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ERASMUS+ • KA152 YOUTH EXCHANGE

The Active Mindset

Mental Wellbeing for Young People

 **Bansko, Bulgaria**

 **03–11 October 2026**

8 countries • 42 young people • non-formal learning



Malta



Bulgaria



N. Macedonia



Serbia



Romania



Albania



Türkiye



Netherlands

INTRODUCTION

The Active Mindset is an Erasmus+ KA152 Youth Exchange that helps young people build a healthier, more balanced approach to their **emotional wellbeing**.

Young people today face rising stress, emotional pressure and few practical coping tools in everyday life — at school, at work, in social life and online.

Through non-formal education, outdoor activities and guided reflection, the project brings together **42 young people from 8 countries** in Bansko to develop emotional awareness, stress-management skills and the confidence to look after their mental wellbeing — and to share it with others.



OBJECTIVES

- **Equip young people with practical tools** for emotional awareness and stress management they can use in daily life.
- **Strengthen soft skills** — communication, cooperation, self-expression and self-reflection.
- **Empower young people as active learners** through peer learning, mutual support and shared responsibility.
- **Build self-confidence & resilience** within a supportive intercultural group.
- **Promote balanced, responsible use of digital platforms** and healthy management of digital stress.
- **Strengthen the role of youth work** in mental wellbeing through transferable non-formal methods.



EXPECTED RESULTS

- Increased **emotional awareness** and improved stress-management skills.
- Stronger soft skills — communication, cooperation, self-reflection and self-confidence.
- Personal **wellbeing action plans** participants apply in their daily lives.
- **Peer-support guidelines** that young people can use in their communities.
- Engaging **social-media content** (TikTok / Instagram Reels) promoting wellbeing and self-care.
- **Youthpass** recognition of competences — plus stronger youth-work capacity in every partner organisation.



METHODOLOGY & ACTIVITIES

The exchange is built entirely on **non-formal and experiential learning** — participatory, hands-on and grounded in real life. You learn by doing, reflect on it, and carry it into your everyday wellbeing.



Energizers, ice-breakers & team building



Group sharing, discussions & debates



Experiential workshops & simulations



Role-plays & real-life scenarios



Games & friendly challenges



Outdoor & nature-based activities



Creative content & action plans



Intercultural evenings



Daily reflection & Youthpass



PARTICIPANT PROFILE

- **42 participants from 8 countries** — 5 per country, plus 2 experienced facilitators.
- Aged **20–30** — with **1 group leader per country** aged over 30.
- Interested in **personal development and mental wellbeing**.
- Motivated, open to learning and willing to support their peers.
- Able to work in an international group in English — fluency is **not** essential.
- Committed to **preparation, full participation** and **follow-up** dissemination.

Inclusion first. Priority is given to young people with fewer opportunities — keeping the exchange diverse, accessible and welcoming to all.



ACCOMMODATION

Royal Bansko Aparthotel

- Set in **Bansko**, at the foot of the Pirin mountains.
 - Participants share **apartment-style rooms**, 3–4 people per unit.
 - **Towels provided**; 3 meals + 2 coffee breaks daily.
 - On-site: **spa centre, indoor pool** & sauna, gym, tennis & football.
- **ul. Kosharina, 2770 Bansko, Bulgaria**

📍 Open in Google Maps

royalbansko.bg



BEFORE YOU TRAVEL

A quick checklist so you arrive in Bansko ready for a great week.

- Personal **medicine** and health items.
- Comfortable clothes + **warm layers** for cool October mountain evenings.
- **Comfortable shoes** for outdoor & nature activities.
- Swimming suit & flip-flops (hotel spa & indoor pool).
- Something that helps you **relax** — a journal, a book, music.
- **Traditional snacks/food** from your country for Cultural Night.
- Your **ID/passport**, EHIC card, travel documents & tickets.
- A **reusable bottle & cup** and a **power adapter** (plug types C/F, 230 V).



HOW TO APPLY

How to join this journey?

Ready to take part? Fill in the short application form to be considered for the project. If you are selected, the relevant organisation will get in touch with you and help arrange all the next steps.



Fill in the application form





See you in Bansko!

Spark 15 is a youth-led NGO working for inclusion, equality and the wellbeing of young people. If you have any questions, do not hesitate to contact us.



spark15erasmus@gmail.com



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