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The Training Course hosted by Youth Support Centre

# Crisis Management and Well-being in Youth Work



**When?**

**23.05.2022** - arrival day

**31.05.2022** - departure day

**Where?**

Karpacz, Poland





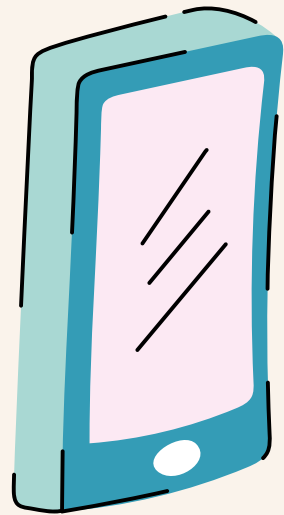
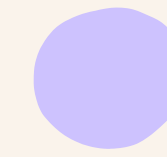
9:30-11:00



9:00



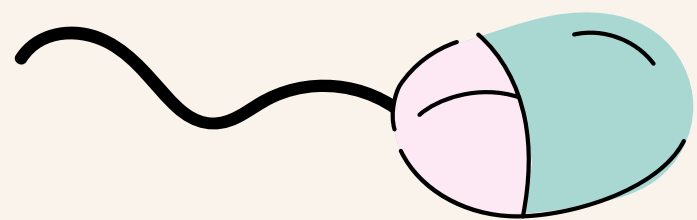
11:30-13:00



16:00-17:30



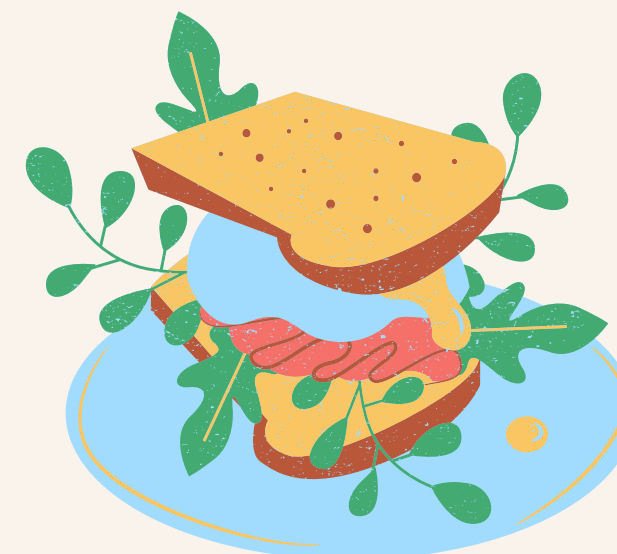
13:00



17:30-19:00



21:30-23:00



19:00

# WHAT WILL YOU LEARN ABOUT?

We will try to support your learning process and reach following results:

- 1) to develop group exercise: stress and coping,
- 2) to learn what is the root of stress, mental health crisis and isolating oneself and find the reason/solution
- 3) to get to know new methods and tools of crisis management
- 4) to explore Polyvagal theory: survival mechanism vs creativity and coping (when stress is/n't impulse for creativity)
- 5) to learn basic ways to release anxiety, stress: workshops/tools/methods
- 6) to gain skills and competences on enhancing balance in young people;s life
- 7) to know how to reach self-respect (work/life balance)
- 8) to collect a set of useful tools, methods and materials for future work with young people
- 9) to explore Open Space Technology by being a part of it

# PROJECT DEADLINES



**Participants should apply directly to their sending organisation.**

**Deadline: 23.04.2022**

Buying tickets: 10.05.2022

Personal form filled in: 15.05.2022



# PARTICIPANT'S PROFILE



The project is designed for youth leaders, teachers, NGO members, NGO employees, NGO co-workers and NGO volunteers actively involved in life of partner organisations/ actively involved in social and civic life of youth on local, national and European level. Participants selected for the project should be: 18 + and able to effectively communicate and work in English.



