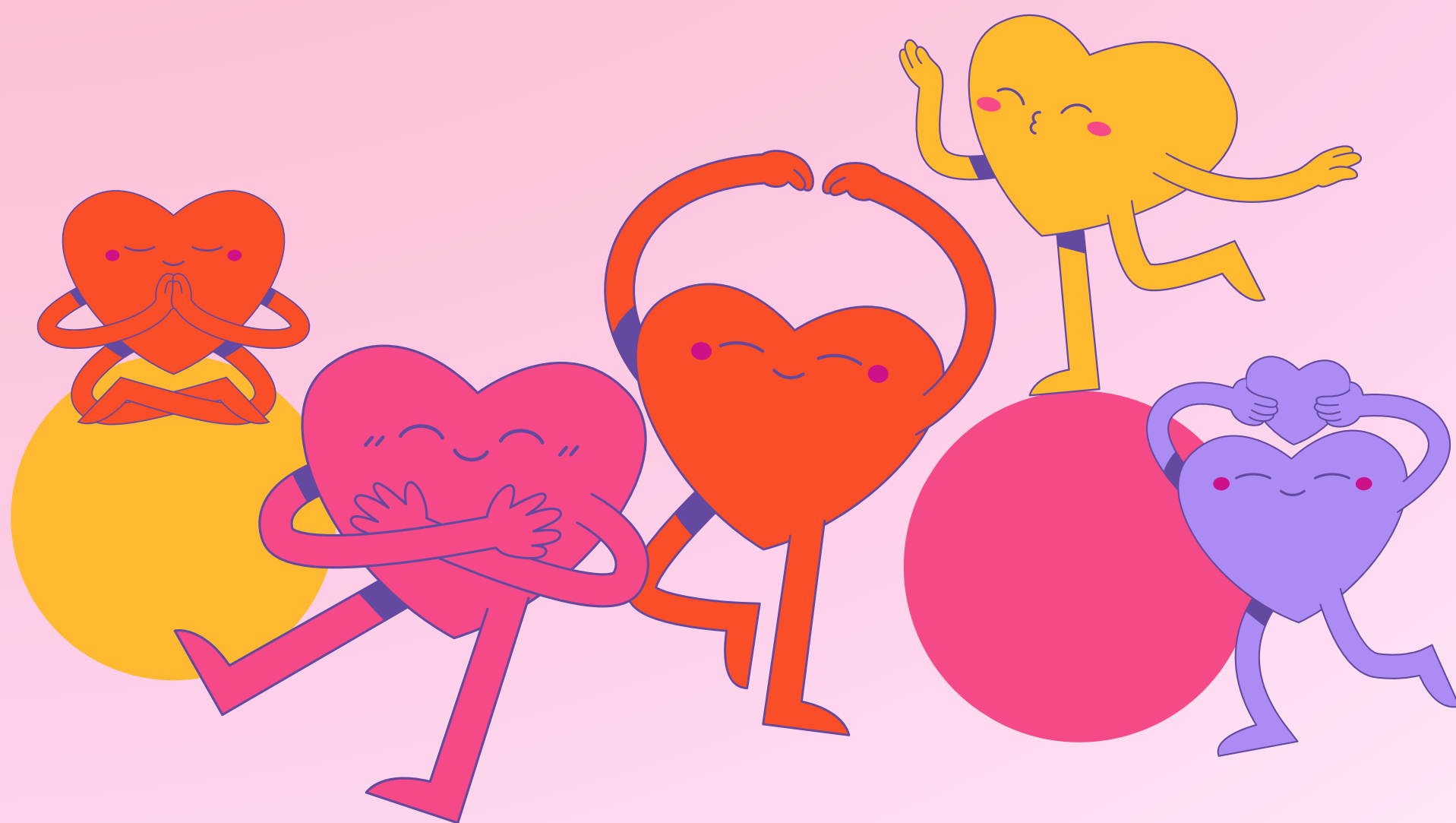


TRAINING COURSE

Mindful Youth: Building Resilience Together

Tleń, Poland

28.09-6.10.2026



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FUNDACJA
LEONARDA

About the project

Mindful Youth: Building Resilience Together is an Erasmus+ training course for youth workers, trainers, and educators who want to better support their mental health and well-being as well as young people's they are working with.

