



YOPA – Fiatalok az Állampolgári Részvételért Közhatalmi Egyesület
YOPA – Youth for Participation Association
OID number: E10177136
Address: 6723.Szeged, Avar utca 8. 3/14
VAT number: 18476820-1-06



”CARE - Supporting Mental Health and Wellbeing through Quality Youth Work” – Partnership building activity on supporting mental health and wellbeing by building youth workers’ competences, sharing ready-to-use tools and methods, and strengthening links with schools and services to raise the quality of youth work.

16 - 23 May 2026, Szeged, Hungary

Themes:

Our Partnership Building Activity will address the urgent theme of youth mental health and wellbeing, directly linked to Youth Goal 5 of the European Youth Strategy. Young people across Europe face challenges such as stress, anxiety, social isolation, and stigma around mental health, while youth workers often lack the tools, competences, and partnerships needed to respond effectively. Our project will provide space for organisations to exchange practices, co-create methods, and build sustainable cooperation to strengthen the role of youth work in this field.

Our PBA will begin by clarifying concepts of mental health, wellbeing, and self-care, recognising cultural differences and common challenges. A second theme will focus on mindfulness and embodiment routines as simple yet powerful tools to manage stress, build presence, and support emotional awareness among youth workers and young people alike. Participants will then explore stress responses and regulation, using accessible models such as “fight–flight–freeze” to reflect on behavioural patterns and develop self- and co-regulation strategies.

Creating safe spaces, setting boundaries, and fostering trust will form another central theme. Youth workers need to balance closeness and professional distance while safeguarding young people. Exercises on saying no, setting limits, and working with emotions will provide concrete strategies for this. In parallel, Nonviolent Communication will be introduced as a tool for conflict transformation, feedback, and dialogue.

A further theme is the coaching mindset, using tools such as the GROW model and self-coaching methods to support young people in setting goals and sustaining motivation, while also fostering youth workers’ self-reflection. Finally, the PBA will focus on intersectoral cooperation, mapping stakeholders such as schools, social services, health professionals, and municipalities, and developing joint pathways to improve support systems for young people.

The overall aim of the project is to strengthen the capacity of youth workers and organizations to support young people’s mental health and wellbeing (Youth Goal 5) through inclusive, empowering, practice-oriented youth work. We will bring together committed partners to share what works, co-create simple, ready-to-use tools (daily check-ins, short mindfulness/body routines, boundary-setting, compassionate communication), and agree on common “safe space” principles for our programmes. Our PBA aims to build a supportive network that embeds self- and co-regulation in everyday practice, links Youthpass reflection with the ETS competence model, and opens bridges with schools, social and health services. Each organization will leave with a small method pack, a local stakeholder map and referral flow, and a concrete action plan to pilot the tools at home—laying the groundwork for sustained cooperation and initiating follow-up Erasmus+ projects, specifically KA152 Youth exchanges, KA153 Training courses, KA210 Small-scale Partnerships and KA220 Cooperation Partnerships to pilot and scale the co-created approach.



By the end of the project, participants will:

Define shared concepts of mental health, wellbeing, and self-care, and name 3 priority needs in their local context.

Facilitate a 10–15 min daily check-in and a 5-minute mindfulness/embodiment routine with a youth group.

Identify at least 3 signs of fight–flight–freeze and apply 2+ co-regulation strategies to de-escalate tension.

Set and hold boundaries using clear, youth-friendly language and draft a short personal/professional boundaries statement.

Run a 60-minute Nonviolent Communication micro-workshop (observation–feeling–need–request) and mediate a simple peer conflict scenario.

Co-create inclusive safe-space agreements and adapt them for youth with fewer opportunities (accessibility & support measures).

Map at least 5 local stakeholders (schools, social/health services, municipality, NGOs) and sketch a light referral/signposting flow.

Contribute one micro-pilot idea (aim, target group, steps, timeline) to test at home after the PBA.

Join the transnational partner network and commit to next steps, including contributing to an Erasmus+ KA152, KA153, KA210 or KA220 project idea for follow-up.

The objectives of the Partnership Building Activity are:

- To build a common understanding of youth mental health, wellbeing and self-/co-regulation in youth work
- To strengthen the capacity of youth workers to create safe, inclusive spaces and uphold clear boundaries and safeguarding
- To share and co-create practical tools for everyday use (e.g. daily check-ins, mindfulness/body awareness, compassionate communication, coaching questions)
- To nurture a culture of care that supports youth workers' own wellbeing and resilience
- To promote nonviolent, needs-based communication and constructive conflict transformation in groups
- to ensure inclusion of young people with fewer opportunities by adapting methods for accessibility and support
- To connect youth work with schools, social and health services, and municipalities, building supportive local ecosystems
- to adapt wellbeing routines into regular programmes and organisational practices
- to initiate Erasmus+ KA152, KA153, KA210 and KA220 partnerships for supporting mental health of young people and youth professionals.



