

Erasmus + Mobility of Youth Workers

Empathetic Flow

**Nonviolent Communication
for Youth Workers**

15-22 December 2025, Poland



Co-funded by
the European Union

The Vision

We envision a Europe where young people are heard, seen and met with empathy — where caring adults are present to support them, helping to prevent loneliness, mental health crises and daily challenges.

We believe youth workers can become true companions on young people's journeys — nurturing empathy, presence and care that safeguard their mental health and help them thrive.



The goal

The background image is a warm-toned photograph of a group of people, likely participants in a training course, sitting at a table. A round clock is visible on the wall in the upper left, and a large window in the center shows trees outside. The overall atmosphere is calm and focused.

“Empathetic Flow” is a 6-day training course for youth workers from all over Europe.

The main goal of the training is to develop an empathic, compassionate, and self-aware attitude in youth workers and to strengthen their competences in creating emotionally safe, inclusive and supportive communities.

Through Nonviolent Communication (NVC), self-compassion, and embodiment practices, participants will explore how empathy — for oneself and others — can support mental health; how authentic self-expression acts as a protective factor; and how to respond to resistance and emotional challenges of young people with care and awareness.

The training also emphasizes self-awareness — understanding not only how we are toward others, but also how we relate to ourselves, our emotions and inner experiences. By cultivating this connection, participants will strengthen both their own mental wellbeing as youth workers and their capacity to support the mental health of the young people they work with.

Project objectives:

On the level of knowledge:

- to understand NVC as an approach to communication, community building, and as a technique supporting self-regulation and self-awareness
- to learn about the concept of self-compassion and its relevance in youth work
- to explore body-based practices as tools for supporting mental health
- to recognize self-expression and authenticity as protective factors for youth wellbeing.

On the level of skills:

- to practice empathic listening & authentic expression in relationships
- to identify & communicate needs in oneself and others
- to apply body-based techniques for emotional regulation
- to use self-compassion tools in response to conflict or inner criticism
- to facilitate safe and inclusive group environments that foster openness and trust.

On the level of attitudes:

- to cultivate empathy and compassion as inner attitudes and ways of being
- to approach young people's emotions and resistance with understanding and curiosity
- to foster authenticity, coherence, and presence in relationships
- to strengthen inner resources for navigating uncertainty and diversity with care.

