

FOREST OF THE MIND



25 AUGUST- 3 SEPTEMBER 2026

HØYDAL, NORWAY



BEYOND BORDERS



Erasmus+
ungdom



ABOUT US

Beyond Borders, formerly known as RE:ACT Volda, is a non-governmental organization based in Volda, Norway, established in 2012. We work with young people through non-formal education, outdoor learning, and experiential activities that promote mental well-being, social inclusion, intercultural understanding, and personal development.

Our organization specializes in outdoor and adventure education, mental health and well-being, sustainable living, and creative expression. We work closely with local communities, municipalities, and refugee centers, with a special focus on supporting young people with fewer opportunities, including refugees and migrants.

Since 2016, Beyond Borders has actively implemented Erasmus+ Youth Exchanges and Professional Development Activities, creating meaningful international learning experiences that empower young people and youth workers.

ABOUT THE PROJECT



Forest of the Mind is an Erasmus+ PDA focused on mental health, climate anxiety, eco-therapy, and outdoor education. The project supports youth workers and mental health professionals in learning practical nature-based methods to help young people build resilience, emotional well-being, and social inclusion.

The project combines eco-therapy, climate psychology, and experiential outdoor learning to address the growing emotional and social challenges faced by young people across Europe.

To equip youth workers and mental health professionals with practical tools and methods that use nature and outdoor learning to support young people facing climate anxiety, stress, and social exclusion.

OBJECTIVES

- Develop eco-therapy and outdoor education skills;
- Explore the link between mental health and climate anxiety;
- Strengthen reflective and metacognitive learning methods;
- Create inclusive activities for vulnerable and marginalized youth;
- Exchange good practices and build international cooperation.

Participants will:

- Learn practical eco-therapy methods;
- Explore outdoor and experiential learning tools;
- Develop skills in mental health support and inclusion;
- Improve facilitation and reflection skills;
- Share experiences and good practices with international participants.



PARTICIPANT PROFILE

“Forest of the Mind” is designed for participants aged 18+ who are actively working with young people or involved in youth-related fields. The project is aimed at youth workers, educators, psychologists, counsellors, social workers, inclusion specialists, disability support staff, and outdoor or environmental educators who are interested in mental health, eco-therapy, outdoor education, and social inclusion.

The project is especially relevant for professionals working with vulnerable or marginalized groups, including migrants, refugees, young people with mental or psychosocial disabilities, and youth experiencing emotional stress, social exclusion, or climate anxiety.

We are looking for motivated participants who are open to experiential learning, international cooperation, self-reflection, and developing practical tools and methods that can be implemented in their local communities and organizations.



PROJECT VENUE



The project will take place in Høydal, Norway, at a farm called "Rysta Gård." It is situated in the mountain range of the Sunnmøre Alps. It is characterized by a landscape with steep high mountain peaks rising over 1800 meters straight up from the fjords.

Participants will have the unique opportunity to stay at the farm and embrace the full outdoor experience by sleeping in tents. The hosting organization will provide all necessary camping equipment, including tents and other essentials. As the project will be conducted almost entirely outdoors (99% of the time), it's essential to be well-prepared for the unpredictable Norwegian weather.

In Høydal, you may experience a variety of weather conditions, from sunshine to rain, sometimes all in one day. Nights can be particularly cold, so warm clothing and gear are highly recommended to ensure your comfort and safety. This immersive outdoor setting will provide a truly memorable experience, fostering a deeper connection with nature and the environment around you.

YOU WILL NEED...

- Comfortable backpack (minimum 60L)
- Hiking shoes!!!
- Wind and rainproof jacket and pants
- Comfortable clothes for hiking
- Thermal underwear (preferably merino wool)
- Sleeping bag (> 0 C) and sleeping mat
- Hat, gloves, and sun cap or headscarf
- Warm clothes, woolen sweaters
- Water bottle
- Sun lotion and mosquito spray
- Lots of socks, preferably warm/woolen together with thin summer ones.
- Head-torch
- Personal hygiene: toothbrush, eco-soap, towel
- Personal medication
- Swimming suit & towel.



KEEP IN MIND!

- **Proper personal equipment is really necessary.** You will not be allowed to participate in the outdoor activities without needed equipment.
- Tents and all camping equipment are provided! But if you want to bring your own tent/hammock - feel free to do so.
- Please bring your sleeping bag & mat.
- Internet access is restricted but in almost all places mobile internet coverage. Participants will be provided with a phone number of the hosting coordinator in case of emergency calls from family & friends.
- **Travel & health insurance is obligatory** and the responsibility of each participant.
- **English is the common language on the project.**



TRAVEL



During the training course, your accommodation, food, and all the other project-related expenses are covered by the Erasmus+ program grant. Reimbursement of your travel costs from your home city to the venue and back will be done according to the funding-limits.

Reimbursement will only be done by bank transfer after the project if you fully participate and give all original tickets, receipts/invoices, and boarding passes. (including return tickets).

Feel free to arrive or depart a maximum of 2 days before or after the project, otherwise, communicate & agree with the organizers. But note that additional time spent will have to be covered at your own cost.

- Flights can be taken to Ålesund/Molde or also Volda/Sandane airport.
- If you are younger than 25 years old you can travel on a CHEAP youth ticket flying with Scandinavian Airlines/Wideroe. Only valid if booking via www.sas.no // www.wideroe.no
- If you are younger than 31 years old (and student), you can fly also CHEAPER by booking a student ticket flying with Widerøe.
- Other possibility is to fly to Oslo and take nightbuss to Volda. (www.vy.no)
- We strongly advise you not to buy tickets without letting know to the organisers.

PARTNERS

Austria	s`Kollektiv
Bulgaria	"Trinoga" association
France	Tous.tes unies pour la transmission et l'action européenne
Germany	EuroYouth e.V.
Norway	Beyond Borders
Spain	COL.LECTIU LA VIBRIA D'INICIATIVES CULTURALS PER LA TOLERANCIA I LA INTEGRACIO SOCIAL



TRAVEL REIMBURSEMENT

Austria	309 €
Bulgaria	395 €
France	309 €
Germany	309 €
Norway	56 €
Spain	395 €



MEET THE TEAM



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