

ERASMUS+ · KA153 · MOBILITY OF YOUTH WORKERS · INFOPACK

Cohesive Youth **Work**

Two-phased training course understanding community cohesion



PHASE 1

26-31 Oct 2026

Tulln an der Donau · Austria

PHASE 2

22-27 Feb 2027

Vienna · Austria



Program is co-funded by the European Union

Coordinated by AACR · Austria



Objectives of the Training Course



Understand cohesion & conflict

Build a shared understanding of community cohesion, power, violence and conflict dynamics from a youth work perspective.



Learn practical methods

Dialogue facilitation, participatory approaches and grassroots project design for everyday youth work settings.



Act locally

Design and implement a local Cohesion Action involving young people in building trust, cooperation and participation.



Connect across Europe

Strengthen European cooperation between youth organisations, a peer network that lasts beyond the project.

Free of charge: Participation, accommodation, full board and travel (within Erasmus+ limits) are covered.

What is going to happen:

The "Cohesive Youth Work" (CYW) project includes two activities – training courses, each rooted in dialogue facilitation, participatory project design, and conflict-sensitive analysis, aiming to enhance participants' skills in community cohesion and grassroots youth-led action.

 **Activity №1 - Tulln an der Donau**

 **Date:** 26-31 Oct 2026

 **Activity №2 - Vienna**

 **Date:** 22-27 Feb 2027

 **Daily schedule:**

Four working sessions per day, with regular meals and breaks, supplemented by occasional evening activities

Both training courses are highly participatory, allowing youth workers to actively shape the program to match their own needs and goals. A structured "integration phase" between the courses keeps participants engaged and supported as they transition from theory to practice.



The Learning journey

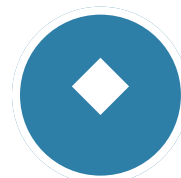
Like the Danube that connects our two host towns, the project flows step by step each stage builds on the one before.

A1

26-31 OCT 2026 · TULLN

Training Course 1

Build the conceptual foundation: cohesion, violence, power and conflict through simulations and dialogue circles.



NOV-FEB 2026 · AT HOME

Integration Phase

Run a needs & assets assessment with young people; join online mentoring and a project lab to draft first ideas.

A2

22-27 FEB 2027 · VIENNA

Training Course 2

Turn analysis into action: participatory project design, stakeholder mapping and labs to design your Cohesion Action.

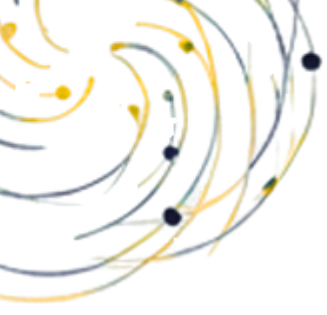


FROM MAR 2027

Cohesion Actions

Implement your local initiative dialogue circles, workshops, participatory mapping or youth-led projects and share results.

Same group, both courses. Your commitment covers the full journey: A1, the integration phase, A2 and a local follow-up action.



Who can participate:

This training will gather a fixed group of 30 participants who are actively engaged with young people. 5 participants from each country.

Requirements:

- ✓ 18+ years old (with an expected age range of 20–35, though open to more experienced practitioners)
- ✓ Residents of Austria, Portugal, Romania, Italy, Hungary, or Slovakia
- ✓ Actively working with youth on a regular basis in youth centers, schools, NGOs, or informal settings
- ✓ Highly motivated to develop skills in community cohesion, dialogue facilitation, and participatory project design
- ✓ Open to reflective, experiential learning and willing to discuss sensitive topics like polarisation, power, and conflict
- ✓ Committed to transferring learning by designing and running a local "Cohesion Action" in their community after the training
- ✓ Good level of English to actively participate in and contribute to the program
- ✓ Full commitment to participate in both training courses and the online integration phase in between.

Accommodation and food

Participants will be accommodated in rooms of 4 to 6 people, mixed by nationality and separated by gender. Each room comes with its own bathroom and a wardrobe.

3 meals per day (breakfast, lunch, dinner) and 2 coffee breaks will be offered at the venue.



Venue №1 - Tulln, Austria
Junges Hotel Tulln

Located at:

1 Marc-Aurel-Park, 3430 Tulln an der Donau, Austria



Venue №2 - Vienna, Austria
Jugendgästehaus Brigittenau

Located at:

Adalbert-Stifter-Strasse 73, 1200 Vienna, Austria



Practical information



Intercultural evening

Each country group is invited to present their culture in a fun and creative way. bring your traditional food, snacks, or drinks, and feel free to prepare music, dances, games, or short presentations/quizzes that represent your country.



Currency

The official currency is the euro. most of the shops take credit card, but it's good to have cash on you, as cafés and other small stores don't always take cards.

Travel, reimbursement & insurance

You are reimbursed after the activity up to the Erasmus+ maximum below.
Keep every ticket, invoice and boarding pass. Confirm your itinerary before booking!

COUNTRY	EXPECTED TRAVEL MODE	MAX · A1 Tulln	MAX · A2 Vienna
 Austria	Green travel (train/bus)	€ 285	€ 56
 Hungary	Green travel (train/bus)	€ 285	€ 285
 Italy	Standard (500–1999 km)	€ 309	€ 309
 Portugal	Standard (2000–2999 km)	€ 395	€ 395
 Romania	Standard (500–1999 km)	€ 309	€ 309
 Slovakia	Green travel (train/bus)	€ 285	€ 56

Erasmus+ distance-band maximums per person, per activity.
Arrival days: 26 Oct 2026, 22 Feb 2027
Departure days: 31 Oct 2026, 27 Feb 2027



Go green!

Choose train or bus where possible. Tulln is 30 min away from Franz-Josefs-Bahnhof station in Vienna, trains operate very frequently.



Insurance & documents

EHIC or equivalent health/travel insurance is mandatory. Bring valid ID or passport and personal medication.



Tickets reimbursement

Always choose the most economical travel option. Costs for first-class or business-class and additional fees for premium services (e.g., extra legroom, seat selection, taxi, extra luggage, etc) are non-eligible travel costs for reimbursement.

SEE YOU ON THE DANUBE

Let's build **cohesive communities** together!



*If you have any questions, do not hesitate to contact us:
culturalrelations.at@gmail.com*

Cohesive Youth Work (CYW) · Erasmus+ Mobility of Youth Workers (KA153-YOU)