



Inclusive Youth Exchanges - Blended Learning Course

for group leaders and facilitators on
more inclusive international youth
work with highly vulnerable young
people

Online Course: February - April 2026

Residential Training: 8-16 April, 2026 (incl.
travel days)
Matra mountains, Hungary

Optional on-the-job training:
July/August 2026 (Latvia / Spain)



Co-funded by
the European Union

FOR APPLICATION



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About the course

This **blended learning course** (incl. online course, residential training and optional on-the-job learning) will provide a foundation for youth workers to create inclusive programmes for highly vulnerable young people. The course is for youth workers who would like to become more competent facilitators or group leaders in international mobilities.

The course is structured around three interconnected learning components:

- the **LADDER Online Course** on inclusive Youth Mobilities (Feb-Apr 2026),
- the **Inclusive Youth Exchanges Residential Training** (8-16 April, 2026 in Galyatető, Hungary),
- and **on-the-job learning with mentoring**, offered to a selected group of participants. This final component is designed for approximately half of the residential training participants, who will **practice what they have learnt taking on the roles of facilitators or group leaders** in one Youth Exchange organized by us taking place in summer 2026 in Latvia and Spain.

A photograph of a young boy with dark hair, wearing a blue t-shirt and brown pants, climbing a tree. He is gripping a branch with his right hand and is looking upwards. The background shows a lush green hillside and a body of water under a clear sky.

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Aims of the course

The aims of the course are to:

- build the competencies of the participants in working with highly vulnerable youth
- provide knowledge about providing more inclusive and safer programmes
 - design and facilitate youth exchanges for highly vulnerable youth
- create a deeper understanding of:
 - violence prevention and safeguarding in youth work
 - trauma-informed approach in youth work
 - how to work with resistance
 - psychological first aid
 - risk management in youth work
 - intercultural dimensions of youth work
- gain tools to manage challenging situations
- increase awareness of youth workers of their resources and of possible directions of their professional development.

What do we mean by 'highly vulnerable youth'?

We define "highly vulnerable" youth as those facing at least two major life challenges, with at least one being chronic, systemic, or particularly difficult to overcome—such as extreme poverty, abuse, or family instability. Their struggles go beyond what most disadvantaged youth experience.

That's why including highly vulnerable youth in E+ programs is so important. It helps them build connections, improves their mental health, and creates opportunities for a brighter future. However, supporting them effectively requires tailored strategies, professional expertise, and long-term commitment.

This learning course is part of the [Ladder to Inclusion](#) Erasmus+ project co-funded by the European Union.



3 Methods and learning outcomes

The course will employ various methods to ensure a practical and engaging experience:

- Online self-paced learning
- Residential training:
 - Experiential Learning: Learning by doing.
 - Reflective Sessions: Individual, small, and big group reflections.
 - Meta Reflection: Analysis of the overall learning process.
 - Sharing good practices among participants.
- On-the job learning with mentoring (for approx. half of the residential training participants)

Learning outcomes:

The participants:

- will develop competencies in working with highly vulnerable youth.
- will be able to connect with youth coming from diverse backgrounds, and be more sensitive to the stories of their participants.
- will gain tools to manage challenging situations
- will become more aware of their resources and of possible directions of their professional development
- will be able to organize more inclusive and safer international programmes



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Participants' profile

Profile of the participants:

Newcomers to international youth work mobilities:

- Professionals, facilitators who worked internationally, but not so much in the field of youth, and would like to learn how they can work with youth with fewer opportunities.
- Youth workers who would like to be involved in international youth work.
- Future youth workers who would like to start their professional development by gaining experience as group leaders.

Special Pre-Condition for Participation:

The training is open for you if you are:

- working directly with young people on a regular basis in a youth work or youth-related service
- curious about working with highly vulnerable young people
- interested in developing your competencies in creating safer international programmes for youth
- capable of applying the learning in your youth work practices
- willing to share experiences and good practices with others
- fluent in English and can use it as a working language on a training course
- able and ready to participate in the full length of the project, including the online course, before the residential one. (Whilst on-the-job part of the course can only be guaranteed for the half of the participants.)
- older than 23 years old

This training is not open for:

- teachers, other educators, or professionals in the field of formal education, such as primary and secondary schools or faculties, if they are not involved in youth work.;
- people looking for a therapeutic intervention. Given that we will be addressing potentially emotionally challenging topics, we require participants to have emotional readiness to explore sensitive issues.

Eligible countries: Hungary, Italy, Latvia, Spain.

Participants' recruitment and selection

Application Deadline:

28th of January, 2026

Please apply by filling in this Application Form

Selection Process:

During the selection process, we will give particular consideration to applicants who are interested in and available for the on-the-job component of the blended course as well.

The on-the-job trainings will take place in summer 2026 and will be organised as follows:

- In July 2026, in Latvia:

From among the participants of the residential training, 2 facilitators (1 from Italy and 1 from Latvia) and 4 group leaders (one from each of the four countries) will be selected.