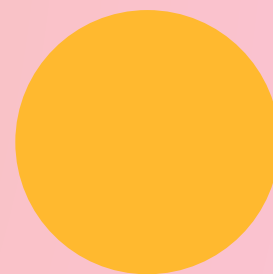
During the project, you will explore practical tools that can help respond to stress, burnout, anxiety, and emotional overload in youth work. Together with participants from Poland, Romania, Malta, Hungary, Spain, Czechia, and Bulgaria, you will learn through non-formal education methods, **mindfulness, breathwork, yoga, and reflection.**

This training is designed to give you methods you can use in your own work, while also helping you build your own resilience and capacity as a youth worker. The project also includes preparation before the mobility and follow-up activities afterwards, so the learning does not stop after the training in Poland.



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Key objectives

- help you build the skills and confidence to support young people's mental health and resilience
- give you practical tools from mindfulness, breathwork, relaxation, meditation, and yoga that you can use in youth work
- deepen your understanding of stress, emotional regulation, resilience, and supportive communication
- explore how to use these practices in a respectful, inclusive, and culturally aware way
- support you in creating safer spaces for young people from different backgrounds
- help you bring what you learn back to your local community through workshops, activities, and shared resources
- connect you with an international network of youth workers working on well-being and mental health
- co-create a shared digital resource space with practical tools, reflections, and materials that can continue supporting youth workers and young people after the training



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Participants

The project is designed for youth workers, trainers, and educators who work with young people or are motivated to support young people's mental health and well-being in their organisations and communities.

We are looking for participants who:

- are 18 years old or above
- are actively involved in youth work, non-formal education, training, mentoring, or community-based educational activities
- are interested in mental health, resilience, mindfulness, and well-being in youth work
- are open to experiential learning and active participation
- are willing to work in an international and intercultural environment
- have a communicative level of English
- are ready to share what they learn after the mobility through local follow-up activities



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Follow-up obligation: local workshops

This project does not end when the suitcases close. All selected participants will be expected to contribute to follow-up and dissemination activities after the training course. This is an essential part of the project.

After the mobility, participants will be asked to:

- organize at least one local follow-up activity, workshop, or sharing session in their organisation or community
- apply and adapt the methods learned during the course to their local context
- support the dissemination of project results and resources
- contribute materials, reflections, testimonials, or ideas to the shared online resource space
- take part in a follow-up online session to reflect on implementation, challenges, and next steps

The aim is to make sure the knowledge travels further than the participants themselves, reaching more young people and strengthening local youth work practice.



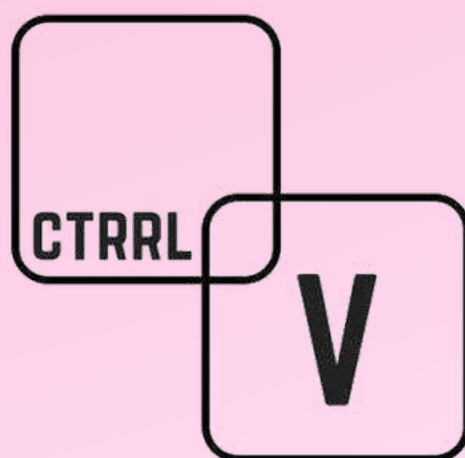
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Project partners

The project is coordinated by Fundacja "Leonarda" (Poland) and implemented together with partner organisations from:

- Romania - YOUNITE
- Malta - Creative Youth
- Hungary - Kontroll V Egyesület
- Spain - UPlanet
- Czechia - Asociace TOM CR, TOM 21105 DUMANCI
- Bulgaria - WOLF - wide-reaching opportunities for learning and fulfilment



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Venue

PERŁA BORÓW
ul. Dębowa 11
Tleń, Poland
86-150



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Participants will be accommodated in shared rooms for 2, 3, or 4 people. The venue provides comfortable facilities suitable for group activities and intercultural exchange. Single rooms **will not** be available.

During the project, participants will receive three full meals per day - breakfast, lunch, and dinner - as well as coffee and tea breaks between sessions.

If you have any special dietary needs or allergies (e.g. vegetarian, vegan, gluten-free, lactose-free, etc.), please make sure to indicate this clearly in the application form so that appropriate arrangements can be made in advance.

We will provide mostly vegetarian and vegan meals - please bear that in mind.



