

# Feel, flow, **GROW!**

from inner balance  
to outer impact



**ERASMUS+ TRAINING COURSE**

5 - 12 MARCH, 2026  
NEAR ELBLĄG, POLAND



Co-funded by  
the European Union

# Context

Feel Flow Grow is a training programme for youth workers who wish to strengthen their professional practice by exploring the topics of wellbeing, resilience and creativity.

The vision of the project is symbolised by a tree - a living system that grows through strong roots, a flexible trunk and expanding branches. In the same way, sustainable youth work begins with inner awareness, develops through adaptability and flourishes through creative expression and collaboration.

During the training, participants are invited to:

**FEEL** - reconnect with their inner world, emotional awareness and wellbeing, understood as the roots of sustainable work with young people. Participants reflect on how their own mental and emotional state influences their professional role and relationships.

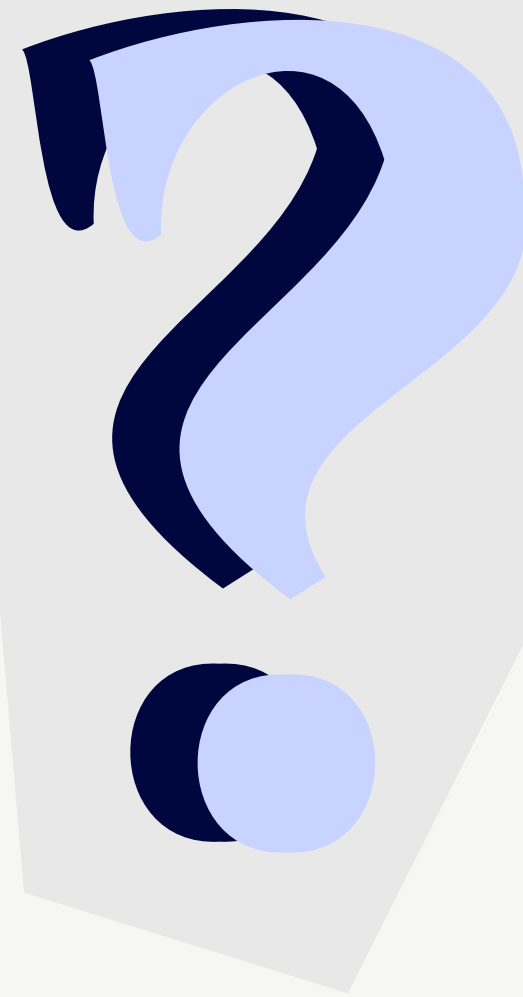
**FLOW** - strengthen resilience and flexibility, learning how to stay present, adaptive and grounded in times of change, uncertainty and pressure. Like a tree that bends with the wind, youth workers explore ways to respond to challenges without losing balance.

**GROW** - develop creativity as a resource for professional growth, innovation and meaningful engagement with young people. The branches of the tree symbolise expansion, learning and the ability to create new approaches rooted in experience.





**What's the course  
about**





## ABOUT THE COURSE

**Feel Flow Grow** is a training course designed **for youth workers** from non-governmental organisations who are committed to **supporting mental health and wellbeing among young people** and who wish to strengthen their professional practice through **reflection, creativity and connection**.

Through **experiential, creative and collaborative methods**, participants will explore innovative approaches to **wellbeing and resilience in youth work**. The course creates space for learning, exchange of good practices and the building of meaningful international connections, supporting **future cooperation and partnerships** between organisations.

The course is free of charge for selected participants, thanks to funding from the Erasmus+ Programme and the commitment of the project team.

Travel, accommodation, food and working materials will be fully covered.



