KA 2 HEARTS

Info pack

Nova Gradiška

2-8 November 2025

HEARTS

Co-funded by the European Union

TRAINING COURSE

“Harnessing Digital and AI Tools for the Mental Health of Youth”

Dear partners and participants, in this document you will find all important information about our training course that will be held in November in Nova Gradiška, Croatia.

About the training

This training course is designed to empower youth workers and professionals by enhancing their competences in using digital and AI-driven tools, with a special focus on their application in supporting youth mental health. Guided by the DigComp Conceptual Reference Model and the ETS Competence Model for Youth Workers, the program develops essential knowledge, skills, and attitudes for effective youth work in the digital era.

Educational Approaches & Methods

- 🧩 Experiential Learning – Hands-on activities and interactive simulations.
- 🤝 Collaborative Learning – Group work, teamwork, and peer-to-peer knowledge sharing.
- Reflective Practice – Daily reflection sessions to deepen insights and personal growth.
- 💻 Technology Integration – Practical use of digital and AI tools to enhance learning outcomes.

Objectives

🤖 Introduce key digital and AI-driven platforms and apps in youth work, with a focus on mental health support.

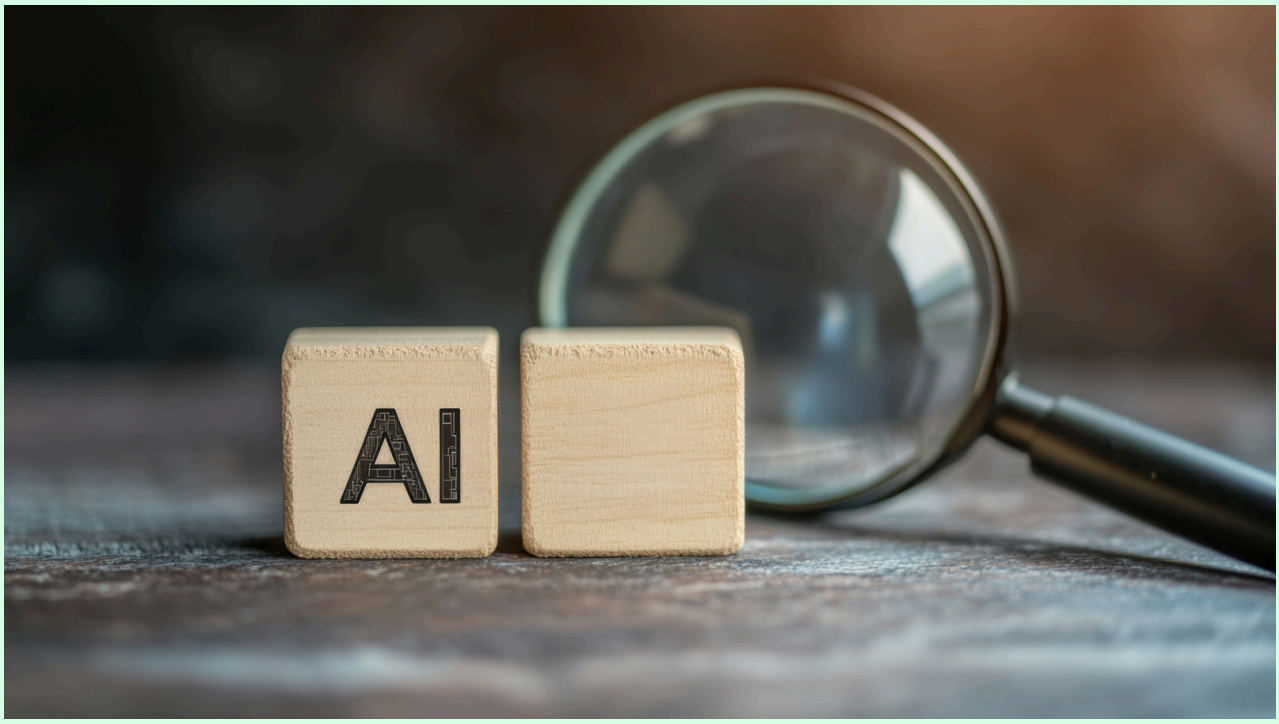
🛠️ Equip youth workers with digital and AI tools through hands-on experience to improve youth mental health.

