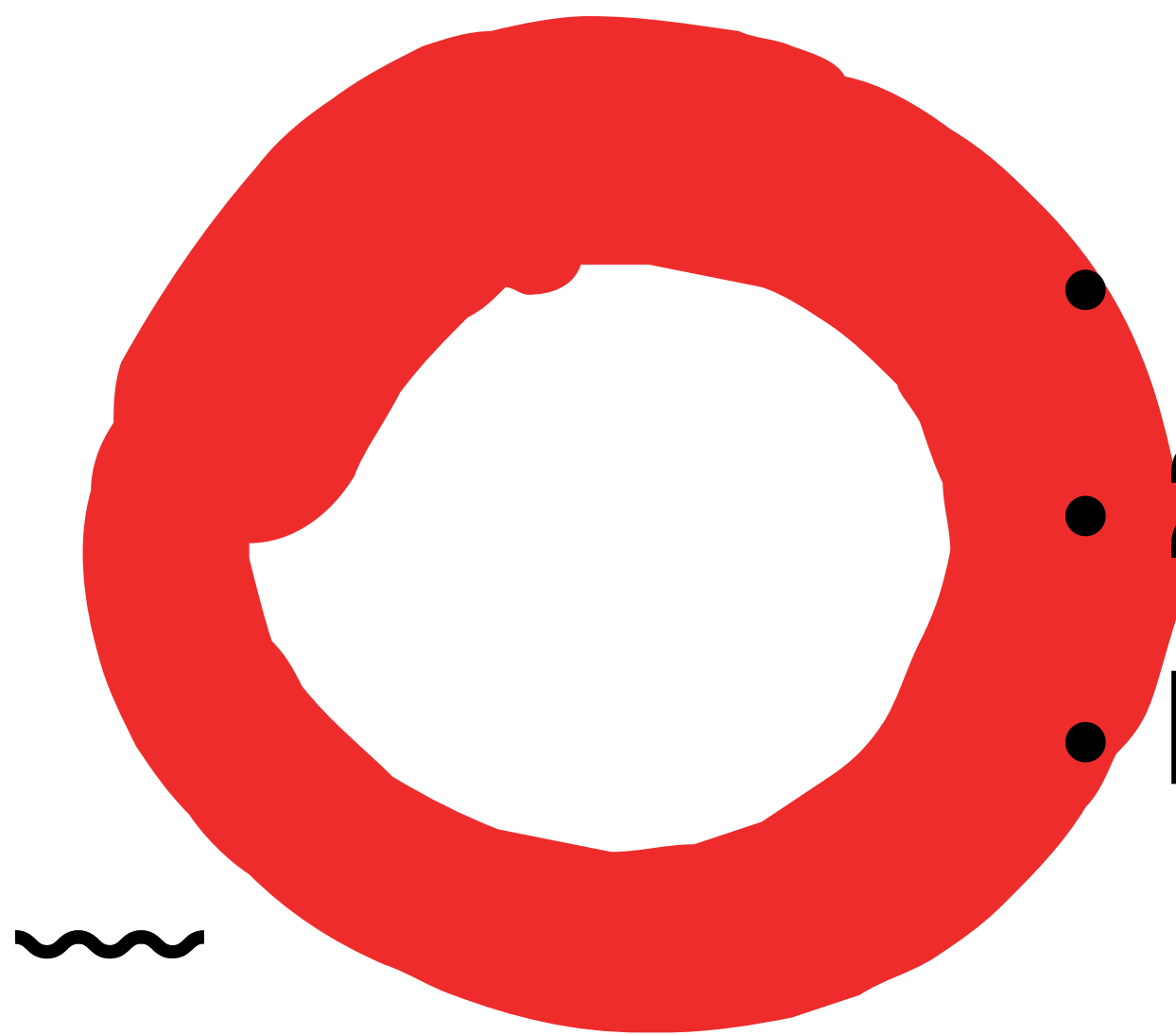


CRISIS MANAGEMENT AND WELL-BEING IN YOUTH WORK

THE TRAINING COURSE HOSTED BY YOUTH SUPPORT CENTRE



- **19.03.2022 - ARRIVAL DAY**
- **27.03.2022 - DEPARTURE DAY**
- **LOCATION: REDA, KARPACZ, POLAND**

THE TRAINING IDEA

The Activity is the first among 3 international mobilities for youth workers within the Project "Boost Yourself Up! which is a Cooperation for innovation and the exchange of good practices - 2020-1-PL01-KA227-YOU-096469.

The Training Course will be a platform for **sharing and learning** from each other.

In the event will participate social workers, teachers, youth workers, youth leaders, cultural workers, local active citizens that **claim a clear need for developing knowledge, skills and competencies in working with young people, especially with young people with fewer opportunities or special needs, who became after the pandemic stressful period more anxious and excluded.**

Participants of the activity shall have an experience of minimum a year in youth sector.

