

Inside the Algorithm: AI Impact on Mental health

Training Course



12–19 January 2026
Tsaghkadzor, Armenia

Context of the training course

We live in an era where technologies develop so fast that artificial intelligence is no longer a distant future but an integral part of our present. While AI holds transformative potential in many sectors, it also creates new challenges especially when it comes to emotions, mental health, and ethics. For both, young people and the youth workers, who support them, it's important to understand how AI affects our lives and mental well-being, and how to respond to these changes in a healthy way.

Youth work, more than most professions, demands flexibility and continuous learning to meet emerging needs. That's why it's important to help youth workers learn new skills to better understand and support mental health in today's AI-driven world.

By focusing on the intersection between AI, mental health, and youth work, the project introduces an innovative and timely dimension to the youth sector addressing a field that is still largely unexplored in traditional youth work practice.

The aim of our proposed project is to equip youth workers with the necessary competencies, tools, and awareness to support young people's mental well-being in the context of AI-driven realities, while also strengthening their own resilience.

The TC has the following objectives

1. Increase participants' knowledge of how AI tools and systems can affect young people's emotions, identity, and mental well-being.
2. Develop participants' emotional literacy to detect signs of digital stress and emotional vulnerability among youth.
3. Equip participants with practical tools for promoting mental health and well-being, including tools that integrate both online and offline approaches.
4. Strengthen participants' competencies to set professional ethical boundaries when using AI-based tools in youth work
5. Foster a network of youth workers and organizations committed to integrating ethical AI awareness and mental health strategies into their work with young people.

The training course will utilize non-formal education methods, creative tech-based tools, participatory workshops, and guided reflections. Expert-led sessions will complement group activities to ensure a well-rounded learning experience, empowering participants to become multipliers in their local contexts.



Whom this training course if for?

- Youth workers or youth NGO representatives
- Social workers responsible for youth in their municipality
- Teachers, school support staff, alternative education staff, vocational programme staff (involved in youth work)
- Working with young people with disadvantaged backgrounds who need to reinforce encouragement for social inclusion
- Other sector professionals directly working with young people: youth centres, youth camps
- Youth policymakers



Project Venue and Accommodation

The project will take place in Tsaghkadzor, a famous spa town and health resort located in Kotayk Province, with around 1,250 inhabitants. Nestled on the southeastern slope of Mount Teghenis, it is just 50 km north of Yerevan (about a 45-minute drive).

In January, the weather in Tsaghkadzor is quite unpredictable. It is a mountainous area, so temperatures can be either slightly above or below zero, with a generally wintery atmosphere. Closer to the project dates, we will provide you with an update on the forecast. In any case, make sure to bring warm clothes — jackets, sweaters, scarves, gloves, and proper winter shoes — as evenings in particular can get very cold.

Our venue will be “Popock”, which is fully equipped to host international youth projects. It offers suitable facilities for workshops, working spaces, and leisure activities. The surrounding area also provides space for outdoor sessions and dynamic activities, depending on the weather conditions. Accommodation will be in shared rooms (2–3 people per room, same gender). Each room has a private bathroom, and wireless internet is available in the guest house.



Travel and Transfers

Please kindly note that travel costs are

- Your travel to the airport in your country (e.g. train, bus)
- Flight costs to Armenia
- Local transport from Yerevan to the project venue and back (15 € in total, which will be deducted from the max. amount of travel costs reimbursement).

If you arrive at Zvartnots International Airport (Yerevan), you can reach the city center (Republic Square) by taking the Zvartnots Express minibuses, which run every 30 minutes, 24 hours a day.

The ticket costs 500 AMD (around 1.10€).

From Yerevan, we will organize group transfer to Tsaghkadzor and back.

- On 12 January (arrival day), we will depart to the project venue around 17:00. More detailed information about the exact time and meeting point will be shared closer to the project dates.

Please make sure to arrange your flights or travel plans according to this schedule.

- On 19 January (departure day), there will be no program. After breakfast, we will arrange your transfer from Tsaghkadzor to Yerevan city center. From there, you will need to organize your onward travel to your departure point (airport, bus, or train station) on your own.

