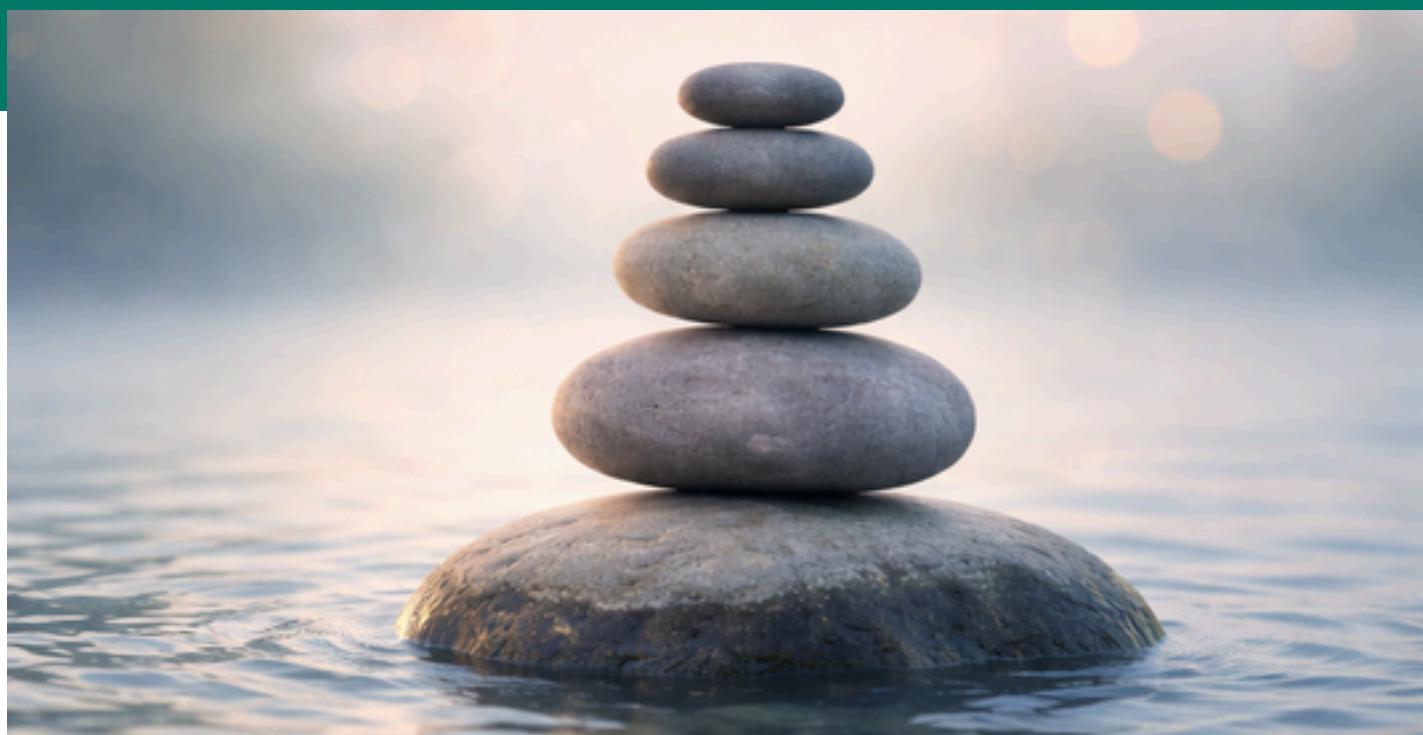


TRAINING COURSE

# BECOMING A SAFE ADULT

*Fužine, Croatia, MARCH 17. - 24. 2026.*



## Developing personal capacities for supportive youth work

**Becoming a Safe Adult** is an immersive 7-day training course for youth workers. It will focus on emotional awareness, regulation, support, and empowerment, aimed at strengthening participants' personal capacities for supportive youth work.

The course will take place in the peaceful mountain village of Fužine, Croatia, from 17th to 24th March 2026, and will bring together 24 participants from programme countries.

[Application deadline](#) is January 20 th  
Read this infopack and:

[CLICK HERE TO APPLY!](#)



## Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our vision is an open, playful and solidary society, and our work is guided by the values of inclusiveness, optimism and change. We design and implement programmes and projects **aimed at education, empowerment and strengthening emotional and social well-being of children, young people and adults in the local community.**

**Our team** consists of psychologists, social pedagogues, social workers and youth workers, many with additional training in psychotherapy approaches, body-oriented work and experiential learning methods.

We have **three main areas of work**:

1. Social support – empowering children, young people and families at risk of social exclusion through counselling, group work and long-term support
2. Active and mobile youth – non-formal learning for and with young people, including Erasmus+ mobility projects
3. Education of professionals – training courses and development of educational materials for experts in youth work and social support

**Our approach is strongly movement- and experience-based.** Through capoeira and other sport and body-based practices, we support emotional awareness, self-regulation, relational safety and empowerment as foundations for positive psychosocial change.

More info find on our [\*\*website\*\*](#).



### ELIGIBLE PARTNERS:

Associations from programme countries and countries associated to the programme, that posses OID number within Organisation registration system.



Co-funded by  
the European Union



# Becoming a safe adult

The training is designed to strengthen participants' capacity to be grounded, emotionally aware, and relationally attuned adults who can create safe, empowering environments for themselves and for the young people they support. Through experiential and body-based methods, participants will learn to recognise their internal states and understand emotional signals. By strengthening their personal capacities, they will be able to act as safer and more reliable adults for the young people they support.