The activity will be facilitated for participants by 2 experienced facilitators from Youth Support Centre and CET Platform Greece.

Each country will be represented by 6 participants.

OBJECTIVES

- 1)to develop group exercise: stress and coping,
- 2)to learn what is the root of stress, mental health crisis and isolating oneself and find the reason/solution
- 3)to get to know new methods and tools of crisis management
- 4)to explore Polyvagal theory: survival mechanism vs creativity and coping (when stress is/n't impulse for creativity)
- 5)to learn basic ways to release anxiety, stress: workshops/tools/methods
- 6)to gain skills and competences on enhancing balance in young people's life
- 7)to know how to reach self-respect (work/life balance)
- 8)to collect a set of useful tools, methods and materials for future work with young people
- 9)to explore Open Space Technology by being a part of it

PARTNERS

You can apply directly to partner organisations of this project:

POLAND: YOUTH SUPPORT CENTRE

contact.ysc@gmail.com

GREECE: CET PLATFORM GREECE

greece@cetplatform.org

POLAND: CET PLATFORM POLSKA

office@cetplatform.pl

ITALY: IMMAGINARIA

antoniochiaese@gmail.com

HOW TO APPLY?

Contact our partner organisation from your residence country

APPLICATION DEADLINE: 28.02.2022

Buying tickets: 08.03.2022

Personal form filled in: 10.03.2022

<https://forms.gle/w8KYT4UFRsRWgwxB7>

TRAVEL DETAILS

19.03.2022 - the arrival day

- ▶ You should arrive to Wrocław before 4 pm.
- ▶ We will organise a **Shuttle Bus*** from Wrocław City Center to REDA CIS, KARPACZ at 4 -5 pm.

*The departure time will be arranged according to arrivals of all participants. You should look for connections that might bring you to Wrocław not later than 4 pm.

27.03.2022 - the departure day

- ▶ You should departure from Wrocław after 9 am.
- ▶ We will organise a **Shuttle Bus*** from Karpacz after breakfast. *The departure time will be arranged according to departures of all participants. Bus takes 2h to reach the airport from the venue.

TRAVEL DETAILS

Please find flights to Wrocław Copernicus Airport (WRO).
<http://airport.wroclaw.pl/>

► There are also good connections by bus/train from airports: *Berlin Schonefeld, Krakow, Warsaw and Poznan to Wroclaw city center.*

► We will organise a **Shuttle Bus*** from Wrocław City Center to REDA CIS, KARPACZ. Bus is paid by HOST in advance.

Before buying tickets you are obligated to present and consult the travel plan and expenses with the project coordinator. If tickets you purchase will not be approved by the HOST you might not receive reimbursement.

TRAVEL BUDGET

The given amounts refer to travel both ways.

275 EUR : Italy and Greece

20 EUR : Poland

YOU MUST BUY THE TRAVEL INSURANCE TOGETHER WITH THE TICKETS THAT WILL COVER THE COSTS OF THE TICKET IN CASE YOU CANNOT TAKE THE FLIGHT DUE TO GETTING SICK (INCLUDING COVID-19). THIS INSURANCE WILL BE COVERED BY TRAVEL BUDGET AND REIMBURSED TOGETHER WITH TICKETS WITHIN THE AMOUNTS.

REIMBURSEMENT

In order to receive the reimbursement you need to provide hosting organisation with: bills, booking e-mail confirmations, original tickets or pdf, invoices and boarding passes (if you have online tickets and boarding passes – pdf is fine, if you do not have – we need all originals).

Print everything and Bring them for the activity!

- ▶ Reimbursement will be done in EUR in cash on the last day of the workshops, only if all travel documents will be provided and purchased before.
- ▶ Participant is eligible to travel up to 2-3 days before or after the activity days. Accommodation and food is not provided during your private stay.
- ▶ Participant cannot travel with first class. Only in certain cases is possible to use taxi or travel by car but you must contact the project coordinator first.

THE VENUE

REDA CIS

Karpacz, Poland

<http://reda-karpacz.pl/galeria/>



WHAT TO BRING

- Good mood, open mind and motivation
- Comfortable clothes for workshops
- warm clothes and boots !! We will be in the mountains.
- EHIC Card/Health Insurance - we will provide only accident insurance
- Idea for evening activities - evenings to be facilitated by participants (you can bring games, music instruments)
- your private aqua bottle/cup (eco-friendly)
- your personal cosmetics and medicines
- flip flops or light shoes
- TOWEL

We provide ☺ bed linen, hair dryer.

