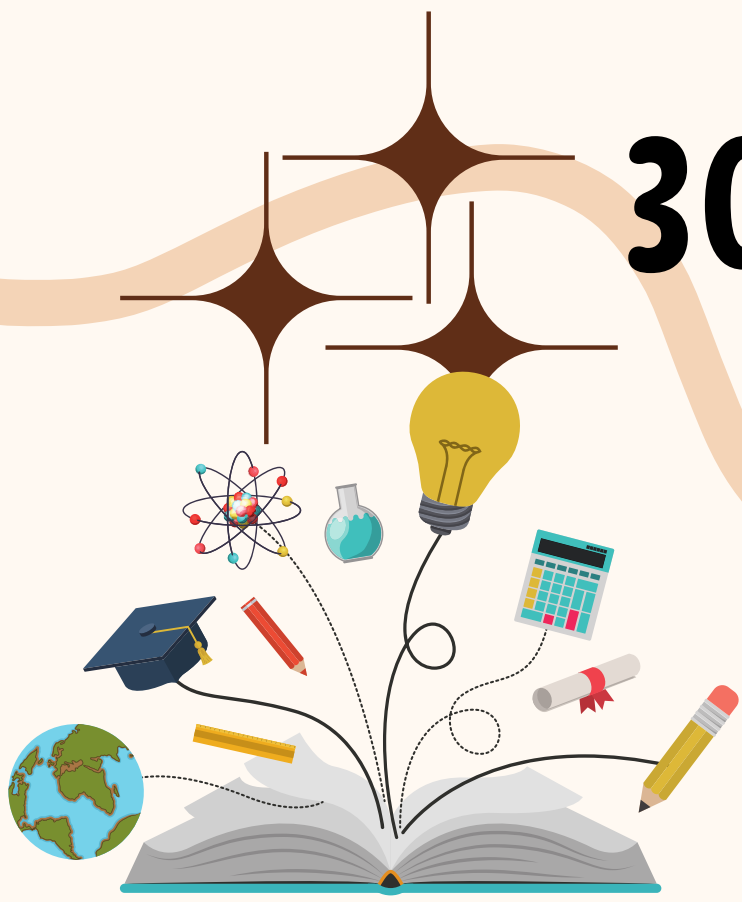


SCHOOL EXCHANGE “SUPPORTIVE SCHOOL ENVIRONMENT – WELL-BEING FOR STUDENTS AND TEACHERS”

30 NOVEMBER 2026- 8 DECEMBER 2026
POMPEI, ITALY



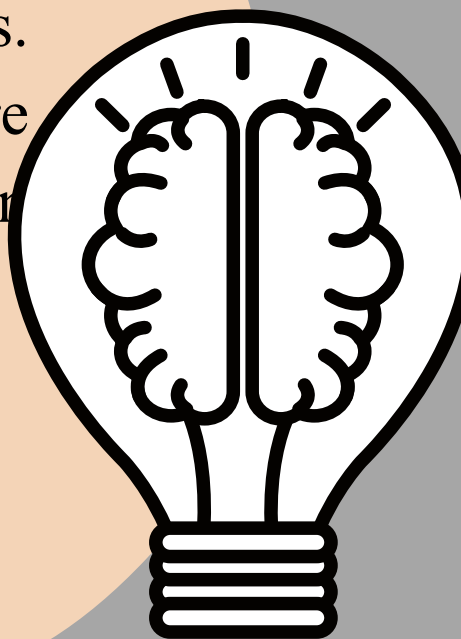
**Co-funded by
the European Union**

ABOUT THE PROJECT

The project addresses the increasing levels of stress, anxiety and other mental health challenges experienced by students and teachers at Razlog Vocational High School “Nikola Stoychev”. In the local community, mental health remains a sensitive and often stigmatised subject, which may prevent young people from speaking openly about their difficulties or seeking support at an early stage.

Through Erasmus+ mobility activities, the project will introduce the school community to effective European approaches to mental health education, emotional well-being and the creation of a safe and supportive school environment. Teachers will improve their ability to recognise signs of stress and anxiety, respond appropriately to difficult situations and introduce practical well-being activities in their classrooms. Students will develop their mental health literacy, self-regulation skills, empathy and ability to seek or provide appropriate support.

