



# Training Course Mental Health Crash Course for Youth Workers



8-14 September 2025

Travel Days: 7/9 & 15/9

Training & Education Center of E4Y

ul. Cicha 12, 34-700, Rabka-Zdrój,  
Poland




Co-funded by  
the European Union

# About the Project





The aim of Mental Health Crash course is to equip youth workers with methodologies, tools, frameworks and knowledge on mental health topics, which they will be able to use in order to create safer and healthier spaces for themselves and the youth they work with.



During the training, we will explore topics such as trauma-informed facilitation, broaden the knowledge on the most frequent mental health challenges young people are facing and use role-playing scenarios to practice real life situations which people experience.

## Objectives

The objectives of this Training Course are:

- to familiarize youth workers with most common mental health challenges young people experience
  - to equip youth workers with tools on how to provide initial support to the youth they work with when they experience mental health challenges
  - to train youth workers' competence of trauma-informed facilitation
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# Participants

We invite 24 youth workers, age 18+, from partner countries, third countries associated to the programme and third countries not associated to the programme.

The participants have to collaborate with an organization (NGO, municipality, other public/private body) working with youth, registered in one of the Program countries of Erasmus+ and having a verified ECAS account. Participants will be asked to present their organization's OID number.

## Discord Server

To coordinate the training course we will be using Discord (not WhatsApp, Viber, etc!).

Join our Discord server here:

[YouthSPACE Discord Server](#)



# The Venue

The training course will take place in Training and Education Center of Europe4Youth Association in Rabka-Zdrój, ul. Cicha 12.



It's a cozy and comfortable place for accommodation, with diverse and healthy meals (3 per day), place to rest, integrate and work. Rooms are 2-3 persons and one for 5, all with private bathroom.

The whole building will be at the exclusive disposal of the group. Sheets and towels are provided, please take with you comfortable shoes or slippers.

In the venue you can also find piano, loads of games, ping pong table, kickers and chill zone. We will also use the outdoor facilities of Rabka city - beautiful park, garden gazebo and boulevards.



# Travel Costs

Travel costs are covered by Erasmus+ programme until the limits from the Erasmus+ programme guide 2025, depending on the travel distance (in straight line on the map):




STANDARD	28 EUR	10-99 KM	56 EUR	GREEN
	211 EUR	100-499 KM	285 EUR	
	309 EUR	500-1999 KM	417 EUR	
	395 EUR	2000+ KM	535 EUR	


To know which limit applies to you, check your distance from the city of your sending organization to Rabka-Zdrój in Erasmus + Distance Calculator.

You have 2 travel days on disposal (arrival and departure). If you travel green (e.g. no planes) the travel cost limit raises and you can travel longer (max 3 consecutive days in one way), as long as the travel is connected to the activity. Your travel will be arranged by your sending organisations and reimbursed to them.

The costs of your travel are covered by the programme up until the limit indicated by the Erasmus+ Distance Calculator. If you travel more expensive, the difference will have to be covered by you. The question of travel costs is regulated in the partners agreement between Europe4Youth and the sending organisation.





Important - your travel must be connected to the activity. Coming and departing on travel days and from / to your country of residence is a default option. Any other must be consulted with the organizer.







# Travel Rules

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- economic options only (2nd class, economy class),
  - public transportation only (no taxis, Ubers, bolts),
  - please collect all tickets, reservations, boarding passes,
  - if there are justified and consulted reasons, you can come to Poland max 1 day earlier and depart max 1 day later (or have 2 days before or after in Poland). Remember that accommodation on the extra days you have to provide for yourself!
  - even if you don't travel green, but your journey is complicated, you can start your travel 1 day earlier than arrival day and get home 1 day after departure day, as long as you arrive to the venue on arrival day and depart on departure day.
  - All the participants must have a valid European Health Insurance Card!
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Please consult your travel plans with Ody:  
[o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu)



# How to get to Rabka?

## By Plane:



Please land in Krakow airport and take the train to the main bus / train station (Kraków Główny).

This is the same place as „Małopolski Dworzec Autobusowy” from where you'll find buses to Rabka-Zdrój almost every hour.

FLIXBUS is a cool option to get from Krakow airport directly to Rabka-Zdroj (tickets booked online only), it also stops in „Małopolski Dworzec Autobusowy”. Check [www.flixbus.pl](http://www.flixbus.pl) (the sooner you book the better).



