



# Essence of youth work with vulnerable youth

2024-1-HU01-KA151-YOU-000221542

## Training Course

21.06 - 02.07. 2025. Hungary



É L M É N Y A K A D É M I A



Co-funded by  
the European Union

# Welcome



**Dear Applicant,**

**We are happy to invite you to the 'Essence of youth work with vulnerable youth' TC, supported by the Erasmus+ Programme of the EU!**

Let us share some useful information:

1. Dates and Application
2. About the project
3. Aims of the project
4. Participant's profile
5. Accommodation and Venue
6. Facilitators
7. Travel budget - Reimbursement of travel costs for participants

## 1 Dates and Application

**Arrival day - 21/06/2025**

**Program days - 22/06-01/07/2025**

**Departure day - 02/07/2025**

**[Application Form](#)**  
**[click here!](#)**



**Application Deadline: 16/05/2025**

**Contribution Fee: 30.00 EUR**

The contribution fee can be paid during the registration on the arrival day. If your financial situation is limited, please email us at [erika.schmidt@elmenyakademia.hu](mailto:erika.schmidt@elmenyakademia.hu)



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## About the project

In European youth work, many young people are considered "disadvantaged." But some face even greater challenges, making life much harder than it is for their peers. These young people could benefit greatly from national and international youth programs, yet they are often the hardest to reach and involve.

This training is designed to help youth workers build the skills needed to engage highly vulnerable young people and make non-formal learning activities more accessible to them.

### **What do we mean by 'highly vulnerable youth'?**

We define "highly vulnerable" youth as those facing at least two major life challenges, with at least one being chronic, systemic, or particularly difficult to overcome—such as extreme poverty, abuse, or family instability. Their struggles go beyond what most disadvantaged youth experience.

That's why including highly vulnerable young people in Erasmus+ programs is so important. It helps them build connections, improves their emotional and mental well-being, and creates opportunities for a brighter future. However, supporting them effectively requires tailored strategies, professional expertise, and long-term commitment.



# 3

## Aims of the project

We believe that learning should be based on a dialogue between practice and research at the European level, strengthening the quality of youth work. That's why this course emphasizes sharing experiences, exchanging best practices, and learning from a **real-life practice project during the training**.

This course is designed for professionals working with highly vulnerable young people. It builds on proven, evidence-based practices, interdisciplinary research, and valuable lessons from real-world experience.

### Through this training, participants will:

- Gain a clearer understanding of what "highly vulnerable youth" means
- Work directly with young people living in the nearby village and learn from hands-on experience
- Learn how to effectively engage highly vulnerable youth in their programs
- Use experiential learning tools, group activities, and volunteering as methods for inclusion
- Design and facilitate meaningful learning experiences for young people
- Incorporate volunteering as a tool for working with vulnerable youth
- Facilitate learning through volunteering and explore topics related to active citizenship and democratic values
- Promote active citizenship among youth workers and learn how to address this with young people

### Objectives

- Raise awareness of the impact of negative childhood experiences
- Understand how youth work can be a protective factor for those coping with difficult experiences
- Develop a basic understanding of trauma-informed approach and apply it in youth work
- Explore what builds resilience in youth workers themselves
- Clarify the roles, responsibilities, boundaries, and limitations of youth workers' competencies when supporting highly vulnerable youth.
- Identify the organizational and systemic support needed for working with this target group
- Learn the basics of safeguarding and risk management in youth programs
- Explore topics related to volunteering, active citizenship, and democratic values
- Reflect on youth workers' competencies using the ETS Competence Framework



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## Participants profile

- Youth workers, social workers, and other professionals—whether paid or voluntary—who have an ongoing relationship with young people.
- This includes those working in youth centers, foster homes, youth welfare services, out-of-school education programs, and similar initiatives.
- Participants should have a good level of English and be able to engage in discussions about the course topics.
- Ideally, but not necessarily, they work with vulnerable youth.

### Pre-Condition for participation

1. This training is designed to help youth workers learn how to support highly vulnerable young people. While it includes professional reflection, it is not a therapy or counseling program, and it is not intended to help participants with their own mental health challenges. Instead, the focus is on developing professional skills for working with vulnerable youth.

2. Because of the sensitive topics covered, we encourage participation from professionals who feel emotionally and mentally stable enough to engage with these themes.



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## Accommodation and Venue

### Venue

Borbély Kastély

Address:

Tiszaroff, Aradi út 28, 5234.

### Accommodation & food:

This course is co-funded by the Erasmus+ programme of the European Union, and therefore, most of the costs will be covered by the organisers.

