



Co-funded by
the European Union



From Stress to Strength

Wellbeing in Youth Work

Erasmus+ Training Course

14-20 April, 2025

AGDZ, MOROCCO



Project Context

The idea of the project **“From Stress to Strength - Wellbeing in Youth Work”** is to use a variety of different Non-Formal educational methods of wellbeing with their self-improvement, personal development, coaching, time-management, psychology, against social and cultural discrimination and a lot of other themes which are becoming part of our personality. The aim is to spread these methods through the NGOs and help the participants to become more balanced and happier in their daily lives.

Objectives:

- To equip youth workers with tools to raise the level of well-being and mental health of youth with fewer opportunities, including techniques to fight anxiety, stress, challenges
- To teach practical techniques, strategies and showcase non-formal & game based learning activities that focus on building resilience, confidence, self-awareness and promoting well-being
- To share best practices in the youth field on creating safe learning environments and inclusive spaces
- To raise awareness on the importance of well-being and mental health as topics for youth, with a focus on international, culturally diverse groups
- To develop effective communication techniques, assertiveness and active listening
- To emphasize and promote the importance of well-being for youth workers, providing tools and techniques for managing stress, frustration and overwhelming situations throughout their work



Project Information

Programme dates: 14-19 April 2025

Travel dates: 14 and 20 April 2025

Venue: Agdz, Morocco

Number of participants: 26



Erasmus+ is the EU's programme to support education, training, youth and sport in Europe. The 2021-2027 programme places a strong focus on social inclusion, the green and digital transitions, and promoting young people's participation in democratic life.

<https://erasmus-plus.ec.europa.eu/>

Erasmus+ supports the professional development of youth workers through training or networking periods abroad. Periods abroad can consist of training courses, study visits, job shadowing or observation periods at relevant organisations and more.

<https://erasmus-plus.ec.europa.eu/opportunities/opportunities-for-individuals/trainees/networking-and-training>

Coordinator

Youth Bridges Budapest was founded by three youth workers in order to help young people to deal with challenges of the 21st century, with special regard to skill-oriented learning, development of transferable and intercultural competencies, encourage active citizenship both national and international level, prevent youth alienation and support early career planning.

<https://www.youthbridgesbudapest.org/>

Hosting Partner

Agdz volunteers Without Borders is a youth NGO which was founded in 2015. Idea of organization creation was born during a project of protection environment, that showed us that there is not enough information in our society of young people about availability to learn, understand a develop in non-governmental and volunteering, It aims at having a new-leading and volunteering-future youth generation that would be able to take responsibility in their community.



Participants

This activity supports the professional development of youth workers to contribute to capacity building for quality youth work of the participating organisations and have a clear impact on the participating youth workers' regular work with young people. The learning outcomes, including any materials and innovative methods and tools, should be further disseminated in the youth field to contribute to quality improvements of youth work and/or foster youth policy development and cooperation.

We are seeking for **3 participants per organisation** (including 1 participant with fewer opportunities) with the following profile:

- aged above 18;
- must be a legal citizen of the sending country or hold a valid residence permit.
- youth workers, youth leaders, youth activists, volunteers working with youth;
- able to work and communicate effectively in English;
- willing to share the knowledge gained with their organization and act as multipliers by passing on new methods and insights;
- open to learning, actively engaged, and available for the entire duration of the training course;
- respectful, open-minded, and inclusive, avoiding any form of discrimination or exclusionary behavior.



About Agdz, Morocco

One of the most beautiful regions of Southern Morocco. Thanks to its geographic location, Agdz is an important stop to discover the hinterland and the great sand dunes. The town is situated on the middle course of the Draa and opens the way south to Zagora, the last town before the desert.

It is already the desert. Not sand dunes, but an expanse of gravel as far as the eye can see, dotted with a few acacias. In the distance, the Atlas Mountains. Under the watch of children or women in long black robes, herds of goats and sheep wander under the sun. Agdz, with 15,000 inhabitants, is located in southern Morocco at the entrance to the famous Draa Valley, an immense palm grove that extends to Zagora, at the edge of the desert towards the borders of Algeria and on the caravan route to Timbuktu. Agdz is about 65 km south of Ouarzazate and 92 km north of Zagora. Agdz, meaning "resting place," is situated on the ancient caravan route linking Marrakech to Timbuktu. Agdz, the capital of the Mezguita region in the north of the Draa Valley for a long time, played an important economic role. However, due to the drought of the 70s and 80s and the ease of modern transportation, it lost its significance, and a large part of the population was forced to move to cities in search of work.



Accommodation

Participants will stay at [Riad Tabhirte](#), a traditional Moroccan guest house situated in the scenic Drâa Valley. The riad is designed in the authentic style of Moroccan architecture, offering a blend of cultural charm and modern comfort. Surrounded by lush palm groves, it provides a peaceful and inspiring environment—perfect for relaxation and meaningful interactions with fellow participants.

Rooms will be shared (3-4 people per room), mixed by nationality but divided by gender. Each room is well-maintained, ensuring a comfortable and clean stay. Common areas, including cozy courtyards and shaded terraces, offer spaces for informal gatherings, reflection, and socializing.

Participants will be provided with **three daily meals and two coffee breaks**, prepared following traditional Moroccan hospitality. Special dietary needs (e.g., vegetarian, lactose-free) will be accommodated based on participants' requirements.

This setting allows for a warm and immersive experience, giving participants the opportunity to connect not only with each other but also with the local culture and surroundings.



Travel



Travel days are **14 and 20 April**.

We start the training on 14th evening with a dinner together, please, be sure that you arrive to the venue in time.

You are allowed to add 2-2 extra days before and after the training course but you have to cover accommodation and meals for the extra days.