🔍 Recognize the influence of AI and digital technologies on youth, especially regarding mental health and well-being.

⚖️ Understand ethical implications of using digital and AI tools in youth work, including data privacy, algorithmic bias, and responsible use in mental health contexts.

♿ Select and recommend appropriate digital and AI tools tailored to the specific needs of diverse youth, including those with mental health challenges and disabilities.

🌐 Develop integration strategies for digital and AI solutions in youth work, fostering collaboration, resource-sharing, and best practices across regions and organizations.



Hosting Organization

The Association for the promotion of active participation Studio B is a non-governmental and a nonprofit organization situated in the eastern part of Croatia. The organization was founded with the aim to achieve a balanced development of local communities as well as the development of civil society. We strive to promote and improve the rights of youth and increase the quality of youth activities while increasing their level of information. The scope of activity of the Association in accordance with the objectives is: democratic political culture, human rights, education, science and research, social activities, and sustainable development. Our target groups are children, youth and women from rural area. Our mission is to support young people from our region, develop non-formal education, entrepreneurship, creativity, environmental consciousness, foster democracy, human rights and develop solidarity and tolerance among young. An important priority for us is to ensure inclusion of all people, including young people with fewer opportunities; especially those with geographical obstacles. Mental health, as a wider topic, has been in the focus of our work since our founding and we have done several projects on this topic.

Project consortium

Youth organization " Novotarium”
Website: www.novotarium.org

Association Studio B
website: www.udrugastudiob.hr

Youth Bridges Budapest
website: www.youthbridgesbudapest.org

Erasmus Mundus Students and Alumni Association
website: https://www.em-a.eu/

Project website: hearts-project.com

Who are we looking for?

The training targets youth workers, trainers, facilitators, educators, psychologists, social workers, and other professionals working with young people who want to enhance their skills in using digital and AI tools to support youth mental health.

A total of 16 youth workers will participate in the 6-day training course:

4 participants from Serbia
4 participants from Hungary
4 participants from Croatia
4 participants from Belgium

Financial conditions (travel, accommodation)

Accommodation and food: 100% covered by Erasmus+ Program

Travel costs are budgeted according Erasmus+ conditions (using the EU distance calculator) https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator.

They will be reimbursed either by actual cost or according to the maximum available (if they exceed it).

Belgium - **309,00 €** per person

Hungary - green travel - **285,00 €** per person

Serbia - green travel - **285,00 €** per person

Travel (ARRIVAL & DEPARTURE)

The participants should arrive to Nova Gradiška on the 2nd of November and depart on 8th of November 2025.

Some info about transportation:

- 1. Zagreb Airport to Zagreb Main bus station timetable: https://plesoprijevoz.hr/en/start/
- 2. Main bus station: https://www.akz.hr/en
- 3. Main train station: http://www.hzpp.hr/en

If you arrive by plane to Zagreb, you should take the Zagreb airport public bus that will take you directly to Main Bus Station. Then you should take a bus to Nova Gradiška; there are several busses a day; though we request that you arrive to Nova Gradiška by 7 p.m. latest, so plan your trip accordingly. The ride is approx. 2 hours. You can buy the ticket online on https://www.arriva.com.hr/en-us/home as well.
Once you arrive to Nova Gradiška the accommodation facility is only 5-10 minutes by foot. In case you decide to travel by train you should go from the airport to the Main train station In Zagreb and take a train to Nova Gradiška. However, **we highly recommend the bus.**
In case you're planning your trip via other airports we would like to inform you that Nova Gradiška is very well connected with most of the cities in the surrounding, however please inform us about your plans on time so we can give you the best possible advice.
We kindly remind you that early accommodation and extra overstays will be your responsibility.