It is possible to extend your stay in Armenia for a maximum of 6 days in total (3 days before and/or 3 days after the training course).

Any additional costs for accommodation, food, or travel during these extra days must be covered by you.

Please note that transportation by taxi cannot be reimbursed.



Please remember these steps

You send the details of your chosen flight option to
infounigrowth@gmail.com , cc **jakub@yourchange.eu**

After confirmation from our side, you will be able to purchase the tickets on your own and send us the e-Ticket as a final confirmation of your participation.

The travel reimbursement will be made by the coordinating organization after collecting all the original travel documents.

Travel costs will be reimbursed up to the following maximum amounts.

Italy, Poland, Slovakia 395€

Romania, Ukraine 309€

Portugal 1188€

Georgia 285€

Armenia 56€

Coordinating Organization

"Change Your Self"

Slovakia



Hosting Organization

"UniGrowth Development Center"

Armenia



Project partners

"CINEGIOVANI" Italy

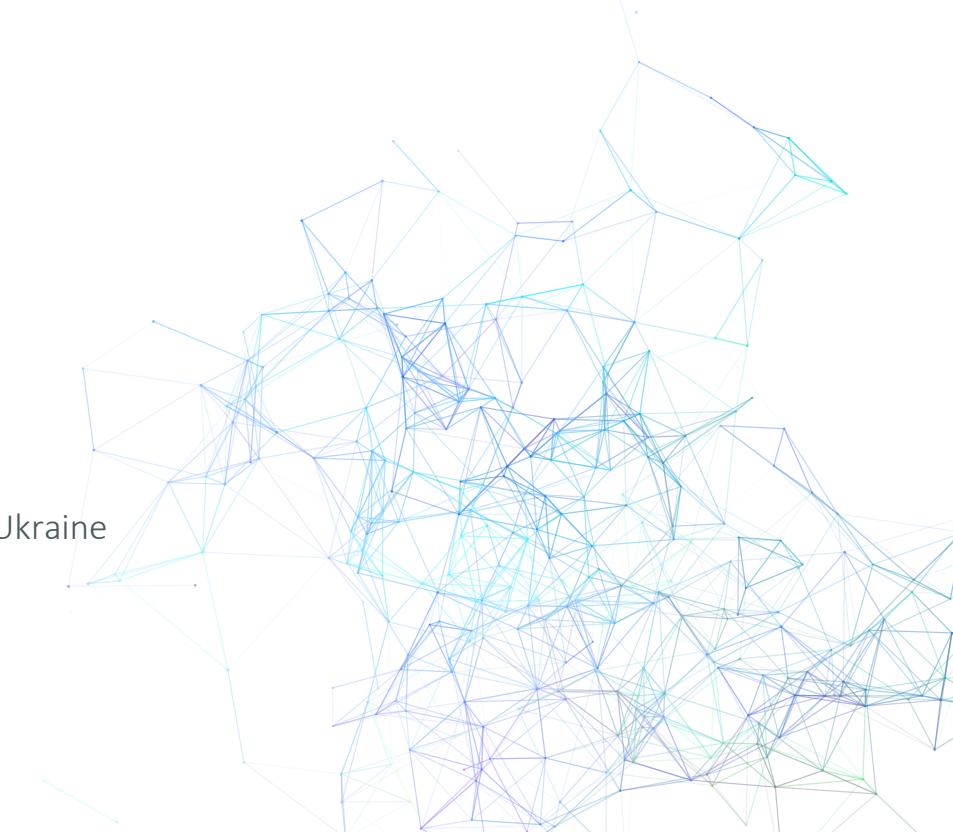
"Educa-Teen" Romania

"Impakt" Poland

"Imagine Realities" Portugal

The Foundation "Pangeya Ultima" Ukraine

"Youth For the World" Georgia



Practicalities

Visa

None of the participating countries need a visa to enter Armenia. In case you have different nationality then your country of residency please inform us immediately to check if additional procedures are required.

Money

The national currency in Armenia is DRAM (AMD) its value in euro is about 440 drams for 1 euro but it would be good for you to check the exact rate before you depart.

