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INFOPACK

Art Box - Emotional First Aid Kit LAB

Youth Exchange

To co-create a collection of creative tools that support resilience, self-expression, and emotional awareness in everyday life.

Malaga, Spain
17.4- 24.4.2026



Co-funded by the
European Union



What's it about?

“Art Box” is a youth exchange that explores art as a practical and accessible tool for mental health and emotional wellbeing. Young people today face increasing levels of stress, anxiety, social pressure, and uncertainty. Despite growing awareness around mental health, many still lack simple, non-clinical coping tools they can apply in everyday life. There is a need for preventive approaches that are accessible, inclusive, and youth-friendly. This youth exchange creates a safe and creative space in Málaga where participants explore artistic practices as coping mechanisms. Art is approached not as performance or talent, but as a medium for expression, grounding, emotional regulation, and connection.

Through shared exploration, reflection, and intercultural dialogue, participants co-create an “Art Box in Times of Need” a collection of creative coping practices designed by young people for young people.

Where and when?

17 - 24 April 2026
Malaga, Spain

Apply until

13 March 2026

PROJECT DETAILS



What will the YE look like?

Through non-formal learning and shared reflection, participants co-create a practical “Art Box”, a collection of creative tools that support resilience, self-expression, and emotional awareness in everyday life. The youth exchange functions as an immersive creative laboratory where participants explore four artistic dimensions as coping mechanisms:

1. Creative Movement

Body-based practices to explore how emotions are stored physically and how movement can support grounding, release, and energy regulation.

2. Visual Arts

Portrait work, painting, mural creation, and neurographical art to externalize emotions and transform internal states into visual expression.

3. Journaling & Narrative Expression

Reflective writing and storytelling exercises to clarify thoughts, express internal dialogue, and reframe experiences.

4. Nature & Sensory Practices

Outdoor activities and grounding techniques to reconnect with the senses and reduce emotional overwhelm.

Each activity is followed by guided reflection, helping participants understand how creative processes influence their emotional state.

PROJECT DETAILS



The activity is rooted in Youth Goal #5:
Mental Health & Wellbeing

It contributes to:

1. Improve the mental well-being of young people and end the stigmatization surrounding mental health issues, thereby promoting social inclusion.
2. Focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing

PROJECT DETAILS



Further goals of the project

1. Promote mental wellbeing through creative non-formal education and preventive approaches to mental health.

3. To foster safe spaces for emotional expression and intercultural dialogue

5. To work across artistic mediums and encourage cooperation, shared responsibility, and collective decision-making.

2. To Equip young people with accessible coping tools to process emotions, foster healing, and express hope or dissent.

4. To empower participants to promote wellbeing in their local communities.



GOALS



In

We are expecting you on the 17th of April 2026 in the afternoon (between 17:00 and 19:00 o'clock).

The start of the Welcome Program will be arranged with the facilitators based on arrival time of the participants, and dinner will be served between 19:30 - 20:30h.

and out

The departure is envisioned for the morning of 24th of April 2026 after breakfast.

TIMING

Malaga, Spain
17.4. - 24.4.2026

Participants are expected to attend the full duration of the Youth Exchange

17th - 24th April 2026



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Malaga

All participants will be accommodated at

Albergue Inturjovent Malaga

Pl. Pío XII, 6, Cruz de Humilladero, 29007 Málaga, Spain

Tel. +34 955 18 11 81

Email: malaga.itj@juntadeandalucia.es

Web:

<https://www.inturjovent.com/albergues/malaga/albergue-inturjovent-malaga?idAlbergue=WEBMALAGA>