# TRAVEL DETAILS



## 23.05.2022 - arrival

- ▶ You should arrive to Wrocław before 4 pm. You can also arrive 1-2 days before, if there is no comfortable connection on 23.05.2022
- ▶ We will organise a **Shuttle Bus\*** from Wrocław City Center to KARPACZ

\*The departure time will be arranged according to arrivals of all participants. You should look for connections that might bring you to Wrocław on 23.05.2022 not later than 4 pm.

## 31.05.2022 - the departure day

- ▶ You should departure from Wrocław not earlier than 9 am.
- ▶ We will organise a **Shuttle Bus\*** from Karpacz after breakfast. \*The departure time will be arranged according to departures of all participants. It takes 2h to reach the airport from the venue.



PLEASE FIND FLIGHTS TO WROCŁAW  
COPERNICUS AIRPORT (WRO).

PARTNERSHIPS FOR CREATIVITY



**Please find flights to Wrocław Copernicus Airport (WRO).**  
**<http://airport.wroclaw.pl/>**

► There are also good connections by bus/train from airports: *Berlin Schonefeld, Krakow, Warsaw and Poznan to Wroclaw city center.*

**Before buying tickets you are obligated to present and consult the travel plan and expenses with the project coordinator. If tickets you purchase will not be approved you might not receive the full reimbursement.**



# TRAVEL BUDGET

The given amounts refer to travel both ways.

**275 EUR** Italy and Greece

**YOU MUST BUY THE TRAVEL INSURANCE TOGETHER WITH THE TICKETS THAT WILL COVER THE COSTS OF THE TICKET IN CASE YOU CANNOT TAKE THE FLIGHT DUE TO GETTING SICK (INCLUDING COVID-19). THIS INSURANCE WILL BE COVERED BY TRAVEL BUDGET AND REIMBURSED TOGETHER WITH TICKETS WITHIN THE AMOUNTS. IF YOU DO NOT PURCHASE THE INSURANCE AND DUE TO SICKNESS WILL NOT BE ABLE TO COME TO THE PROJECT YOUR TICKET WILL NOT BE REIMBURSED.**

A stylized illustration of a hand with a pink sleeve and a gold bracelet pointing towards the text. In the background, there are several musical notes in blue and purple, some with starburst effects.



# THE VENUE

REDA CIS

Karpacz, Poland

<http://reda-karpacz.pl/galeria/>



# WHAT TO BRING



- Good mood, open mind and motivation
- Comfortable clothes for workshops
- EHIC Card - we will provide only accident insurance
- Idea for evening activities - evenings to be facilitated by participants (you can bring games, music instruments)
- your private aqua bottle/cup (eco-friendly)
- your personal cosmetics and medicines
- flip flops or light shoes
- TOWEL

We provide 😊 bed linen, hair dryer.



# REIMBURSEMENT



In order to receive the reimbursement you need to provide hosting organisation with: bills, booking e-mail confirmations, original tickets or pdf, invoices and boarding passes (if you have online tickets and boarding passes – pdf is fine, if you do not have – we need all originals).

## **Print everything and Bring them for the activity!**

- ▶ Reimbursement will be done in EUR in cash if all travel documents will be provided and purchased before or via bank transfer within 2 weeks after the activity, if all travel documents will be sent via email and post.
- ▶ Participant is eligible to travel up to 2-3 days before or after the activity days.
- ▶ Participant cannot travel with first class. Only in certain cases is possible to use taxi or travel by car but you must contact the project coordinator first.



# PHOTO AND VIDEO AGREEMENT

We assume you are aware that this kind of projects are not only for direct participants itself but should be available to the bigger audience and all interested target groups, youth workers and NGOs.

That is why we will take a lot of pictures of you and record videos with you during workshops. All mentioned will be posted on FB event, website of the project and Youtube channel.

