

# WE GOT THIS!

**INTERNATIONAL TRAINING COURSE FOR  
NURTURING THE EMOTIONAL AND  
MENTAL WELL-BEING OF YOUNG PEOPLE**

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27.05.2024-03.06.2024  
Vanaõue Puhkekeskus (Estonia)



Co-funded by  
the European Union



erasmus+ and  
european solidarity  
corps agency



**Shokkin Group**  
International





## ABOUT THE PROJECT

Young people go through a lot of changes, like physical, emotional, social, and cognitive changes. Youth workers, school psychologists, counselors, and teachers are all essential for helping young people during this time. By learning about adolescent development and mental health, educators and youth workers can **understand young people better, know what to expect during different stages, and come up with good ways to support them.**

Additionally, educators and youth workers can help young people by giving them **practical tools** for dealing with everyday challenges and/or guiding them in **finding the right support.**

And let's not forget about the **well-being of youth workers themselves**—they need their own routines and tools to take care of their mental health too.

**“The aim of this training course is to empower youth workers with the expertise and abilities essential for nurturing the emotional and mental well-being of young individuals in their communities.**

**This can be achieved by fostering environments that prioritize safety and support by enhancing the mental health and well-being of youth workers, recognizing that they must first understand how to maintain their own mental health and balance before effectively supporting others.”**

**APPLY HERE BEFORE 10.04.2024**



# PARTICIPANT PROFILE

This activity is designed for **youth workers, trainers, ESC mentors and educators (high school teachers, youth trainers, camp leaders)** interested in finding practical strategies for addressing and supporting the mental and emotional health of young people.

**The event is most beneficial for practitioners who have a group of young people with whom they work on a regular basis and who can share examples of difficult situations and good practices with others.**

## FORMAL CONDITION

The training course is open for **residents of Erasmus+ Youth Programme countries**. Participants have to be **over 18 years old** and be able to follow the **work in English**.

## OUTCOMES

Participants will be equipped with **effective educational strategies to address the emotional and mental health needs of young people** through sharing of good practices, engaging in empowering discussions and analysing their own working strategies.

This approach aims to ensure that youth workers are adept at **managing their own mental health** while also effectively assisting young people in fostering safe and supportive environments.





# TRAVEL AND REIMBURSEMENT

When arranging tickets, bear in mind that there is a **fixed maximum amount reimbursable for your individual trip costs**. **Selected participants need to plan their trip to the town of Viljandi (Estonia)**. Travel costs exceeding the maximum reimbursable amount will not be covered.

Travel budgets according to distance bands can be found below:

**3000–3999 KM | 480 EUR** (e.g. Portugal)

**2000–2999 | 340 EUR** (e.g. most of Spain and Italy)

**500–1999KM | 255 EUR**

(e.g. most of Sweden, Poland, Germany, Czechia, Slovakia, Northern Italy)

**100–499 | 150 EUR**

(Latvia, most of Lithuania, most of Finland)

**10–99KM | 23 EUR**

(Estonia)

You can check the preliminary travel budget with the **Erasmus+ Distance Calculator**: [erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator](https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator)

## REIMBURSEMENT PROCEDURE

Reimbursements will be made **by bank transfer to the organization or appointed responsible participant** after all necessary **travel documentation** and **proof of dissemination activities** (online articles) are sent to the hosts (we will make the transfer within 14 days from the moment we have everything needed from a country group).

## MANDATORY INSURANCE

It is mandatory to have a **valid medical insurance** (i.e. European Health Insurance Card) during your travel and a **separate travel insurance** (must cover damage or loss of luggage, accidents and serious illness, death). **It is the responsibility of each participant to provide proof of medical and travel insurance.**

## ARRIVALS, DEPARTURES AND EXTRA DAYS

Participants are requested to **arrive in Viljandi before 19:00 on 27th of May and depart no earlier than 3rd of June**. We expect everyone to book tickets according to the given times. At your own expense you can stay in the region **up to 4 days before OR after the activity.**

## VENUE

The training will be organized in **Vanaõue Puhkekeskus** (towels provided). Accommodation and training will be provided in **en-suite rooms of 2-4 people** of the same gender and mixed countries.

There is **no shop in walking distance** from the venue, so you are advised to bring all the necessities with you. If you will need extra snacks/personal items at the beginning of the week, then **make sure to buy them before arriving to the venue.**



## PRACTICALITIES

The event will take place in a conference room and in some outdoor working spaces if the weather allows. Please, bring **indoor shoes/socks/flip flops for inside the house!**

We will host a sauna evening (of course!), so bring **your swimsuit** if you want to enjoy an old sauna tradition in Estonia. Please, bring any **medication** you might need during the week and **personal water bottle.**

**The training has 20 EUR participation fee.**

**Pictures and videos** taken during the activities might be used to document the training and promote the project in reports, partner websites, social media accounts and in further promotional materials.

For the benefit of the activity and in order to guarantee your full involvement in the experience, **we ask selected participants NOT TO PLAN online meetings/appointments during the training time.**

# TEAM



## **PETRA PAPIERNÍKOVÁ (SLOVAKIA)**

Petra has expertise in education, psychology, and systemic psychotherapy and is a certified life coach, specializing in youth coaching. As the founder and president of the Slovak NGO EduEra, she is dedicated to empowering individuals through educational initiatives and projects both locally and internationally. Petra is passionate about community organizing and development, also serving as a Community Manager for an online psychotherapeutic platform.



## **OLALLA GONZALEZ (ESTONIA)**

With an educational background in Translation and Interpreting, Olalla has always loved the possibility of facilitating a common understanding among people. She works as a youth project manager at Shokkin Group Estonia and contributes with visual facilitation materials in educational activities and events aimed at educators, leaders and youth workers from all over Europe.



## **JULIA DIVONINA (ESTONIA)**

Julia enjoys interacting with people in the youth work sphere and finds immense inspiration in assisting young people with their ideas. During the day she studies law, at night she likes to read and learn more about psychotherapy, embodiment practices and trauma's influence on people's lives.

# WE ARE LOOKING FORWARD TO HOSTING YOU IN ESTONIA!

[Apply here before 10.04.2024](#)