You can find official exchange rates from banks and exchange points here:

<https://www.rate.am/en/armenian-dram-exchange-rates/banks>

Payments in Armenia (except at the airport) are accepted only in the national currency. The best currencies to exchange are EUR, USD, and GEL. At the airport, it's best to exchange a small amount (around 10 euros)—just enough to get to the city center.

(Be careful not to get overcharged!)

For currency exchange there is 0% commission fee.

Special needs and insurance

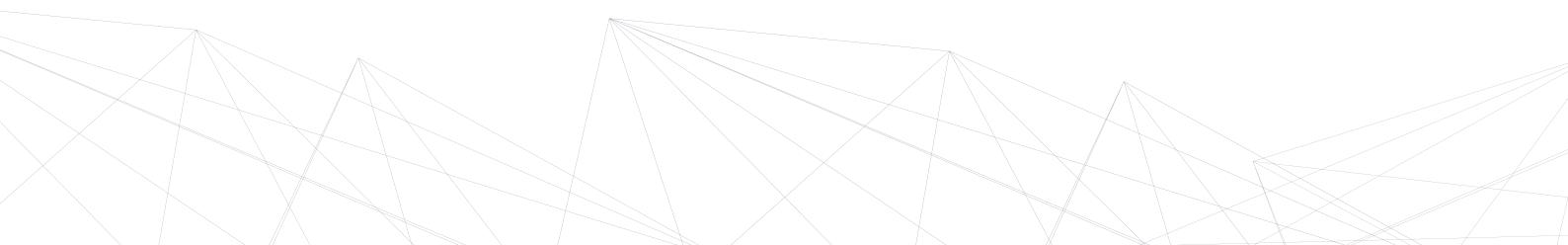
In case of having special needs, please feel free to communicate these needs to us (allergies, health problems, special diet, etc.).

All participants are required to purchase health insurance individually.

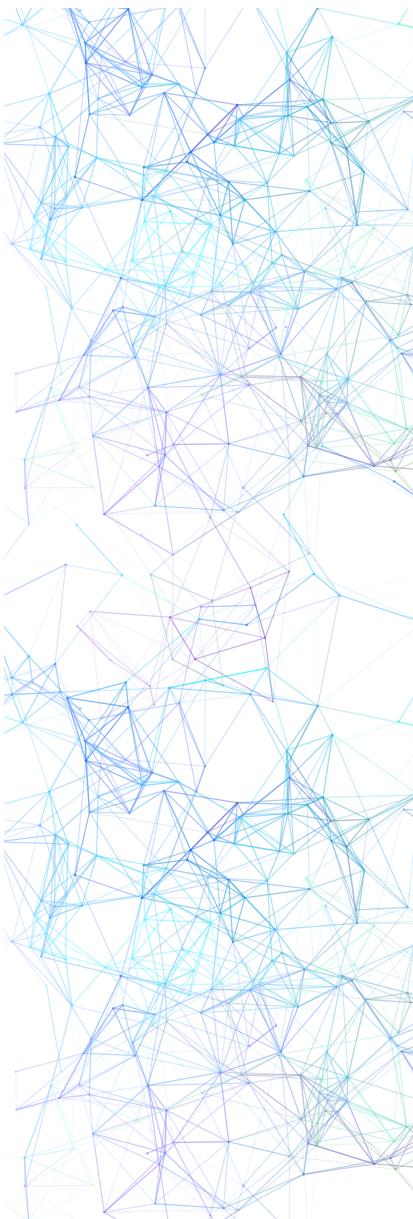
IMPORTANT

Please while buying the tickets make sure you will be in Yerevan before 16:00 on 9th January! (in some cases flight options show +1 which means e.g. you depart on 9th but arrive on 10th morning). There is no public transport running from Yerevan to Tsaghkadzor so if you miss the bus we organize, you have to arrange your travel to the venue on your own.

You can't travel with an ID card! Make sure you have your passport with you!



Team



Project coordinating

Jakub Spisak



Trainer

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Trainer

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Support Staff

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Contact

If you have other questions regarding the training course, please do not hesitate to contact us via
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