The project includes mobility in Italy for 24 students from Grades 9–11, accompanied by three teachers. During the mobility, students will work together with peers and professionals from the host school, explore practices for supporting student well-being and develop initiatives that can be implemented after their return to Bulgaria.



Aims



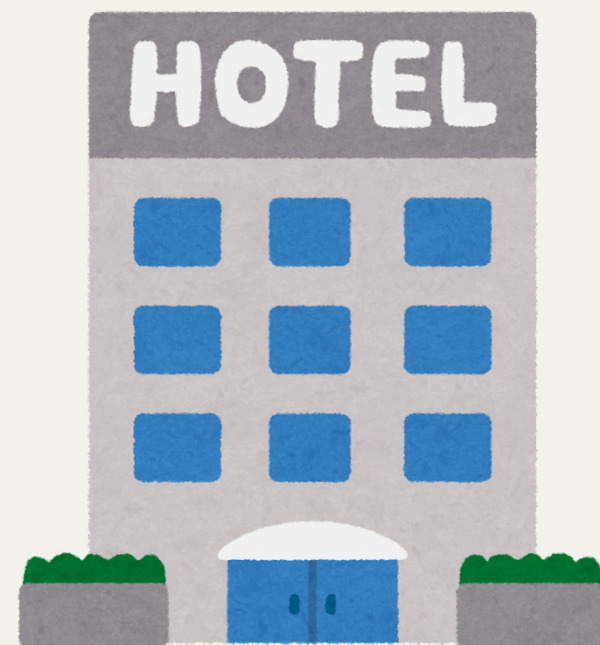
- create a safer, more inclusive and supportive school environment;
- promote the mental health and emotional well-being of students and teachers;
- reduce stigma associated with mental health difficulties;
- strengthen the school's capacity for prevention, early identification and appropriate support;
- introduce sustainable practices for managing stress, anxiety and challenging situations;
- encourage students to become active contributors to a positive and supportive school culture;
- strengthen European cooperation and the exchange of educational practices.

