

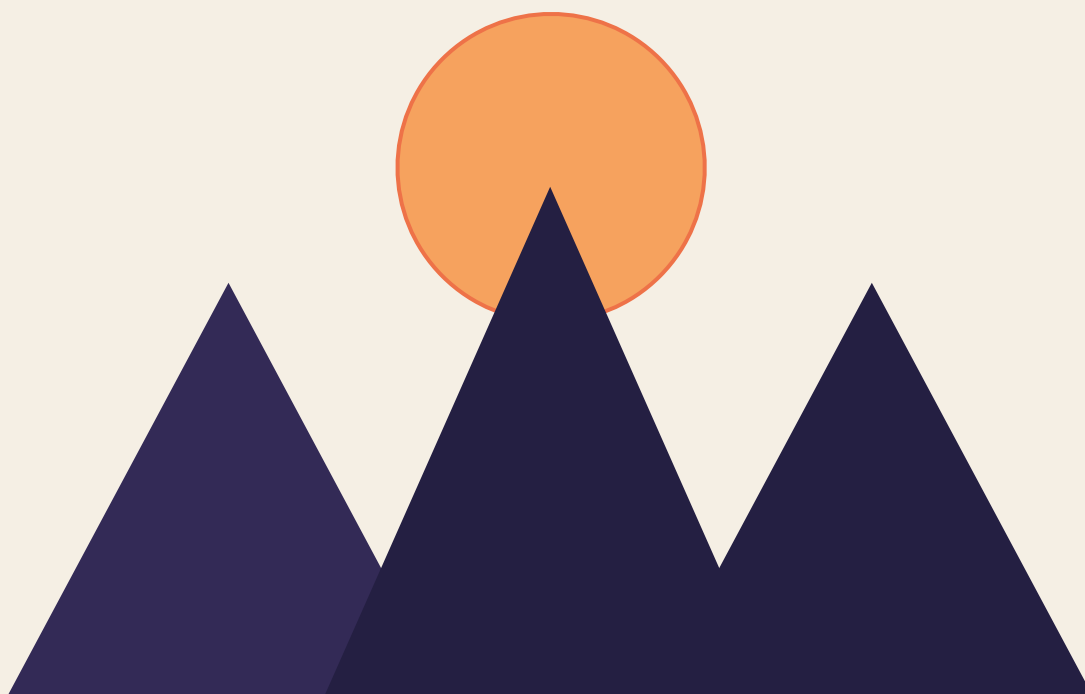
OUT WITH THE BURNOUT — VOL. 3

Recharge. Reflect. Reconnect.

Training Course

Location: Bansko, Bulgaria ~ Hotel Royal Bansko

Dates: 21–27 September 2026



Applications accepted until 10th of August



Erasmus+



● Brief description of the project

After two earlier editions dedicated to recognising burnout, Out with the Burnout vol. 3 goes a step further: it equips youth workers with practical, everyday tools for protecting their own physical and mental health while working with young people — including those facing additional barriers.

Through non-formal education, coaching techniques, movement and body-awareness practices, and structured peer support, participants will explore where burnout comes from, learn to recognise its early signs, and build sustainable self-care habits they can also model for the young people in their communities.

Expect a hands-on, experiential week that goes beyond lectures: workshops, outdoor sessions in the mountains, group coaching and quiet reflection time all feature across the programme, set against the calm backdrop of the Pirin mountains in Bansko.

● A little bit about us!

ProBudnik Association was founded in 2013 by a team with backgrounds in social work, education, psychology and business, united by one goal: helping young people unlock their full potential — especially those at risk or facing extra challenges. We combine non-formal education with coaching, sport and outdoor activities to support real personal growth.

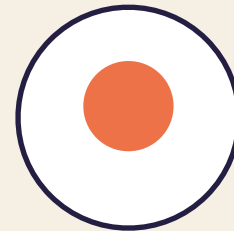
We work bottom-up, alongside partners across Europe, to build environments where young people can grow in confidence, sharpen their critical thinking, and make their own decisions. Beyond direct work with youth, we invest heavily in the people who support them: training and motivating youth workers, trainers and teachers, and developing new tools to make their work more effective and sustainable.