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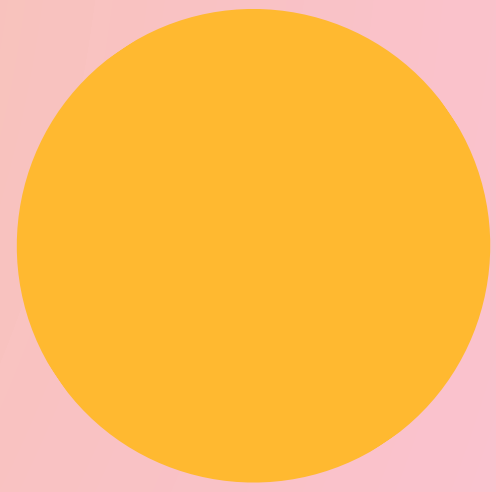
There is **no possibility** to do laundry at the venue, so please make sure to pack enough clothes for the entire duration of the course.

Wi-Fi is available at the accommodation; however, **the connection is quite weak**. If you need a reliable internet connection during your stay, please make sure to arrange your own access (for example an e-SIM card).



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Costs and travel reimbursement

All program-related costs, including accommodation, meals, and training activities, will be covered by the organizers.

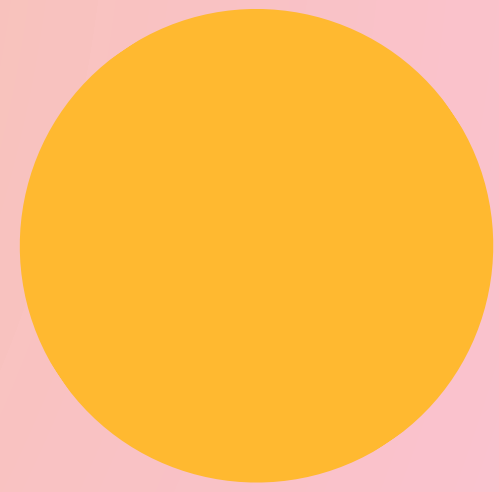
Travel costs will be reimbursed up to the maximum amount set by the Erasmus+ distance band applicable to your country. Reimbursement will be made after the project, upon submission of all travel documents (tickets, invoices, boarding passes, etc.) and completion of the required dissemination activities.

Please do not purchase any travel tickets before receiving official confirmation that you have been accepted to the project.



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Costs and travel reimbursement

In line with Erasmus+ rules, participants are expected to choose the most cost-efficient and reasonable travel option available.

We also ask you to book tickets directly with the transport operator or airline, rather than through third-party booking platforms such as Kiwi, eDreams, or similar services.

If you are unsure whether your planned journey is eligible for reimbursement, please check with the organizers before booking.



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Arrival & departure

Arrival day: 28.09.2026 (before 6:00 PM)

Departure day: 6.10.2026 (before 10:00 AM)

If you are travelling by plane, we recommend flying to Gdańsk Airport. If you arrive there before 6 pm we will arrange transportation for you.

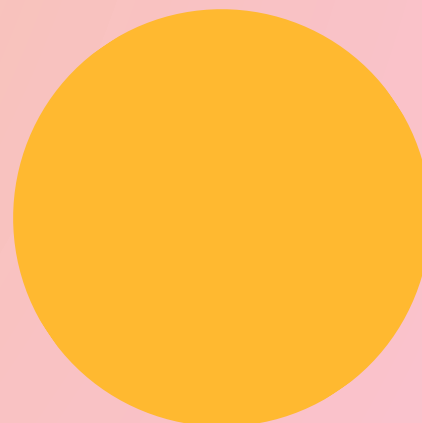
If you are travelling by train, we strongly advise purchasing all tickets well in advance, as they may sell out.

Participants are expected to arrive and depart on the indicated dates. **Any changes must be discussed and approved in advance by the organizers.**



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Participation Rules

Full participation in the entire program is mandatory.

Unauthorized absences are not allowed.

If a participant misses more than 10% of the sessions, they will not be eligible for travel reimbursement.

The project is based on active, non-formal learning, so your full engagement is essential to ensure a meaningful group experience and learning outcome for everyone involved.



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Travel reimbursement

**ROMANIA,
BULGARIA**

up to €309

**MALTA,
SPAIN**

up to €395

**HUNGARY,
CZECHIA**

up to €309
or €417 (when
traveling.green).

