



CALL FOR PARTICIPANTS

for youth workers (educators, trainers, facilitators, teachers, students...)

TRAINING COURSE: WELL-BEING LAB | PART 1*

September 29th – October 5th 2025
Ekodrom Estate, Croatia



Funded by
the European Union

- Part 2 of this training will be held in Greece in May 2026; more details coming January 2026.



Now more than ever, it's essential to pause, reflect, and care for our well-being.

In this training course, we will explore the concept of well-being through the lens of the Internal Family Systems (IFS) framework, alongside bodymind practices such as breathwork, movement, relaxation, and connection with nature. Together, we will also practice how to integrate these tools into our work with young people.

By doing so, we take active responsibility for nurturing our own inner resilience in the face of adversity. This personal growth not only supports our individual well-being but also empowers us to help young people build their own resilience, contributes to a more inclusive and compassionate society, and fosters sustainable social change for the common good of all.

In these training course you have an opportunity to:

- ✦ Explore the concept of well-being through the Internal Family Systems framework by identifying and addressing barriers to your well-being
- ✦ Enhance your well-being and build resilience through bodymind practices involving breath, movement, relaxation, and connection with nature
- ✦ Develop your facilitation skills in bodymind practices to support young people on their well-being journey in your future work

**"IT IS WHO WE
BECOME THAT
CHANGES THE
WORLD AND NOT
WHAT WE DO."**

**SANDRA
INGERMAN**



YOU CAN PARTICIPATE IF YOU ARE...

- ✦ Motivated to explore the topics of well-being and resilience, discover practical tools, and apply what you learn in your daily life and your work with young people
- ✦ Open to participating in outdoor activities and spending time in nature
- ✦ At least 18 years old – there is no upper age limit
- ✦ A resident of Germany, Greece, Bulgaria, Italy or Croatia

IN THE SELECTION PROCESS PRIORITY WILL BE GIVEN TO PEOPLE WHO

- ✦ Have prior experience working with young people (between the ages of 15 and 30), or are currently working with them, and particularly with young people with a disadvantaged background (young people experiencing geographical, social, economic, cultural, educational barriers)
- ✦ Are experiencing geographical, social, economic, cultural, educational barriers (e.g. LGBTQI, BIPOC, Roma, migration background, lower income, unemployed, rural areas, single parents, hearing or vision impairment, lower levels of education)