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## **Project objectives:**

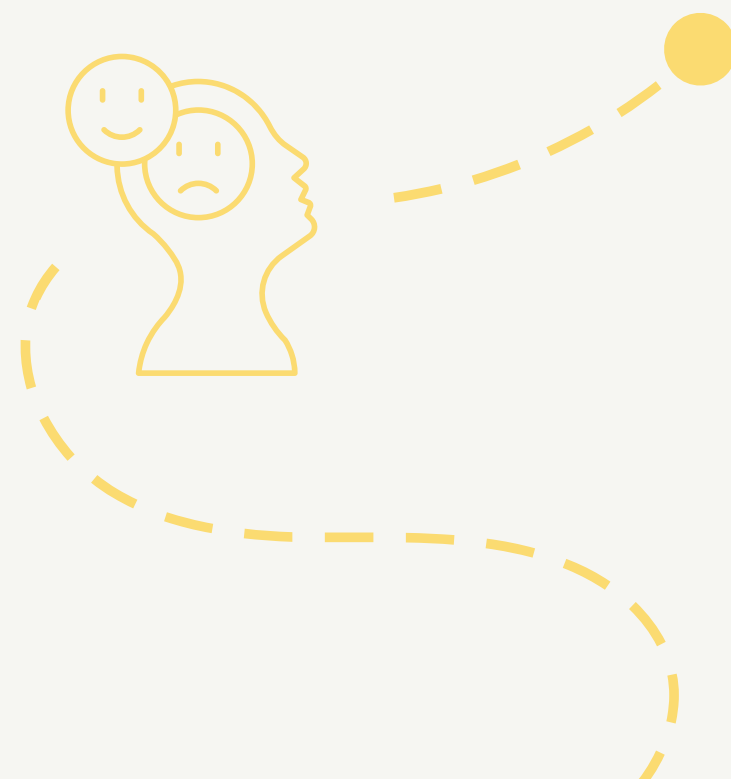
- To understand the importance of empathetic listening, self-regulation and stress resilience in youth work;
- To increase awareness of mindfulness, embodiment and creative expression as tools supporting wellbeing and engagement;
- To strengthen empathetic communication, active listening and conscious presence in professional practice;
- To improve the ability to manage stress, emotions and inner balance through mindfulness and body-based practices;
- To gain practical experience in using creative methods (storytelling, collage, somatic exercises) in youth work;
- To enhance collaboration, teamwork and peer learning through group and pair work;
- To develop an empathetic, reflective and non-judgmental attitude towards young people and colleagues;
- To recognise wellbeing and self-care as essential professional competences in youth work;
- To value creativity, connection and shared learning as foundations of sustainable youth work.

# In the training course you will:

1

**Find tools to help youths dealing with mental health challenges:**

Explore tools, strategies and best practices to address the unique mental health needs of young people across Europe.



2

**Collaborate and Network:** Build strong, lasting partnerships with like-minded organizations, enabling collective action and shared learning.

3



**Learn and practice creative methods** like collage, creative writing, storytelling, and somatic work to support personal and professional growth.