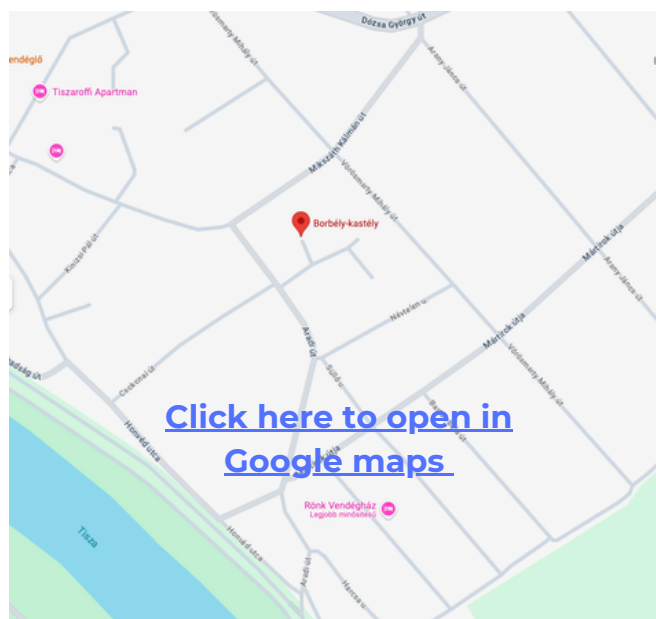
Board, lodging, travel and programme costs will be covered upon full participation in the course.

You are going to be provided:

- rooms for 2-4 persons
- 3 meals a day + snacks
- towel and bedlinen are provided

On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

After the selection of the participants, we provide you with all the information and the options for how to get to the venue by regional transportation.



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## Facilitators

### Árpád Bárnai

is a trainer and youth worker at Élményakadémia. Since 2006, he has been working with disadvantaged youth, including those living in foster care and segregated communities. He has extensive experience in supporting highly vulnerable young people and, since 2012, has been training professionals to work effectively with them.



### Zsófia Gergely

is a trainer and youth worker at Élményakadémia. Since 2012, she has gained extensive experience in non-formal educational programs for young people living with serious chronic illnesses, as well as those in foster care.

As a former professional leader of a foster home, she strongly believes in the importance of a trauma-informed approach when working with young people. Understanding the complex effects of trauma is essential for creating a safe and supportive environment where children can heal and thrive. In her commitment to better support these young people, she pursued studies in mental hygiene.

### Jácint Varga

is a trainer and youth worker at Élményakadémia. He has been working with groups since 2008, primarily using adventure education, though he has experience with other methods as well. He has extensive experience working with rural Roma youth in a Hungarian village, both from a youth work and social work perspective. He enjoys sharing his knowledge and learning from participants, finding inspiration in the exchange of ideas.



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## Reimbursement of travel costs for participants and the travel budget

**Before you buy your ticket, please send the itinerary to Erika Schmidt:**  
**[erika.schmidt@elmenyakademia.hu](mailto:erika.schmidt@elmenyakademia.hu)**

Travel costs will be reimbursed up to 100% if you manage your travel within the **allocated budget**.

Please keep in mind that only direct travel costs between your “home location” and the venue of the event - Nagybörzsöny - can be reimbursed (private traveling cannot be financed by the fund). Taxi and first class tickets are (unfortunately) not covered.

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation.

**You are entitled to the reimbursement of your travel costs if you present the BILLS/INVOICES and the TICKETS themselves, including the BOARDING PASS**

The allocated travel budget is calculated by the European Commission's Distance Calculator. [Please check it out here](#). Once you know the distance between your location and the venue's you can check the allocated costs for your travels.

10–99 km - 28 EUR/pax - in case of green travel: 56 EUR

100–499 km - 211 EUR/pax - in case of green travel: 285 EUR/ pax

500–1999 km - 309 EUR/pax - in case of green travel: 417 EUR/pax

2000–2999 km - 395 EUR/pax - in case of green travel: 535 EUR/ pax

3000–3999 km - 580 EUR/pax - in case of green travel: 785 EUR/ pax

4000–7999 km - 1188 EUR/pax

8000 km or more - 1735 EUR/pax

Travel cost reimbursement will be done via bank transfer **to your sending organization** after having received all your travel documents, and then will be sent further by them participants.

**Green travel** means car sharing (but at least more people traveling by the same car), bus, train.

If you are planning green travel, please let us know!

Please be aware if you do not have the receipt AND the tickets we CAN NOT reimburse your expenses!



**Application Form:**  
**Click here!**



**Deadline: 16/05/2025**



In case of questions,  
please feel free to  
contact me.

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[erika.schmidt@elmenyakademia.hu](mailto:erika.schmidt@elmenyakademia.hu)



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