



**Stop.**  
**Reflect.**  
**Do better!**



**Training Course**  
**“Empowering Youth Workers:  
Building Resilience and Managing Stress”**  
*for youth workers, peace activists, leaders, volunteers*

**Poland, 22-29 February 2024**

**CALL FOR PARTICIPANTS**

**Apply by 7.01.2024!**



- ✓ Are you a **resident of Bulgaria, Germany, Hungary, Ireland, Italy, North Macedonia, Poland, Portugal, Slovenia or Spain**?
- ✓ Is your life **full of tasks** and the **to-do list is never-ending**, with piles of unexpected challenges or complications?
- ✓ Do you feel that a **moment of rest and reflection** is needed?
- ✓ Are you **interested** in the topics of **well-being, happiness, and mindfulness**?
- ✓ Would you like to develop your competences on how to **improve your well-being**?
- ✓ Do you want to learn more about how to **support the well-being of young people**?
- ✓ Are you motivated to **stop and reflect** on your daily routine?
- ✓ Do you commit to **incorporating new practices** to improve your professional activities?
- ✓ Are you ready to meet **amazing people from 10 countries**, make new friendships and get inspired by their ideas and projects?
- ✓ Would you like to combine *city* and *nature*, **staying a week at the lakeside with an all-year ski slope and thermal baths**, yet just 3 km from the charming Poznań Old Town?
- ✓ And all this **without any cost** or just a small membership fee?!

If your answer is "Yes, this is me!", then...

... we have an offer for you!! :-)

## ABOUT US

**Service Civil International** is the oldest voluntary peace movement in the world, with over 100 years of experience. Our mission is to promote a culture of peace by organising international volunteering projects with local and global impact.

We are present in 40 countries on 5 continents, and we cooperate with partners in almost all countries of the world.

During over 100 years of operating globally, we have accumulated lots of expertise in non-formal education and peacebuilding, which has been recognised by many institutions, including UNESCO and the Council of Europe, and numerous Nobel Peace Prize nominations.

Read more at <https://sci.ngo/>.

**Stowarzyszenie Jeden Świat** is the Polish branch of SCI. We combine international projects with local spirit and have 30 years of experience in peace work and non-formal education.

We are widely recognised for the high quality of our educational projects and training courses.

Learn more at <https://poland.sci.ngo/>.



# **“EMPOWERING YOUTH WORKERS: BUILDING RESILIENCE AND MANAGING STRESS” TRAINING COURSE (22-29.02.2024, Poland)**

We invite you to stop for a moment and dedicate time to your capacity and well-being as a youth worker, leader, peace activist and volunteer!

**Give yourself a New Year present and join our one-week training course "Empowering Youth Workers: Building Resilience and Managing Stress"!**

## **At the training course, you will:**

- enlarge your knowledge about mental health and well-being and which factors influence it;
- become more aware and able to use various tools and mechanisms for sustaining own and young people's well-being;
- gain knowledge and practical tools to deal with stress and uncertainties in the new reality;
- acquire skills to boost own well-being and happiness;
- develop confidence to apply mindfulness in daily work;
- exchange ideas, good practices, inspirations, and share resources;
- plan a follow-up action to take place in your local community upon the course completion.

**The training course is a part of the “Stop. Reflect. Do Better” project implemented in 2023-2024 by Stowarzyszenie Jeden Świat – SCI Poland and co-funded by the European Union.**



**Co-funded by  
the European Union**

The overall project aim is to:

- support the well-being of professionals, youth workers, coordinators, and peace activists,
- build further the participants' competences and capacities of their organisations in providing quality voluntary and educational activities for young people.

The project foresees 2 international training courses, local follow-up actions, webinars on well-being, and creating Well-Being Cards.

Sustaining well-being starts first with a single individual, but the combined effect of single numerous efforts brings a change to a healthier world!

