

“Through RAIN-how to BE emotionally intelligent in support of young people”



TRAINING COURSE

ZADAR, CROATIA
14.5 - 20.5.2025

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INFOPACK



YOUTH POWER
Croatia



Co-funded by
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By the end of the training, participants will have enhanced their personal and professional understanding of mental health education, developed practical tools for emotional intelligence, and gained valuable skills for fostering well-being and resilience in youth work.

What will the tc look like?

This training course provides an opportunity to explore mental health education in youth work settings, ensuring that youth workers can create safe, supportive, and empowering environments for young people's well-being.

Through a combination of non-formal education methods and experiential learning, this training introduces participants to emotional intelligence, self-regulation techniques, and conflict management skills. The course will explore the RAIN model (Recognize, Allow, Investigate, Nurture) as a practical tool for navigating emotions such as sadness, fear, anger, joy, and happiness, as well as emotional-body-cognitive regulation techniques that help young people manage emotions effectively.

This training goes beyond traditional learning by engaging participants in interactive exercises, discussions, and hands-on activities that enhance their ability to practice empathy, build trustful relationships with young people, and design impactful mental health programs.

The training course is developed in line with Youth Goal 5: Mental Health & Wellbeing and contributes to:

1. Providing all professionals working with young people as well as family and friends with quality mental health first aid training.
2. Focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing.

The training course will be based on non-formal education methods and experiential learning approaches. The program is designed to provide participants with the knowledge, skills, and tools necessary to understand emotional intelligence, mental health education, and social skills development in youth work.

The first days of the training are dedicated to building a safe learning space, fostering trust among participants, and establishing the learning alliance. These introductory sessions will include activities focusing on emotional literacy, vulnerability, and self-awareness, ensuring that participants feel comfortable and engaged. As the training progresses, participants will explore mental health education strategies, including the RAIN (Recognize, Allow, Investigate, Nurture) model to navigate emotions such as sadness, fear, anger, joy, and happiness. They will also learn about emotional-body-cognitive regulation techniques, which are essential for supporting young people in managing emotions effectively.

In the later stages of the training, participants will work on conflict management and empathy-building activities, applying experiential learning methods to reflect on their personal growth and professional application of mental health education. On the final day, participants will work in teams to design mental health-focused workshops, which they can later implement in their local communities. The course will conclude with a structured reflection process, evaluating learning outcomes, and recognizing participants' achievements through the YOUTHPASS ceremony.

Objectives

- to enable understanding of the positive approach to mental health;
- to understand youth work settings and non-formal education as nurturing environments for a positive approach to young people's mental health;
- to explore different realities of young people related to offering programmes for mental health promotion ;
- to encourage and support the personal development of emotional self-awareness and self-regulation as the basis for emotional and social support of young people's growth;
- to improve the readiness of youth workers to practise empathy in their work and learn how to raise the empathic skills of young people;
- to raise the ability of youth workers how to design a supportive and encouraging learning environment and trustful relationships with a young person;
- to explore personal boundaries when dealing with emotions and well-being.

Participants are expected to attend the full duration of the TC
(14th - 20th May 2025)

All participants will be accommodated at **HI Hostel Zadar**

Obala kneza Trpimira 76, 23 000 | Zadar

Tel. +385 23 331 145

Email: hostelzadar@hicroatia.com

WEB: <https://www.hicroatia.com/en/hostel/hi-hostel-zadar/>



We are expecting you on the 14th of May 2025 in the afternoon (between 17:00 and 19:00 o'clock).

The Welcome Program start will be arranged with the trainers based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h. The departure is envisioned for the morning of 20th of May 2025 after breakfast.

All participants will be accommodated in Youth Hostel Zadar, situated 5 km from the bus terminal (take bus line no. 5) in the famous Borik tourist zone. In hostel there are terrace with a bar & restaurant, seminar hall, sports ground (basketball, football), baggage room, internet access, tourist info point, and a beach just across from the hostel. Participants will be placed in 3/4-bed rooms (bunk beds) with shared bathrooms. Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.
The Training Course will be held at the residence .



For all information about booking your tickets and coming to **Zadar**, you should be in contact with Veronica Braccacini – in charge of project logistics, by using the official project e-mail (you can find all contacts below). We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.*

Travel costs will be reimbursed **only for the cheapest way of transport** and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

Please don't buy your tickets before we approve them! When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 14th - 20th May, please inform us in advance, so we can approve your tickets and travel costs.

P.S. AT PURCHASING YOUR TRAVEL TICKET, PLEASE ASK FOR THE INVOICE!

Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents! A detailed guide to reimbursement will be provided.

***Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.**



Travel budget calculation is based on the distance between your starting point and the venue of the Program:

10 -99	km	28€ / 56€ green option
100 - 499	km	211€ / 285€ green option
500 - 1999	km	309€ / 417€ green option
2000 - 2999	km	395€ / 535€ green option
3000 - 3999	km	580€ / 785€ green option
4000 - 7999	km	1.188€
8000 - more	km	1.735€

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

Further Rules regarding the booking of the tickets and reimbursement:

- Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
- Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
- We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
- We can't reimburse taxi; only public transport and carpooling will be covered.
- You can arrive maximum 1 day before the activity and depart maximum 1 day after if you want to spend more time in Zadar on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days.

The travel reimbursement will be done by bank transfers only, after you return home and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).



For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!

PROJECT E-MAIL

project02@yp-de.org

LOGISTIC COORDINATOR

Veronica Braccacini

Partners



Youth Power Austria



Udruga Zazeli



EPEKA



POENTA



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