Objectives

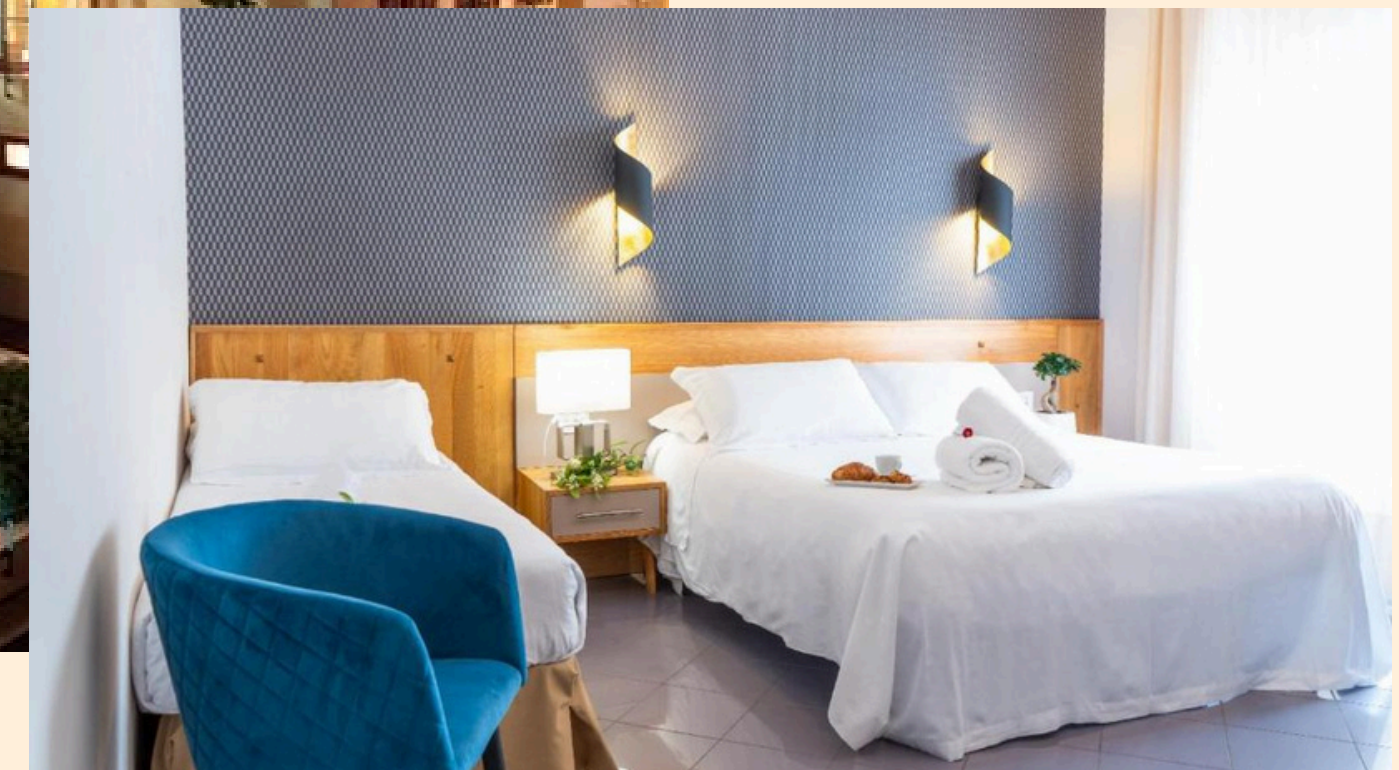


- Participants will learn practical approaches for stress management, maintaining professional boundaries and preventing burnout.
- To improve students' mental health literacy- Students will learn to distinguish between stress, anxiety and panic, recognise early signs of emotional overload and understand when and where to seek help.
- To develop students' practical coping and self-regulation skills- Students will practise breathing, movement, creative expression and other safe techniques for managing stress related to exams, conflicts, social pressure and online communication.
- To develop empathy and peer-support skills- Students will practise active listening, supportive communication and respectful responses while understanding the boundaries of peer support and the importance of involving a trusted adult when necessary.
- To reduce stigma and encourage open communication- The project will create opportunities for students and teachers to discuss mental health in a respectful, age-appropriate and non-judgemental way.
- To transfer the mobility results to the wider school community- Following the mobility, students will organise at least one initiative promoting mental health, well-being and a positive school climate.

ACCOMODATION



Our School Exchnage will take place in the ancient city of Pompei, in the metropolitan area of Naples. Hotel will be: “Hotel Diana”, and restaurant will be located at 2 minutes walking from the accomodation: the meals will be made with love and the dietary needs will be followed.



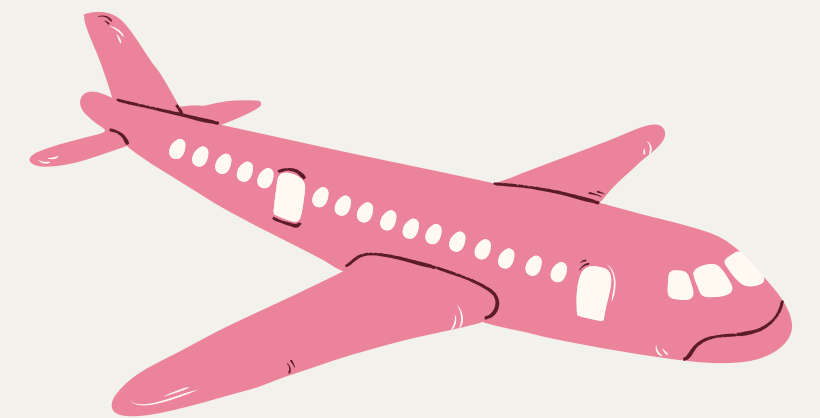
ARRIVAL DATE : 30/11/2026
DEPARTURE DATE: 08/12/2026

The project will take place in “Pompei - Naples” which is 30 minutes drive from Naples city center and/or airport.

