

INFOKIT

FROM BURNOUT TO BALANCE: A TRAINING COURSE FOR ESC TUTORS

**23-29 APRIL
2026**

**SOLÓRZANO,
SPAIN**

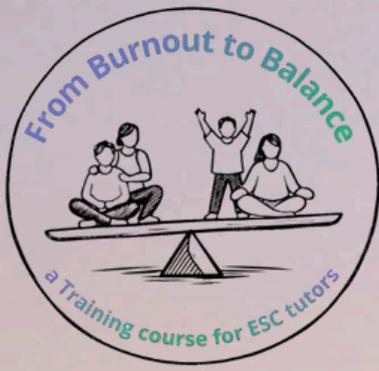


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PROJECT SUMMARY AND OBJECTIVES

Mental health and wellbeing are key aspects of youth work and European Solidarity Corps (ESC) programmes. Tutors and supervisors play a crucial role in supporting young people and their work is a form of care work, even if it is not always recognised as such.

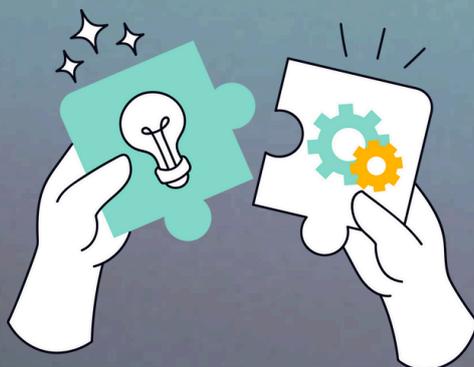
This ongoing emotional and relational labour can be highly demanding, especially in the long term. Sometimes, youth workers experience burnout and a negative impact on their own mental health, which may affect their motivation and sustainability in the profession.

In this training course, participants will reflect on challenges, share experiences and develop practical approaches that strengthen their ability to care for their own wellbeing. In particular, the training will focus on analysing, trying out, and designing strategies and tools for youth workers wellbeing, that combine self-care with communal care.

PROJECT ACTIVITIES AND METHODOLOGY

We are hoping to together move beyond purely individualised solutions and tools and promote group-based and collective approaches to the wellbeing of youth workers by youth workers, so it can be integrated into youth work daily practice and organizations.

Participants are encouraged to present their own ideas and activities, as the methodology is based on peer-to-peer learning. We also wish to integrate some partnership building activities.



PARTICIPANT PROFILE



The training will have 18 participants in total + the team of facilitators.



This training is for you if you are:

- 18+ years old
- Resident in one of the partner countries.
- Intermediate level of English
- You have some experience as a tutor in the ESC programme
- Open minded to work in an intercultural environment, respecting diversity of opinions.
- Genuine interest in the topic, willing to share ideas, reflect, and contribute to the discussion.
- Be ready to participate in online follow-up activities and dissemination in the 3 months after the mobility.

CANTABRIA



Cantabria is a small autonomous region and it sits within what's known as Green Spain, in the North of the country, along the Bay of Biscay. It is one of the most rural parts on Spain. The natural boundaries of Cantabria are the Bay of Biscay to the North and the Cantabrian Mountains and the Picos de Europa to the South. The Cantabrian coastline is full of good beaches, small fishing harbours and some impressive sea scenery.

We will be staying in the village of Solórzano and we will have a one day excursion in Santander, the capital of the region.

WEATHER



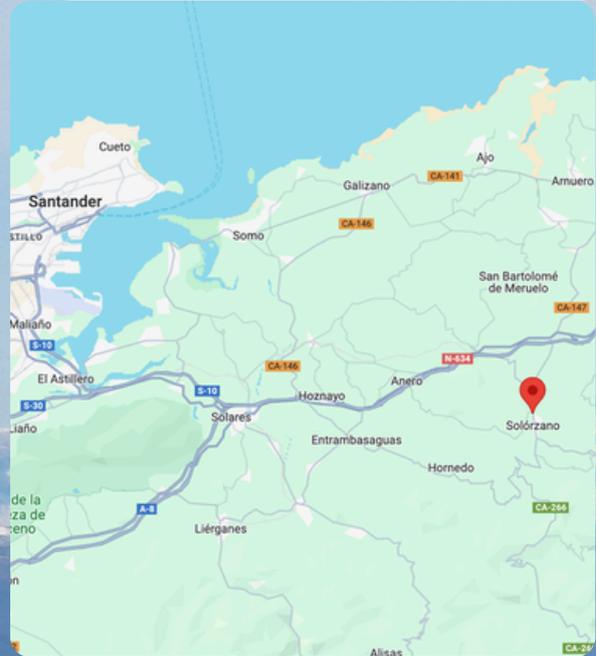
The region's temperature is humid oceanic climate, characterised by mild and usually cloudy/rainy April days, around 10°C to 15°C degrees.

However, it is also very changeable, so we may get some sun. Check the temperature a few days before the trip!

ACCOMODATION



Albergue Juvenil Solórzano



The accomodation is a youth hostel, with two big rooms and bunk beds (scouts style) and shared bathrooms. Please remember that this is not a hotel; the rooms are very basic and old-fashioned. It's close to the center of the village where you can find stores, a pharmacy, a bar...

ACCOMODATION IN SANTANDER



Estudios
Aranzazu



On the last day of the program (28th), we will leave the village and have a chance to visit Santander. We will spend the last night there, in a hotel with double and triple rooms.

TRAVEL INFO



Meeting point 23/04/2026:

Santander train station, 19h. From there we will take a private bus together to Solórzano.



The maximum budget to cover your travel expenses that includes transportation (flight, bus, train) and travel insurance is calculated with the Erasmus+ distance calculator:

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

If you have any doubts, ask us :)



You can arrive 2 days earlier, or leave 2 days after the project and still have your tickets reimbursed; however, you will have to cover your own accommodation for these additional days. The closest airports are in Santander and Bilbao. **When you find a possible itinerary, inform Ser Joven at europa@ser-joven.org. If Ser Joven agrees, go ahead and book the tickets!**

WHAT TO BRING/PREPARE BEFORE ARRIVING?



- **Sleeping bag, or sheets and covers! In the accomodation there are bunk beds and pillows, but no sheets.**
- Towel
- Slippers/Flip Flops
- Water bottle (to prevent waste)
- Personal care products, medicine etc.
- If you are feeling brave, swim suit for the day trip to Santander
- Layered clothes for variable weather
- If you wish, you may bring a typical snack or food/clothing or other item from your country that you want to share with the other participants
- Games, music instruments, books etc. are always welcome.

APPLICATION FORM

[Click here to apply!](#)



CONTACT

 europa@ser-joven.org

 +34601185412

 asociacionserjoven

 @etlserjoven



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