

The Inner Voice

(From Inner to Outer Voice)

*A Training Course for Youth Workers
to adopt a Strong Inner Voice that translates
into Calm and Effective Communication (Outer Voice)
for boosting Youth Participation*

Sunday, May 17th – Sunday May 24th, 2026

(including travel days)

Woodstown, County Waterford, Ireland



Woodstown Residential and Activity Centre



Information Pack for **Participants**

Overall Aim

The aim of this Training Course is to explore different ways to empower youth workers to be present, confident and connected when working with young people. Preserving calmness and confidence is key in sometimes challenging situations. By mastering tools that can help to shape the inner and outer voice, youth workers can ensure authentic, confident, and sustainable communication in both digital and face-to-face contexts working with young people boosting youth participation.

Background and Theme of the Project

Being a youth worker requires to be present and connected to oneself and others in order to be able to convince and inspire youth. Society and social media often form external pressure to act or be in a certain way, what could alienate young people from themselves and their potential. This training course will help youth workers to reconnect to themselves and hence to find their inner voice.

We will explore the topic of inner voice through reflections and exercises on confidence, authenticity and connection. Breathing exercises will be used, as well as yoga poses and different exercises to become aware of what it means to be present and grounded. There will be the opportunity to share experiences on moments in youth work and in daily life and as such to create a common intelligence and experience. The training will also allow for individual reflections on mentality and the relationship to oneself.

Secondly, we will link the inner voice awareness to awareness about the outer voice and communication to others. Some role play games and communication exercises will be provided and awareness will be created on voice use and authentic communication. Do we speak from inner calmness and strength, or do we apply force and stress to the voice? Are we able to convince people and have people listen to what we have to say? Some exercises will be used to explore our own voices. We will also explore the role of emotions in using the voice, in conflict resolution and in convincing people of an idea.

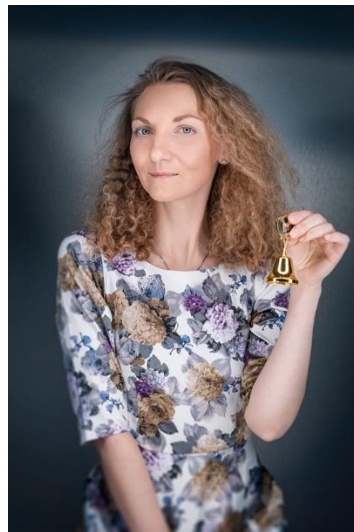
Objectives

- Increase the resilience of youth workers in dealing with challenging situations.
- Provide different methodologies in grounding, to find ways of staying present
- Facilitate Reflective and Experiential Learning
- Offer methods for self reflection, increasing self awareness and self development
- Get a first idea of the importance and the possibilities of voice use
- Understanding what it means to speak with ones own 'natural voice', rather than speaking with a forced voice, helping to combat voice fatigue and voice problems in the long run.

Approach and Methodology

There will be two experienced Trainers running the Programme:

- Kristina Castronovo (Youth Worker, nfe trainer and project manager, Latvia)
- Joris Wagemakers (Youth Worker and trainer, Belgium)



Kristina Castronovo is an experienced project manager and youth trainer, who has worked in Latvia, Sweden and Italy in this field for almost 20 years. Studied Political Science and Diplomatic Relations, attended several Leadership and Public Speech courses. Has been singing in a choir for c.15 years. Kristina is a professional NFE trainer belonging to Latvian National Agency Trainers Pool. Specialized in topics of youth participation, inclusion, mental health and well-being. She is also Neurographica Instructor and Aesthetic Coach.



Joris Wagemakers is involved in youth work for 15 years, first as a participant in international youth projects and later as a youth worker and trainer in Erasmus+. His working methods are focused on self reflection and collective intelligence, using informal learning methods to stimulate learning and to come to new insights and knowledge. He is a sociologist as a profession, and a passionate youth worker. Joris is familiar with voice exercises through music lessons and yoga practices as an amateur.