Arrival: your flight will land in Rome/Naples airport on 30.10.2026. Depending on the location of landing member of the host organization will welcome the group at Naples airport or give instructions how to get to the venue.

Departure: your flight back to Bulgaria will be from Naples airport on 08.12.2026. A member of our organization will wait for you at hotel reception and will introduce you to the driver which will drive you to the airport.

TRAVEL



HOSTING SCHOOL



The intended hosting school that will host the group is :
Liceo Statale "E. Pascal" Pompei - NA*



*Please know that this is subject to change



TIMETABLE

1st

ARRIVAL IN Rome/NAPLES
AIRPORT

18:00 HOTEL CHECK IN

19:00 DINNER

2nd

08:30 BREAKFAST

09:30 Getting to Know Each
Other and Creating a Safe
Learning Environment

13:00 LUNCH

19:00 DINNER

3rd

08:30 BREAKFAST

09:30 Understanding
Mental Health and Well-
being

13:00 LUNCH

19:00 DINNER

TIMETABLE

4th

08:30 BREAKFAST

09:30 Activities in local
School-European School
Practices for Student
Support

13:00 LUNCH

19:00 DINNER

5th

08:30 BREAKFAST

09:30 Activities in local
School- Practical
Strategies for Managing
Stress

13:00 LUNCH

19:00 DINNER

6th

08:30 BREAKFAST

09:30 Activities in local
School- Peer Support,
Empathy and Safe
Communication

13:00 LUNCH

15:30 - Visit to Pompei
Ruins

19:00 DINNER

TIMETABLE

7th

08:30 BREAKFAST

**09:30 Cultural trip to
Sorrento**

13:00 LUNCH

19:00 DINNER

8th

08:30 BREAKFAST

**09:30 Cultural trip to
Naples**

13:00 LUNCH

19:00 DINNER

9th

DEPARTURE OF PARTICIPANTS

TRIPS



NAPOLI CITY TOUR

City tour of Naples will give you opportunity to discover one of Italy's most vibrant and fascinating cities!

Our tour will take us through some of the most famous landmarks:

- The historic center, a UNESCO World Heritage Site, full of narrow streets, churches, and local markets.
- Duomo Di Napoli / San Gennaro
- Piazza del Plebiscito and the Royal Palace, symbols of Naples' royal past.
- Quartieri Spagnoli / Maradona's Murales
- And of course, Spaccanapoli, the heart of the old city, where you can feel the real Neapolitan soul.



TRIPS



POMPEI RUINS

Pompeii is one of the most important archaeological sites in the world! Pompeii was an ancient Roman city located near Mount Vesuvius, not far from Naples. In 79 AD, the eruption of Mount Vesuvius completely destroyed Pompeii, covering it with ash and volcanic material. The city remained buried for almost 1,700 years, until it was rediscovered in the 18th century.

Walking through Pompeii feels like stepping back in time. Visitors can explore:

- The Forum, the main square and center of public life.
- The Amphitheatre, one of the oldest in the Roman world.
- Houses and villas, decorated with beautiful frescoes and mosaics.
- Shops, bakeries, and baths, showing how Romans lived and worked



SORRENTO

Sorrento is a small town overlooking the Gulf of Naples. The city stands on a hill overlooking the sea and is the gateway to the picturesque and famous Sorrento Peninsula. It seems that the name Sorrento derives from the true Greek "surreo" which means "to flow", referring to the waters that descended from the nearby valley and flowed into the sea.

TRIPS



TO DO LIST



- ✓ Fill in the application form (all participants). You can find the link in the following page. Your health state and dietary needs are important to share in advance!
- ✓ There will be one workshop that needs to be prepared by students. Workshop should be related to your country and school, so you need to create a game or presentation shows how it is.
- ✓ Bring 1 laptop or tablet for all the group.
- ✓ Bring clothes suitable for weather conditions in Italy and personal hygiene items.
- ✓ Bring your positivity and good vibes!

SEE YOU IN ITALY