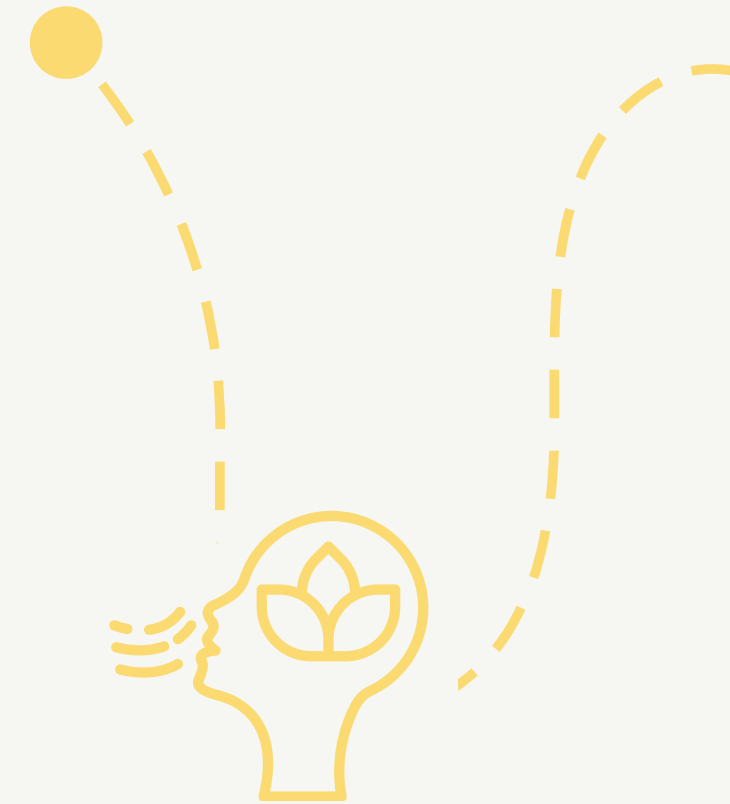
4

**Develop skills in group facilitation,** empathetic communication, and team-building to create impactful youth work.



5

Focus on **empowering mental resilience and self-care** through practices like self-regulation, mindfulness and embodiment — for yourself and the youth you serve.





# Methods

# Key Training **Methods** that you can expect during our training :



## **Self - regulation:**

- A powerful tool for enhancing inner ballance and empowering stress resilience.
- Participants will explore how stories can be used to inspire and engage young people.



## **Mindfulness Practices:**

- Techniques to support self-awareness, reduce stress, and enhance focus.
- Helps participants develop strategies for personal wellbeing and supporting youth.



## **Embodiment:**

- Body-centered practices to enhance connection with oneself and manage stress.
- Encourages holistic approaches to mental health and wellbeing.



## **Creative Methods:**

- Activities like collage-making, creative writing, storytelling and somatic work exercises to express emotions, ideas, and experiences in innovative ways.
- Promotes emotional development and self-expression.



## **Empathetic Listening:**

- Techniques to strengthen communication skills and build trust in relationships.
- Supports better understanding of youth needs and challenges.



## **Group and Pair Work, Integration:**

- Facilitates the building of meaningful connections and the sharing of diverse perspectives.
- Strengthens collaboration and team-building skills.



# The Project Team



**Anna Kozlińska,**  
trainer

Ania is a psychologist and a soft skills trainer. In her daily life, she runs workshops for adults, youth, and children using non-formal education and the embodiment approach. She is particularly interested in the topics of stress management, self-acceptance, and emotion regulation. In her free time, she likes practicing yoga and being in nature.



**Mateusz  
Chmielewski,**  
trainer

He graduated in Psychology at the University of Warsaw, specializing in Personality Development Support. Since 2021 at "Q Zmianom" Association he's been spreading knowledge about emotional regulation and mental health by conducting workshops in elementary and secondary schools. He also provides coaching for high school students and adults. His areas of expertise include building a positive relationship with oneself, working through creative blocks, dealing with performance anxiety, meditation. In his psychological practice, he draws a lot from the theories and research of positive psychology and the psychology of the subpersonalities.

In addition to psychology, he is deeply involved in creative arts: he is a musician, visual artist, graphic designer.

IG: [inkh\\_artist](#)



Ola is the project coordinator and will be in charge of all logistical aspects concerning the training. She will assist during the preparation phase and handle travel arrangements to ensure a seamless and enriching experience. Ola will reach out to you about tickets and all related logistics. Aleksandra and Julia from Q Zmianom team will support the project coordination.

**Aleksandra Wolska (Ola),**  
project coordinator



Mateusz, our vegetarian cook and paramedic, will ensure we have nutritious meals and medical support throughout the training. He's also enthusiastic about initiating some jam session nights, so bring along any instruments you'd like to share and join in the musical fun!

