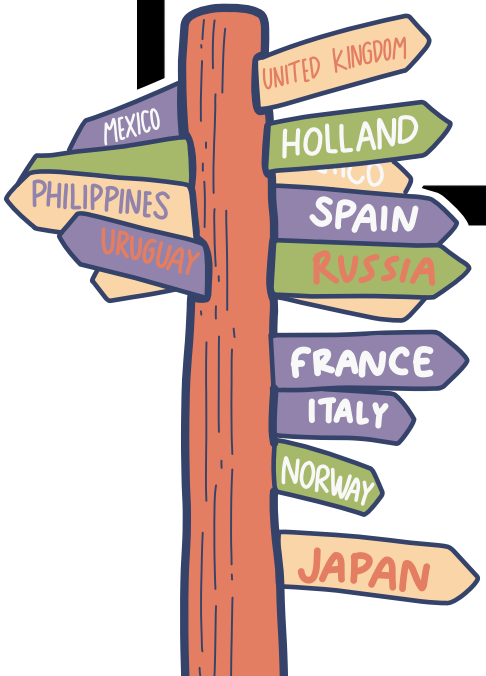
For further Information:

Please contact Christina Milioridou at **youth@elix.org.gr**

Travel

YOUR JOURNEY TO THE VENUE

- You will arrive at **Athens International Airport.**
- From Athens International Airport,you should reach our **meeting point at Kiato train station**. Ticket price 13 euros in total.
- **Meeting Point at 19:00pm**.
- A **shuttle** is organised for you, from Kiato station to the village Krioneri that you will stay for the whole week.



HOW TO REACH KIATO TRAIN STATION

1

From the aiport take the **suburban train** with destination 'Peiraias - Πειραιάς'and get off at 'Kato Axarnai - Κάτω Αχαρναί' station.



2

From 'Kato Axarnai - **Κάτω Αχαρναί** ', change to the train on the near platrform (Line 1) going towards 'Kiato - **Κιάτο** ' and get off at 'Kiato Station'.



Wish you a great trip!!!

