INFOPACK

“Emotional intelligence in Action” - from individual empowerment to collective wellbeing-

Training course

To explore and deepen the understanding of emotional intelligence and its vital role in fostering both individual and collective resilience.

Barcelona, Spain
20.11 - 27.11.2026

Trainingcourse by Youth Power GERMANY

Co-funded by the European Union

What‘s it about?

The overall goal of this training course is to provide youth workers with an opportunity to explore and deepen their understanding of emotional intelligence and its vital role in fostering both individual and collective resilience.

Resilience is not about coping alone—it grows through emotional intelligence, relationships, participation and belonging. In times of uncertainty, crisis, and prolonged stress, many young people (as well as adults), develop misconceptions about mental strength. They may believe that suppressing emotions, hiding vulnerability, or coping with everything alone are signs of resilience. Research and life experience consistently show the opposite. Genuine resilience starts within supportive relationships and is built through emotional awareness, healthy self-management, sense of belonging and contribution to something meaningful.

Where and when?

20 - 27 November 2026 Barcelona, Spain

Apply until

22 October 2026

PROJECT DETAILS

What will the tc look like?

Through experiential social and emotional learning (SEL), delivered in synergy with the principles of non-formal education, participants will not only develop these competencies themselves but also experience their practical value in their daily work with young people. The training can be especially valuable for those working with marginalised youth population. The course will further explore how meaningful participation, collaboration and community engagement contribute to individual wellbeing, confidence, and resilience. By strengthening their own emotional intelligence, participants will become better equipped to create safe and empowering environments, build trusting relationships with young people, and support them becoming active, engaged members of their communities.

Circle of (em)power: self-awareness → wellbeing and resilience → social-awareness → participation and action → relationships and belonging → self awareness

By the end of the training course, participants will be able to strengthen their emotional intelligence through SEL workshops, create supportive and inclusive environments using their EI competences and know how to facilitate youth participation initiatives beneficial both for youngsters and collective welbeing

PROJECT DETAILS

The activity 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.

PROJECT DETAILS

Further goals of the project

1. Strengthen participants' self-awareness and confidence by supporting them to explore their "inner compass", aspects of their identities, personal values and beliefs, emotions and strengths

2. Support participants to develop skills for setting personal/social goals and plan concrete youth-led community actions.

3. Encourage active youth participation and community engagement as beneficial for wellbeing of young people

4. Develop participants' social skills and competences related to empathy, conflict management, building supportive relationships and collaborative problem solving.

5. Enhance participants' wellbeing and personal resilience by increasing their understanding of vulnerability, stress and positive mental health approach and equipping them with practical body-based strategies for coping with pressure, challenges and uncertainty.

GOALS

In

We are expecting you on the 20th of November 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 27th of November 2026 after breakfast.

