

5th INTERNATIONAL CONFERENCE OF THE JARŠE YOUTH HOME

# CONTEMPORARY CHALLENGES OF WORKING WITH AT-RISK YOUTH

5th – 7th of June 2025

Radenci, Slovenia

# INFOPACK



scmladinski dom jarše



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



# Welcome letter



Dear participant,

We are very glad to announce that you are invited to join the 5th international conference organised by JARŠE YOUTH HOME and co-founded by the Erasmus+ programme of the European Union.

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The official program will take place between the 5th and 7th of June 2024 in Radenci, Slovenia, but we would be delighted if you could arrive one day earlier, on Wednesday 4th, as we will organise pre-conference activities.

In this Information-Pack you will find everything you need to know beforehand. If you have further questions or any concerns, do not hesitate to get in touch with the coordinator.

Looking forward to meeting you in Slovenia!

Yours faithfully,

*Tomi Martinjak, Urška Opeka, Damjan Habe, Klara Vita Klančnik, Sarah Tkalec, Mateja Korbar Šimič, Veronika Bevk, Gaja Koler, Eva Breznik in Petra Prestor (The organizing committee)*

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# Introduction



# Introduction



Jarše youth home is a public institution for children and adolescents. We cater to the needs of children and adolescents who have been victims of violence, neglect, abuse and inappropriate upbringing methods which have resulted in disruptive behaviour and/or emotional problems. The primary focus of the conference will therefore be youth at-risk.

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This year's meeting is also intended for professionals in the field of working with young people from vulnerable groups in both the governmental and non-governmental sectors, domestic and foreign practitioners and academics or researchers, and ultimately users - young people from vulnerable groups. It is customary to talk and discuss the latter a lot, but we don't give them enough of a say to be able to speak about themselves as experts from experience. The ethics of participation dictates that the user participates in the problem and solution as a competent interlocutor, and in accordance with this paradigm, we subtitled this year's

"OUT LOUD!"

In addition to the novelty of the "youth parliament", the conference will emphasize current challenges and the search for new knowledge, guidelines, approaches, examples of good practices and ideas, as well as the mutual exchange of opinions and experiences, networking and the establishment of new professional (international) partnerships and support.

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# Aim and objectives



# Aim and objectives



## Overall aim

The overall aim of the conference is to exchange approaches and practices among professionals, present examples of good methods, learn about new approaches, and of course, deepen the expertise on various topics. We are also looking forward to exchange informal views on education and related topics.

## Objectives

The basis of the conference is the question of programs and/or approaches which can provide at-risk youth with the support that is tailored to their needs, develop their competencies that will enable them a greater degree of social inclusion and autonomy, and empower them to overcome personal hardships and challenges.

The international conference will follow the latest guidelines on understanding at-risk youth, the challenges they face and examples of good practice that successfully respond to the needs of young people to be able to overcome the challenges posed by the social conditions of the 21st century.

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# The conference





# The conference



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The program of the conference consists of a plenary module in the beginning of each day and after the lunch - 2 key speakers from different countries will present within thematic section their views of working with young people with behavioural and emotional challenges. After the plenary session there will be presentations by 45 selected professionals every day who will present various 25 minutes contributions on topics related to the four topics of the conference. From 90 contributions in total, you will be able to choose the ones that interest you and attend only in the hall where the chosen topic or presentation will take place. You will be able to pass between the halls as you wish. The first day of the conference Thursday 5th June will be dedicated to networking for possible new partnerships in various international cooperation projects within the Erasmus+ programs. The official program of the conference starts on Friday 6th June at 9.00 and will finish on Saturday 7th at 20h00 (you will be asked to stay until Sunday 8th of June (Check out is at 11.00am).

However, we would like to ask to the foreigner participants to arrive to Slovenia one day earlier as we have an activity prepared on Wednesday evening for all of you, a sparkling wine cellar tour and tasting. If you can't arrive that day please inform coordinator and we will try to find some individual solution or you will have to come by your own to the venue.

When you book your trip, please make sure you arrive at Radenci before 18:00 h on Wednesday 4th of June to join the visit to the wine cellar. **Thank you for respecting this request.**

# The conference



## Languages

The official languages of the conference are Slovenian, Serbian, Croatian and English.

Room 1 will be simultaneously translated to English via the ZOOM link, which you can access on your phone or special device and follow the lecture. Room 2 will be in English.

## Profile of participants

The profile of conference participants and lecturers will be very diverse:

- youth workers, social workers,
- primary and secondary school teachers,
- faculty lecturers,
- project leaders and educators involved in youth work,
- judges, psychiatric workers, others.