Since we will be in a small group and with likeminded people, we aim to create a safe space where everyone can explore at their own pace. Everyone can share their experiences at a level that they are comfortable with. We will also invite participants who are motivated to do so, to share their own practices and habits, for example on how to be grounded, to find authenticity within themselves, and to speak and act with authority in daily life and in particular in youth work.

This Course will be based on non-formal education, with a self-directed learning approach for reflecting on the connection between the inner and outer voice of the youth worker and youth participation.

The Training Course will be characterised by highly participatory, interactive and experiential methods. We'll be out in the natural environment so it's important that participants will be prepared for all weathers !

From breathing, meditations and self-explorations – to public speech and communication workshops – to seeing the impact of the youth worker's voice on youth participation. Some sessions will be complemented by theoretical inputs, and all of them will be followed by group reflection or self-reflection.

PREPARATORY WORK –

- 1. Make a small research about youth work in Your country or community. Get inspired by some examples on what effective youth work is and how authentic inner and outer voice has played a role. This we will need for a discussion.**
- 2. Feel free to offer an exercise or practice for the rest of the team. We can integrate your workshop into the programme.**
- 3. Prepare for the intercultural night with a focus on inner/outer voice – tell us if there is any special voice or singing tradition, way, style in Your country, meditation, teach us to sing Your folk song or make us practice some hard-pronounceable sounds from Your language 😊**

Profile of the Participants

Participants will be youth workers, project leaders and educators involved in youth work.

It's important to note that we're looking for people with some level of experience, who have already worked with young people in different ways.

The key is that participants have an open mind and are willing to step into a journey of self discovery, to increase self awareness and resilience.

The participants will have a multiplier role - in other words: they will adapt what they learn in this training course to their own context of working with young people. In their future projects and daily work they can incorporate tools, methods and theories which they have learned during this Training Course. They can also use their personal learning and development in their daily work with their own target groups.

Outline of Schedule

This following schedule is intended to give participants an outline of the week's activities, and is subject to change, depending on the needs and input of the group and also the last minute inspiration of the trainers.

Day and Date	Daytime Activities	Evening Activities
Sunday, 17 May	Arrival day	Getting to know each other
Monday, 18 May	Introduction - Being grounded in Youth Work	International evening
Tuesday, 19 May	Inner voice and body work as a tool (yoga, breathing) and resilience	Traditional Music Evening in a local pub
Wednesday, 20 May	Creativity as a tool - Importance of Mindset	Relaxation evening
Thursday, 21 May	Outer voice discovery - Finding your authentic voice	Relaxation Evening
Friday, 22 May	Nature as a tool - Visit to the mountains	Dinner out in a traditional Irish pub
Saturday, 23 May	Takeaways/conclusions - Erasmus+ - Dessimination	Bonfire on the beach at Woodstown
Sunday, 24 May	Breakfast together and Departure day	Going home!

Practical & Travel information

Venue

The Training Course will take place at:

Woodstown Residential and Activity Centre (WRAC), Woodstown Beach, Co. Waterford, Ireland (X91FX29)

Telephone: 00 353 86 3889723 or 00 353 51 309364

Email: woodstown@wstcys.ie

WRAC is a Project of the Waterford and South Tipperary Community Youth Service, based at the Edmund Rice Youth and Community Multiplex, Manor St., Waterford City, Ireland (X91TY8N)

Woodstown Centre is situated on the beachfront around 10km from Waterford City – it offers tranquility and privacy in a quiet rural area, and is set on 2 acres of its own grounds.

- The Centre operates on a self-catering basis, and has bunk-bed type accommodation for up to 32 people. There is a fully equipped kitchen, a large dining room, a living room and a TV/Training room with a fireplace. Bed linen, duvets and pillows are provided, but you will have to bring your own **towels and toiletries** (soap, shampoo, toothpaste, etc).
- **Please note that there is a self-catering element to this Training Course.**

During the Training Course, there's a maximum of 16 participants staying in the House, and we all pitch in together to maintain standards, and feed ourselves for breakfast and some other meals. We expect that everyone will help out to keep the venue in good shape during the week – we love the place, and all we ask is that you look after it the same way as you would your own house.