Learn more at <https://poland.sci.ngo/en/project/stop-reflect/>

## TRAINING COURSE PROGRAMME

| DAY         | 1 – Thu, 22.02                             | 2 – Fri, 23.02                          | 3 – Sat, 24.02          | 4 – Sun, 25.02 | 5 – Mon, 26.02       | 6 – Tue, 27.02  | 7 – Wed, 28.02                                       |  |
|-------------|--|---|-------------------------|----------------|----------------------|---|--|--|
| 08:00-9:00  | Arrivals and discovering the lakeside      | <b>Breakfast at 8:00</b>                |                         |                |                      |   |  |  |
| 9:00-10:30  |  | The project and training topic overview | Well-being & Happiness  | Mindfulness    | Living in VUCA times | Open Space on the topics of importance for the participants | From theory to practice: individual and group level  |  |
| 10:30-11:00 |  | <b>Break</b>                            |                         |                |                      |   |  |  |
| 11:00-12:30 |  | Mental health and well-being            | Well-being & Happiness  | Mindfulness    | My survival kit      | Open Space  | Local follow-up actions: planning and feedback       |  |
| 12:30-14:30 | <b>Lunch at 12:45</b>                      |   |                         |                |                      |   |  |  |
| 14:30-16:00 | 14:00 Opening of the training, orientation | Well-being in youth work                | How to deal with stress | Free afternoon | Silent afternoon     | Well-Being Cards creation                                   | What's next?   |  |
| 16:00-16:30 | <b>Break</b>                               |   |                         |                |                      |   |  |  |
| 16:30-17:30 | Getting to know each other and the place   | Well-being in our organisations         | How to deal with stress | Free afternoon | Silent afternoon     | Well-Being Cards: plenary conclusions                       | Evaluation and closing Certificate awarding ceremony |  |
| 17:30-18:00 |  | Reflection groups                       |                         |                |                      | Reflection groups   |  |  |
| 18:00-20:30 | <b>Dinner at 18:30</b>                     |   |                         |                |                      |   |  |  |
| 20:00- ∞    | Welcome evening                            | Free evening                            | Well-being evening      | Free evening   | Reflection groups    | Chit-chat evening   | Final Party  |  |

**Arrivals:** Thursday, 22.02.2024 before 2 p.m. (or 1 p.m. if you want to join us for lunch).

**Departures:** between Wednesday, 28.02.2024, 7 p.m. and Thursday, 29.02.2024, 10 a.m. Breakfast is still provided on 29.02.

The final programme may be slightly modified depending on the profile of selected participants and your specific needs and interests.

All in all, we offer you **an excellent learning opportunity** that will support your and young people's well-being, and also **a unique networking experience** with fellow-minded people from across Europe.

## FOR WHOM?

Our ideal course participants are youth workers, peace activists, leaders, coordinators and volunteers with an interest in the topic of well-being and its applications in their work within non-governmental organisations and with young people.

**The most important for us is your motivation and willingness to explore, learn, and apply the ideas in your daily professional work.**



**There are a few formal requirements you need to meet to join the training course:**

1. You need to be a **resident of one of the 10 project countries** mentioned on the cover page.
2. You must be able to **communicate in English** (the working language of the course).
3. You must be **at least 18 years of age**.
4. You need to **attend the whole course duration** (there is no possibility of making exceptions).
5. You commit yourself to organising a **follow-up action** in your local community/country upon the course completion (it can be e.g. a workshop, webinar, training, or other educational activity).

We explicitly encourage participants of all genders, abilities, and ethnic backgrounds to apply!

## WHEN?

The training course lasts 7 days.

You need to arrive at the training venue on 22.02.2024 before 2 p.m. CET.

The course finishes on the evening of 28.02. Departures can take place any time between 28.02, 7 p.m. and 29.02, 10 a.m. We encourage you to stay until the morning so that you don't miss the final party! :)

## WHERE?

Our event will take place in **Poznań**, a vibrant city with great transport connections (international trains and buses, airport, highway).

We are thrilled to invite you to a dream place that combines *city* and *nature*!

**Hotel Camping Malta** is a relaxing green area designed for groups and individuals who want to have a creative space for work and rest.



Malta is a lake (picture on the previous page), just 3 km from the Poznań Old Town, yet it gives you a feeling that you are away from the city.

We will live at the lakeside in bungalows for 2-3 people with private bathrooms. The outside temperature will be 0-10°C at that time but the houses will be fully heated and 100% comfortable! Meals, including coffee breaks, will be served in the renowned Rycerska Restaurant at the hotel premises, just next to our training room.