## Timetable

<https://konferenca.mdj.si/en/programme/>

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# Thematic sections of the conference

# Thematic sections of the conference

①

INNOVATIVE FORMS OF  
APPROACHES IN THE FIELD  
OF SPORT AND ART IN  
EDUCATION AND  
EDUCATION

②

YOUNG PEOPLE'S MENTAL  
HEALTH

③

DIGITAL\ANALOGUE

④

SELF-CARE FOR YOUTH  
WORKERS

⑤

TRAUMA AND TRAUMAPEDAGOGY



# Thematic sections of the conference

## 1. INNOVATIVE FORMS OF APPROACHES IN THE FIELD OF SPORT AND ART IN EDUCATION AND EDUCATION

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In educational work with children and adolescents with emotional and behavioural challenges, a variety of sports, arts and cultural activities, which is why we maintain the content strand dedicated to them.

The focus of the contributions should be on innovation and effectiveness of approaches to sport and arts activities in which we as professionals recognise the important contribution to the well-being of the populations we are working with at the conference.

For young people, who are more vulnerable due to their characteristics and lifestyles, education, both formal and non-formal, is of the utmost importance, even though it is often more difficult to access. Non-formal forms of education as well as adaptation and creativity in formal education offer young people the opportunity to discover life's opportunities, learn social skills, develop potential, strengthen weak areas and orient them towards creative leisure activities linked to their interests.

This theme seeks contributions related to arts, culture and sport. We will be interested in new, up-to-date forms and methods of teaching and education, involving the use of various didactic aids, media and adaptations in the education system. This theme also includes non-formal forms of work in the field of arts and sport, presentations on different project-based forms of education and specialised programmes and approaches in organisations to address the educational challenges of young people from vulnerable groups.

# Thematic sections of the conference

## 2. THE PATH TO IDENTITY

Adolescence has always been a period marked by change and important decisions that affect a young person's future life. In recent years, the topic of mental health has been raised more and more in relation to young people. Particular attention has been paid to the mental health of young people with emotional and behavioural challenges, as they do not have the same conditions and coping capacities as their peers in the process of becoming independent, which is influenced by their experiences, inappropriate educational approaches and dysfunctional family patterns. The powerlessness of schools, institutions and gaps in systemic support for individuals (e.g. unresponsiveness of CSDs, (in)accessibility of counselling services) are also increasingly influencing the development and progression of emotional, behavioural and, in some cases, mental health challenges. We are also still witnessing the effects of the isolation and closure of schools during the epidemic of C19. Social networks are having an increasing impact on young people's mental health, often linked to online violence and various forms of abuse.

In this thematic set, we will discuss the most common protective and risk factors for mental health challenges in young people and what coping strategies are most commonly used; how the systems we live in affect our well-being and why; which mental health challenges and disorders are most common among young people and why; what is the state of support programmes at national level and their strengths and weaknesses; what young people miss when seeking help; what are the new and innovative approaches and methods of work that are proving effective in helping young people in need. We invite contributions from practitioners and researchers in the field.

# Thematic sections of the conference

## 3. DIGITAL\ANALOGUE

13 Expert experience and research show more children are showing signs of physical inactivity and neglect. These problems often occur due to overprotection, lack of exercise and limited opportunities, which, among other things, affect the development of motor skills and daily living skills. In practice, experts are recognizing significant gaps in development and maturity of children with special needs. These difficulties can sometimes be the result of digital addiction, which hinders optimal development in the social, emotional, cognitive and motor domains. Nevertheless, the advances in technology and digitalisation have also brought many improvements in approaches to the treatment of children with special needs, in search of the solutions as well as possibilities for effective support in different areas of development.

However, the digital world brings its own unique challenges. An increasing number of children are becoming more dependent on digital devices, which results in social, emotional, mental and motor developmental challenges. Thus, the importance of experiential learning, away from the digital world, is being reiterated in professional and experts circles. In practice, as the counterbalances to standard curricula, is the emergence of experiential pedagogy and experiential learning. In this thematic section, we will be interested in the relationship between the analogue and the digital. We will search for answers to the questions of what advances and solutions digital developments have brought and what challenges they have opened up; how analogue approaches can bring innovative solutions that reduce deficits, and how we can pursue synergy between the analogue and the digital in the youth work;

# Thematic sections of the conference

## 3. DIGITAL\ANALOGUE

so they complement and improve each other.

This thematic section should include presentations of contributions from both fields: analogue and digital methods of acquiring everyday knowledge, skills and experience, methods and content of experiential pedagogy, forest schools, movement pedagogy, play pedagogy and other forms of work, which are of professional nature and examples of good practice. The presentations should present structured and planned forms of methods of work with young people with emotional and behavioral challenges, aimed at reducing deficits in different areas and possible absenteeisms and dysfunctional behavior.