- **Please note that the sleeping space involves two shared 16-person dormitories.**

For this Training Course, we limit the rooms to just 8 people in each. So you still share the sleeping room with many other people! Depending on the gender mixture of the participants, you may be sharing with people of different genders.

Meals

All food will be provided by the organisers either at the venue or in the restaurant next door. In general, it will be self-catering for breakfast and lunch, and dinner will be provided.

(NB. If you have any allergies, or other dietary requirements, please let us know)



WRAC Training Room



Woodstown Beach

When & How to Get There

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Depending on where you're travelling from, the two closest airports are Dublin and Cork, which are both around two hours travelling time from Waterford City.

You'll need to get to Waterford City yourself.

You can take either a train or a bus from Dublin Airport (www.irishrail.ie, www.buseireann.ie, www.jjkavanagh.ie) but only a bus from Cork (www.buseireann.ie).

NB. We'll be running 2 buses from Waterford to Woodstown on Sunday, May 17th – the first bus will leave at 6pm and the second bus will leave at 9pm – You'll need to catch one of these buses, so participants must arrive in Waterford BEFORE 9pm.

Please DO NOT arrive in Waterford City later than 9pm, as there will be no way of transporting you from the city to the venue.



Adventuring in the Comeragh Mountains



Youth Exchange Group at Woodstown

Other Practical Details:

- Participants will be accommodated in bunk beds in shared, dormitory-style rooms.
- There is a wireless internet connection available at the venue

- **The weather in Ireland in May can be very wet, windy, cold, warm, cloudy and sunny – often all on the same day. Please don't travel if you expect gentle, sunny weather – you need to go to the Mediterranean, and not the North Atlantic! You will be spending time outdoors, in forests, on beaches and in muddy places, so you need to be prepared for the outdoors – you will need warm and waterproof outer clothes and footwear, hats, gloves, coats etc. Then you will need warm clothes and slippers for inside as well. Don't forget your umbrella, as there might be rain, but you might also need sunscreen. Half the fun of being in Ireland will be guessing the weather! You can follow the weather forecast here: <http://weather-finder.com/Ireland/Waterford/>**

- The currency is Euro. If you need to change money: Please use the Airport Exchange Office.
- **Insurance:** Insurance is each participant's responsibility. You need to have travel insurance and the European Health Card.
- **Working language:** The working language of this training course is English. Don't be afraid, your English doesn't need to be perfect, neither is ours! What is important is that your English is good enough to actively participate.
- **Contact details in case of emergency** If you are ever in any trouble, you can call Sanja on 00 353 86 4555346 (or Declan on 00 353 86 3889723)

Financial Considerations:

1. The food and accommodation will be completely provided and paid by Erasmus+.
2. Visa costs (if needed) will be reimbursed by the organisers after the Training Course, once receipts are received.
3. Travel costs include plane, train or bus costs from your home country to Woodstown.
4. ALL costs must be receipted.

Reimbursement of travel costs:

Travel costs (plane, train and bus) will be counted by distance calculator provided by the European Commission and reimbursed by bank transfer directly to the participant within 4 weeks of the Course finishing. The reimbursement is determined by the Erasmus+-guide 2025.

The participants have to give the receipts for the travel costs to the organizers.

The reimbursement will be made through bank transfer after the training course after Waterford & South Tipperary Community Youth Service have received the travel tickets.

Please note that WSTCYS will reimburse any bus or train costs that you incur either in your own country, or in Ireland, as well as your flight/ship costs – up to the maximum allowance in the Programme Guide. But you must provide your receipts!

Communications

Contact us anytime if you have any questions, concerns or feedback.

Let us know of any changes that are relevant to the running of the Training Course as soon as you can, such as:

- Your (non) participation in the course
- All travel related issues, including costs and the exact itinerary
- Your contact details
- Anything else we need to know for a smooth functioning of the Training Course – all information will be treated confidentially



Remember, we're here to help you out in any way that we can, and to ensure that you enjoy your time in Ireland. We want you, your organisation, and most importantly the young people you work with, to get a significant benefit from attending the Training Course, so if there's anything we can help you with or any question that we can answer, just ring Declan on 00 353 86 3889723 or email at declan@wstcys.ie

Woodstown Beach, County Waterford