Travel cost limits: (non-green / green travel options)

500 – 1999 km – 309 € / 417 € (Tunisia, France, Spain)

2000 – 2999 km – 395 € - 535 € (Bulgaria, Hungary)

3000 – 3999 km – 580 € / 785 € (Egypt, Türkiye)

Travel and Reimbursement Guidelines

• **Ticket Purchase & Cost Limits**

- participants and/or partner organizations are responsible for purchasing tickets
- travel costs exceeding the limit will not be reimbursed
- the reasonably cheapest tickets will be reimbursed
- tickets with detours, unnecessary stops, or layovers will not be covered
- maximum of one checked-in baggage (15-23 kg) will be covered
- avoid travel agencies—book flights directly whenever possible.

• **Travel Documents & Reimbursement**

- keep and submit all tickets, boarding passes, and invoices
- if using a smartphone app for boarding, take a screenshot of your boarding pass
- **missing documents = no refund!**
- travel documents will be collected during the training course
- return boarding passes must be sent via email after the training
- reimbursements will be made via bank transfer to the sending organization's bank account once all travel documents have been received and Erasmus+ participant report filled out.
- Insurance requirement: Every participant must have valid insurance for the entire training course
- **Before purchasing your tickets, read carefully the following information and ask for support to your sending organisation if needed!**

Reaching the venue



The nearest airport to Agdz is Ouarzazate (OZZ) Airport which is 51.6 km away. Other nearby airports include Marrakech (RAK) (180.9 km) and Casablanca (CMN) (389 km).

From Ouarzazate International Airport to Agdz:

You can take a taxi (2-3 €) to one of the bus station (Ctm OR Supratours) depending on your arrival time, or go to the big taxi station and go directly to Agdz for 5 €.

CTM (www.ctm.ma) company timetable:

- 05:00 Ouarzazate - 06:00 Agdz
- 06:00 Ouarzazate - 06:45 Agdz
- 15:15 Ouarzazate - 16:00 Agdz
- 16:30 Ouarzazate - 17:30 Agdz

Supratours company timetable:

- 17:15 Ouarzazate - 18:14 Agdz
- 20:00 Ouarzazate - 20:59 Agdz

From Casablanca to Agdz:

Catch a train from Mohammed V International Airport to Casa Port. Almost every hour there is a train (40 min journey), last train at 22:50. The ticket costs 5 €, and can be bought at the train station or online: www.oncf-voyages.ma

After that, go to the bus station of the CTM company (10-15 mins by walk), and from there take the bus in the direction of Agdz, the journey will tak 9-10 hours, and costs around 25 €. Tickets can be bought at the bus station or online: www.ctm.ma

Timetable:

06:30 Casablanca FAR - 17:30 Agdz

20:30 Casablanca FAR - 06:00 Agdz (night bus, arrival at the next day)

From Casablanca to Agdz:

Option 2:

Take the train from Mohammed V International Airport to Marrakech city, then take bus from Supratours or CTM company.

Although, there is no direct train from Casablanca Airport to Marrakech, but there is one change station to take the train to Marrakech. The ticket costs 21 € and it can be purchased at the station of the airport or online:

www.oncf-voyages.ma

By Bus from Marrakech to Agdz:

- Supratours company: You can exit the train station and enter the bus station. The ticket costs 15 €. Timetable:
 - 12:45 Marrakech - 18:00 Agdz
 - 15:30 Marrakech - 21:00 Agdz
- Good to know: The Supratours and ONCF train company is a joint company it means any of the two sites can be used to buy tickets.
- CTM company: Bus station is 15-20 mins walk from the train station (or you can take a taxi). The bus tickets costs 15 €. Timetable:
 - 00:30 Marrakech - 06:00 Agdz
 - 10:15 Marrakech - 16:00 Agdz
 - 11:30 Marrakech - 17:30 Agdz

From Marrakech to Agdz:

If you arrive at Marrakesh Menara Airport (RAK), you can take a taxi from the airport by purchasing a ticket at the designated office and then traveling to one of the companies mentioned earlier: CTM or Supratours.



Contribution

In case of selection, your tasks are...

before the training course:

- cooperate with the organizers and your sending organization during the preparation phase,
- complete the registration form by 10th of March,
- purchase your tickets according to the provided travel guidelines and upload them to the shared drive by 15th of March,
- ensure you have valid travel insurance for the entire duration of the course,
- join and actively follow the project's WhatsApp group,
- participate in a preparatory meeting with your sending organization.

during the training course:

- respect the house rules of the accommodation and local culture,
- pay attention to the trainer and fellow participants.
- present your sending organization, its projects, and initiatives at the NGO market,
- present your country and culture, and bring typical food/drinks for the intercultural evening,
- be active in your participation—while not obligatory, active engagement contributes to the best learning experience.

after the training course:

- complete the Erasmus+ participant report (required for travel reimbursement).
- fill out the evaluation form to provide feedback.
- complete the Youthpass to reflect on your learning achievements.
- attend a follow-up evaluation meeting with your sending organization to share your learning and the results of the project.
- support your sending organization in disseminating the project results both online and offline.



Application

Please contact the relevant partner organisation in your home country as they are responsible for the selection of the national team.

Bulgaria - New Society (new.society.bg@gmail.com)

Egypt - Bubinga (mf@bubingaagency.com)

Morocco - AGDZ Volunteers (volunteersagd@gmail.com)

Spain - VerdeSur (asociacionverdesur@gmail.com)

Tunisia - AVEC (rachid.jannen@gmail.com)

Türkiye - LIDOSK (info@lidosk.org.tr)

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We are looking forward to
meeting you in MOROCCO!