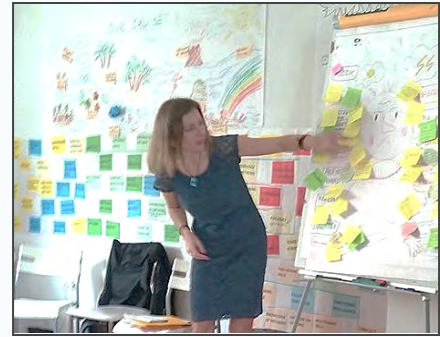
These are just a few examples of **attractions within walking distance of our hotel (0.5-3 km)**:

- Poznań Old Town
- Malta Thermal Baths (an aquapark and pool complex)
- All-year-long Malta Ski slope (with skiing, downhill rafting and a toboggan run)
- Forests with rivers, ponds, and a treetop walking bridge
- Two rope parks
- Poznań New Zoo with an award-winning, vast and modern elephant enclosure



## METHODS

Our working methods will be based on the principles of adult learning, creating a stress-free and motivating environment where the human brain has the full capacity to learn. You will often work in smaller groups to achieve the best results. All the methods will encourage active participation, creativity, initiative, and responsibility for one's learning process. Our training courses are also very colourful, with many visuals used in the learning process. We include the proof! :)



## MEET THE TRAINERS

The training course will be facilitated by two experienced and certified trainers, experts in adult education, and – at the same time – peace activists.



### **Natalie Jivkova, Bulgaria:**

*Inspired by and passionate about peace, well-being, and non-formal learning, Natalie supports the learning processes and personal development of youngsters and adults.*

*She is continuously learning how to bring and practice peace at all levels.*

*Natalie has been involved in SCI locally and internationally since 2002 and has co-developed the Peace Education in Practice online learning course.*

### **Goška Tur, Poland:**

*Goška is a sociologist, trainer and educator, a certified member of the Polish Association of NGO Trainers and owner of Pracownia Interakcji training company. She has been active in the training field for almost 25 years and led numerous national and international training courses on peace issues, including NVC, conflict resolution, inner peace and happiness.*

*Between 2015 and 2020, Goška was the International President of SCI*

*Natalie and Goška are proud creators of the [Facilitator's Cards](#), [SCI Peace Cards](#), and [My Peace Journal](#).*



## CERTIFICATES

You will be awarded a training completion certificate, issued by SCI Poland, and additionally, you will receive a Youthpass certificate.

## FINANCIAL CONDITIONS

The food and accommodation during the training course as well as organisational costs (additional insurance, training materials, etc.), will be **fully covered** thanks to the co-financing by the European Union.

We do not cover the costs of COVID tests, should you need one.

**Reimbursement of the travel tickets** will be 100% up to the maximum amount after the receipt of the original documents. Maximum travel reimbursement will be according to the Erasmus+ rates:

- travel by plane: distance 100-499 km up to 180 euro, 500-1999 km up to 275 euro, 2000-2999 km up to 360 euro,
- green travel (bus, train, car sharing): distance 100-499 km up to 210 euro, 500-1999 km up to 320 euro – foreseen only for participants from Germany, Hungary and Slovenia.

**NB.** We run this project in a partnership between [SCI Poland](#) and [CVS Bulgaria](#), [SCI Catalunya](#), [SCI Germany](#), [Útilapu Hungary](#), [VSI Ireland](#), [SCI Italy](#), [CID North Macedonia](#), [Para Onde? Portugal](#) and [Zavod Volontariat – SCI Slovenia](#). Some of the partners may ask for a small sending fee to cover their placement costs. Please check with the relevant organisation.

Even though this is not a “getting to know Poland” project, **you may also stay in Poland a few days before or after at your private expense**, as long as the travel cost is not higher than the cost which you would bear if coming only for course duration – otherwise, you will be asked to cover the difference.



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## SUSTAINABILITY

**Sustainable food:** The food we provide will be vegetarian with vegan options. This is not just a practical decision, but also an ideological one: SCI believes in the values of sustainability and climate justice – and if we want to contribute to a more peaceful planet, we need to give up on animal agriculture and its destructive effects on our planet.

**Sustainable travel:** We encourage you to use environmentally friendly transport (bus, train, car sharing) when possible, and we will explicitly ask participants from Germany, Hungary, and Slovenia to choose this type of transport instead of a plane. Questions or doubts? Contact us!

## HOW TO APPLY?

If you find yourself a suitable candidate for the course, please fill in the application form [here](#) by 7.01.2024, 23:59 CET.

You will be notified of the selection results by 17.01.2024.

All those accepted will receive a detailed infosheet (incl. your travel and preparations).  
We will also support you in the pre-departure phase together with our project Partner Organisations.

If some places remain available after 7.01.2024, we will continue accepting applications until the free slots get filled in.

## QUESTIONS?

If you have further questions regarding the project, write to us at [learning@poland.sci.ngo](mailto:learning@poland.sci.ngo).

***We are looking forward to your application!***

The coordinating team  
Goška Tur and Natalie Jivkova