- In August 2026, in Spain:

From among the participants of the residential training, 2 facilitators (1 from Hungary and 1 from Spain) and 4 group leaders (one from each of the four countries) will be selected.

For both on-the-job learning processes, selection will be based on availability, relevant experience, and motivation.

You will have the opportunity to indicate your availability and willingness to take part in the on-the-job training in the application form.

Please note, however, that participation in the on-the-job training is not a prerequisite for applying. We therefore warmly encourage you to apply even if you are not able to commit to the on-the-job training.

Selection results:

You'll be notified about the selection results by the 4th of February, 2026.



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Participation Costs

Participation fee, accomodation & food:

This course is part of the Ladder to Inclusion Erasmus+ strategic cooperation project and co-funded by the Erasmus+ programme of the European Union.

Therefore, most of the costs will be covered by the organisers.

Board, lodging, travel and programme costs will be covered upon full participation in the blended learning course.

For the residential learnings, dinner will be the 1st meal to be served on the arrival day. On the departure day, breakfast is your last meal.

Travel costs to the residential training and on-the-job learning:

Travel costs will be reimbursed based on the real costs not exceeding below lump sums, in Euro:

- Participants from the countries where the learning takes place - max. 28 €/ mobility
- Other participants - max. 309 €/ mobility

(For example, participants from Hungary are entitled for a max. 28 € for the residential training + 309 € for the on-the-job learning.)

Only justified costs will be eligible for reimbursement and based on pre-approved itinerary. Local transfer costs will be included in the overall travel costs. If your travel will exceed the lump sums above, the remaining costs shall be covered by you.

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Venue of the Residential Training

Venue: Fogadó a Táncoló Kecskékhez - Mátra Mountain, Hungary

Address: 3234 Galyatető, Madách u. 7.

Hungary

Fogadó a Táncoló Kecskékhez

Rooms with 2-4 beds (single or double beds) are available with private bathrooms.



Facilitators



Madara Kanasta - I am an experienced trainer working in the field of gender-based violence prevention. I specialize in promoting healthy relationships and gender equality among young people. As Head of MARTA Centre's Preventive Programs, I create methodologies and lead workshops and trainings for both youth and adults. I have been a trainer for the Latvian National Agency overseeing Erasmus+ and European Solidarity Corps programs, and have served as a board member and child participation expert at the Latvian Child Welfare Network, advocating for the well-being, participation, and rights monitoring of children and youth.

Árpád Bárnai - I am a youth worker, trainer, and outdoor educator, so I have many "hats". My journey started in local youth work in a foster home in Hungary, and since then, I have kept on learning about learning and growth. Be it on a national level or in international projects, in programs serving the growth of youth, disadvantaged youth, or professionals working with young people. I am passionate about learning in nature and in groups. My hope is that we will learn about how we can create meaningful learning experiences for ourselves and for others after the training course.
<https://www.linkedin.com/in/arpadbarnai/>
<http://trainers.salto-youth.net/ArpadBarnai>



Mónika Horváth - I've got a lot of experience working with disadvantaged children, young people, and the professionals who work with them. I think it's really important to be self-aware if we want to include everyone and be accepting of different cultures and social groups. We should also create opportunities for people from different backgrounds to meet and get to know each other.

I'm really interested in experiential education, learning, elements of adventure therapy, artistic tools, play and volunteering. Community, nature, solutions and listening are all important tools in my toolbox. In my work, I want to help people become aware of their own resources.

LADDER to Inclusion

The LADDER to Inclusion project will open up opportunities for highly vulnerable young people to participate in Erasmus+ international mobilities, thereby increasing their personal development and improving their social position.

We are developing comprehensive and sustainable solutions to break down barriers, improve the quality and effectiveness of youth work, and make Erasmus+ mobility programmes more inclusive.

LADDER to Inclusion is a KA2 strategic partnership project of the EU.

Implementation period:
September 2024 – December 2026

Curious to learn more?
Keep up with us!



Creating opportunities step by step

- LADDER to Inclusion project is building the capacity and resources of youth organisations and youth workers.
- We develop their skills and prepare them to reach out to highly vulnerable young people.
- We build a professional knowledge base to make it accessible and safe for every young person to participate in international mobilities.
- We develop training materials that integrate the basic knowledge needed to work with highly vulnerable young people into the training of youth workers.
- We will connect youth organisations to deliver quality mobilities for highly vulnerable youth.
- We are making Erasmus+ mobility truly accessible to the most vulnerable young people.

We are building a ladder for marginalised young people to enter the inspiring and uplifting world of international experience.

Project partners:





Application Deadline:
28th of January, 2026

Please apply by filling in this
Application Form

In case of questions,
please feel free to
contact us.

E-mail:

Hungary: erzsebet.czinger@elmenyakademia.hu

Italy: giuseppe@associazionejoint.org

Latvia: prevencija@marta.lv

Spain: tuleando@lasdeltul.net



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