



Garlstadt, Germany

07 - 13 March 2027

Training of facilitators



**An Erasmus+ Training Course for youth workers
on game-based social-emotional learning (SEL)**

A hands-on training for practitioners who want
to develop their own SEL practice and confidently
facilitate game-based social emotional learning
with young people aged 10–18.



Co-funded by
the European Union



Our Feelings Deck: Training of Facilitators

We are inviting you to apply for the Training of Facilitators **“Our Feelings Deck”**, funded by the Erasmus+ KA2 Youth Programme

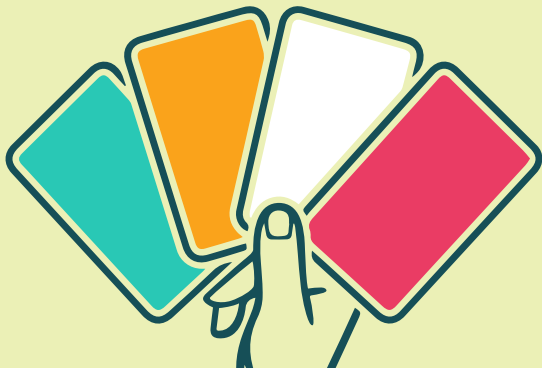
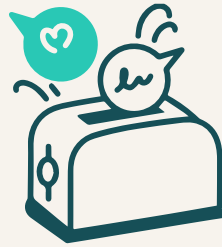
 **KulturHaus, Garlstedt**
(near Bremen), Germany

 **07 – 13 March 2027**
(including travel days)

 **Age 18+**

 **20 participants**

 **Eligible countries: Germany, Netherlands and Hungary**



About the Training Course

This 7-day residential **Training of Facilitators** brings together 20 youth workers, trainers, and educators from Germany, the Netherlands, and Hungary.

The training focuses on developing a practical understanding of SEL by experiencing its core concepts firsthand. Through a diverse range of experiential activities from Our Feelings Decks, participants will learn to facilitate safe, engaging, and adaptable SEL activities that supports emotional resilience building in young people.

From this personal experience, participants move into **facilitation practice**. They learn how to create psychological safety, work with emotional intensity, support co-regulation, offer different ways to participate, and adapt activities to the needs of different groups and contexts.



Throughout the week, participants work with the **Our Feelings Deck**, building confidence in its methodology, activities and facilitation approach.



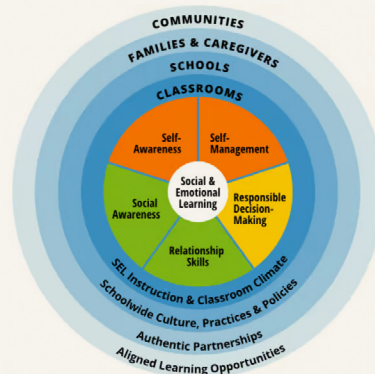


About Our Feelings Deck

GAME-BASED SOCIAL-EMOTIONAL LEARNING FOR YOUTH WORK

The Our Feelings Deck project is a 2 year European Cooperation Partnership (KA220-YOU) designed to strengthen the quality and recognition of youth work through Social and Emotional Learning (SEL).

Our Feelings Deck is a practical SEL toolkit designed for youth workers and educators working with young people aged **10–18**. It brings together **52 emotion cards** and **25 game-based activities** that help young people develop emotional resilience through activities targeting the five core competencies of CASEL through play, movement, storytelling, reflection, and dialogue.



BRINGING INNOVATION TO SEL IN YOUTH WORK

Our Feelings Deck brings together the expertise of senior youth workers, youth mental health psychologists, and applied game designers to create a high-quality, practical resource for Social and Emotional Learning in youth work.

Designed to become **the go-to toolkit for working with young people on SEL**, it combines evidence-informed practice with engaging, experiential methods that are made for real youth work settings.

This Training of Facilitators offers a **special opportunity to be among the first certified facilitators** trained to use the Our Feelings Deck methodology and bring it into practice with young people.

A practical toolkit for youth workers

The activities are designed to be **flexible, experiential and adaptable** to different groups, ages, cultures, emotional needs, and youth work contexts.



our aim

To make Social and Emotional Learning more playful, accessible and practical for young people and the youth workers who support them.

Our Feelings Deck combines

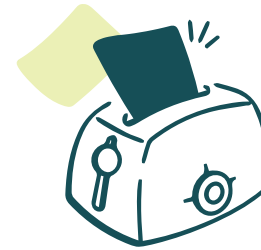
- ✦ CASEL's Social and Emotional Learning framework
- ✦ The ETS Youth Worker Competence Model
- ✦ Psychological and youth mental health expertise
- ✦ Game-based and experiential learning
- ✦ Non-formal education and youth work practice



What participants **take away**



- ✦ **7 days of experiential** learning focused on facilitating social-emotional learning within youthwork
- ✦ A **free copy of Our Feelings Deck**, including 52 emotion cards and 25 game-based SEL activities
- ✦ Approaches to **trauma-informed facilitation, emotional pacing, co-regulation and psychological safety**
- ✦ **3 months of follow-up coaching** with dedicated experienced psychologist or youthworker to support applying the approach in their own youthwork practice.



What participants **receive**



Each participant will receive a **free Our Feelings Deck**, including:

- ✦ **52 emotion cards** for working with groups and youth.
- ✦ **25 game-based SEL activities** structured around the **Connect → Explore → Integrate** approach
- ✦ The **Our Feelings Deck Guidebook**, with facilitation guidance, SEL frameworks, safety and grounding practices, and practical advice for adapting activities to different groups.