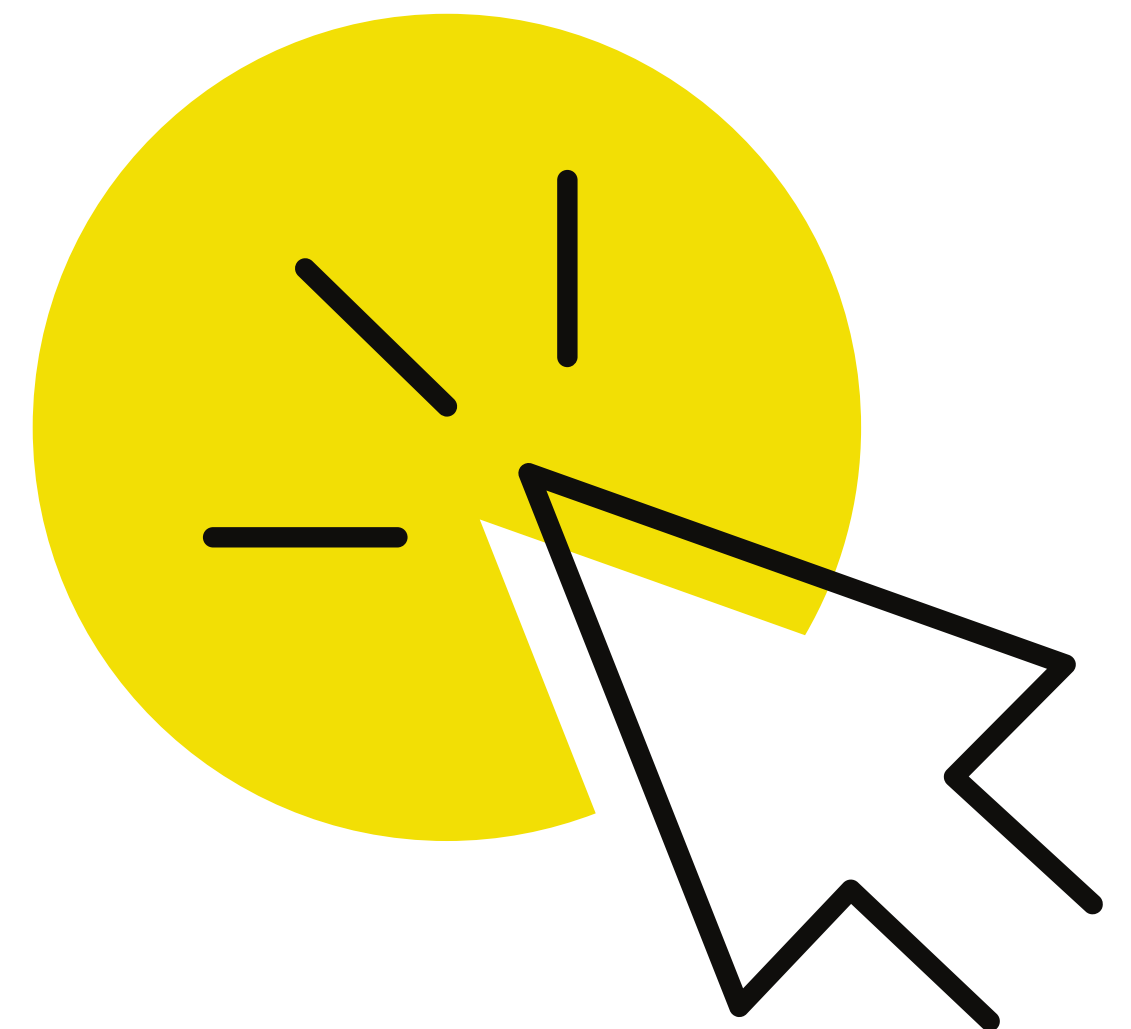


PHOTO AND VIDEO AGREEMENT

We assume you are aware that this kind of projects are not only for direct participants itself but should be available to the bigger audience and all interested target groups, youth workers and NGOs.

That is why we will take a lot of pictures of you and record videos with you during workshops. All mentioned will be posted on FB event, website of the project and Youtube channel.

Of course we will record only parts of the activity and also in some moments of privacy we will not record at all. We will take care of your comfort zone and feelings so anytime you mind being recorded, please let us know.

HOSTING ORGANISATION



Youth
Support
Centre

youthsupportcentre.com

<https://www.facebook.com/yscentre>

Youth Support Centre is a non-profit, non governmental organisation established by youth workers, young people and professionals, motivated to work with non-formal education in addressing the issues that concern our local community, Poland and Europe in general.

Youth Support Centre was founded on 29th of April 2015 and is composed of people who are active in civil sector and youth work for many years.

PARTNERSHIPS FOR CREATIVITY

BOOST

YOURSELF UP!

COOPERATION FOR INNOVATION AND THE
EXCHANGE OF GOOD PRACTICES
2020-1-PL01-KA227-YOU-096469

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Erasmus+ Programme
of the European Union