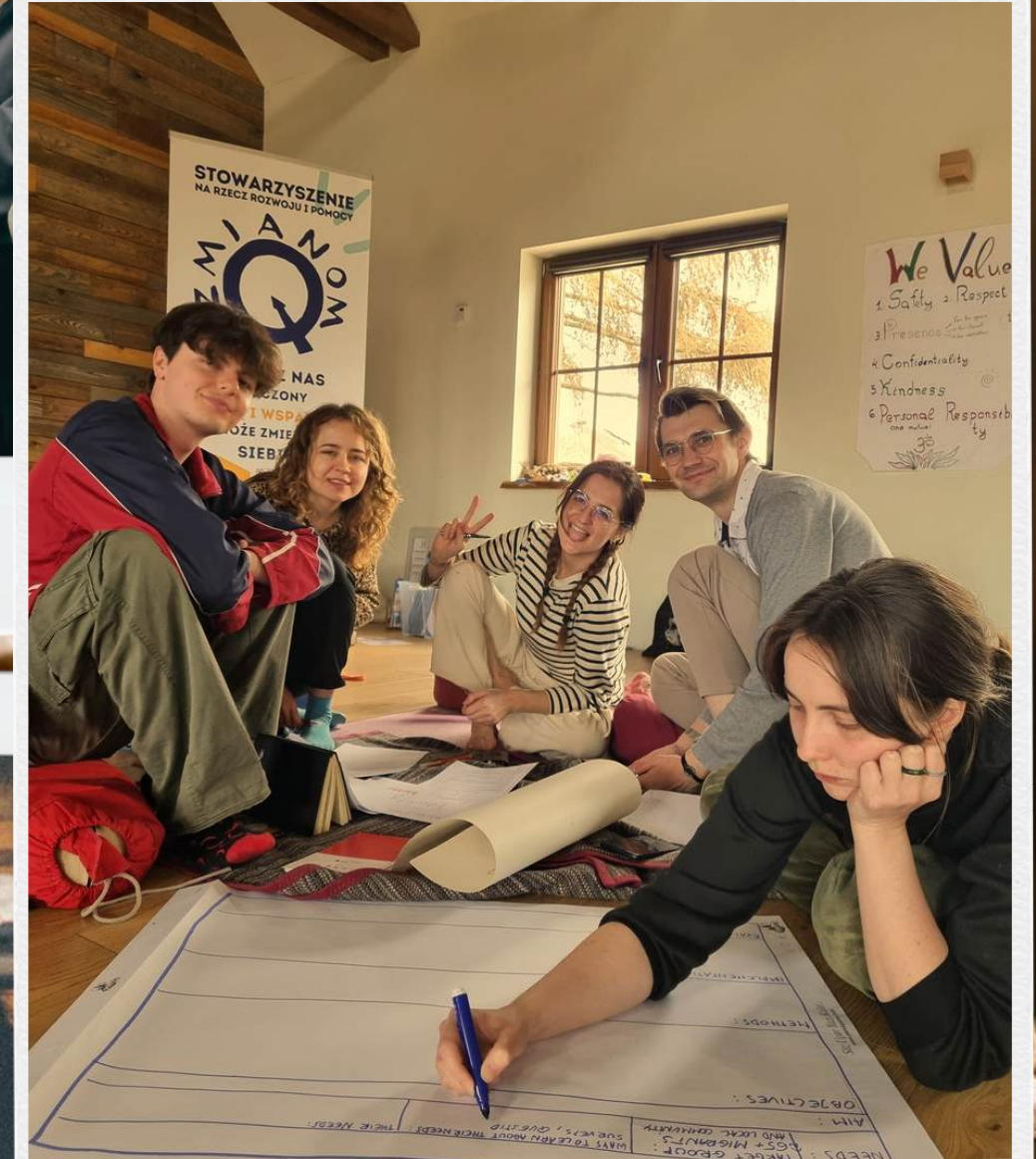
Methods

Nonviolent Communication (NVC) – practices of empathy, authentic self-expression, reflection, practiced individually, in couple and in groups

Embodiment practices – movement, somatic exercises and dance for anchoring the learning and building body intelligence for better understanding of own reactions.

Nature-based, ecopsychological and outdoor methods – taking advantage of a beautiful surrounding, we will also spend time outdoors as well as take the opportunity to see what nature has to offer for our own growth.

Community-building tools – sharing circles, Systemic Consensing and other participatory methods that create safety, inclusion, and shared ownership.



Who can participate?

- **Those who are residents of EU countries or North Macedonia, Serbia, Iceland, Norway, Liechtenstein, Türkiye**
- **Those who work with young people in non-formal way (you are a trainer, youth leader, activist, volunteer etc.)**
- **Those who communicate in English fluently enough to understand and learn**
- **Those who are comfortable with physical touch**
- **Those who cooperate with or are a part of an NGO in their country (that will be your sending organization. Your organisation needs to have valid OID number)**

Participants will be selected based on:

- Gender and geographical distribution;
- Professional background in connection with the youth work field;
- Profile of the organisation you belong to and your detailed role/responsibilities in it;
- Your views about NVC
- Your motivation for participating in this course;
- The effort provided in completing the application with sufficient and relevant details;
- The level of usage of AI tools for completing the application form;
- The quality of previous experience (if any) with the applicant (of the core team or close partners)

Who will guide you?



Bea Peciakowska

Bea is a trainer educated in Cognitive Science, Education, Nonviolent Communication (2 years of postgraduate studies - NVC and NVC for trainers). She has extensive practical experience working with youth (6-18 years old) and adults (youth workers, teachers, parents), giving over 4300 hrs of training and facilitating practice. Designing and implementing Erasmus+ projects for the last 7 years. She supports groups in developing their competences, focusing mostly on building self-awareness, communication skills and emotional intelligence. She intuitively combines NVC, nature based-methods, psychology, outdoor learning, drama, embodiment practices. She invites people to follow their path with curiosity, courage and joy. Bea enjoys creating spaces where people can freely explore themselves and be authentic with all that comes with being a human. She believes that community which is open for vulnerability builds a safe space to grow and reach our true potential and happiness in life.