POLAND

up to €50 euro
(green travel)



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Reimbursement rules

To receive a reimbursement, participants must provide all original travel documents, including: bus, train, or flight tickets, boarding passes (both ways), invoices, payment confirmations, and receipts (e.g. bank statement confirming the transaction).

Please note that:

- Lost or missing tickets cannot be reimbursed.
- A booking confirmation alone is not sufficient - invoices and boarding passes are required.

Payment method

- Reimbursement will be made via bank transfer after the mobility.
- Participants are kindly asked to prepare their bank details and bring them to the training course, including: full name and address of the account holder, full name and address of the bank, IBAN and SWIFT (BIC) codes.

In accordance with Erasmus+ and Youth in Action Programme regulations:

- Travel should be completed within 2 days before or 2 days after the official project dates.
- During these extra days, accommodation and meals are not covered by the project.
- Travel must be made directly to and from the project venue.

Important note

If participants do not provide the required documents or fail to follow the travel rules, their travel costs cannot be reimbursed.



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Travel instructions



The nearest airports to Tleń are:

- Gdańsk (Poland)
- Bydgoszcz (Poland)
- Poznań (Poland)
- Warsaw (Poland)



To get to Tleń, you'll need to travel from one of the above cities by train or bus.

To check train connections and buy train tickets: pkip.pl or rozklad-pkip.pl

To look for bus connections: e-podroznik.pl



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Travel insurance

It is strongly recommended to have valid travel insurance that covers medical expenses, accidents, and personal belongings for the duration of your stay in Poland.

If you are an EU citizen, you can also use your European Health Insurance Card (EHIC) for basic healthcare access.

Make sure to keep a copy of your insurance details and emergency contact numbers with you during your trip.



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Our Team



MARLENA JASZCZAK

Psychologist and non-formal
education trainer



MAGDA KWAPISIEWICZ

Yoga teacher



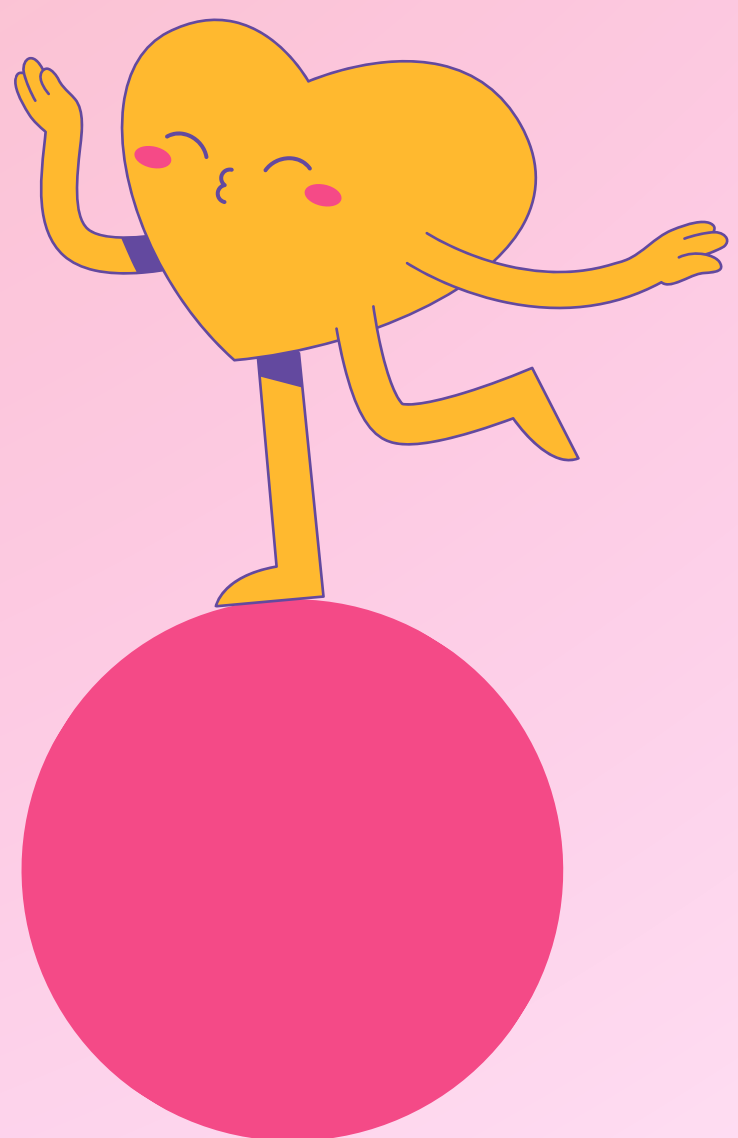
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Ready to apply?

