

Unburnable:

Mental Well-being and Resilience for Human Rights Educators



Co-funded by
the European Union



What is TC about and for

Human rights educators, activists, and youth workers across Europe navigate an increasingly unpredictable context.

Shrinking civil society spaces, systemic uncertainty, and financial instability create high-stress environments that directly impact psychological well-being.

This ongoing strain often leads to professional burnout, affecting both individual educators and the long-term sustainability of youth organisations and their work.

This 7-day training course offers a dedicated space for youth workers to step back, address work-related stress, build emotional resilience, and discover actionable tools to safeguard their mental well-being—and the well-being of the young people they support.

We are bringing together youth workers, trainers, and activists to address the psychological weight of our work and build practical emotional resilience.

It is not about standard self-care; it's about discovering collective realistic tools to protect our well-being and keep our organisations sustainable, while learning how to better support the young people we work with.



Objectives of the training

Explore the reality of burnout:

Map out the systemic and personal causes of stress in human rights work, moving past the stigma to understand how burnout happens.

Practice tools:

Test out individual and group practices for managing work-related stress and emotional fatigue.

Create a space for solidarity and mutual support:

Build an honest peer-support network where human rights educators can share their struggles without judgement.

Foster Safe and Brave Spaces:

Share methods for creating spaces—both for ourselves and young people—where difficult emotions and sensitive topics can be handled safely.

Draft personal resilience plans:

Walk away with concrete, actionable strategies to prevent burnout in our daily youth work and organisational routines.



Participants

The course is designed for 25 youth workers, trainers, educators, and activists involved in running human rights educational activities with young people on a regular basis.

Target Regions: Programme Countries, Eastern Partnership (EaP) and Western Balkan countries.

This mobility is specially addressed to youth workers who are feeling the strain of the field or want to proactively build resilience, are open to sharing their experiences, and are ready to bring these practices back to their local youth groups and NGOs.

The application is open to candidates from registered Erasmus+ organisations (with OID*).

Selection of participants will be conducted by the coordination team based on the submitted application form. Previous experience, the youth work background and the potential to develop concrete follow-up will be specially taken into account.



* The Organization ID (OID) serves as a unique identifier for organizations/institutions participating in Erasmus+ projects. It is essential to obtain this code from your organization to support your participation in the programme.

What to expect

This training course relies exclusively on learner-centered Non-Formal Education (NFE) principles, designed to build a safe, inclusive, and transformative space for human rights educators facing burnout risk.

- **Experiential & Somatic Learning:**

Participants engage in practical body-based techniques, mindfulness exercises, and stress-regulation tools to experience self-regulation firsthand before processing the cognitive mechanics behind stress response.



- **Participant-Led & Peer Exchange:**

Recognizing educators as experts in their own reality, the project relies heavily on 1-on-1 peer coaching, small-group problem solving, and a Best Practices' exchange to contextualise resilience strategies.

- **Arts-Based & Creative Methods:**

A dedicated day is allocated to creative self-expression and arts-based facilitation techniques to explore them as approach to self-regulation.



- **Integrative & Paced Approach:**

Practicing the core subject matter (burnout prevention), the program incorporates structured reflection time foster true integration of learning outcomes.



- **Recognition & Self-Assessment:**

Learning outcomes are monitored through daily check-ins and self-assessment linked to the Youthpass framework and European Training Strategy (ETS) youth worker competencies.

Dates and Venue

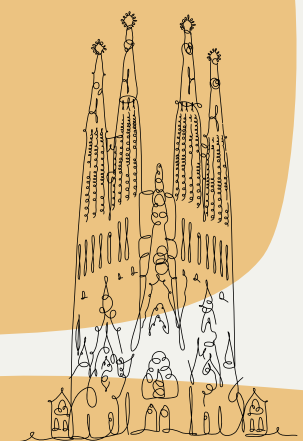
Arrival day:

**Wednesday the 14th October 2026
(evening)**



Departure day:

**Thursday the 22nd October 2026
(morning)**



Venue of the course:

Coma-ruga (Tarragona)

**The training course will be hosted in Coma-ruga.
Youth Hostel "Santa Maria del Mar"
We will be sharing double rooms
each room with its own private bathroom.**

Coma-ruga is a calm family summer resort next to the Mediterranean Sea with long and wide sandy beaches.

The selected participants will receive further details on how to reach the venue from Barcelona airport.



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Financial conditions

Full board and accommodation for the duration of the training course will be provided by the organisers.

An **enrolment fee** of **35€** will be deducted from the travel reimbursement after the course.

The INTERNATIONAL travel costs will be reimbursed up to the Erasmus+ programme rules.

Green travel is encouraged and economically supported.

The max. travel budget limit is:

100 – 499 km: 211 EUR (285 EUR Green Travel);

500 – 1999 km: 309 EUR (418 EUR Green Travel);

2000 – 2999 km: 395 EUR (535 EUR Green Travel)

3000 – 3999 km: 580 EUR (785 EUR Green Travel)



Selected participants will receive an Infopack with further logistic details.

Participants are to cover the local transport costs, for instance, the bus or train on the way to the venue.

Selected participants are allowed to travel a couple of days earlier/later than the start/end of the training course, yet the costs for those extra days cannot be covered by the project budget.

Visa costs will be reimbursed at 100%.

Application form

Submit your form before the **10th September 2026**.

<https://forms.gle/BaPXRSubVHxbgGAJ6>

Apply Here!



**Do not book your travel until
your participation has been confirmed!**

Important Note:

This training course is an educational and peer-learning programme grounded in non-formal education methodology. It is designed for preventive care, professional self-regulation, and capacity building. Please note that **this programme does not constitute clinical therapy, psychotherapy, or medical treatment, nor is it intended to diagnose or treat acute mental health conditions.**

The facilitators create space for reflection, stress prevention, and tool-sharing, but they are not operating as clinical mental health professionals. Participants currently experiencing severe burnout, acute trauma, or mental health crises are strongly encouraged to seek professional therapeutic support prior to or alongside participating in non-formal training activities.

Dissemination and Follow-up

**After the completion of the course,
all participants are expected to:**

- **Write at least one article summarising the course outcomes, which will be published on the sending organisation's web.**
- **Plan and implement a youth work dissemination activity on the wellbeing of young people or human rights educators.**

The project is implemented with the support of the European Commission in the frames of the Erasmus+ Programme.

Its content does not necessarily reflect the position of the Commission in this issue and does not compromise in any way the responsibility of the Commission.



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Hosting organization

Based in Barcelona, AHEAD supports since 2009 youth work, intercultural dialogue and human rights education as conditions to strengthen the commitment towards a culture of peace, environmental and global justice, democratic citizenship and solidarity among communities.

AHEAD holds the Erasmus+ Accreditation and the ESC Quality Label. It has a sound experience on youth workers' mobilities, youth participation activities and non-formal education tools and methodologies working on inclusion projects with young people from diverse cultural backgrounds, creating dialogue opportunities and synergies with civil society organisations and the public administration representatives.



Contact us!

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