

# "FIT to BOUNCE BACK"

To develop capacities of youth workers, educators, facilitators and mentors for stress management and build emotional strengths of young people

**ZADAR, CROATIA**  
**7.7 - 13.7.2025**

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Co-funded by  
the European Union

**TRAINING COURSE**



**This training equips youth workers with tools and techniques to strengthen mental fitness, understand and manage stress, and build emotional resilience—both for themselves and for the young people they work with—through experiential learning, SEL, and non-formal education. It is especially valuable for those working with individuals and groups facing challenging circumstances—such as migrants, early school leavers, or vulnerable youth—and for mentors of ESC volunteers or anyone prioritizing young people’s wellbeing in their work.**

## **What will the tc look like?**

This training course focuses on developing mental fitness and resilience in youth work through a holistic blend of body-based techniques, emotional regulation tools, and non-formal education (NFE) practices. It offers youth workers a space to reflect, recharge, and learn how to empower young people to cope with the challenges of modern life. Participants will explore the current realities of mental health education across participating countries and examine how youth work and NFE principles can promote positive mental health. Through interactive methods, the course delves into the roots of stress, its psychological and physical manifestations—including the GAS model—and practical responses to stress. Throughout the training, participants will experience and practice a variety of stress regulation techniques, from conscious breathing and body awareness exercises to emotional regulation tools and social-emotional learning (SEL) strategies. These methods are designed to help youth workers support both their own well-being and that of the young people they engage with. A significant focus is placed on applying what is learned: participants will work in small teams to co-create concrete SEL-based workshops and mental fitness activities. These can be later implemented in residential or virtual settings, ensuring real-world application.

The training is rooted in Youth Goal 5: Mental Health and 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

## **Objectives**

- To explore the current realities and approaches to mental health promotion and stress management among young people across participating countries, with a focus on educational and youth work settings
- To understand the connection between non-formal education, youth work principles, and the promotion of positive mental health, emphasizing the role of youth work in building resilience and emotional wellbeing
- To learn the essentials of stress—including its causes, types, and psychological and physiological responses (GAS model)—and to explore a range of body-based and cognitive techniques for stress regulation and burnout prevention
- To strengthen the competences of youth workers to design and facilitate workshops for young people using social and emotional learning (SEL), emotional intelligence, and stress management tools adapted from coaching and psychology
- To foster a supportive community of youth workers, educators, and trainers dedicated to mutual learning, peer support, and collective resilience in mental health and wellbeing practices

Participants are expected to attend the full duration of the TC  
(7th - 13th July 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](mailto:hostelzadar@hicroatia.com)

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



We are expecting you on the 7th of July 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 13th of July 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 7th - 13th July, 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:

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

**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**

**project11@yp-de.org**

**LOGISTIC COORDINATOR**

**Veronica Braccacini**

## Partners



**Youth Power Austria**



**Alternator**



**EPEKA**



**POENTA**



**Idee in  
Movimento**



**IDEE IN MOVIMENTO**



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