

ERASMUS+ TRAINING COURSE

**Hope Works: Youth Workers supporting young
People's positive outlook on the FUTURE.**

Tuusula, Finland | 25–29 January 2027 (including two travel days)



HOPE • RESILIENCE • BELONGING • PARTICIPATION • AGENCY

Hosted by City of Järvenpää Youth Services

Erasmus+ Training Course • Hope Works: Youth Workers supporting young People's positive outlook on the FUTURE

Welcome to the training course

Young people across Europe are facing increasing uncertainty related to social change, loneliness, discrimination, climate concerns, economic insecurity, and rapidly evolving societies. These challenges can affect confidence in the future, sense of belonging, and participation in communities.

This Erasmus+ Training Course strengthens the competencies of youth professionals to support young people in developing hope, resilience, active citizenship, participation, and future-oriented thinking. Through non-formal education, practical workshops, peer learning, and intercultural exchange, participants will gain approaches they can apply directly in daily youth work.



The goal: turn ideas and learning into practical action that strengthens young people's confidence in the future.

Key learning objectives

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

1. Identify the key factors that shape young people's confidence in the future.
2. Apply future-oriented, hope-building approaches within youth work and educational settings.
3. Create safe, inclusive environments that foster a strong sense of belonging.
4. Promote young people's participation, active citizenship, and democratic engagement.
5. Respond effectively to loneliness, discrimination, and social exclusion.
6. Design and facilitate local initiatives that strengthen young people's agency and positive outlook for the future.

Your host: Järvenpää City Youth Services

Järvenpää City Youth Services support young people's growth and development through a wide range of activities for different ages. Youth work work is carried out in partnership with young people, parents, other city services, associations, and organisations.

At the heart of the work are meaningful and safe leisure activities, youth participation, self-directed activities, community building, early intervention, and support for safe and balanced development. More details can be found on the link below.

[Nuorten palvelut | Järvenpää](#)

Järvenpää youth work activities include:

✓ Open youth center activities by age group	✓ Clubs and small-group activities
✓ Off school activities, field trips and events	✓ Erasmus+ Youth exchanges and youth workers mobilities
✓ Youth Council	✓ Outreach youth work
✓ Needs-based and targeted small groups	✓ Ankkuri and individual coaching
✓ School-based and recess activities	✓ Age-specific thematic programmes for grades 4–9
✓ K-0 model coordination and street mediation	

Specialised support

Etsivä youth work: reaching out to, supporting, and referring 18–29-year-old residents of Järvenpää who need support.

Liito workshop: youth workshops for participants in work trials and students in the guidance field.

Who can apply?

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

1. Are 18 years old or above.
2. Are actively involved in youth work, non-formal education, training or mentoring
3. Are interested in resilience, mindfulness, and well-being in youth work.
4. Are open to experiential learning and active participation.
5. Are willing to work in an international and intercultural environment.
6. Have good communicative level of English.

7. Are ready to share your learning after the mobility through local follow-up activities.

what to bring:

1. Comfortable warm clothes (It will be winter and it will be cold, so bring sweaters, jackets, and a scarf).
2. Comfortable and warm shoes and socks for outdoor activities.
3. Personal hygiene items (The venue will provide towels)
4. Notebook and pen for reflections and notes.
5. Any medicine you may need personally. Flip-flops and swimsuit (we may have a sauna)

Come ready to participate, exchange practice, experiment with methods, and take the learning back to your organisations.

Follow-up obligation: local workshops

The project does not end when the suitcases close. Follow-up and dissemination are an essential part of the training. After the mobility, each selected participant is expected to:

1. Organise at least one local follow-up activity, workshop, or sharing session.
2. Apply and adapt methods learned during the course to the local context.
3. Support dissemination of project results and resources.
4. Take part in a follow-up online session to reflect on implementation, challenges, and next steps.

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

Training venue, accommodation & meals

Hotel Gustavelund

Kirkkotie 36, 04310 Tuusula, Finland

Website: www.gustavelund.fi

[Gustavelund Hotel & Restaurant – Google Maps](#)

Accommodation and all meals are 100% covered by the project and so is the programme, all materials, and every activity we do together.