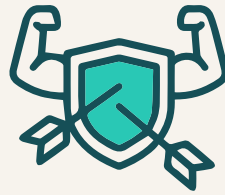
But the support does not end when the training finishes.

For **three months after the residential course**, you will receive **follow-up coaching from an experienced psychologist and youth worker**. This gives them a space to bring questions from their own practice, reflect on what is working, troubleshoot challenges, and **build confidence in facilitating SEL activities** with young people.



Key learnings

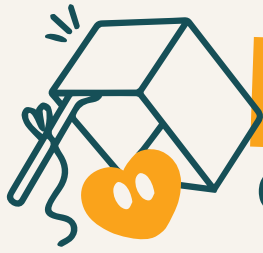
- ✦ **Experience the methodology:** Work with the 25 activities and learn the **Connect** → **Explore** → **Integrate** session architecture.
- ✦ **Build facilitation confidence:** Practise leading activities and adapting them to different ages, groups, contexts, and levels of emotional intensity.
- ✦ **Facilitate emotional safety:** Develop practical skills in co-regulation, trauma-informed facilitation, emotional pacing, grounding, and holding space without stepping into the role of therapist or “fixer.” Edited Guidebook Final Draft (1)
- ✦ **Connect frameworks to practice:** Explore how the CASEL competencies and ETS Youth Worker Competence Model translate into practical youth work activities.
- ✦ **Make SEL inclusive:** Explore verbal, visual, creative, embodied, and non-verbal ways of participating, while considering cultural and individual differences in how emotions are expressed.
- ✦ **Put it into practice:** Develop plans for using the deck in participants’ own organisations and receive follow-up coaching during the three months after the training.



Training objectives

During this training course, we aim to:

- ➔ **Build Practical Facilitation Skills:** Train practitioners to confidently facilitate SEL activities using the Our Feelings Deck and Guidebook in diverse youth work contexts.
- ➔ **Foster Emotional Safety & Co-Regulation:** Deepen understanding of Dan Siegel's Window of Tolerance, trauma-informed facilitation, and holding space without stepping into the “Fixer Trap”
- ➔ **Promote Inclusive & Multimodal Practice:** Explore non-verbal, embodied, visual, and neurodiversity-affirming ways of exploring feelings with adolescents.
- ➔ **Navigate Cultural Nuances:** Understand how cultural backgrounds, language barriers, and generational slang shape emotional expression in local and international youth work.
- ➔ **Prepare for Local Implementation:** Support participants in planning local multiplier events and implementing SEL activities in their home organizations.



Who can apply?



Experience Level

Practitioners who are currently working with young people (ages 10–18) or international youth exchanges, and who are motivated to integrate SEL into their practice.



Target Audience

Youth workers, trainers, facilitators, group leaders, school counselors, and educators active in non-formal education or youth organizations.



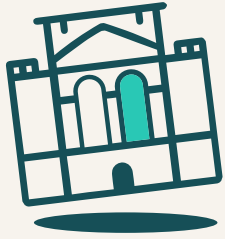
Country of Residence

Open to residents of Germany, Netherlands, and Hungary (20 participants total across the consortium).



Requirements

- ✦ Age 18+
- ✦ Good working level of English (the entire training will be conducted in English).
- ✦ Commitment to participate fully in all 7 days
- ✦ Organize a local follow-up multiplier event/workshop for 10-20 participants after the training.
- ✦ Participation in the online coaching and mentoring process



Venue & accommodation



KulturHaus, Garlstedt

(near Bremen), Germany



Environment

KulturHaus is a dedicated youth and seminar center run by NaturKultur e.V., situated in a peaceful forest area in Garlstedt (Osterholz-Scharmbeck), near Bremen. Surrounded by nature, it offers an ideal, distraction-free environment for deep reflection, outdoor activities, and group bonding.



Rooms & Facilities

Simple, comfortable accommodation in shared rooms (2 to 3 people per room) with en-suite or nearby bathrooms. Several indoor seminar rooms and outdoor spaces available.



Catering

Delicious, balanced meals and coffee breaks prepared by our in-house cooking team.

(Note: Vegetarian, vegan, and common dietary needs accommodated; fruitarian and Halal meals cannot be provided).



The Facilitation & Training team



Dr. Réka Szigeti (HU)
Health psychologist and specialist in group dynamics, and adolescent emotional resilience from the Hungarian team.



Aleksandar Čičković (Saša) (DE)
Senior youth work trainer and project manager at NaturKultur e.V, with extensive expertise in emotional well-being, group dynamics, and international youth work.

Dr. Ágnes Juhász (HU)
Health psychologist and SEL expert from Nyugi Alapítvány, specializing in youth stress management, psychoeducation, and emotional safety.



Jennifer Kumer (NL)
Applied game designer, Director of Selkie Educational Foundation, and original creator of Our Feelings Deck. Jennifer will be present in a dedicated design support role, providing insights into game mechanics and toolkit adaptation.





Travel costs & reimbursement

Co-Funding: Accommodation, meals, and all workshop materials are 100% co-funded by the Erasmus+ Programme of the European Union.

Participation Fee: 0€ (NO participation fee).

Travel Reimbursement: Travel expenses will be reimbursed up to the official Erasmus+ distance band limits upon submitting all original receipts, invoices, and boarding passes.

Participants are strongly encouraged to utilize sustainable “Green Travel” options (trains, buses) where feasible.

Travel distance	Green travel	No green travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€

📅 Timeline

Open Call on
SALTO

26
oct

Application
open until

20
nov

Selection
made

26
nov

Travel
bookings until

11
dec

Online prep
call

*sometime
in mid Feb



Training of facilitators



If you need more information about the training,
don't hesitate to contact us!

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