## **TOPICS THIS TRAINING COURSE WILL COVER:**

### **Emotions & Emotional Awareness**

- Introduction to emotions: basic and complex emotions
- Understanding the purpose of emotions
- Developing awareness of feelings in the body (body-based emotional awareness)

### **Choice Theory**

- Basic introduction to Choice Theory and its relevance for personal responsibility and behaviour

### **Emotional Regulation & Co-regulation**

- Understanding emotional regulation as returning the nervous system to balance
- Co-regulation: attunement, relational safety cues

### **Consent & Boundaries**

- Developing awareness of personal boundaries
- Practicing boundary-setting skills
- Empowerment self-defense practice for personal empowerment

## **Self-Support**

- Self-support as a prerequisite for supporting others
- Identifying and strengthening personal sources of support

## **Safety & Supporting Others**

- Exploring personal patterns in supporting others
- Recognising the importance of being a “safe person” in youth work
- Identifying personal strengths that contribute to safety and support
- Introduction to a trauma-informed approach in youth work

## **Key Learning Outcomes**

By the end of the training, participants will:

- increase their knowledge of emotions and emotional awareness, including recognising internal states and emotional signals
- understand the importance of emotional regulation and relational attunement in creating safe and empowering environments
- strengthen their personal capacities for stability and self-support
- increase understanding of what makes a safe and reliable adult in youth work





## WHO CAN APPLY

- Becoming a Safe Adult is a training course **primarily aimed at more experienced youth workers**, educators, trainers, teachers, and youth group leaders **who wish to improve their work with young people**, particularly with young people **with fewer opportunities and young people in need**.
- If this description fits you and you are actively working with young people, please apply using the application form link on the first page of this manual.
- Participants will be selected based on their **experience in youth work, motivation for the topic** of the course, and the sustainability of the results, including **how they plan to apply the learning outcomes in their daily work**. Please provide a detailed description in the application form.





# PARTICIPANT'S CONTRIBUTION

## BEFORE THE TRAINING COURSE

Please read this infopack carefully to familiarize yourself with the training programme, learning approach, and all practical details. A clear understanding of the framework and expectations will support your full engagement in the training process.

## DURING THE COURSE

This training requires **full and active participation**. Participants are expected to engage in the process, work with their own experiences, and actively explore the topics through personal and embodied practice. Presence, openness, and willingness to enter the process are essential for both individual and group learning.

To support this, **we apply a strict no-phones policy** during all sessions. Phones must be switched off and kept away to ensure full presence, focus, and a safe learning space for everyone.

In the final days of the course, participants will work on dissemination activities, focusing on how to meaningfully share the results of the project within their communities and professional contexts.

## AFTER THE COURSE

After returning home, participants are expected to carry out the agreed dissemination activities, actively using and sharing the learning outcomes of the training within their communities, organisations, and networks.

## NGO FAIR

One day  
evening  
programme will  
we dedicated to  
presenting your  
NGO's and your  
area of work.  
Please bring  
materials like  
flyers, posters,  
video (if you  
have) or  
anything else  
that presents  
your work in the  
field of youth.

WE WILL SEND YOU A DETAILED TIMETABLE AFTER THE SELECTION PROCESS.



## A bit more info, to help you prepare better:

**Keep in mind, we will be moving :)**

The training will be experience-focused and involve working through the body, including various movement practices and relaxation techniques. Please bring **comfortable clothing suitable for movement**.

As the training takes place in March, when weather can be unpredictable, please bring warm outdoor clothing suitable for different conditions. We plan to spend time outdoors, so **waterproof shoes** are recommended.

For indoor work, please bring **clean indoor shoes** or warm socks with a rubber bottom.

**Arrival:** March 17th

**Departure:** March 24th

Cost of **food** (3 meals per day plus coffee breaks) and **accommodation** are covered by the project.

All participants **must be covered either by the European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation).





## ACCOMODATION

Fužinarska kuća is located in the beautiful ambiance of idyllic Fužine. From stunning lakes and forests to caves, this area offers countless possibilities for an active vacation as well as relaxation in picturesque nature. Fužinarska kuća is an ideal place for hosting workshops, playrooms, seminars, courses, and conferences. It specializes in catering to both small and large groups. Decorated in a mountain style with a cozy, homely atmosphere and a delicious kitchen that adapts to all the needs of its guests.

[\*\*CLICK TO FIND ON THE MAP\*\*](#)

Participants will be accommodated in double and triple rooms.





## LOCATION

Fužine is a village and a municipality located in Primorje-Gorski Kotar County, 10 km away from the coast and 30 km away from the city of Rijeka. It is situated at 722 meters above sea level while being surrounded by mountains and three large artificial accumulation lakes. For more information on this beautiful area please visit [\*\*FUŽINE TOURIST BOARD\*\*](#).

### HOW TO REACH:

There are frequent buses to Fužine from both Zagreb (capital) and Rijeka.

**Travel costs will be reimbursed** according to Erasmus+ [\*\*distance calculator\*\*](#), depending on your place of origin (in the country of your sending organization).

DISTANCE (air straight line)	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	28	56
100-499	211	285
500-1999	309	417
2000-2999	395	535
3000-3999	580	785
4000-7999	1188	1188

### MONEY / COSTS

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's are available in Fužine.

**We look forward to see you in Fužine.  
Please apply before January 20th using the link on the first page.**