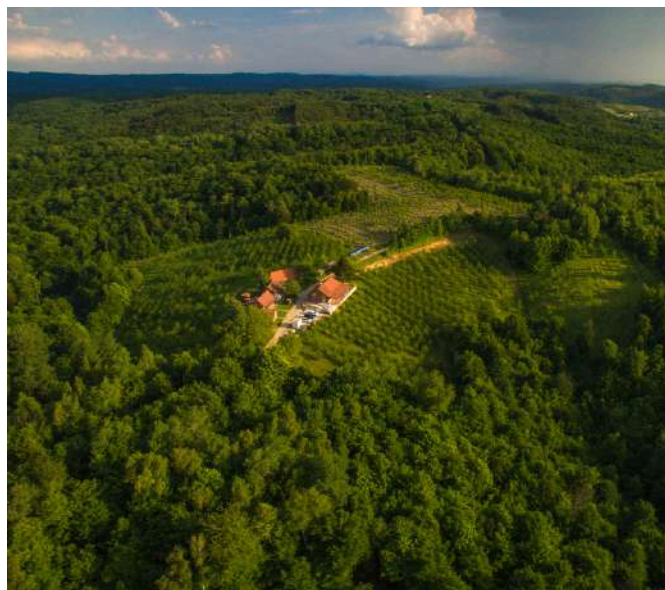
PROGRAMME

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------------|---------------------------------|---|--|-------|-------|--|---|
| 08.30 - 10.00 | A R R I V A L | BREAKFAST | | | | | D E P A R T U R E |
| 10.00 - 10.15 | | WELCOME CIRCLE & LOGISTICS | STARTING THE DAY TOGETHER | | | | |
| 10.15 - 11.00 | | | WAKING UP THROUGH BREATH & MOVEMENT | | | | |
| 11.00 - 11.15 | | | SILENT TIME & DOING NOTHING | | | | |
| 11.15 - 11.30 | | BREAK | | | | | |
| 11.30 - 13.00 | | SAFE(R) LEARNING SPACE & GROUP PRINCIPLES | INTERNAL FAMILY SYSTEMS (IFS) APPROACH TO WELLBEING | | | ENVIRONMENTAL WELL-BEING (ecological action) | |
| 13.00 - 15.00 | | LUNCH | | | | | |
| 15.00 - 16.00 | | GROUP INTEGRATION | PRACTICING FACILITATION SKILLS OF BODYMIND PRACTICES | | | INTENTIONS FOR THE FUTURE | |
| 16.00 - 16.15 | | BREAK | | | | | |
| 16.15 - 17.15 | | INTRODUCTION INTO THE TOPIC | PRACTICING FACILITATION SKILLS OF BODYMIND PRACTICES | | | EVALUATION | |
| 17.15 - 18.00 | | REFLECTION OF THE DAY & CLOSING RELAXATION | | | | CLOSING CIRCLE | |
| 18.30 -19.30 | | DINNER | | | | | |
| 20.00 | | EVENING PROGRAM | | | | | |



VENUE

EKODROM ESTATE CROATIA



Ekodrom Estate is the perfect escape to lose yourself and find peace. Nestled in a serene, supremely private setting, this idyllic retreat invites you to embrace the beauty of simplicity and reconnect with nature. Surrounded by plum orchards and lush greenery, it's a place where time slows down. Unwind in a soothing hot tub, relax in the warmth of a sauna, or gather around a crackling bonfire beneath a sky full of stars.

TRAINERS

IVA BUBALO

Iva is a psychologist with over a decade of experience in non-formal education, serving as both a coordinator and a facilitator of workshops, seminars, and trainings focused on personal and socio-ecological transformation. She is certified in Level 1 Internal Family Systems therapy, Mindfulness in Nature, and Kundalini Yoga.



Driven by a deep commitment to transformative leadership, Iva envisions a world where leadership is rooted in wisdom, humility, and service to the community. She is passionate about creating environments in which young people are empowered with equal opportunities to realize their purpose—for the well-being of both the human and more-than-human world.



VASILIKI STEFANIDI

Vasiliki (she/they) is a former participant of the RORE project, a psychologist and youth worker deeply passionate about the healing power of body movement.

Their well-being journey began through personal therapy and has since expanded into a rich exploration of transformative practices, including dance—especially contact improvisation—meditation, journaling, music, and grounding rituals in nature. In recent years, Vasiliki has worked closely with queer youth through Erasmus+ projects, centering their work on embodiment, authentic connection, and self-expression.

FOOD

All meals will be vegetarian/vegan, prepared with fresh, locally sourced ingredients whenever possible and served with care and attention.

ACCOMMODATION

You will stay in shared rooms within beautifully designed houses that blend traditional and modern styles, aligned with principles of nature. Each house includes a bathroom and toilet.

LANGUAGE

The working language of the training is English. Translation may be available upon request.

FOLLOW-UP SESSIONS

To support ongoing learning and connection, we will hold two follow-up sessions online via Microsoft Teams:

November 6th, 2025 (6 -7 pm CET)

December 11th, 2025 (6 -7 pm CET)



HEALTH & TRAVEL INSURANCE

Participants are responsible for their own health and travel insurance. We require you to have European Health Insurance Card.

This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country.

More information on the card and on how to obtain it is available [HERE](#).

PARTICIPATION FEE

The participation fee covers food, accommodation, and the training course.

Travel costs will be reimbursed by the organizer. The reimbursement amount depends on your type of travel and your place of residence. If you are selected for the training, detailed information about travel reimbursement will be provided.

If the participation fee is a barrier for you, please don't hesitate to apply—we will work with you to find a solution!

Fees by country:

- Germany: 65€
- Croatia: 50€
- Greece: 40€
- Bulgaria 35€
- Italy 50€





DEADLINE FOR APPLICATION

July 13th, 2025

If you are selected for the training course, you will be notified by July 16th, 2025.

Apply via this [LINK](#).



CONTACT FOR FURTHER QUESTIONS

IVA BUBALO

PROJECT COORDINATOR

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