**Mateusz,**  
cook and paramedic





**Who can apply?**



## This project is **dedicated** to:

- **youth workers** (professionals or volunteers who support the personal, social, and educational development of young people).
- **participants over 18 years old** (with no upper age limit),
- people with an **interest in the project's topic** and **be motivated to actively participate in all phases of the project.**
- people who can **participate** in the **whole duration** of the program
- are able to use **English** as a **working language**
- **organisation's representatives with valid OID number or willing to register in a system**

**This course is open for participants from Programme and Partner countries of the Erasmus+ programme.**

Belgium, Bulgaria, Czechia, Denmark, Germany, Estonia, Ireland, Greece, Spain, France, Croatia, Italy, Cyprus, Latvia, Lithuania, Luxembourg, Hungary, Malta, Netherlands, Austria, Poland, Portugal, Romania, Slovenia, Slovakia, Finland, Sweden, North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Türkiye



## 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 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)**

This course is open for participants from Programme countries of the Erasmus+ programme.





**How to arrive?**



# The travel

- The first and the last day of the training are arrival and departure days. **We will arrive at the venue in time for dinner and depart after breakfast.** You can 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 MUST get approval by e-mail.**

- Closest international airports are in **Gdańsk** and **Warsaw**. We will organize a group pick-up from the **Warsaw** (around 15:00) and **Elbląg** (around 20:00) in the evening of the arrival day, so please plan your trip accordingly. For the way back, we will organise a group transport back to **Elbląg** and **Warsaw**.
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- 



# reimbursement

All detailed regulations regarding travel rules are available at this link. Please read them carefully.

[CHECK THE LINK](#) 

# Travel reimbursement

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 **provide all invoices, boarding passes and tickets.**

Distance	Travel using eco-friendly means of transport	Travel without using eco-friendly means of transport
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

To consider your trip an eco-friendly, at least 51% of your travel must be done by bus, train, carpooling or bike.



# The venue



# The Venue

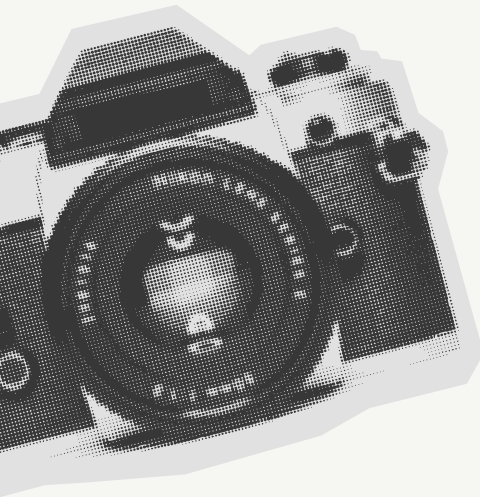
The training will take place in a developmental center in the north-east of Poland. We will be surrounded by nature - natural forests as well as big, beautiful garden with a pond and sauna.