TIMING

Barcelona, Spain 20.11 - 27.11.2026

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

20th - 27th November 2026

Barcelona

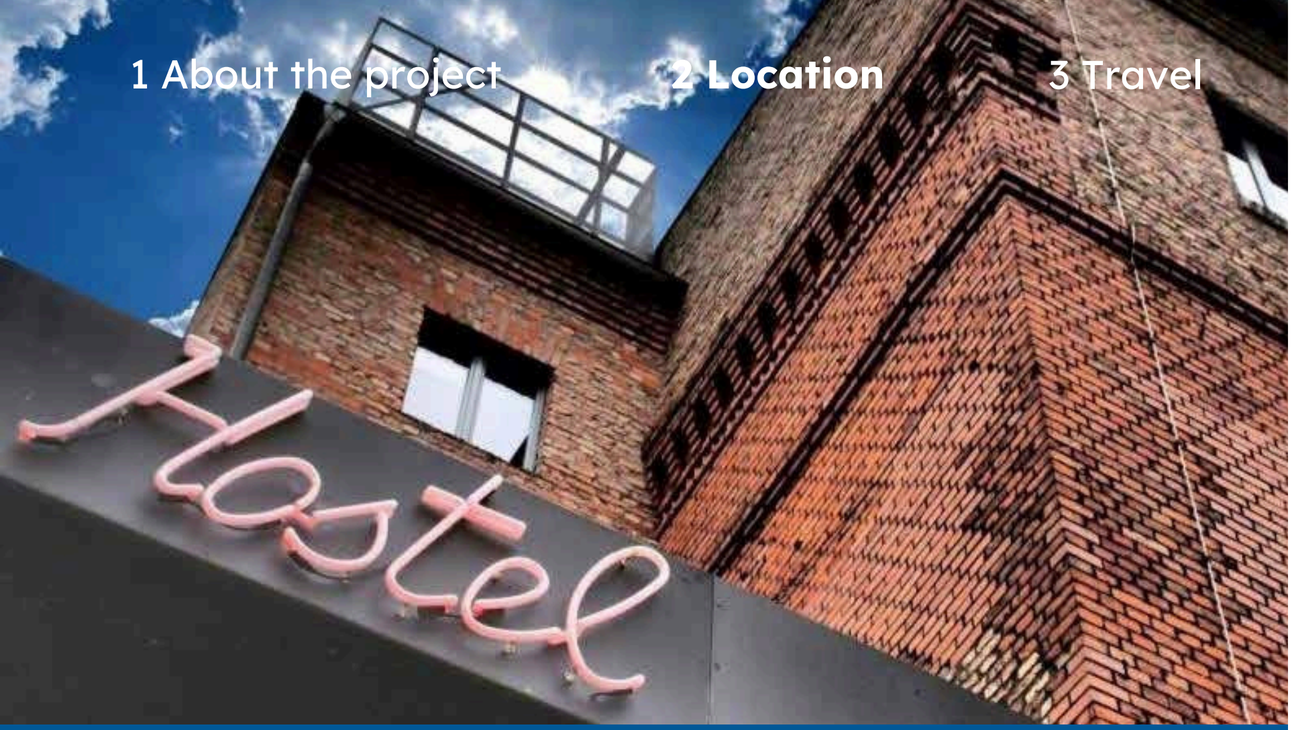
All participants will be accommodated at

Barcelona Xanascat

41 Passeig de la Mare de Déu del Coll - Barcelona (08023)

Tel. +34 93 210 51 51
Email: barcelona.xanascat@gencat.cat

Web: https://xanascat.gencat.cat/en/home



ACCOMODATION

All participants will be accommodated in **Barcelona Xanascat**, very well connected to the city center by public transport.

Participants will be placed in multiple-bed rooms (bunk beds). Bed sheets are included, you should bring your own towels. WI-FI connection in the whole building. Check-in from 14:00 (it is possible to leave the luggage in a storage room)

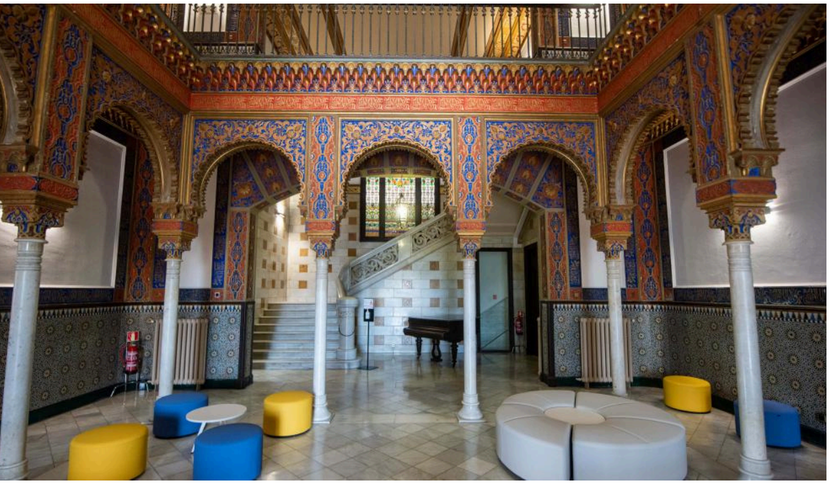
Please note

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 !



Hostel

Rooms

Dining area

ACCOMODATION

TRAVEL

For all information about booking your tickets and coming to Barcelona, 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.

TRAVEL

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.

Travel costs will be reimbursed only for the cheapest way of transport and for the return tickets. Travel expenses are co- vered 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.

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 20th -27th November, 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 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

REIMBURSMENT

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 Barcelona 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.

CONTACTS

Veronica Bracaccini Logistic coordinator

project02@yp-de.org Project E-mail

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

Veronica Bracaccini 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!

Trainingcourse by Youth Power GERMANY

Co-funded by the European Union

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