Seminars, youth exchanges, creative workshops and experiential learning academies sit at the heart of what we do — alongside a long-standing commitment to critical thinking, media literacy and active civic participation, in cooperation with local and national authorities.

Why Participate?

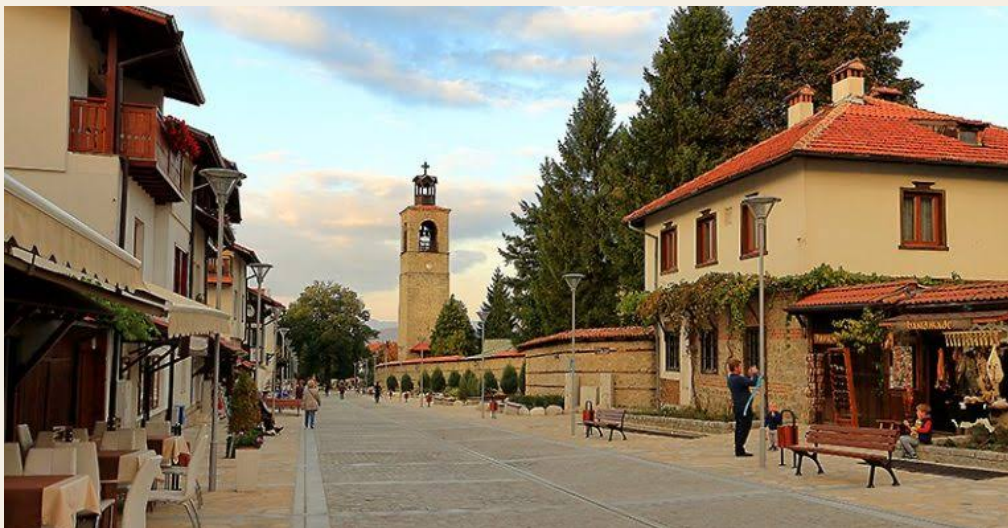
Youth work is demanding, often emotional, and rarely gives you time to pause. Left unaddressed, that pressure turns into burnout — and it doesn't just affect you, it affects the young people counting on you. This training gives you a real week to step back, through non-formal education, movement practice, group discussion and peer coaching.

You'll leave with practical strategies for protecting your own energy and well-being, plus tools you can bring straight back into your work with young people.



Where...?

The training takes place in **Bansko**, a mountain town in southwestern Bulgaria, about 150 km — roughly a 2.5-hour drive — from the capital, Sofia. All sessions will be hosted at **Hotel Royal Bansko**, right at the foot of the Pirin mountains.



Bansko is one of Bulgaria's best-known mountain destinations — framed by **Pirin National Park**, a UNESCO World Heritage site, with trails, mineral springs and a lively old town of traditional Bulgarian architecture. Outside training hours, participants can explore the cobblestone streets, relax at a local spa, or take a short walk straight into the mountains. Late September brings mild, crisp autumn weather — ideal both for outdoor sessions and quiet reflection.

How to get there?

The easiest way in is to fly into **Sofia International Airport**, Bulgaria's main hub with frequent connections across Europe. From Sofia:

By car: Bansko is about 150 km south of Sofia via the Struma motorway (A3) — around 2–2.5 hours.

By bus: Direct buses run regularly from Sofia's Central Bus Station to Bansko, taking roughly 2.5–3 hours — an easy, affordable option.

By train: A scenic narrow-gauge line connects via Septemvri, though it takes longer; the bus is the recommended route.



For whom?

Youth workers, trainers, mentors and youth-organisation staff who work directly with young people — including those facing additional barriers — and who want practical, embodied tools for managing stress and preventing burnout, not just theory. Openness to learning

Why is it different?

Rather than only talking about burnout, participants experience recovery practices first-hand — from mindful movement to structured peer-support sessions — led by trainers with direct experience in youth work and well-being. A share of the places is reserved for participants with fewer opportunities, keeping the group genuinely diverse.



CLICK HERE and Apply now by filling out the application form

Accommodation and meals are fully covered — travel costs are reimbursed up to 200€ per participant.

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