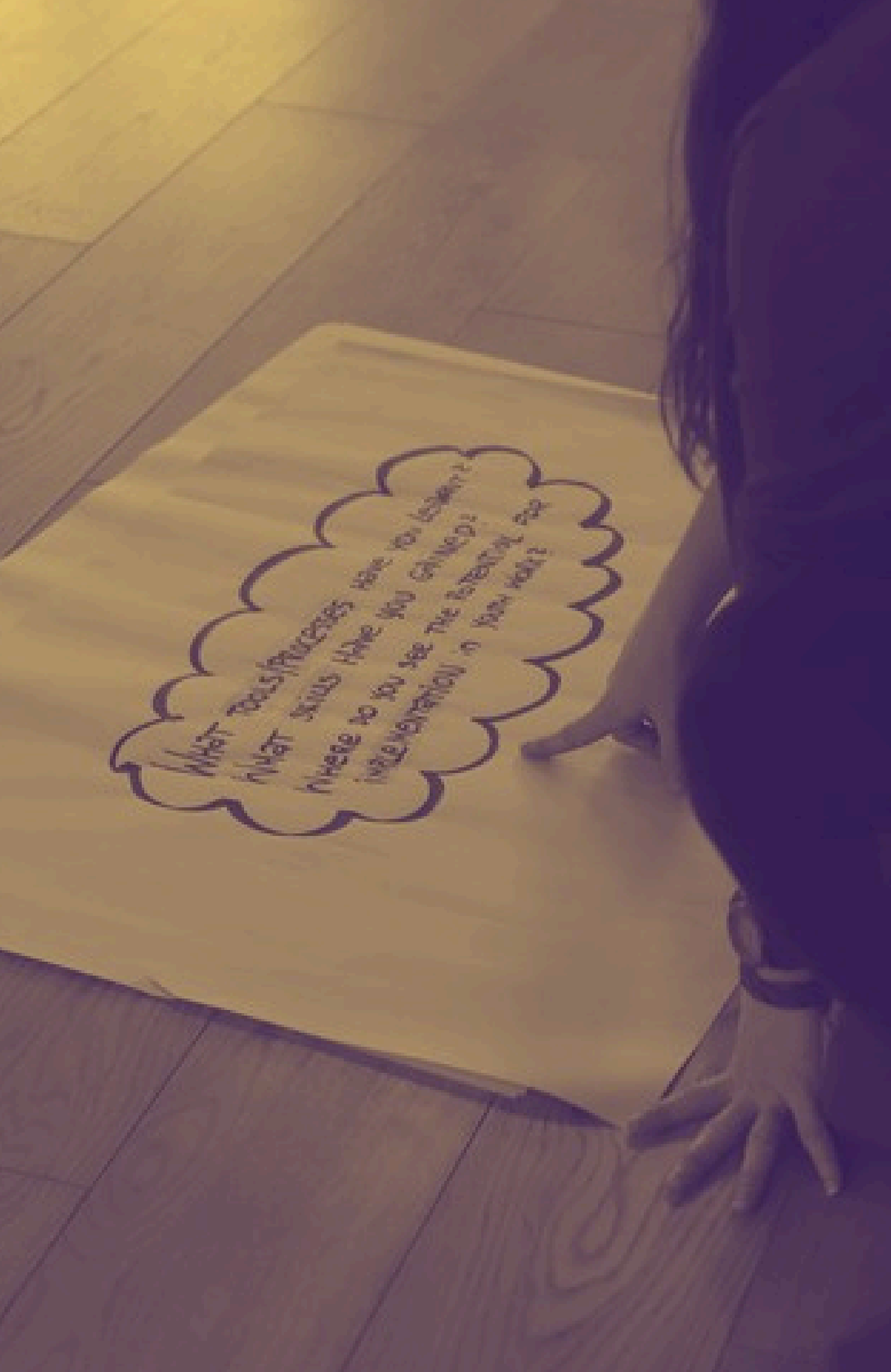
You will be accommodated in shared rooms for 2-4 people, each equipped with bathrooms. For activities, we will use a spacious training room or take advantage of the nature around us. For resting we can use a common space and sauna.

