



PRESS RELEASE

Erasmus+ KA152 “Train Brain”

2024-3-HR01-KA152-YOU-000288924

The vibrant city of Rijeka will once again host an inspiring international gathering of young people as the Erasmus+ KA152 project "**Train Brain**" unfolds from **June 16 to 23, 2025**, led by the dynamic Croatian organization **Institut za poticanje mladih**.

Gathering **24 participants** aged 18–24 from **Croatia, Hungary, Serbia, and Spain**, this youth exchange aims to foster cognitive development, creativity, personal growth, and sustainability awareness through a carefully designed program rooted in non-formal education.

The “Train Brain” project responds to the growing challenges young people face in today’s fast-paced, digitally overloaded world. With reduced attention spans, increased stress, and cognitive fatigue becoming common, the project is designed to empower youth through brain training techniques and self-development tools. Participants will engage in interactive workshops focusing on:

Concentration and focus improvement through neuro-exercises and mindfulness

Memory enhancement using playful methods and visualization

Multitasking and mental coordination to foster decision-making and problem-solving

Creative expression and leadership through artistic and hands-on activities

Active listening and interpersonal connection to build empathy and social skills

Learning from mistakes and building resilience

Environmental consciousness, including sustainability-focused sessions and practices

These skills are aimed at equipping young individuals not only for academic and professional success, but also for becoming responsible and empathetic citizens of Europe.

The consortium includes key partners from across Europe: **MaFi** (Hungary), **Dečiji Centar** (Serbia), and **Laberinto Hurdano** (Spain). The selection of participants prioritizes **gender balance, inclusion of youth with fewer opportunities**, and offers a **first-time international experience** for many of them.

Each national team will consist of **five youth participants** and **one experienced group leader**, selected based on motivation, potential, and interest in personal growth and community impact.

The program will feature four active daily sessions supported by reflection moments and creative evening activities. A **study visit to a Dom Mladih Rijeka that uses abacus methods** will give insight into alternative education systems and cognitive learning practices.

In line with Erasmus+ priorities, “Train Brain” also integrates eco-friendly habits and climate consciousness into its daily practices. Green travel options are promoted, and participants will explore how individual choices impact the environment. Activities will connect sustainability with mindfulness and long-term well-being.

The expected impact of the project extends far beyond its week-long implementation:

Participants will leave with enhanced cognitive and leadership capacities, reduced stress levels, and stronger intercultural awareness.

Partner organizations will strengthen their networks and adopt innovative non-formal methodologies in their regular youth work.

Communities and peers will benefit from peer-led follow-up workshops, presentations, and dissemination of newly acquired knowledge.

“Train Brain” is not just a project—it's a launchpad for young Europeans to **reclaim control over their mental well-being, embrace lifelong learning, and act as changemakers in their communities.**

For more information, visit www.iyp-croatia.com or follow **Institut za poticanje mladih** on social media.

Funded by the European Union. The views and opinions expressed are solely those of the author and do not necessarily reflect those of the European Union or the Agency for Mobility and EU Programmes. Neither the European Union nor the granting authority can be held responsible for them.