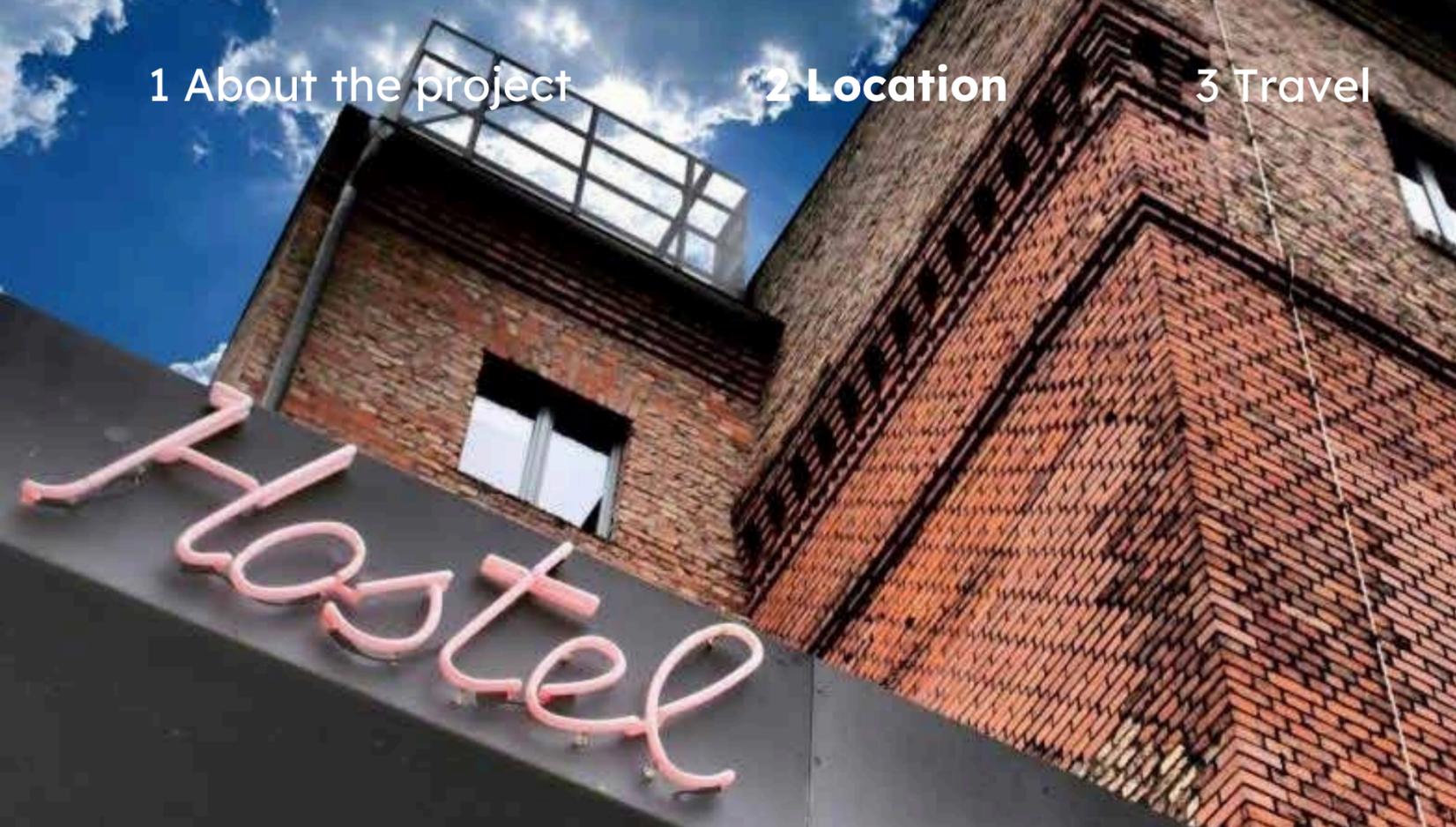
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Please note

Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.

The Youth Exchange will be held at the residence .

Good to know !

All participants will be accommodated in **Albergue Inturjoven Malaga**, very well connected to the city center by public transport.

Participants will be placed in 3/4-bed rooms (bunk beds). Bed sheets and towels are included. WI-FI connection in the whole building. Check-in from 14:00 (it is possible to leave the luggage in a storage room)

ACCOMODATION

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Hostel



Rooms



Dining area

ACCOMMODATION

TRAVEL

For all information about booking your tickets and coming to Malaga, you should be in contact with **Veronica Bracaccini** - in charge of project logistics, by using the official project e-mail:

project15@yp-de.org



We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.

Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.



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Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

A detailed guide to reimbursement will be provided.

Please don't buy your tickets before we approve them!

When you will plan your trip and **BEFORE** buying your tickets (especially if your planned travel itineraries are different than 17th - 24th April 2026), please inform us in advance, so we can approve your tickets and travel costs.

P.S. At purchasing your travel ticket, please ask for the invoice

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Travel costs will be reimbursed only for the **cheapest way** of transport and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

TRAVEL

Travel budget calculation is based on the distance between your starting point and the venue of the program:

10 -99 km	28€ / 56€	green option
100 - 499 km	211€ / 285€	green option
500 - 1999 km	309€ / 417€	green option
2000 - 2999 km	395€ / 535€	green option
3000 - 3999 km	580€ / 785€	green option
4000 - 7999 km	1.188€	
8000 - more	1.735€	

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

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REIMBURSEMENT

The travel reimbursement **will be done by bank transfers only, after you return home** and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



Further Rules regarding the booking of the tickets and reimbursement:

- 1.** Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- 2.** Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
- 3.** We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- 4.** We can't reimburse taxi, only public transport and carpooling will be covered. Multiple trips passes/ memberships for transportation are not eligible for reimbursement;
- 5.** You can arrive maximum 1 day before the activity or depart maximum 1 day after if you want to spend more time in Malaga on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.



CONTACTS

Veronica Braccacini
project14@yp-de.org

Logistic coordinator
Project E-mail

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!



EA Consulting



EmitFeltrinelli



ACT - -Asociatia pentru Actiune, Comunitate si Tineret



Associação Juvenil de Peniche

PARTNERS