We will provide **VEGETARIAN meals, along with coffee breaks in between.**

**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.**

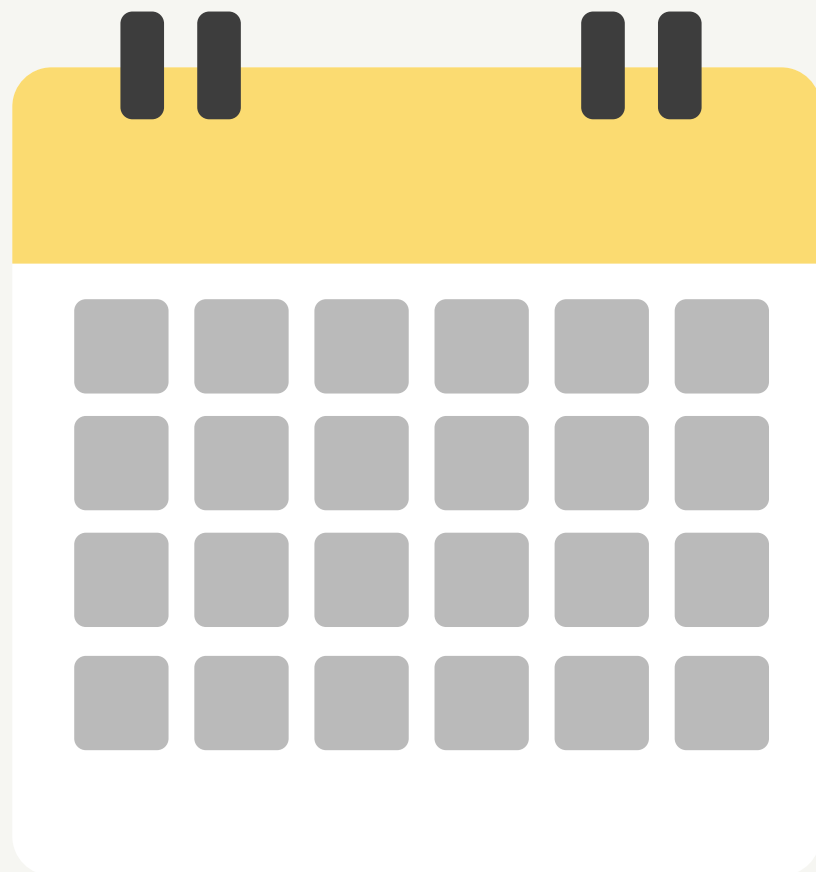






# Practicalities

# Daily program



8.30 - 9.15 - breakfast

9.15 - 10.00 - community care

10.00 - 14.00 morning session  
(with one comfort break~30 minutes)

14.00 - 16.00 lunch break

16.00 - 19.00 afternoon session  
(with one comfort break ~30 minutes)

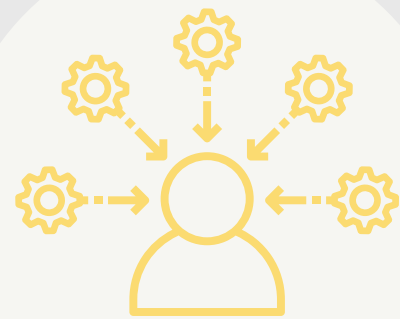
19.00 dinner

20:30 - open space

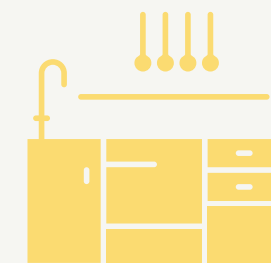
Please note that the training does not provide suitable conditions for remote work. We strongly recommend that participants set aside their professional responsibilities for the duration of the course in order to fully engage in the learning process.

# Important rules

**This is an educational training, and by participating, you agree to respect the program's rules.**



All participants are expected to attend and **actively engage in the sessions**. Although personal responsibilities are acknowledged, the training is **not intended as a space for online work**. We strongly recommend setting aside work commitments during the training to fully benefit from the experience and focus on your learning and wellbeing.



**Participants** are also **expected to contribute to the group's** wellbeing by assisting with **daily chores**, such as cleaning common spaces and helping the kitchen team (cleaning the dining room and putting dishes in the dishwasher). This fosters a positive, collaborative environment and aligns with the course's values of collective wellbeing.

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The project is **alcohol-free** to maintain a clear, healthy environment that supports learning and emotional support. This policy helps create a safe and supportive atmosphere for personal growth and group cohesion.

