

YOURCARE YOUTHCARE



INFOPACK

**Youth workers psycho-emotional
well-being in quality youth work**

**Training course
24.06-01.07.2023
Tsaghkadzor Armenia**

CONTEXT OF THE TRAINING COURSE

Youth workers face daily challenges while supporting young people from diverse backgrounds, including those with behavioral problems, disabilities, psychological issues, and from minority communities.

This can affect their mental health and emotional well-being, as they become emotionally attached to their roles and struggle to balance work and personal life. To prevent burnout and ensure effective youth work, self-care must be a daily practice.

Our training course "**YOUr Care - YOUth Care!**" aims to support **27 youth workers from 8 countries** through personal and professional development, competency building, and tool acquisition over 6 working days.

Our specific **objectives** are:

- raise participants' **awareness** of youth workers' well-being dimensions and their impact on work quality
- develop participants' **competencies** in recognizing preventing and overcoming working burnout
- equip participants with self-care **tools** to promote and maintain the psycho-emotional well-being of their workplace
- form a **network** of like-minded people and organizations for developing follow-up initiatives aimed at youth workers' well-being promotion

GENERAL INFORMATION



Coordinating organization:
Change Your Self
Slovakia
info@yourchange.eu



Hosting organization:
UNIGROWTH DC
Armenia
infounigrowth@gmail.com

Project partners:

- "MESHY" Italy
- "Pro Time-R" Romania
- "Culture Clash" Croatia
- "ROHELINE" Georgia
- "CCT" Molova
- "FOSTER YOUTH GROUP" Ukraine

Project information:

- **ID:** 2022-3-SK02-KA153-YOU-000095892
- **Dates:** 24.06-01.07.2023



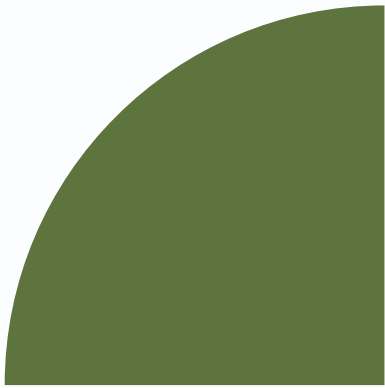
Co-funded by the
Erasmus+ Programme
of the European Union



NÁRODNÝ INŠTITÚT VZDELÁVANIA A MLÁDEŽE

PARTICIPANTS

Whom this training course is for?

- youth workers or youth NGO representatives;
 - social workers responsible for youth in their municipality
 - teachers, school support staff, alternative education staff, vocational programme staff (involved in youth work);
 - working with young people with disadvantaged backgrounds who need to reinforce encouragement for social inclusion.
 - other sector professionals directly working with young people: youth centres, youth camps
 - youth policymakers
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TRAVEL

Thanks to co-funding of this project through Erasmus+ programme, we are able to **reimburse your travel costs** to certain extent.

Please note that **reimbursable travel costs** are:

- Your travel to the airport in your country (e.g. train, bus)
- Flight costs to Armenia
- Local transport from Yerevan to the project venue and back (10 € in total, which will be deducted from the max. amount of travel costs reimbursement).

We organize transfer from Yerevan to the venue and back. We will depart **to the project venue on 24th June afternoon**. More details about the time and place we will give closer to project dates. However, please adjust your travel options according to this information.

On the **departure day 1st of July**, in the morning we will arrange your transfer from the venue to Yerevan city center from where you will have to arrange your travel to your departure point (airport, bus/ train station) on your own.

It's possible to **extend your stay for maximum 8 days** in total (4 before or/and 4 after the TC). Any additional costs which occur during these extra days are of course to be covered by you.

Please note, that we cannot reimburse transportation by taxi.

We reserve the right to not reimburse your costs if you do not follow there instructions.

TRAVEL

Travel costs will be **reimbursed** up to the **following maximum amounts**:

- Slovakia, Italy, Croatia, 360 euros
- Romania, Ukraine, Moldova, 275 euros
- Georgia 210 euros
- Armenia 23 euros

Please remember **these steps**:

- First send the details of your chosen flight option to Jakub@YourChange.eu by mail for confirmation
- After confirmation from our side, you will be able to purchase the tickets on your own and send us the e-Ticket as a final confirmation of your participation.

The travel reimbursement will be made by coordinating organization after collecting all the original travel documents

IMPORTANT:

While searching for the tickets **make sure you will be in Yerevan before 16:00 on 24th June!** (in some cases flight options show +1 which means e.g. you depart on 24th but arrive on 25th morning). There is no public transport running from Yerevan to the venue, so if you miss the bus we organize, you have to arrange your travel to venue on your own with taxi which will NOT be reimbursed!!

Do not plan your departure from the venue earlier than 1st of July. In case your departure is earlier than this date, we will not reimburse your travel documents.

VENUE

The project will be held in **Tsaghkadzor**, which is a spa town and a popular health resort located in Kotayk Province. Surrounded by alpine meadows, the town is situated on the southeastern slope of Mount Teghenis. The average temperature at the end of June is around 25-30°C with warm but a bit chill mountainous evenings, thus bring warm jackets with you!

The project venue is “**Popock**” which is fully equipped to host international youth projects with the appropriate equipment, working spaces, and leisure time activities. The territory also gives an opportunity to organize outdoor dynamic activities. You will be accommodated 2-4 people in one room of the same gender. Each room has 1 bathroom. There is wireless internet available in the **guest house**.



CONTACT

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