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# INFOPACK

“BODY-BRAIN WISDOM- Stress management for NFE practitioners“

There is no learning in a stress mode

## Training course

How to create SEL activities for the promotion of mental health and wellbeing by using NFE to design stress management workshops for young people

Zadar, Croatia  
13.7 - 20.7.2026





## What's it about?

This training course focuses on developing two main competences of emotional intelligence: self-awareness and self-regulation of educator. This 2in1 are fundamental for stress-management and development of resilience in youth work. Starting from positive approach in mental health in which dealing with daily stress is a skill that can be learned and improved, through a holistic blend of body-brain based techniques, tools for development of emotional literacy we incorporate all in non-formal education (NFE) practices. It offers youth workers a space to reflect, recharge, and learn how to empower young people to cope with the challenges of daily life. Participants will explore the existing realities of mental health education opportunities for young people across participating countries and examine how youth work and NFE principles can promote positive mental health.

Where and when?

**13 - 20 July 2026**  
**Zadar, Croatia**

Apply until

**22 June 2026**

# PROJECT DETAILS



## What will the tc look like?

Young people look to their youth workers, facilitators, mentors not only for knowledge and for information but they also look at them how they handle emotions, stress, and challenges. If an educator is emotionally aware and models self-regulation, it signals safety and trust. This is essential for establishing supportive relationships with youngsters. Otherwise would be almost impossible to engaged them because-no connection, no learning. Only more stress and more pressure.

Through interactive methods, the course delves into different standpoints and perspectives about stress, the causes of stress, its psychological and physical manifestations—including the GAS model—as our body’s way to solve the problem perceived by the brain.

Throughout the training, participants will experience and practice a variety of stress regulation techniques, from conscious breathing and body awareness exercises to emotional regulation tools and other social-emotional learning (SEL) strategies.

These methods are designed to help youth workers support both their own well-being and that of the young people they engage with. A significant focus is placed on applying what is learned: participants will work in small teams to co-create small SEL based methodologies, stress management workshops and anti-stress fitness activities. All these can be later implemented in their local communities or virtual settings, ensuring real-world application.

# PROJECT DETAILS





## The training is rooted in Youth Goal #5 **Mental Health & Wellbeing**

It contributes to:

1. Encouraging the development of self-awareness and less competitive mindsets by fostering appreciation for individual skills and strengths.
2. Providing all professionals working with young people as well as family and friends with quality mental health first aid training.
3. Fighting stigma about mental health issues by developing awareness programmes.

# PROJECT DETAILS





## Further goals of the project

**1.** To explore the current realities and approaches for the promotion of mental health both in formal or non formal education, in youth work and/or other supportive environments for young people across participating countries

**2.** To raise participant's knowledge about science based know-how in creating connections to foster readiness for learning

**3.** To point at existence of different personal coping styles as well as different approaches to conflicts when being in supportive relationships with young people

**4.** To deepen participants' understanding on importance of the emotional intelligence of an educator in creating social-emotional learning (SEL) environments

**5.** To learn the essentials of stress—types, stressors, reactions and psychological and physiological responses (GAS model)—and to explore a range of body-brain based techniques for stress regulation and burnout prevention

**6.** To strengthen the competences of youth workers to design and facilitate workshops for young people using social and emotional learning (SEL), emotional intelligence, regulation (both self and social) tools and adapted from neuroscience, positive psychology and coaching



# GOALS





## In

We are expecting you on the 13th of July 2026 in the afternoon (between 17:00 and 19:00 o'clock).

The Welcome Program start will be arranged with the trainers based on arrival time of the participants, and dinner will be served between 19:00 - 20:00h.

## and out

The departure is envisioned for the morning of 20th of July 2026 after breakfast.

# TIMING

## Zadar, Croatia 13.7 - 20.7.2026

Participants are expected to attend the full duration of the Training Course

**13th - 20th July 2026**





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# Zadar

All participants will be accommodated at

**HI Hostel Zadar**

Obala kneza Trpimira 76,  
23 000 Zadar

Tel. +385 23 331 145

Email: [hostelzadar@hicroatia.com](mailto:hostelzadar@hicroatia.com)

Web: <https://www.hicroatia.com/en/hostel/hi-hostel-zadar/>







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## Please note

Please note that you should bring your own towels.