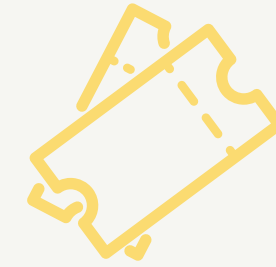
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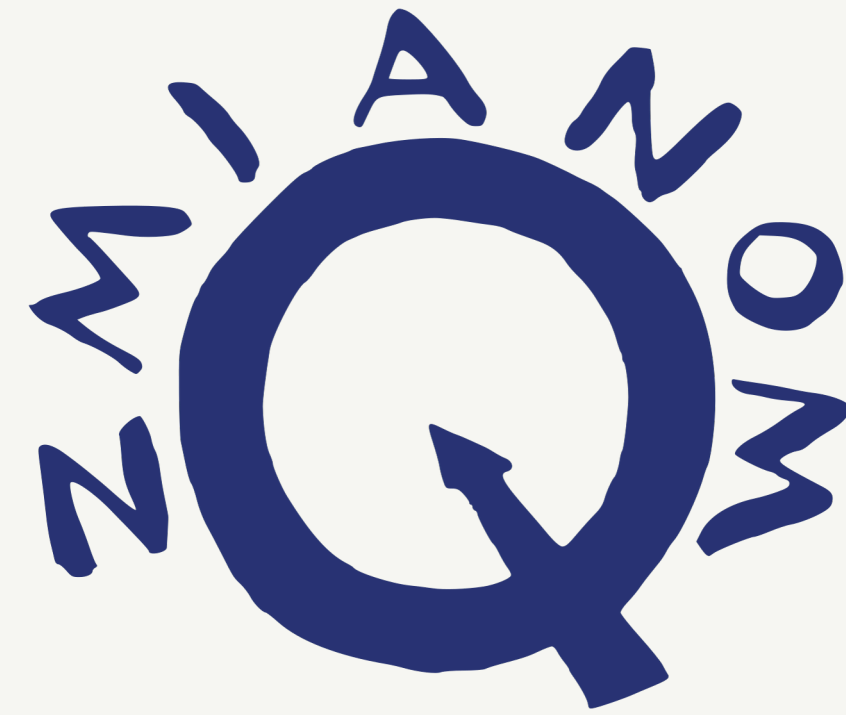
**Respect** and **openness** are key to our training environment. We encourage thoughtful engagement, **active listening**, and an **open mind** to enhance the learning experience and support a **safe, inclusive space for all**.



Please note that this is an educational training and **not a therapeutic activity!** While it provides valuable skills and knowledge, it is not a substitute for professional mental health services.



**Travel reimbursement** will be processed **after the training** upon submission of the reimbursement form, tickets and invoices. To qualify, participants must **attend the entire program** and complete a follow-up task: filling in the EU survey and evaluation form.



# About the hosting organization



EACH OF US,  
SURROUNDED BY  
CARE AND SUPPORT,  
CAN CHANGE  
OURSELVES.



- PSYCHOEDUCATION, TRAININGS
- PSYCHOTHERAPY
- COACHING
- PSYCHOLOGICAL CONSULTATIONS
- INTERNATIONAL PROJECTS



# The Q Zmianom Association

**The Q Zmianom Association** was established in 2004 in Warsaw, Poland and since that time has been active in the field of youth work. The name of the organization translated to English is "Towards Change - The Association for Development and Support".

The Organization aims, among other things, to support the development of key competencies, especially learning skills, social and civic competencies, supporting the personal development of children, youth and adults, equalizing educational opportunities for people of different socio-economic status, protection and health promotion and counteracting social pathologies.

The organization is active in the Erasmus+ Youth Sector. Q Zmianom has been a partner and host organization in several short-term mobility projects, and since 2024, it has been accredited as an organization in the Youth Sector.

<https://qzmianom.org/>

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




**How to apply?**



## To join this TC [APPLY HERE](#) by filing in the application form.

The "Feel, Flow, Grow" course is organised twice on two different dates (5 - 12 March, 2026 or 10 - 17 April, 2026). The programme is the same for both editions - please choose the date that works best for you.

In case of any doubts, please contact us at [erasmus@qzmianom.org](mailto:erasmus@qzmianom.org)

If you want to feel the vibe of the training we offer, please check out our [Instagram](#) profile. 

<https://qzmianom.org/>

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

<https://www.facebook.com/QZmianom>