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The methodology of the PBA: Our PBA uses non-formal, experiential and peer-to-peer learning with a clear flow from community-building to co-creation and partnership planning. We start by creating a safe, inclusive space: shared agreements, accessibility checks, buddying, and simple daily rituals (short check-ins, mindful/embodied warm-ups) that support presence and wellbeing. Learning follows an experience → reflection → application cycle, keeping sessions practical and hands-on. We combine interactive practice labs (role-play, simulation, theatre of situations) with method co-creation. Participants try out and adapt everyday tools—mindful/embodied routines, boundary-setting, compassionate communication, and coaching questions (GROW)—then turn these into concise, youth-work-ready scripts. To shift from “good ideas” to cooperation, we run partnership design studios: world-café/fishbowl for mapping needs and strengths; stakeholder mapping for schools, social and health services, and municipalities; and small groups drafting micro-pilot concepts to trial at home. A marketplace and open-space slots allow partners to share practices and find matches for follow-up work. Reflection is woven through the programme with daily harvests, learning diaries and Youthpass moments that link personal learning to the ETS competence model.

Who can participate in the PBA:

- 2 youth workers per partner organisation (staff or long-term volunteers).
- Directly working with young people in daily basis, especially those with fewer opportunities.
- Experience in at least one Erasmus+ youth project (group leader, coordinator, or organiser).
- Motivated to strengthen youth mental health & wellbeing (Youth Goal 5) in everyday youth work.
- Open to practise and co-create wellbeing methods (daily check-ins, short mindfulness/embodiment, clear boundary-setting, compassionate communication/NVC, basic coaching/GROW) and embed them in programmes.
- Committed to safe, inclusive spaces, safeguarding and trauma-aware, ethical facilitation.
- Ready to reflect with Youthpass and connect learning to the ETS competence model, sharing and learning with peers.
- Able to build or deepen intersectoral links (schools, social and health services, municipalities).
- Eligible for Erasmus+ funding and/or accredited, and willing to contribute to follow-up KA210/KA220 initiatives.
- Available for the full duration (6 full working days + 2 travel days) and able to work in English.

Eligible countries: EU member states.

Coordinator organisation: YOPA – Youth for Participation Association



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Preliminary programme:

Hours	Day 1 Arrival day	Day 2 Day of exploration	Day 3 Day of mental health	Day 4 Day of good practice sharing	Day 5 Day of project development	Day 6 Day of partnerships	Day 7 Day of agreements	Departure day
7.00 – 09.00	Arrival of participants Registration and accommodation	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	breakfast
09.30– 11.00		Getting to know each other	Check in with Mindfulness practice Youth Goal 5 Mental health and wellbeing	Check in with Mindfulness practice Using the GROW Model in Youth Work	Check in with Mindfulness practice Drafting Erasmus+ projects addressing mental health issues	Check in with Mindfulness practice Presentation of the projects	Check in with Mindfulness practice Drafting micro- pilot concepts to trial at home	Departure of participants
11.00– 11.30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
11.30– 13.00		Introduction to the project and training programme, Erasmus+ programme and Youthpass	Understanding stress responses	Sharing good practices for Self- care & boundaries	Drafting Erasmus+ projects addressing mental health issues	Assessment of the projects and feedback for improvements	Personal and group Action Plan Partnership agreements	
13.00– 15.00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15.00- 16.30	Welcome to the participants	Group building	Self- & co-regulation practice	Refreshing information on Erasmus+ Youth KA152, KA153, KA210, KA220	Visit to youth NGOs working with mental health and wellbeing in the city Youthpass reflection group	Partnership design studios for mapping needs and strengths; stakeholder mapping Youthpass reflection group	Youthpass	
16.30- 17.00	Coffee break	Coffee break	Coffee break	Coffee break			Coffee break	
17.00– 18.30	Introduction of participants Arranging safe place for participation	Understanding mental health glossary Youthpass reflection group	Compassionate communication Youthpass reflection group	Exploring possible partnership based on organisational backgrounds Youthpass Reflection group			Final evaluation	
18.30 – 19.00								
19.30- 20.30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00-	Welcome party	Intercultural evening with locals	Fairytales evening with locals	Working evening	Karaoke evening	Treasure hunting evening	Farewell party	



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Financial conditions:

The food and accommodation will be provided and paid by the organizers. Travels costs will be counted based on the distance calculator of European Commission and reimbursed either by bank transfer after the course or at the end of the course in cash (in Euros €). It may be that money from European Commission will be late; in that case, as mentioned, you will get your reimbursement after the course by bank transfer (be ready for that).

Application form

If you are interested in being a participant in this project, we are kindly asking you to fill the application form. The form is attached in the end of this document.

<https://forms.gle/o1mPRYxje2yC4uQL9>

If you have any question, you can reach us by e-mail: yopa@yopa.hu

Greetings,

Endre Kiss and Mara Arvai