



INFOPACK FOR PARTICIPANTS

CIRCUS FOR ALL!

Youth Worker Mobility Training Course Circus Pedagogy for Inclusion and Participation in Youth Work

How can creativity, movement and play help every young person feel welcome, valued and involved? Join an international learning experience exploring circus pedagogy, community art and non-formal education for inclusion in youth work.

WHEN:
19th – 25th October 2026

WHERE:
Brežice, Slovenia

Arrival: Monday, 19th October, 6 PM
Departure: Sunday, 25th October, after
breakfast
Venue: MC Hostel Brežice



ORGANISED BY:



Co-funded by the
Erasmus+ Programme
of the European Union



ABOUT THE TRAINING

The purpose of this training course is to strengthen youth workers' capacity to create inclusive learning environments, using **circus pedagogy, community art and non-formal education** as practical tools for inclusion and participation in youth work.

Through hands-on circus practice, play, creative exploration and reflection, you will discover activities that encourage **creativity, cooperation, confidence and belonging**, and learn how to adapt them for young people with different needs and experiences.

The training is grounded in the understanding that **every young person can take part**. Circus is not about perfect tricks: it is about trust, trying, failing safely, supporting each other and celebrating small successes together. No previous circus experience is needed, only curiosity and the willingness to play.



TRAINING OBJECTIVES

By the end of the training, participants will be able to:

- **Create welcoming and inclusive learning environments** where every young person feels safe to join, try and contribute.
- Understand the basic principles of **circus pedagogy** and use it as a practical tool in non-formal education.
- Apply simple circus, movement and play-based activities (juggling, diabolo, poi, acro balance) that **encourage creativity, cooperation, confidence and belonging**.
- **Recognise barriers to participation** and adapt activities for young people with different needs, abilities and experiences.
- Use **community art** approaches to connect young people with each other and with their local community.
- Ensure **physical and emotional safety** in movement-based group work, including clear agreements, warm-ups and safe spotting.
- **Exchange practices and ideas** with youth workers from other countries.
- Design **concrete ideas for local follow-up activities** and future international cooperation.

WHY PARTICIPATE?

Across Europe and beyond, youth workers are increasingly working with groups where:

- some young people stay on the margins and do not feel they belong,
- differences in ability, background, language or confidence make participation uneven,
- classic, talk-based methods do not reach everyone,
- young people need safe spaces to try, fail and succeed together.

This training offers a response that goes beyond words. It provides **practical, embodied and playful tools** that lower the threshold for participation and let young people experience success, trust and cooperation through their bodies, not only through discussion.

By participating, youth workers will:

- gain **hands-on experience of circus pedagogy** they can use the very next week with their groups,
- feel more confident leading movement-based and creative activities, even without a circus background,
- learn how to **adapt activities so that everyone can take part**,
- strengthen their role as facilitators of inclusion, cooperation and community,
- connect with organisations from other countries and **develop ideas for future cooperation**,
- bring new energy, joy and play into their everyday youth work.

At its core, this training supports youth workers in becoming **creators of spaces where everyone belongs**: where young people can discover their strengths, support each other and shine together.

LANGUAGE

The training will be **in English**, without any possibility of permanent translation. Therefore, we require participants to have a good level of English (to be able to understand and to communicate).



TRAINING PROGRAMME

The team of trainers, **Špela Gorjan** and **Anja Mikič Crovella**, will guide you throughout the TC journey.

