



TRAINING COURSE

2025-1-PL01-KA151-YOU-000298222

Inner Compass: Navigating Stress and Burnout in Youth Work

October 13–19.10.2025
12 and 20 days of travel

Gołanice, Poland



Funded by
the European Union

HOSTING ORGANIZATION

Fundacja CAT



We support volunteer initiatives, organize youth exchanges, trainings, summer and winter camps for kids, language classes, thematic workshops and local events. We enable people to go abroad through European Solidarity Corps and Erasmus+ programs! We act in Leszno and the Leszno Region but also across Europe! We've been hosting volunteers for 15 years. We've worked with volunteers from Europe but also from the furthest corners of the world. Our activities focus on supporting the development of children and young people, equalizing educational opportunities and disseminating cultures.

We care about community contact with different cultures, breaking stereotypes, broadening horizons, learning tolerance and finding passions and developing soft and hard skills. We help children, adolescents, adults and seniors by organizing a variety of workshops, classes, local events, school cultural visits, foreign training trips, youth exchanges and conferences. We strive to form a society that engages in the affairs of its community. We take care to promote the idea of volunteerism and social activity – we are involved in a wide range of volunteering.

We host up to 80 candidates a year. We are certified **lead organization** since 2024, we are Accredited in KA1 Projects.



WHAT IS THIS TC ABOUT?

Inner Compass: Navigating Stress and Burnout in Youth Work

Youth work is demanding and often emotionally intense, exposing youth workers and project coordinators to high levels of stress and an increased risk of burnout. "Inner Compass" is an international training course designed to address these challenges by promoting personal well-being, developing effective stress management techniques, and building long-term resilience in the field of youth work.

Through a holistic and experiential learning approach, participants will explore key themes such as stress awareness, burnout prevention, emotional regulation, setting personal and professional boundaries, and aligning daily work with personal values. The training will combine reflective practices, outdoor education, group dynamics, and practical tools to support mental health and well-being in their personal and professional lives. During the training, participants will also have the opportunity to exchange best practices, methods and tools they use in their work to promote healthy behaviours, stress management and well-being.

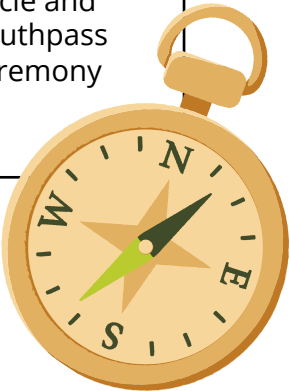
Objectives:

- Increase awareness of the causes and symptoms of stress and burnout specific to youth work.
- Equip participants with practical tools and strategies for managing stress and preventing burnout in daily practice.
- Promote emotional resilience through reflection on personal values, self-awareness, and mindfulness techniques.
- Enhance skills in setting and maintaining healthy boundaries in professional and personal contexts.
- Introduce outdoor education and nature-based methods as tools for self-care and well-being.
- Encourage peer learning and exchange of best practices among youth workers from different countries and cultural contexts.
- Foster a supportive network of youth professionals committed to sustainable and healthy youth work practices.

WHAT IS THIS TC ABOUT?

weekly TC plan

TIMETABLE	DAY 1: 13/10 (MON)	DAY 2: 14/10 (TUE)	DAY 3: 15/10 (WED)	DAY 4: 16/10 (THU)	DAY 5: 17/10 (FRI)	DAY 6: 18/10 (SAT)	DAY 7: 19/10 (SUN)
9:00-9:30	Morning Routine: Walk & Talk	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine: SOLO Letter
9:30-11:00	Getting to know each other	Mental Health in an International Youth Work - exploring the field	Burnout in Youth Work - my story, my signals	Outdoor activities - connecting with nature	Internal judo: shifting thoughts and maintaining appropriate boundaries	Practice self-care and well-being - self-direct learning	What's next? Dissemination activities and participants testimonials
11:00-11:30	BREAK						
11:30-13:00	Training course introduction - presentation of the timetable; participants' learning goals, fears & contributions	Stigma, prejudice and discrimination	Burnout 101 - what is burnout?	Outdoor activities - connecting with nature	Self-care strategies for recovering from work stress and burnout	Practice self-care and well-being - self-direct learning	Youthpass and ETS Competence Model for Youth Workers to Work Internationally
13:00-15:00	LUNCH BREAK						
15:00-16:30	Team building activity - city game	How stress works?	Warning signs & triggers	Outdoor activities - identification of needs and setting personal priorities	Mindfulness and creative expression	Mindfulness and well-being tools fair	Reflection and evaluation
16:30-17:00	BREAK						
17:00-18:00	Developing a co-existing agreement - creating a safe, inclusive & accessible environment	What's in your stress container?	What are your values?	Bonfire & Meditation	Masks	Creating a Well-being First Aid Kits	Closing session - appreciation circle and Youthpass ceremony



TRAINER

Karolina Kosowska

(she/her)

Youth worker, trainer in the international youth work field and Mental Health First Aider. A member of the Pool of Trainers of the Council of Europe – Youth Departure and TEC trainer belonging to the Pool of Trainers of the Polish NA (FRSE). Master's degree in pedagogy, specialising in personal and career counselling.



