

# MENTAL HEALTH IN LONG-TERM VOLUNTEERING

## HEALTHY VOLUNTEERS & HEALTHY COORDINATORS

### DATE

19/04/2026 -  
23/04/2026

### PLACE

Leipzig (Germany)  
@ **VILLA**

### PARTICIPANTS

Coordinators,  
mentors/tutors for  
long-term  
volunteers  
EU-MS

### CONTENT

- 2.-day workshop by certified trainer
- Exchange & Partnership building



[Link to application form](#)

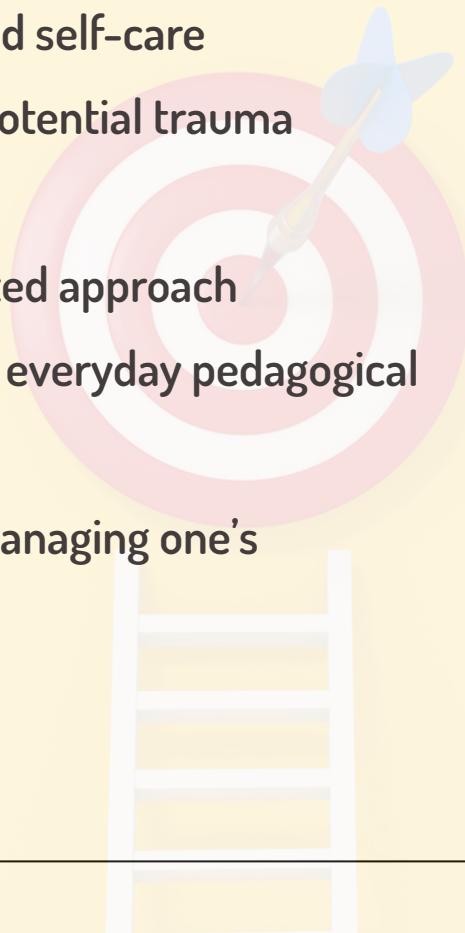


# ABOUT THE TRAININGS COURSE

Professionals who support international volunteers often work with young adults who may bring diverse experiences of stress, psychological strain, or trauma. At the same time, these professionals operate in a demanding field that requires emotional presence, relationship-building, and intercultural sensitivity. This training course addresses this dual perspective. It aims to strengthen the mental well-being of professionals while providing fundamental skills for trauma-sensitive support of young volunteers. The focus is not on therapeutic/psychiatric intervention, but on pedagogical responsibility and everyday practice. The materials offer practical insights, reflection tools, and supportive approaches suitable for professional contexts.

## TRAINING GOALS

- Provide a basic understanding of trauma, stress, and resilience
- Strengthen professionals' self-awareness and self-care
- Improve the ability to recognize stress and potential trauma reactions in young volunteers
- Develop a trauma-sensitive, resource-oriented approach
- Learn concrete, low-threshold strategies for everyday pedagogical practice
- Gain confidence in setting boundaries and managing one's professional role
- Professional & intercultural exchange
- New contacts & networking



# TARGET GROUPS

<b>Background</b> <ul style="list-style-type: none"><li>• Coordinators, managers, experts or leaders in context of long-term volunteering projects (e.g. ESC)</li><li>• Mentors / tutors, support people of volunteers</li></ul>	<b>Experiences</b> <ul style="list-style-type: none"><li>• Good knowledge about ESC and long-term volunteering projects in international context</li><li>• Willing to participate in the entire program</li><li>• Sufficient command of the English language (B1+)</li></ul>
<b>APPLICATION INFO</b> <p>To apply for the training, you have to be resident in one of the Erasmus+ Program countries (All EU member states or North Macedonia, Serbia, Iceland, Liechtenstein, Norway or Türkiye). Also, you need to have a sending organization (check info box). In case you don't have one, we'll support you in finding one.</p> <p>The participation fee is <b>100€</b> and has to be paid in advance via bank transfer. The fee covers accommodation, meals and all program-related costs.</p> <p>Please fill out the application form by February 8th at the latest. You will be informed of our selection by the beginning of March.</p>	<b>WHAT IS A SENDING ORGANIZATION?</b> <p>A sending organization is a partner organization of the host organization. It supports the participants in the preparation and follow-up of the project and is the point of contact if problems cannot be resolved on site with the host organization.</p> <p>Each sending organization must be registered and have a valid OID number.</p> <p>Participation without a sending organization is not possible! In case you don't have one, you'll need to find one but we will support you through our network of partner organisations in Europe.</p>

# LEIPZIG

Leipzig, situated in the eastern part of Saxony, is a city with a rich historical heritage. The town combines history and culture while offering a peaceful, charming atmosphere.



## ACCOMMODATION

You will be accommodated in single bedrooms in the Leger Express Hotel, which is located close to the central station. Breakfast will be taken at the hotel. You'll receive a ticket for public transport to travel to the locations.



# ABOUT VILLA

VILLA is a modern youth, cultural and social institution close to the center of Leipzig. With over 100 events and courses each week, it offers a wide range of activities for every age group (from early music training with toddlers to back schooling for senior citizens) in a variety of genres. The centre has five differently equipped event rooms, a media lab, a self-help bicycle-repair centre, a café, a band practice room and a sound laboratory. The eight-member 'Europe team' forms the core of the VILLA's international youth work and has been implementing various ESC and Erasmus+ youth projects for almost 20 years (Youth/Professional exchanges, youth participation & solidarity projects).