Of course we will record only parts of the activity and also in some moments of privacy we will not record at all. We will take care of your comfort zone and feelings so anytime you mind being recorded, please let us know.

# HOSTING ORGANISATION

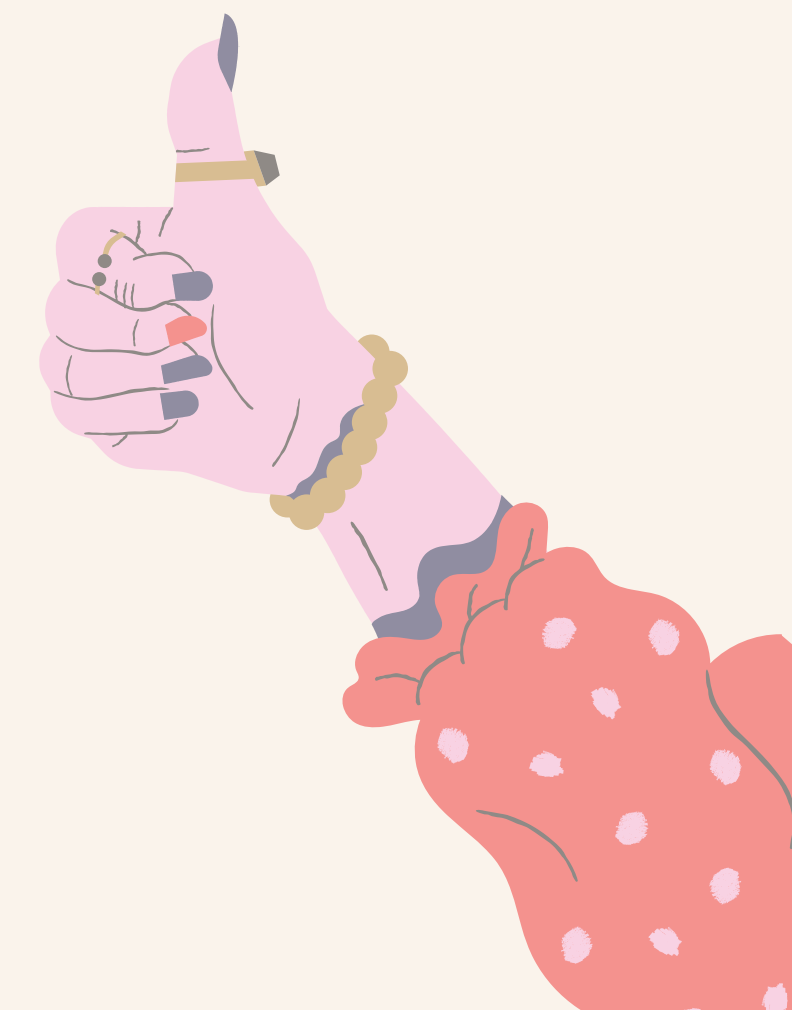


[youthsupportcentre.com](http://youthsupportcentre.com)

<https://www.facebook.com/yscentre>

**Youth Support Centre** is a non-profit, non governmental organisation established by youth workers, young people and professionals, motivated to work with non-formal education in addressing the issues that concern our local community, Poland and Europe in general.

Youth Support Centre was founded on 29th of April 2015 and is composed of people who are active in civil sector and youth work for many years.

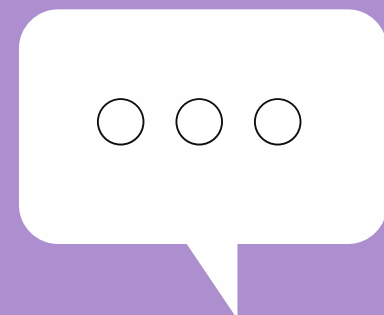


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**BOOST**

**YOURSELF UP!**

CONTACT US: [CONTACT.YSC@GMAIL.COM](mailto:CONTACT.YSC@GMAIL.COM)



SEE YOU SOON