Over the years she has worked in a Crisis Intervention Centre and a hostel for women and children who are victims of domestic violence, in Poland. Karolina has 15 years of professional experience in youth work, gained in working with young people with fewer opportunities (mainly special educational needs, poor mental health, economic obstacles or social marginalisation) in Europe and Africa. Since 2015, she has been actively involved in the design, organisation and implementation of international projects, especially volunteering projects (EVS and EUSolidarityCorps), youth exchanges and youth worker mobility (Erasmus+: KA1). Between 2022 and 2024, a Training and Membership officer at Eurodesk Brussels Link (the coordinating body of a European Youth Information Network – Eurodesk), in charge of implementation of learning and development strategy of Eurodesk network. Completed Adults and Youth Mental Health First Aid courses in MHFA England. Co-author of the publication “Mental Health Literacy in Youth Information Work” (2024) and a contributor to the Eurodesk ‘Guide on Inclusive Digital Communication in Youth Information Services’ (2023) which aims to support all those working with/for young people, in designing more inclusive and accessible youth information. In her free time, she constantly improves her competence in the topics of mental health, well-being, mindfulness and burnout prevention.

CO-TRAINER

Carlos Sanz Del Castillo

I am passionate about adventure and learning. I consider myself a person committed to my community, I have been an activist since I was very young which has allowed me to know the whole inter-associative fabric and how it works. I love to share with people and to deepen in the field of interpersonal relationships and personal development. What I am most passionate about are the experiences of coexistence,

especially if they are in nature where each person can bring out the best of themselves.

I have always been connected to the world of learning. I started my professional career as a camp instructor and later became a primary school teacher, so I have always sought to combine the best of formal and non-formal education. I have always worked closely with youth and after doing my EVS in Poland as a social worker I have been able to work as a football coach and skate instructor. In 2018 I created my own organization for which I work full time combining the philosophy of experiential learning with adventure and community participation. In 2020 I had the opportunity to work as a facilitator for adventure therapy projects which has allowed me to gain a deep insight on how to take the learning that adventure offers us further. In recent years I design, coordinate and facilitate learning programs for youth and youth workers in which I seek to connect adventure, personal development and community engagement. Finally, right now I'm coordinating the counselling service for Erasmus + programme opportunities for the local council of my community.



ACCOMMODATION

accommodation

You'll be accomodated in Camp 5G in Gołanice, small village, 10 km from Leszno.

We offer:

- Double/triple rooms.
- Each room has a private bathroom.
- In each room you will find hair dryer & towels
- Breakfast will be served from 07:30–09:30
- Lunch and dinner will be provided.



travel info

Kilometers	Travel (EUR)	Green Travel (EUR)
10-99	28 EUR	56 EUR
100-499	211 EUR	285 EUR
500-1999	309 EUR	417 EUR
2000-2999	395 EUR	535 EUR

How to get to Leszno

POZNAŃ
recommended

From Poznan Ławica Airport go to Poznan Train Station (Dworzec Główny) by bus line 159 which takes 25 min.

Then from train station you take a train to Leszno.

WROCŁAW
recommended

From Wrocław Nicolaus Copernicus Airport get to Wrocław (Station – Dworzec Główny) without a car is to line 206 bus which takes 37 min.

How to get to Gołanice

To get to Gołanice, use Bolt or taxis.

those apps can help:



PROFILE OF A

CANDIDATE

To ensure a high-quality experience that meets expectations, we are looking for participants who fit the following profile:


Participant:

This course is intended for youth workers, educators, and project coordinators who want to improve their self-care strategies, support their teams more effectively, and foster a healthier and more sustainable working environment within the youth work field.

We are looking for young, open-minded and motivated people **aged over 18 y.o.**

If you are eager to work in an international team, ready to share your ideas, learn from others and actively participate in workshops, this project is for you!

Participants should have at least a basic level of English, as the entire project will be conducted in this language.



**If it
sounds
like you,
we'd love
to have
you on
board!**

CANDIDATE

what to pack?

October in Poland is cooler and range from 6 ° C to 13 ° C. Remember to bring a warm jacket! You can expect rain. Overall, the expected forecast is rather mild, and there really isn't much need to prepare for colder weather. We strongly recommend checking the weather forecast for the destination before your arrival.

- ☐ comfortable, warm clothes
- ☐ bag or backpack
- ☐ comfortable shoes and a pair of flip flops
- ☐ clothes for colder evenings
- ☐ cosmetics, hygienic products
- ☐ documents
- ☐ snack and sweets typical of your country for the cultural evening

DON'T
FORGET

Contact us!

recruitment – **Contact Anu!**



anouar.fundacjacat@gmail.com



+48 517 217 890
also on WhatsApp



finance – **Contact Wika!**



wika.fundacjacat@gmail.com



+48 513 033 590



JOIN US!



[fundacja.cat](https://www.instagram.com/fundacja.cat)



www.fundacja-cat.pl