## By Train/Bus



In Małopolski Dworzec Autobusowy (main bus station) lower platform find „RAB-BUS” minibus that go straight to Rabka-Zdroj main station („Dworzec Busów”, address of the station: ul. Jana Pawła II 32).

It takes 2 hours from Krakow and costs 20 PLN (4-5 EUR)- you must have cash at hand  
Check out schedules here: [www.busy-krk.pl/en/rabka-zdroj-krakow/](http://www.busy-krk.pl/en/rabka-zdroj-krakow/)

In case you miss the last bus (check the schedule!) you can take the bus called „Szwagropol” or „MaxBus” or „Majerbus” leaving the same station upper floor. It will take you to another bus stop - „Rabka-Zabornia”. This is far to walk (4 km away).


You can take a taxi from there, but it won't be refundable. Keep this in mind when planning travels.



# When you arrive at Rabka:

To get to the accommodation from the main bus station it is 1200 meters distance  
- 23 minute walk.

Use your maps application to get there the easiest way.




Once you climb the Cicha street, at the top of it you'll see Jesus statue - turn left before that gate :) Our building is on the left side of the road - go straight to the reception.


If you don't want to walk, you can take a taxi, but we cannot reimburse it!

In case you can't walk, please contact us.  
Taxi companies in Rabka in case of emergency: NeoTaxi: +48694682555 & Taxi24h: +48516700485

Most probably the driver won't speak English. When you call them you can ask to pick you up in, depending where you are: „Rabka-Zabornia” (phonetic ) or main station „Dworzec Busów” (phonetic ).



When the taxi arrives, show the driver this sentence: „Poproszę na ulicę Cichą 12”. It should cost 25-30 PLN depending if it's day or evening.





# Timetable

**Arrival Day: Sunday 7/9, after 15:00**

	Day 1 Monday 8/9	Day 2 Tuesday 9/9	Day 3 Wednesday 10/9
<b>10:00 - 11:30</b>	Introduction Social Contract	Wellbeing Practices	Wellbeing Practices
<b>12:00 - 13:30</b>	Getting to know each other	What does mental health mean to you?	Trauma-informed facilitation 1
<b>15:00 - 16:30</b>	Teambuilding	Things that happen often	Anxiety & Panic attacks, Social Anxiety Disorder
<b>17:00 - 18:30</b>	Wellbeing Ritual	Stigma and Fear of Judgement	Training scenarios
Day 4 Thursday 11/9	Day 5 Friday 12/9	Day 6 Saturday 13/9	Day 7 Sunday 14/9
Wellbeing Practices	Wellbeing Practices	Wellbeing Practices	Evaluation
Depression	Eating disorders - behavioural warning signs	What is Neurodivergence?	Reflection
PTSD	Trauma-informed facilitation 2	Supporting Neurodivergence	Youthpass
Training scenarios	Training scenarios	Open space	Surprise!

**Departure Day: Monday 15/9, before 10:00**

At the end of the day you'll be invited to reflection groups to discuss the day and conclude it. The time after dinner will be dedicated to informal hangout, cultural evenings or options to use games, ping-pong and other house facilities.

The above timetable is indicative and might be adjusted as per the needs of the group

# Other Remarks

- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day. Select in the registration form the option that is the closest to you,
- if you have a demanding diet (like things that are not that easily accessible in Poland), please be ready to help yourself by getting from the shop whatever you need that is not easily accessible by us,
- Venue - you will be living with 2, 3 and 5-people's rooms, in the house which is on our full disposal (no one else will be there besides the staff),
- we don't have a cleaning service (the place isn't a hotel)
- we take care of the tidiness of our surroundings,
- we provide towels and bed-linen,
- we have a quiet hours from 22:00 till 6:00 but ... no one can hear you in the basement - this is where we party.
- there is a small kitchen to use if you need to prepare something for the intercultural evening (room nr 17) - there is no oven though, no baking possible.
- the town - has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities,
- closest pharmacy is 30 min walking - ask for a map or address at the reception, - closest shop is Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.

# Online APV

Before the activity, we will organize an online meeting in our Discord server, to get to know each other, share experiences and expectations, and discuss the timetable and logistics.

All participants need to attend!

We will organize it with you to find a date that is suitable.

## Contact

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[o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu)



See you in Rabka!