In addition to the above, this section should also include contributions supporting the use of digital tools as methods and tools for working with children with emotional and behavioral difficulties; help with individualisation of material, encouraging motivation with the help of digital tools, optimising organisation and empowering ways to promote greater focus. The aim of this thematic section is to exchange ideas, experiences and innovative approaches to help youngsters, youth workers and educators navigate through the challenges of the digital age, and to promote a holistic development through connecting with nature, experiential learning and experiential learning.



# Thematic sections of the conference

## 4. SELF-CARE FOR YOUTH WORKERS

»You teach what you know, but you reproduce what you are.«

Youth work requires a wholesome human, equipped with knowledge, tools and approaches. The relationship built with the youngster is one of the most important deciding factors for further development and for success. To build healthy relationships we must be able to step into them authentically, transparently, maturely, and further nurture our self-development. Youth work brings many challenges, questions, obstacles, dilemmas and doubts, for which we often do not receive optimal support or space in the context of our working systems and institutions, to illuminate and resolve them. If a relationship is a sum of two individuals, in which the youth worker must take on a greater responsibility; how to build healthy professional relationships that do not exhaust us in the long run?

This topic will focus on the practice of emotional regulation, growth, self-development and self-reflection, this time directed at the youth worker. How to nurture one's own professional mind, professional attitude, ethics and find authenticity in one's relationships in which we do not lose our spark, motivation and our drive to work; how to navigate the challenges and dilemmas brought by younger generations; how to cultivate our own unique working style that celebrates our strengths and promotes personal growth at the same time; techniques and methods for relaxation, growth, self-regulation and strengthening of our professional identity.

# Thematic sections of the conference

## 5. TRAUMA AND TRAUMAPEDAGOGY

Our understanding of trauma and its consequences has been greatly expanded and transformed due to the growing body of research in the last decades. In addition to DSM classified and diagnosable PTSD (post traumatic stress disorder), C-PTSD (complex post traumatic stress disorder) is gaining wider recognition and importance in the mental health area. C-PTSD develops after being chronically exposed to stressful, dysfunctional and negative environment, especially during early development stages. In practice this manifests in dysfunctional operating of the nervous system – the individual's ability to absorb and react to stimuli is limited or faulty, which affects their emotions, perception, feelings and behaviours. As the world around us becomes fasterpaced, overstimulating and offers more challenging living conditions, the number of children and youngsters exposed to conditions for acute or chronic trauma is growing, and is becoming more ingrained in youth work itself. Understanding and exploring the world of trauma is therefore an essential part of youth work.

In this topic we will explore how to recognize different manifestations of trauma, the differentiation between trauma and distress, and how to cultivate trauma informed care and trauma informed approaches. We will unravel reasons, triggers and systems that contribute to dysfunctional development of the nervous system, how this manifests in the individual's life and development, we will explore new-age and innovative approaches that reach beyond frames of individual therapy work and are applicable in broader youth work, and we will talk about limitations, challenges and dilemmas.

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# Travel information



# Location

## Radenci, Slovenia

The conference will take place in Radenci, a small town in northeastern Slovenia, in a region of thermal and mineral springs and vineyards.

It is a well-known spa town from 1833, when a new source of mineral water was discovered and the town developed into a popular health resort. Nowadays, Radenci welcomes many visitors attracted by its favourable climate and, of course, the natural spring water.





# Hotel info

## Venue

Participants will be hosted in Hotel Radin\*\*\*\*.

It is one of the four hotels that are a part of the Spa & Health Resort Zdravilišče Radenci, Slovenia.

<https://www.sava-hotels-resorts.com/en/zdravilisce-radenci>





# Hotel info

## Accommodation

Participants will share a room with another person of the same gender. Every room has a private bath or shower. Towels, linens and basic toiletries will be provided by the hotel.

Participants will have access to some of the hotel's facilities: fitness room, swimming pool and sauna (beauty or health treatments are not included).

The hotel has free WIFI.

## Meals

Full board (breakfast, lunch and dinner) will be included, plus coffee breaks.

Breakfast, lunch and dinner will take place in the restaurant of the hotel (buffet service).

**In case of any special dietary needs or allergies please contact the coordinator.**

Thank you.



# How? When?



Participants are responsible for booking their own trip.

Nearby airports are:

GRZ - Graz, Austria (60 km)

ZAG - Zagreb, Croatia (100 km)

LJU - Ljubljana, Slovenia (130 km)

TRS - Trieste, Italy (290 km)

## -From Ljubljana

On 4th of June, a private bus from Ljubljana to the venue will be available (20€ both ways).

Bus will pick up participants at Ljubljana airport at 16h00 and in Ljubljana bus and train station at 16h30.

