

Agenda of the training course:
“FIT to BOUNCE BACK”

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

	7.07.2025. Day 1	8.7.2025. Day 2	9.7.2025. Day 3	10.7.2025. Day 4	11.07.2025. Day 5	12.07.2025. Day 6	13.7.2025 Day 7
8:00 – 9:30	A R R I V A L	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 – 11:00		Getting to know each other Building a safe environment and learning alliance	Life in 21st century. Walk and talk What, stress?	Body-based regulation techniques-conscious breathing Body-based regulation techniques-relaxation techniques	Experiential learning-reflection cycle Intro to NFE design	Applying MH educational activities	D E P A R T U R E
11.00-11.30 Coffee Break							
11.30-13.00							
13:00 – 14:30		Lunch	Lunch	Lunch	Lunch	Lunch	
14:30 – 16.00		Country realities of MH support programs for youngsters European Youth Goal 5 and Positive Mental Health Approach in TC	Body’s stress response (GAS) and coping styles (BASICPh) Anger management-emotional regulation skills	Active (SELF) care	Workshop designing teams	Reflections and future steps Evaluation YOUTHPASS CEREMONY	
16.30 – 17:00 Coffee break							
17.00-18.30		Welcome circle. Being curious and present.					
19:00 – 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:00 – 00:00		INTERCULTURAL EVENING	NGO Fair (?)				