Participants will share rooms (2 participants per room)
On the arrival night, dinner will be arranged

WINTER TIP • Pack warm layers, weather-appropriate shoes, and your swimsuit for the sauna experience.

NOTE: Participation in the training is limited to participants from the EU Member States and third countries associated to the Programme.

Travel reimbursement

Järvenpää City Youth Services will reimburse participants for travel costs to the training according to [the EU distance calculator](#) & Erasmus+ rules and travel cost table (below). Travel expenses will be reimbursed up to this amount, upon presentation of all receipts required. Travel reimbursed will be based on real, documented costs, up to the maximum for your country. It is not a flat payment and not pocket money if your journey costs less than the ceiling, you receive what you actually spent. If travelling by land (green travel), please inform us when registering, as a higher travel budget can be allocated for this option. We encourage you to choose the most direct and cost-effective travel options.

A NOTE ON MONEY: **Reimbursement goes through your sending organisation, not directly to you.**

Travel distance	Green travel	Non-Green travel
10 – 99 km	56 EUR	28 EUR
100 – 499 km	285 EUR	211 EUR
500 – 1999 km	417 EUR	309 EUR
2000 – 2999 km	535 EUR	395 EUR
3000 – 3999 km	785 EUR	580 EUR
4000 – 7999 km	1188 EUR	1188 EUR

Application procedure

To **apply** for participation in this activity, please fill in the online application form: [Hope Works: Youth Workers supporting young People's positive outlook on the FUTURE – Täytä lomake](#)

NOTE: APPLICATION DEADLINE 8.11.2026

NOTE: It is mandatory to have a valid travel and medical insurance (i.e. European Health Insurance Card) during your travel.

Selected participants will be informed how to reach the venue after arriving in Helsinki with a separate letter.



TIMETABLE

Hope Works: Belonging, Safe Adults and Agency in Youth Work

Start	End	Monday	Tuesday	Wednesday	Thursday	Friday
		25.01.2027	26.01.2027	27.01.2027	28.01.2027	29.01.2027
		Arrival	Understanding the picture	Safe adults and belonging	Agency and change	Closing and departure
08:00	09:00		Breakfast	Breakfast	Breakfast	Breakfast
09:00	10:30		Opening and group agreements. Warm-up on futures: Window to the Future game	The trusted, safe adult: what young people need from us	Strengthening agency: time perspective and responsibility	Travel / departure
10:30	11:00		Coffee break	Coffee break	Coffee break	
11:00	12:30		What shapes faith in the future? Ministry findings and Silra megatrends	Our own role as a safe adult	Open-mindedness and systems thinking. Competence self-assessment	Travel / Departure
12:30	14:00		Lunch	Lunch	Lunch	
14:00	15:30		Country realitiess and young people's voices	Safe places and safe youth work. Methods for peer relations, community and loneliness	CLP planning by organisation team	Travel / departure
15:30	16:00		Coffee break	Coffee break	Coffee break	
16:00	17:30	Travel / arrival, Accommodation, Taking a breath	Defining belonging, confidence and positive outlook. Futures literacy basics	CLP introduction: mapping the local community and other youth work players	Presenting CLP plans and reflection	
17:30	18:30		Reflection groups	Reflection groups, optional informal programme	Youthpass, evaluation and closing	
18:30	19:30	Dinner	Dinner	Dinner	Farewell dinner	
20:00	21:30	Welcome evening: getting to know each other, expectations, Youthpass intro, organisation teams meet	Free time	free time	Farewell evening	

ABOUT THE TRAINER:

Sami Sorjonen: Is an international youth work trainer and coordinator based in Finland, with 20 years of experience in the youth work field. His expertise spans Erasmus+ Youth, youth centre practice, and non-formal education. Sami designs and facilitates trainings that focus on inclusion, participation, and experiential learning. By linking practice, partnerships, and learning, he supports youth workers in developing meaningful, high-quality youth work processes.



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