Breakfast, lunch and dinner will be served daily at the residence.

The Training Course will be held at the residence .

**Good to know !**

All participants will be accommodated in **Youth Hostel Zadar**, situated 5 km from the bus terminal (take bus line no. 5) in the famous Borik tourist zone. In hostel there are terrace with a bar & restaurant, seminar hall, sports ground (basketball, football), baggage room, internet access, tourist info point, and a beach just across from the hostel. Participants will be placed in 3/4-bed rooms (bunk beds) with shared bathrooms.

# ACCOMMODATION



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Hostel



Rooms



Dining area

# ACCOMMODATION



# TRAVEL

For all information about booking your tickets and coming to Malaga, you should be in contact with **Veronica Bracaccini** – in charge of project logistics, by using the official project e-mail (you can find all contacts below).



We are kindly asking you to choose the ecologically and economically friendly means of transport, if possible.

Sustainable means of transport (green travel) is defined as the travel that uses low emissions means of transport for the main part of the travel, such as bus, train or carpooling.





Participants must keep all travel documents (tickets, travel agency invoices and boarding passes) as organizers are able to make any reimbursement only on the bases of presented documents!

A detailed guide to reimbursement will be provided.

Please don't buy your tickets before we approve them!

When you will plan your trip and BEFORE buying your tickets (especially if your planned travel itineraries are different than 13th - 20th July, please inform us in advance, so we can approve your tickets and travel costs.

P.S. At purchasing your travel ticket, please ask for the invoice

Travel costs will be reimbursed only for the cheapest way of transport and for the return tickets. Travel expenses are covered by the organisers 100% up to the maximum of unit cost per distance calculator and means of travel, including bank transfer and other appropriate fees (for all the original tickets and ways of travel that are plane, bus, train, ferry, carpooling, NOT taxi).

For distances, less than 500 km one way (by Distance Calculator | Erasmus+), the preferable means of transport are land transportations, such as train and/or bus. If other mean of transport is selected for such travels, e.g. airplane, those will be reimbursed 60% of airfare, in accordance with the principle of environmental awareness and protection.

# TRAVEL



Travel budget calculation is based on the distance between your starting point and the venue of the program:

10 -99 km	28€ / 56€	green option
100 - 499 km	211€ / 285€	green option
500 - 1999 km	309€ / 417€	green option
2000 - 2999 km	395€ / 535€	green option
3000 - 3999 km	580€ / 785€	green option
4000 - 7999 km	1.188€	
8000 - more	1.735€	

The distance must be calculated according to the official Erasmus+ distance Calculator, which you can find at the following link:

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

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# REIMBURSEMENT

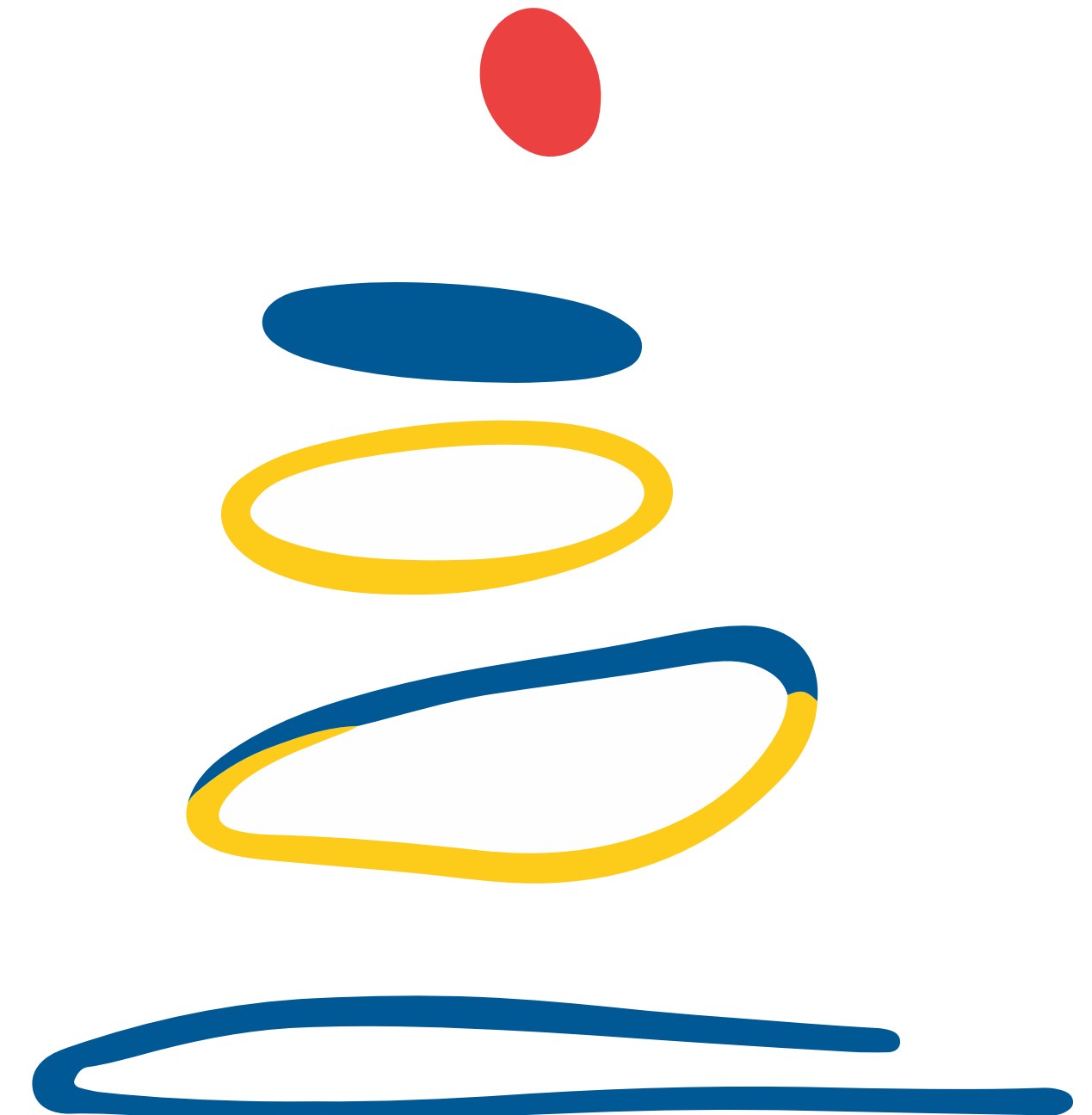
The travel reimbursement **will be done by bank transfers only, after you return home** and send us the ORIGINAL boarding passes and tickets (and after you submit/send us the filled in evaluation forms of the training course).





## Further Rules regarding the booking of the tickets and reimbursement:

1. Only the cheapest tickets will be reimbursed. We will not cover tickets with the deviation from the direct route (A - B - A), extra unnecessary stops and layovers. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurances, priority boarding fees, local bus baggage, handwritten tickets or bianco nota bills.
2. Extra hand luggage can be covered if within budget (make sure you send a plan before purchasing, as some extra fees might be applied by some airlines).
3. We can't cover travel agencies' fees. Travel agencies invoices for the tickets won't be accepted for reimbursement.
4. We can't reimburse taxi, only public transport and carpooling will be covered. Multiple trips passes/ memberships for transportation are not eligible for reimbursement;
5. You can arrive maximum 1 day before the activity or depart maximum 1 day after if you want to spend more time in Zadar on your own. In that case, travel expenses must stay within the agreed budget, while accommodation on the extra days is not covered. For green travels, participants can have up to 4 additional travel days. Extra days must be used to reach the destination, A to B.





# CONTACTS

**Veronica Braccacini**  
**project11@yp-de.org**

Logistic coordinator

Project E-mail

For planning your travel you are directed to contact the project team by using the mail address.

Veronica Braccacini is the person in charge of logistics of the project.

In case of any problem during your travel or if you need any further information please don't hesitate to contact us!



Youth Power Austria



Alternator



Merhamet Novi Pazar



Slovenia



GreenItaly

# PARTNERS