Magdalena Sendor

Magdalena is a certified trainer in Nonviolent Communication (NVC, 2014). For over a decade she has been working as a trainer, mediator, facilitator and coach, supporting people and groups in building relationships based on dialogue, trust and empathy. She designs and leads trainings in Poland and abroad, helping individuals, schools, NGOs, and organizations improve collaboration and prevent conflicts. As a mediator, she guides people through moments of tension toward solutions that respect everyone's needs. Since 2020 she also uses Systemic Consensing, a participatory method of decision-making focused on mapping and reducing resistance. Alongside this, Magdalena offers embodiment workshops combining NVC with voice, movement, and body awareness. She also holds circles on often-taboo topics like death and menopause. She is the author or co-author of three books on empathy and relationships.

What is expected from you

This is in an educational activity financed from public money! We put a lot of time and effort to organise high quality and inclusive learning program. That's why we expect that:

- You will take a full part in the whole program
- You will stay sober – we have no alcohol policy
- You will fill all the evaluation forms after the project
- You will actively disseminate what you learned or experienced during the program with your target groups or work colleagues
- You will help with simple chores such as tidying the common areas or helping around the kitchen



The venue

The training will take place in a developmental center in the north-east of Poland. We will be surrounded by nature – natural forests as well as big, beautiful garden with a pond and sauna.

You will be accommodated in shared rooms for 2-4 people, each equipped with bathrooms. For activities, we will use a spacious training room or take advantage of the nature around us. For resting we can use a common space and sauna.

There will be 3 **vegetarian** meals per day and some snacks in between. Hot drinks will be available for the whole day. There is no shop nearby accessible on foot in the breaks so take everything you need with you.



The travel

- We strongly recommend to choose **green transport** and we are ready to support you in planning your trip to Poland
- The venue is located in the north of Poland, around 60 km from Gdańsk. The closest airports are in **Warsaw** and **Gdańsk** and we recommend to search for the connections to that cities.
- We will organise a group pick up from the nearby town. The address of the venue and all logistic details will be sent by e-mail to selected participants.
- The arrival day is **15th December** (we will start from the dinner), the departure is **22nd December** (we will finish with a breakfast).
- You may stay in Poland for a maximum of 2-3 days before or after the project, but any additional days are not covered by the project's funds.
- After you are selected, we will ask you to arrange your trip. Before purchasing any tickets you need to get approval by e-mail **erasmus@qzmianom.org**

What is covered by the Erasmus+ program?

The following costs are fully covered by the Erasmus+ grant:

- Meals
- Accommodation
- Educational activities & materials

Your trip to Poland is reimbursed based on the distance between your starting point and the project's location and it is calculated according to the distance calculator:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

We will reimburse your travel expenses up to this amount after you take part in the entire project activities, provide all invoices, boarding passes and tickets, **fill in the evaluation form and present report of your dissemination activity.**



Travel Reimbursement Rates

Distance	Green Travel (at least 51% by bus, train, carpooling or bike)	Non-Green Travel
10–99 km	56 Eur	28 EUR
100–499 km	285 EUR	211 EUR
500–1,999 km	417 EUR	309 EUR
2,000–2,999 km	535 EUR	395 EUR

About the hosting organization



The Q Zmianom Association (OID E10048718) was established in 2004 in Warsaw, Poland, and since then has been actively working in the field of youth and community development. The name of the organization, translated into English, means “Towards Change – The Association for Development and Aid.”

We create educational and developmental opportunities, both locally and internationally. Our activities aim to support the growth of key competences – especially learning to learn, social and civic skills – as well as to promote personal development, equal educational opportunities, and wellbeing.

We are actively involved in the Erasmus+ Youth sector, where we organize and host projects focused on mental health prevention and wellbeing of young people.



<https://qzmianom.org/>



<https://www.instagram.com/qzmianom/>

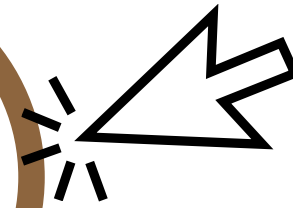


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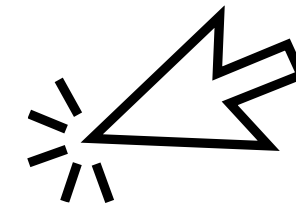
Join us!

To apply, please fill in the application form available in the link below:

Application Form



**European Network for
Mental Health of Youth**



We invite you to join our Facebook group dedicated to professionals working with youth. There you can find networking opportunities, useful methods and information about upcoming educational activities.

**If you have any questions or doubts, please
contact Aleksandra Wolska, the coordinator for
this project at:**

erasmus@qzmianom.org



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