If you would like to join the bus, please make sure you arrive on time and let us know.

On 8th of June, there will be also a bus from Radenci to Ljubljana airport and to Ljubljana bus and train station. In order to join the bus, make sure your flight/train/bus back home from Ljubljana is not BEFORE 12h00.

## - From other airports

You can check transportation companies as [GoOpti www.goopti.com](http://www.goopti.com) (if you travel with colleagues it will be cheaper if you make the reservation together).

**Please arrive to Radenci  
on 4th June  
before 18h00.**

**Thank you!**

# Travel costs

- Accommodation with full board, conference participation fee, visa cost (if needed) and travel cost (according to distance calculator) will be provided and reimbursed by Erasmus+.

Travels costs (plane, train, bus, car) will be calculated in accordance with the distance calculator provided by European Commission and reimbursed up to the maximums detailed.

- The organizers will reimburse all your travel costs from your home city to the venue and back, showed in original boarding passes, tickets and invoices, according to the rules of Erasmus+ program, as mentioned above. In case of lower travel costs participant will only be reimbursed for the exact amount of the travel cost.

- All participants must keep and send to coordinator original tickets, invoices and visas.

- Participants using the private bus from Ljubljana to Radenci on the 6th of June and from Radenci to Ljubljana on the 9th will have 20€ deducted from the reimbursement.

## Reimbursement

The reimbursement will be made by bank transfer directly to the participant or partner organization after the conference once:

1- Jarše youth home coordinator has received the travel tickets, receipts and related documents.

2- Online final evaluation is filled out by the participant.



**Please remember to keep and send to coordinator all tickets and invoices for reimbursement.**





# Travel costs



## Distance calculator

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 <b>Distance Calculator</b> Get an estimate of the grant amount for people taking part in the Erasmus+ programme through your organisation.  Erasmus+		
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

<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>

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# Other information



# Other information



- If you arrive early to Ljubljana and would like to visit the city, there is a shuttle bus from airport to the city centre. <https://www.lju-airport.si/en/transport/shuttle-services/>. Here you can find more information about what to see in Ljubljana <https://www.visitljubljana.com/en/visitors/>

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- If you are planning to stay in Slovenia outside the conference dates, organizers' approval is required beforehand as travel tickets with different dates from the official travel days purchased without organizers' approval **may not be reimbursed**.

- **Currency** in Slovenia is EURO.

- **Weather** will be around 25 degrees. We recommend you bring clothes considered comfortable for these temperatures. Weather forecast can be checked here: [www.accuweather.com/en/si/ljubljana/299198/june-weather/299198](http://www.accuweather.com/en/si/ljubljana/299198/june-weather/299198)

## COVID and Safety

At this moment Slovenia does not have any regulations regarding covid, for example, the use of masks is not mandatory. There are no restrictions for entering Slovenia. Participants are responsible for their own health and for acting responsibly.

**Having a health travel insurance and the European Health Card is highly recommended.**

# Other information



## Get-together in the evenings

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On Thursday evening we are planning a visit to a wine cellar, where you will be introduced to a taste of Slovene culture and customs. On Thursday and Friday, we will organize **international evenings**, where you will have the opportunity to present delicacies of **your choice (typical national dishes/drinks/products)** from your country, and to present your organization and country. Keep in mind that the presentation time will be limited to a maximum of 3 minutes/country, as there will be aprox. 26 different countries at the conference. 13 countries will present themselves on Thursday and 13 countries on Friday. We will send you the schedule of presentations later. On Saturday after the international evening, we will organize an introductory evening with traditional Slovenian dance and music in a nearby village. We hope that you will also join us at other informal gatherings.

# Social media

Join us on social media and stay in the know!

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## and final tips



*Da*

*Yes*

*Ne*

*No*

*Živjo*

*Hi!*

*Dober dan*

*Good day*

*Hvala*

*Thank you*

*Lahko noč*

*Good night*

*Dobro jutro*

*Good morning*

*Adijo*

*Bye*

*Malo*

*A little*



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# Contact us



# Contact us



Please feel free to contact our coordinator for any questions or concerns you may have.

Let us know of any changes that might be relevant in attending the conference as soon as possible, such as:

- Your non-participation in the course.
- All travel related issues, including costs and the exact itinerary.
- Your contact details.
- Anything else relevant to us for the organisation of conference.

**Note:** all information shall be treated confidentially.

**Tomi Martinjak** - coordinator for foreigner participants:

Contact: [tomi@mdj.si](mailto:tomi@mdj.si), tel: +386 41 360 233.

Our main goal is to ensure that participants not only enjoy their time in Slovenia but also receive a significant professional benefit from attending this conference.



Looking forward  
to meeting you in  
Slovenia!



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