

TRAINING COURSE

# BUILDING RESILIENCE

*Fužine, Croatia, MARCH 9. - 16. 2025.*



## Training course on resilience

Building Resilience is an immersive 7-day training course designed to equip youth workers with tools and strategies to enhance resilience, both in themselves and in the young people they support. The course will take place in the peaceful mountain village of Fužine, Croatia, from 9th to 16th March 2025. It will gather 24 participants from programme countries.

Application  
deadline is  
January 8th Read  
this infopack  
and:

[\*\*CLICK HERE  
TO APPLY!\*\*](#)





## Hosted by Amazonas

**Amazonas Association** was registered in Zagreb in 2004. Our vision is an open, playful and solidary society. Our values are inclusiveness, optimism and change. Our activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community.

We have three main areas of work:

1. Social support - empowering of children, youngsters and families at risk of social exclusion
2. Active and mobile youth - non formal learning of young people, for young people, including mobility projects
3. Educations of experts - training courses as well as development of the education materials for experts in the field of youth and social support.

Through our work we are very much movement based and we use capoeira as well as various sport and movement forms, as a tool to reach positive psychosocial change.

More info find on our [website](#).



### ELIGIBLE PARTNERS:

Associations from programme countries and countries associated to the programme, that posses OID number within Organisation registration system.



Co-funded by  
the European Union





# Building resilience

Resilience refers to the ability of individuals to positively adapt and thrive in the face of adversity, drawing on personal strengths, social resources, and supportive environments. It involves not just overcoming challenges, but using them as opportunities for growth.

Building Resilience addresses the need for effective strategies to enhance psychological resilience, both for youth workers and the young people they support. The course combines theoretical insights with body-centered practices to promote emotional regulation, stress management, and resilience development. Through exercises in body awareness, movement, and self-reflection, participants will gain tools to build resilience on both a mental and physical level.

The program emphasizes the importance of relationships, as social connections play a crucial role in fostering resilience. It focuses on two core areas:

## **1. Developing Personal Resilience**

## **2. Fostering Resilience in Youth**

The course will provide practical strategies for creating supportive environments that promote emotional well-being. By combining experiential learning with theory, it aims to empower youth workers to better support the young people they work with. Ultimately, it encourages adaptive coping, personal growth, and the creation of positive, resilient communities.



### **TC objectives are:**

- To foster the development of personal resilience in youth workers, enabling them to better navigate challenges, manage stress, and build emotional strength.
- To support resilience in the young people youth workers work with, by developing effective strategies and creating supportive environments that promote growth and overcoming adversity.

## **Key topics:**

- *Self-Awareness*
- *The Strength of Relationships and Connection*
- *Trauma-Informed Care*
- *Empowerment*
- *Self-Care*

*Through various techniques, we will explore these areas, connecting them with both personal reflection and practical application in youth work. Participants will gain valuable tools to enhance their practice, equipping them with strategies to support resilience in young people and foster positive, empowering relationships.*





## WHO CAN APPLY

- Building resilience is a training course activity aimed for youth workers, teachers, youth group leaders, trainers, educators that want to develop/improve their skill of using body related techniques to improve emotional well-being of youth
- If the description fits you, and you are working with young people, apply using the application form link on the first page of this manual.
- Selection will be made based on your experience in youth work, your motivation for the subject of the course and the amount of results sustainability (how will you use project results in your daily work). Please write us detailed description of it in the application form.





# PARTICIPANTS CONTRIBUTION

## **BEFORE THE TRAINING COURSE:**

Please read this infopack carefully to familiarize yourself with the training programme and all practical details. If you have experience with any body-related practices focusing on resilience and emotional well-being, we encourage you to describe it in the application form.

## **DURING THE COURSE:**

Be ready to actively participate in all sessions, as your engagement is key to the success of this training. We will ask that you put away your phones during all sessions to ensure full presence and focus from everyone. In the final days of the course, you will plan dissemination activities, focusing on how to share the results of the project within your communities. You will work in groups to create both theoretical and practical inputs on resilience that can be applied by other professionals in your field.

## **AFTER THE COURSE:**

Once you return home, you will work on dissemination activities as agreed, to ensure the results of the training are shared with your communities and networks.

## NGO FAIR

One day evening programme will be dedicated to presenting your NGO's and your area of work. Please bring materials like flyers, posters, video (if you have) or anything else that presents your work in the field of youth.

WE WILL SEND YOU A DETAILED TIMETABLE AFTER THE SELECTION PROCESS.





## A bit more info, to help you prepare better:

**Keep in mind, we will be moving :)**

The entire training will be experience-focused, and we will explore various techniques aimed at building resilience and emotional balance. These will include body-based practices like movement, relaxation techniques, visualization, and creative exercises. Please bring **enough comfortable clothing suitable for movement sessions**. Also, make sure to bring indoor shoes or warm socks with a rubber bottom, as you will need clean footwear in the working area.

Since March is still wintertime and we will be near the mountains, make sure to **bring warm clothing**. **Waterproof shoes** are also recommended, as we plan to go for a walk in nature, and there may still be snow.

**Arrival:** March 9th (before dinner **at 19:00**)

**Departure:** March 16th (after breakfast)

Cost of **food** (3 meals per day plus coffee breaks) **and accommodation** are covered by the project.

All participants **must be covered either by the European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation).







## ACCOMODATION

Fužinarska kuća is located in the beautiful ambiance of idyllic Fužine. From stunning lakes and forests to caves, this area offers countless possibilities for an active vacation as well as relaxation in picturesque nature. Fužinarska kuća is an ideal place for hosting workshops, playrooms, seminars, courses, and conferences. It specializes in catering to both small and large groups. Decorated in a mountain style with a cozy, homely atmosphere and a delicious kitchen that adapts to all the needs of its guests.

### [CLICK TO FIND ON THE MAP](#)

Participants will be accommodated in double and triple rooms.







## LOCATION

Fužine is a village and a municipality located in Primorje-Gorski Kotar County, 10 km away from the coast and 30 km away from the city of Rijeka. It is situated at 722 meters above sea level while being surrounded by mountains and three large artificial accumulation lakes. For more information on this beautiful area please visit [FUŽINE TOURIST BOARD](#).

### HOW TO REACH:

There are frequent buses to Fužine from both Zagreb (capital) and Rijeka.

**Travel costs will be reimbursed** according to Erasmus+ [distance calculator](#), depending on your place of origin (in the country of your sending organization).

DISTANCE (air straight line)	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	28	56
100-499	211	285
500-1999	309	417
2000-2999	395	535
3000-3999	580	785
4000-7999	1188	1188

### MONEY / COSTS

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's are available in Fužine.

**We look forward to see you in Fužine.  
Please apply before January 8th using the link on the first page.**