Time	Mon 19 Oct Arrival day	Tue 20 Oct	Wed 21 Oct	Thu 22 Oct	Fri 23 Oct	Sat 24 Oct	Sun 25 Oct
8:00–9:00		Breakfast					
9:00–9:30		Service & Care					
9:30–11:00 Session 1		Welcome – Programme	Group Dynamics and Building OUR Community	Acro Balance	Diabolo, Poi ...	Sharing About the Intervention (What Worked, What Didn't), Tool Fair Intro	Participants Departures
11:00–11:30		Break					
11:30–13:00 Session 2		Getting to Know Each Other	Communication and Conflict Resolution	Diabolo, Poi ...	Juggling, Diabolo, Poi ...	Tool Fair // Backup: Building Your Circus Kit + Balloons	
13:00–15:00		Lunch					
15:00–16:30 Session 3		More Getting to Know Each Other	What Is Circus? (My First Memory of Circus), Intro to (Social) Circus, Team Juggling	Free afternoon	Community Circus/Art Intervention: Preparation	Next Steps, Partner & Project Building	
16:30–17:00		Break					
17:00–18:30 Session 4	Participants Arrival (6 PM)	Poncho	Circus Card Game	Free afternoon	Community Circus/Art Intervention: Action and Documentation // Backup: Building Your Circus Kit + Balloons	Youthpass & Evaluation	
18:30–19:00		Reflection					
19:00–20:00 Dinner	Welcome Dinner	Dinner	Dinner	Meal in the City!	Dinner	Dinner	
20:30–22:00 Evening	Welcome & Settle In		Possible Games Night				

**This is a proposed timetable. As every juggler knows, sometimes a ball drops, and that is simply part of the show.*



EXPECTED PROFILE OF PARTICIPANTS

- Our **target group** are youth workers, youth leaders, volunteers, NGO staff, community workers, facilitators and trainers ... anyone working with young people.
- Participants should be **aged 18 or over**, associated with our **project partner organisations** and **actively involved in youth work or volunteering**.
- Participants should be interested in inclusion, creative learning and community development, **motivated to use and share the methods** locally, and **available for the full programme**.
- **No previous circus experience is needed**. If you have any physical limitation, health condition or accessibility need we should know about, please tell us in advance so we can prepare.
- Expected group size is **25 participants**.

THE VENUE

The Training Course will take place in **Brežice**, a small town in the Eastern part of Slovenia, close to the Croatian border. Our venue, **MC Hostel Brežice**, Gubčeva ulica 10a, 8250 Brežice, is located in the green heart of the city, a stone's throw from the centre. The circus sessions will take place in a training hall in Brežice.

LIVING

You will be accommodated in **shared bedrooms** with **shared bathrooms** and **Wi-Fi access**. It is very possible that you will share a room with a participant from another country. Men and women will use separate rooms. **Bed sheets and towels are provided**.

There is a shared kitchen, a cozy lounge, a sunny roof terrace overlooking the castle and the city park, and a bar. The reception has a tourist information point.

EATING

The hostel will provide **three hot meals a day**, starting with dinner on the 19th of October (at 7 PM). On the 25th of October, breakfast (8–9 AM) is included as well. Two coffee breaks with coffee, tea and snacks are provided daily.

Breakfast is a self-service buffet; lunch and dinner are hot dishes catered to everyone's dietary needs. Circus is active work, so there will always be water and fruit around. A grocery shop is a 10-minute walk away.



WHEN AND HOW TO GET HERE?

ARRIVAL

Monday, 19th October 2026, 6 PM

Maja Drobne (training coordinator) will welcome you at the reception desk.

DEPARTURE

Sunday, 25th October 2026, after breakfast at 9 AM

Clocks go back one hour that night (end of summer time).

After the welcome you will have an hour to settle into your rooms before dinner. **Venue address:** MC Hostel Brežice, Gubčeva ulica 10a, 8250 Brežice.

BY PLANE

We suggest you fly to **Zagreb** (Croatia), because it is near Brežice, but you can also fly to Ljubljana (Slovenia), Trieste, Venice or Treviso (Italy), or Klagenfurt or Graz (Austria).

From Zagreb airport

1. by GoOpti Airport Transfer: under "from" write the airport, under "to" write Main bus station Brežice. **Book and pay in advance**, as soon as you have your flight tickets.
2. by bus to Zagreb central train station (options on Rome2rio or GetByBus), then by train (Zagreb–Ljubljana line) to Dobova, where you change to the train to Brežice. Tickets are sold at the stations in Zagreb and Dobova.