## EUROPEAN SOLIDARITY CORPS PROJECTS IN VILLA

We have been active in the ESC and EVS since 2001 and are one of the largest organisations in the Saxony region that accept and send volunteers. We host 2-3 volunteers in our organization and are also the coordinating organisation for 14 partner organizations in Leipzig and the region. In total, we are responsible for up to 23 volunteers per year. We have two groups per year, which start in March and September. In addition, there are around 20 - 25 sendings, although we have worked less with permanent partners so far. Once per year, we organise a volunteer team (workcamp) with a focus on inclusion. Our volunteering positions are mainly in child care and youth work, but we also work together with a object theatre, the city library and a residential group for people with mental disabilities.

# PRELIMINARY PROGRAM

Sun 19.04.	Mon 20.04.	Tue 21.04.	Wed 22.04.	Thu 19.04.
<b>A</b> <b>R</b> <b>R</b> <b>I</b> <b>V</b> <b>A</b> <b>L</b> <ul style="list-style-type: none"> <li>• Kick-off</li> <li>• Getting to know each other</li> </ul>	<b>PREP &amp; EXCHANGE DAY</b> <p>Introduction &amp; Group-building</p> <p>Presenting own organizations, experiences, practices in volunteering</p> <p>Sharing of ESC- Experience &amp; Best practices</p> <p>Challenges in volunteer services &amp; best practices</p>	<b>WORKSHOP DAY 1</b> <p>Basics of trauma-sensitive practice</p> <p>Resilience and protective factors</p> <p>Reflection exercises</p> <p>Discover Leipzig</p>	<b>WORKSHOP DAY 2</b> <p>Personal mental health and self-care</p> <p>Boundaries and role of educational professionals</p> <p>Case studies</p> <p>Support options</p> <p>Plenary discussion</p> <p>Evaluation, Youth Passes</p>	<b>D</b> <b>E</b> <b>P</b> <b>E</b> <b>R</b> <b>T</b> <b>U</b> <b>R</b> <b>E</b> <ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Farewell</li> </ul>

The finalized schedule will be published later. Changes are possible.

# TRAVEL COSTS & REIMBURSEMENT



Your travel expenses can be reimbursed up to a maximum fixed amount (see table on the right). To calculate your distance, please use only the EU [Distance Calculator](#).

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR

## Hints for travel reimbursement!

Origin: The starting point and end point of your travel is usually your place of residence. If your travel does not start from or end at your place of residence, please prove to us that the cost of your ticket is no more expensive than if you had traveled from or back to your place of residence (city).

Green Travel: Green Travel is defined as a travel that use low-emissions means of transport for the main part of the travel (>50%), such as bus, train, bike or car-pooling. The decisive factor is the number of kilometers traveled, not the travel time.

Travel arrangement: Please arrange your travel based on economy class / 2nd class tickets. Please do not book any tickets before you got our confirmation of participation. If you need help or advices, please contact us.

All selected participants will get more detailed travel advices after the date of selection.

Travel days: In order for us to recognize your travel documents, you must arrive no more than 3 days before the official arrival date (16.04.) and depart no more than 3 days after the official departure date (26.04.).

So you are welcome to use the time before and after the project for free time. Please note that we cannot provide food and accommodation for these additional days.

Travel receipts: Please provide us with your complete original travel receipts. Copies and Scans are not permitted. Digital receipts can only be accepted if there are no physical travel receipts.

# FACILITATORS



**PHILIPP NIESE**  
**TEAM LEAD (DE)**

Philipp coordinates the seven-member Europe-Team which implements several Erasmus+ and ESC projects. Since 2001 he is involved in the implementation of around 100 ESC activities, organised several youth exchanges with Northern Ireland and coordinated political education in VILLA. He is experienced in the application, monitoring and administration of ESC projects in both formal and practical implementation.



**JOHANNA STROBEL**  
**ESC COORDINATOR (DE)**

Johanna has been working as an ESC coordinator in the Europe-Team of VILLA since 2023, where she coordinates around 40 volunteers (hosting/sending) per year. She also brings a lot of experience in obtaining the Quality Label. Before that, she was involved in a youth exchange program at a secondary school in Leipzig. Prior to that, she has also been supporting a state-funded student exchange program in Bavaria since 2017, which she continues to run as a freelancer.



**MELIHA KUYULU ROST**  
**ESC COORDINATOR (DE/TR)**

Meliha is one of the ESC coordinators in the Europe-Team of VILLA. She did a year of ESC volunteering 4 years ago and since April '24 she has been working as a coordinator, bringing together the practical and theoretical knowledge. Together with Johanna, she coordinates around 40 volunteers per year. Since October '23 she has also been coordinating a youth participation project which has reached 250 young people (mostly young people with fewer opportunities) in Leipzig.

**KIRA KAPLAN**  
**(CAN/DE)**



- Certified trainer
- Qualification in communication psychology according to Schulz von Thun
- Trainer for nonviolent communication (NVC) (in training)
- Resilience trainer and coach
- Lecturer in communication psychology in the dual degree program in social work, IU Leipzig
- More information @ <https://www.yuva-leipzig.com> (German)

# SUPPORT & CONTACT



If you need support or if you have further questions, please contact Johanna, Meliha or Philipp.



[esc@villa-leipzig.de](mailto:esc@villa-leipzig.de)



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Jahr für Europa



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[Link to application form](#)

