



Stress Management and Burnout Prevention

Course packages

Course Package – € 350

Tuition fee and training material
Administration costs
Certificate of Attendance

Single

Extra-services (to be added on request):

Coffee Breaks & Light Lunch: **€ 50**
Cultural visit: **€ 50**

Double Room Sharing Package - € 700

Tuition fee and training material
Administration costs
Certificate of Attendance
6 nights accommodation in a double room in Ostello Novoli – Shared Bathroom **
Wi-Fi
Towels & Linen will be provided
Breakfast & Lunch
Coffee Breaks
Cultural visit

Room Sharing for 4 Package - € 650*

Tuition fee and training material
Administration costs
Certificate of Attendance
6 nights accommodation in a shared room in Ostello Novoli – Shared Bathroom **
Wi-Fi
Towels & Linen will be provided
Breakfast & Lunch
Coffee Breaks
Cultural visit

Room Sharing for 5/6 Package - € 600*

Tuition fee and training material
Administration costs
Certificate of Attendance
6 nights accommodation in a shared room in Ostello Novoli – Shared Bathroom **
Wi-Fi
Towels & Linen will be provided
Breakfast & Lunch
Coffee Breaks
Cultural visit

*Choose one of our sharing packages if you are from the same organisation willing to share a room/ or if you have any accompanying person travelling to the venue of the course together with you (we can arrange the accommodation for accompanying persons as well).

** <http://www.booking.com/Share-FET7w1>
www.ostellonovello.com

Applications

To provide a more personal experience, group size will be kept at a maximum of 20 participants. Therefore, the first 15 paying applicants will be accepted for the course.

Cancellation policy: Full refund less a Eur20 administration fee will be given if a booking is cancelled up to five days before the start of the course. If applicants need to cancel within three days of the start of the course 75% refund will be given.

Contact

e-mail: mobility@seyf.eu

Dates

From March 5th to 9th

From April 9th to 13th

From May 7th to 11th

From June 4th to 8

From July 2nd to 6th

From September 17th to 21st

From October 8th to 12th

From November 12th to 16th

From December 10th to 17th

South Europe Youth Forum