Travel Tips

- Make sure you have a valid (not expired) ID card or a valid Passport.
- Make sure to have your European Health Card in your wallet.
- Pack in your hand luggage some "back-up" clothes and underwear in case your suitcase gets lost in the airport.
- Keep all your boarding passes and travelling tickets otherwise we will not be able to make any reimbursements.
- Only public transportation will be reimbursed (e. g.: taxi at your own expense).

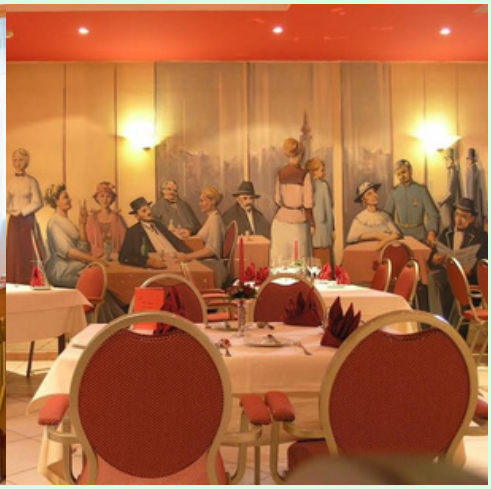
Venue and Accommodation

- The training course will take place in Nova Gradiška, a small city in the Slavonia, east region of Croatia. Further info about Nova Gradiška can be found here: https://en.wikipedia.org/wiki/Nova_Gradi%C5%A1ka

- Participants will be accommodated in "**Hotel Kralj Tomislav**". You can check it out here: https://www.hotel-kralj-tomislav.hr/en/home-english/

- The hotel has dedicated spaces for sessions, a dining area with healthy meals, and an old pub in the basement perfect for hanging out in the evening. Accommodation will be arranged by gender, with 2-3 participants sharing a room. The venue was selected based on previous successful projects and positive participant feedback. The reception is open 24/7.
- Internet connection will be available at all venues of the project
- Towels are provided by the accommodation facility but we advise you to bring your own personal hygiene items.
- The venue is in the city center and there are shopping facilities on walking distance. **The hotel has free parking lot.**

In case you want to arrive in Nova Gradiška, or Croatia, before or stay longer after the training course, you have to arrange your accommodation at your own expense.



What to bring, what to prepare

Comfortable clothes

Make sure to bring comfortable clothes. During November average daytime temperatures are around 10-14 °C, but the nights are colder, so you should bring warm clothes.

Personal insurance

Insurance cover for personal effects is the responsibility of the individual participant. You are recommended to ensure that you have adequate medical and travel insurance to cover the period of your stay in Croatia. Neither our organization nor any venue used during the event can entertain claims against loss of or damage to personal property.

PROOF OF ALL THE TRAVEL EXPENSES

If you come by plane, please be sure to bring evidence of the sum actually paid (invoice) and boarding pass. Electronic tickets will only be considered as acceptable on proof of payment (invoice) and on presentation of the boarding pass for the outward journey. Please keep in mind the travel rules of the ERASMUS PLUS Program. If you come by train or bus do not forget to buy a return ticket. Please copy your tickets before you leave your home.

If you come by car make sure to bring all toll invoices and at least one gas invoice purchased on the travel date or day earlier.

FOR THE REIMBURSEMENT YOU NEED:

- An invoice for the tickets.
- A receipt (showing that you have paid the money) – for train and bus tickets; gas and toll;
- printed document showing that the money was paid (receipt, bank confirmation etc.) – for the airplane tickets;
- Flight ticket (with the name of the passenger and flight details);
- All boarding passes.

We can allow for a maximum of 4 days of extra stay in Croatia to reimburse travel costs!

Other important information

Weather: The average temperature in November is usually around 10°C degrees, usually with rain, however it can be colder or warmer. Do not forget to check the weathercast before arrival!

Currency: Croatia is part of the Euro zone and our currency is Euro. In Croatia you can use your credit and debit cards (VISA, Maestro, MasterCard etc.) almost everywhere.

Emergency phone numbers in Croatia:
Emergency number for all purposes: 112 (you can call from any device, regardless the country your phone number comes from).

For any further information or queries you have, please do not hesitate to contact us:

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See you soon in Croatia!