From Ljubljana airport

1. by GoOpti Airport Transfer to Main bus station Brežice, **booked in advance**.
2. by bus to Ljubljana central bus station, then by bus or train (the train station is right next to it) to Brežice.

If you fly to **Italy** (Trieste, Venice, Treviso) or **Austria** (Klagenfurt, Graz), we suggest GoOpti. It is the easiest way, but not the cheapest.

BY TRAIN OR BUS

Usually the cheapest **bus** is Flixbus, but you can also find other options on Omio.

You can also travel with Slovenian Railways. There are international connections between Slovenia and Austria, Germany, Croatia, Italy, Switzerland, Hungary, Czechia and Slovakia. If you travel to Ljubljana main train station first, take a local train or bus to Brežice (main station or Brežice market).

FROM BREŽICE TRAIN STATION TO THE HOSTEL

- **Walk** 30 minutes to Gubčeva ulica 10a.
- Take a **local bus**: from BREŽICE ŽP to BREŽICE MARKET, then walk 7 minutes to MC Hostel Brežice.
- **Call a taxi**: +386 31 378 000 or +386 31 252 970. We suggest booking in advance.

!!! Note: buses do not run late at night, so in that case make sure you call a taxi in time or walk to your destination.

Tell us when you arrive!

As soon as you book your complete travel itinerary, please send your exact arrival time to Brežice to maja.drobne@gmail.com.



FINANCES AND TRAVEL REIMBURSEMENT

- The programme is co-funded by the Erasmus+ Programme of the European Union and open to residents of **all European countries**.
- **Food and accommodation are fully covered** by Erasmus+.
- Your travel to and from the training course will be reimbursed, so please keep all original travel tickets.

Please note the following:

- Find the most economical way of travelling and book your tickets as soon as possible.
- We need the ORIGINAL travel documents with date, route (from where to where), name of the traveller and price visible.
- Missing tickets and invoices (for taxi, GoOpti etc.) will not be reimbursed.
- Travel is reimbursed up to the actual amount paid, and up to a maximum according to the distance from your capital to Brežice:

Travel distance	Maximum
10–99 km	28 €
100–499 km	211 €
500–1999 km	309 €
2000–2999 km	395 €
3000–3999 km	580 €

The distance is calculated from the capital of your country to Brežice with the [European Commission's distance calculator](#). There is some extra money available if you travel green (only by bus, train or car).

Travel costs will be reimbursed after the training and after we receive all relevant documents from you (travel documentation, completed evaluation form and EU survey, dissemination reports ...), up to the maximum limit according to Erasmus+ standards.

DON'T FORGET TO BRING

- **Travel documentation:** scans or screenshots of all your receipts and boarding passes. You will upload them to Google Drive and fill in a travel reimbursement form during the TC, so keep them on your phone or laptop.
- **Valid health insurance card, and a valid passport or ID.**
- **Comfortable sports clothes** you can move freely in (no zips, buckles or hard decorations), **clean indoor sports shoes or anti-slip socks**, and hair ties for long hair. Please leave jewellery and watches in your room during sessions.
- **A water bottle** to stay hydrated during active sessions.
- **Promotional materials of your organisation**, if you have any, for our networking activity.
- **A game, energiser or creative method you love** using with young people, to share with the group.
- When a friend comes over for tea or coffee, what sweets or snacks do you offer? Bring **something traditional** for our international coffee breaks!
- Late October in Brežice is usually around **15 °C by day and 5 °C at night**, so bring something warm and comfy, and a rain jacket.
- There are **thermal baths** nearby. If you wish to visit them, bring your swimsuit.
- Your **own towels**. Bedding is provided, and there are 2 shared hair dryers (bring your own if you don't want to wait in line).

Any questions?



Don't hesitate to contact me – Maja Drobne (training coordinator) at maja.drobne@gmail.com. I am happy to answer all your questions.

SEE YOU IN BREŽICE!