Have you gone through the whole infopack and understand the project guidelines?

Great - [apply here!](#)

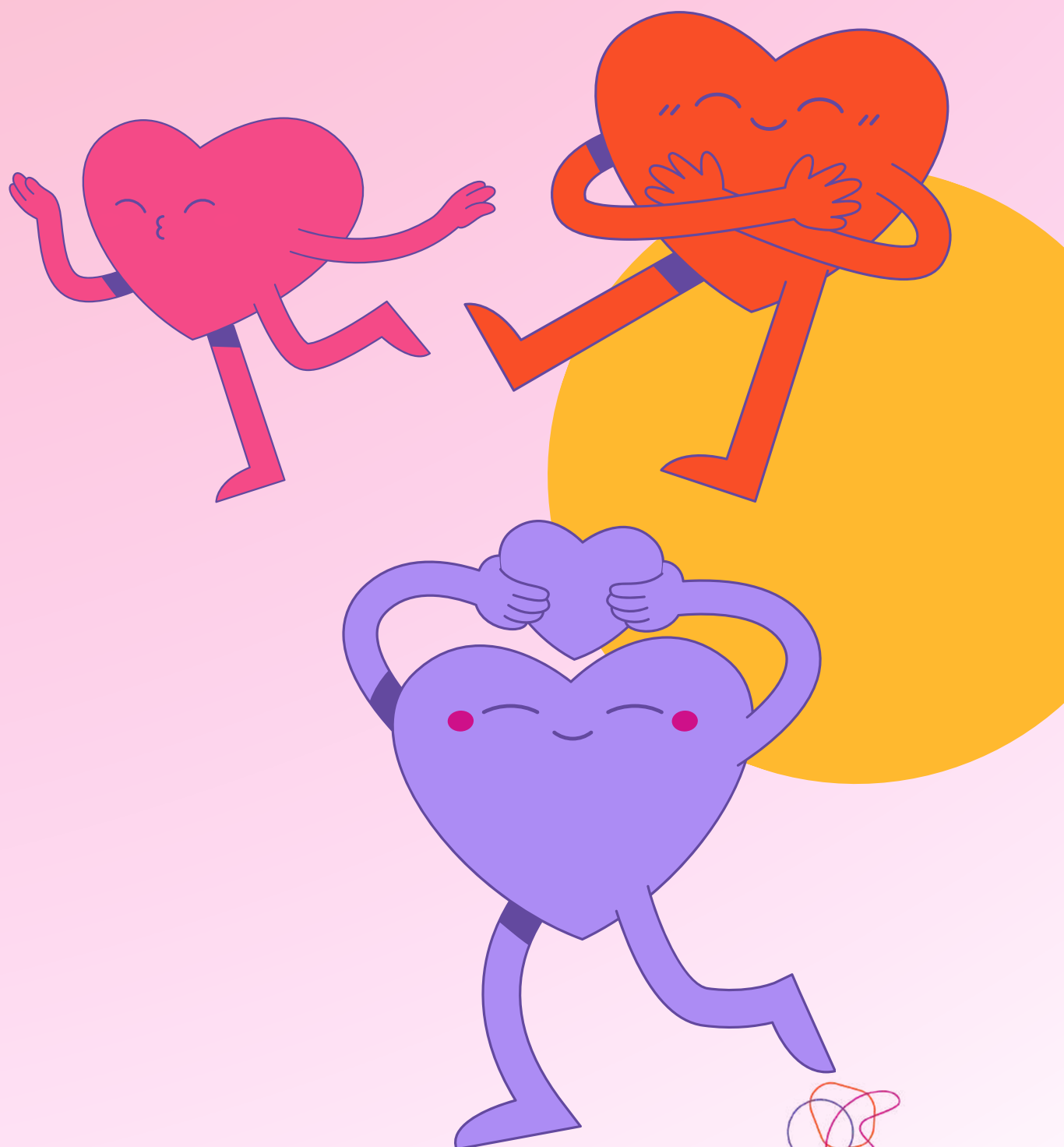


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Got questions?

Contact Marlena
fundacja@vinci.fm



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