

# WELL - BEING STARTS FROM THE PLATE

Training Course

13-20 October, 2026

📍 Bakuriani, Georgia



Co-funded by  
the European Union





# ABOUT THE PROJECT

The project aims to highlight the positive impact of healthy food on mental well-being among youth workers. By raising awareness and sharing best practices, the project seeks to empower youth workers with the knowledge and skills needed to make healthier food choices and understand their benefits for mental health. They will use this knowledge not only for their personal health but while working with youth.

The project will gather 24 participants from 4 countries. Over 6 working days (travel days not included), youth workers from diverse backgrounds will exchange insights on healthy lifestyles and explore physical and mental health connections.

## FOLLOW UP ACTIVITIES



Each participant will organize peer-training sessions in their communities. These training sessions will be at least 1 hour long and involve 10–15 participants. The focus will be on sharing knowledge about the connection between healthy food and mental health, as well as non-formal learning.



# APPLICANT AND HOST ORGANISATION

## HOST - UMBRELLA

Umbrella is a youth-led, value-based organisation from Georgia, dedicated to educating, motivating, and activating young people (ages 13-30) to develop their communities through youth work, non-formal education, and grassroots initiatives.

## APPLICANT - VANTAAN VENÄLÄINEN KLUBI RY

NGO Vantaan Venäläinen Klubi ry is an immigrant-led non-profit, non-governmental youth organisation established in Vantaa in 2014 and active to the present day, working mainly at the local and regional levels.



## PARTNER ORGANISATIONS

## VŠĮ YOUNG FOLKS LT

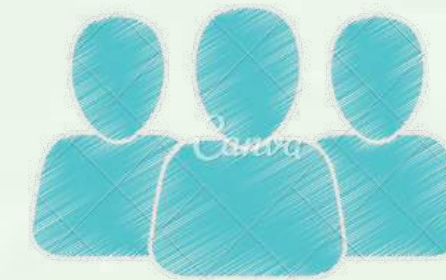
Young Folks LT is a youth organization based in Vilnius, Lithuania. Our mission is to empower young people to develop their social, mental, and emotional skills, while learning how to organize their own learning processes, share joy in life, and create spaces for fun, learning, traveling, working, and growing together.

## SATELLITE

NGO SATELLITE is a non-governmental organisation dedicated to empowering and supporting young people aged 13-35 to actively participate in their communities, foster personal development, and contribute to positive social change.



# PARTICIPANTS PROFILE



**GENDER-BALANCED GROUP**

## **PARTICIPANTS ARE:**

- Residents of one of the partner organisations' countries;
- Motivated and able to take part in all activities/entire duration of the Training Course;
- 18+ years old;
- Able to communicate in English and interested in the topic;
- Individuals with prior experience in youth work.

## **IN TOTAL 24 PARTICIPANTS**

-  – 6 Participants,
-  – 6 Participants
-  – 6 Participants,
-  – 6 Participants.



# ACCOMODATION

The activity will take place in the Grand Noel Bakuriani, Hotel in Bakuriani.

Participants will be accommodated in same-gender rooms (3-4 persons per room) from **October 13th at 18:00 (arrival day) to October 20th at 10:00 (departure day)**.



## WHAT TO BRING

- **Comfortable clothes** - We will be in the mountains, so bring suitable clothes and shoes.
- **Laptop**
- **Multiple-use mug**
- **Some snacks** from your country





# FINANCIAL



Accommodation costs – The accommodation and food for all participants will be provided and fully paid by the hosting organisation.



Travel costs will be reimbursed only upon presentation of documentary evidence of the sum actually paid. The documents are: **receipts, tickets, boarding passes, and invoices.** The reimbursement will be done in 1 month after the TC by bank transfer, once the follow-up activity is implemented.



We recommend purchasing flight/train/bus tickets in Euros, as the ticket prices in other currencies will be calculated according to the EuroInfo rate, which differs from the official rate.



Note: Without presenting sufficient proof of travel expenses and boarding passes, no reimbursement could be made.



**Do not purchase any ticket without the Project Coordinator's approval.**



# HOW TO APPLY?

**PARTICIPANTS ARE SELECTED BY PARTNER ORGANISATIONS ONLY.**

**DEADLINE OF SELECTING PARTICIPANTS – 15 JULY**



**THE REGISTRATION FORM WILL BE SENT TO PARTICIPANTS WHO HAVE PURCHASED TICKETS.**

**DEADLINE OF PURCHASING TICKETS – 20 JULY**

For more questions – text us

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