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E-BOOK HEALTH IN THE GREEN

ERASMUS+ YOUTH EXCHANGE
WRITTEN BY PARTICIPANTS

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HEALTH IN THE GREEN

ERASMUS+ YOUTH EXCHANGE

Erasmus+ Project · 2024–2025

Organised by Panotrip with partners from Turkey, Czech Republic, and North Macedonia

INTRODUCTION

Welcome to the official e-book of the Erasmus+ youth exchange “Health in the Green”. 🌿

In a world full of stress, rapid changes, and digital distractions, mental health has become a critical topic—especially for young people. This international project brings together youth from Slovenia, Turkey, Czech Republic, and North Macedonia to explore mental health in a creative, supportive, and nature-connected way.

Through this e-book, we aim to:

- Share the outcomes and experiences of our exchange
- Raise awareness about mental health
- Highlight nature-based practices for well-being
- Celebrate cultural diversity and youth creativity

Let's take you on a journey through nature, mindfulness, traditions, and teamwork.

Ready to feel the green? 🌱

ABOUT THE PROJECT

Health in the Green is a youth exchange co-funded by the Erasmus+ programme and organized by youth organizations from four countries. It addresses the growing need to support youth mental health and reconnect with nature.

Project goals:

- Raise awareness about mental health
- Encourage outdoor activities for balance
- Promote sustainable lifestyles
- Foster intercultural friendship and learning
- Empower youth with fewer opportunities

Participants:

- 20 young people (ages 15–30) from Slovenia, Turkey, Czech Republic, and North Macedonia.

SLOVENIA

Proverb: "Where there's a will, there's a way."

Traditional Song: Lepa Anka kolo vodi

Special Days: Kurentovanje, St. Martin's Day

Myths: The Goldhorn legend

Food: Potica, žganci, kranjska klobasa

Places to Visit: Lake Bled, Ljubljana Castle, Piran



TURKEY

Proverb: “No road is long with good company.”

Traditional Song: Çanakkale Türküsü

Special Days: Republic Day, Ramadan Feast

Myths: Troy and Mount Ararat

Food: Köfte, baklava, menemen

Places to Visit: Hagia Sophia, Cappadocia, Ephesus



CZECH REPUBLIC

Proverb: “Without work, there are no kolaches.”

Traditional Song: Česká hymna

Special Days: Jan Hus Day, St. Wenceslas Day

Myths: The Golem of Prague

Food: Svíčková, knedlíky, trdelník

Places to Visit: Prague Castle, Karlovy Vary, Český Krumlov



NORTH MACEDONIA 🇲🇰

Proverb: "Where there's no dog, the fox is king."

Traditional Song: Biljana platno beleše

Special Days: Ilinden, St. Clement of Ohrid

Myths: The Legend of King Marko

Food: Tavče gravče, ajvar, burek

Places to Visit: Ohrid Lake, Skopje Fortress, Stobi



WHAT IS MENTAL HEALTH?

Mental health is a state of well-being where a person can cope with everyday stress, realize their abilities, work productively, and contribute to their community.

According to WHO, 10–20% of young people face mental health issues—and the number is rising. Many are unaware of the signs or are afraid to talk about them.

Common mental health challenges:

- Anxiety
- Depression
- Burnout
- Social withdrawal



METHODS TO IMPROVE MENTAL HEALTH

During the exchange, we explored techniques to support well-being:

- Nature walks & hiking – Movement and fresh air lift the mood
- Mindfulness & meditation – Reduce stress and calm the mind
- Journaling – Express and reflect on thoughts
- Creative workshops – Art, music, and storytelling as healing
- Sharing circles – Safe space to talk and be heard
- Digital detox – Disconnect from tech to reconnect with self



HEALING IN NATURE

We discovered how nature helps restore balance and joy:

- 🥾 Hike to Bukovniško Lake – Connecting with landscape and body
 - 🌲 Forest meditation – Grounding, peaceful atmosphere
- 🧹 Village clean-up – Taking care of our environment
- 🔥 Campfire reflections – Sharing feelings under the stars

Feedback from participants:

“I felt completely relaxed for the first time in weeks.”

“The yoga helped me feel peaceful again.”



SUSTAINABILITY & MENTAL HEALTH: A POWERFUL CONNECTION

Our mental well-being is deeply connected with the world around us. Clean air, green spaces, and a sense of environmental responsibility can greatly impact how we feel.

In this project, we wanted to not only care for ourselves—but also for our planet.

Key values promoted:

- Respect for nature
- Long-term thinking
- Small actions, big results
- Living in harmony with our surroundings



HOW WE PRACTICED SUSTAINABILITY

During the exchange, we made daily efforts to reduce our environmental impact. Examples include:

- 🌍 Choosing green travel options (trains, group transport)
- 💧 Using reusable bottles and cutlery
- 💻 Working with digital tools (Canva, Padlet) to reduce paper
- 🥕 Sourcing local & seasonal food
- 🎨 Reusing materials in creative workshops

These small but meaningful habits made our project cleaner, greener, and more mindful.



YOUNG PEOPLE AS CREATORS & LEADERS

This was not just a project for young people—it was created by them. Every activity, workshop, and output was designed together.

What participants did:

- Co-created workshops and energizers
- Prepared cultural presentations
- Contributed content to this e-book
- Practiced public speaking and leadership
- Shared experiences and emotions in safe spaces

They grew as individuals and teams—gaining confidence, empathy, and practical skills for life.



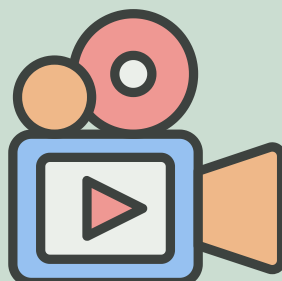
CREATIVITY, TECHNOLOGY & AWARENESS

Our participants also became digital creators. Using modern tools, they designed materials to raise awareness about mental health and nature care.

Tools & Outcomes:

- 📖 This e-book – designed together
- 📸 Photo galleries from activities
 - 🎥 Short videos and reels for Instagram, TikTok, Facebook
- 🌐 Padlet boards with reflections and resources






Bonus: Participants improved their digital skills while working creatively and collaboratively!



OUR JOURNEY TOGETHER

“Health in the Green” was more than just a youth exchange.

It was a chance to:

-  Reconnect with nature
-  Understand mental health
-  Discover new cultures
-  Build meaningful friendships
-  Express ourselves creatively

We learned that even small steps—like taking a walk, listening to others, or using a reusable bottle—can make a difference in our world and within ourselves.

Message to all young people:


- Take care of your mind.
- Cherish the planet.
- Stay connected.
- You are not alone.

THANK YOU! / HVALA!

We would like to express our sincere gratitude to everyone who made this project possible:

- ✦ Panotrip (Slovenia)
- ✦ Cosmos Youth Association (Turkey)
- ✦ Asociace TOM Dumanci (Czech Republic)
- ✦ Venus Youth Group (North Macedonia)

... and to all the amazing young people who co-created this beautiful experience.

Special thanks to the Erasmus+ programme for supporting youth mobility and non-formal education across Europe. 



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Partner Organizations:

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- Venus Youth Group (North Macedonia)