

## Leading with Care: Wellbeing, safety, and mental health support in Erasmus+ youth exchanges

### Training timetable

	16/06/2026 Arrival day	17/06/2026 Training day 1	18/06/2026 Training day 2	19/06/2026 Training day 3	20/06/2026 Departure day
Morning 1	Arrivals	Understanding the KA1 context	Crisis management in youth exchanges	Quality & Well-being in K1 projects	Departures after breakfast
Morning 2		Ensuring participant wellbeing & safety in international settings	Practical simulation: managing a crisis	Participants' project presentations	
Afternoon 1		Group building & holding space	Self-care and emotional regulation for youth leaders	Integration Workshop	
Afternoon 2		Youth workers' own wellbeing		Closing & evaluation	
Evening From 19:00h		Welcome & getting to know each other		Dinner in Luxembourg City	