

YOUTH WORK FOR RESILIENCE



INTERNATIONAL TRAINING SEMINAR



21-26 September 2026



Szklarska Poręba/Wrocław,
Poland

INFOPACK



Co-funded by
the European Union



Center for
Euroinitiatives



WELCOME TO POLAND!

We look forward to welcoming you in Wroclaw, Poland to the international training-seminar „Youth Work for Resilience“.

In the following information pack, you will find all the most important details regarding the training and the location. Please read the information carefully to ensure that your preparation, travel, and stay are as pleasant as possible.

Kind regards,

Project and trainers team

Małgorzata Czaicka-Moryń, Anna Tas, Cecilia Bolognini, Manuela Demel, Olena Glazkova (trainer)

Yuliya Ielfimova (trainer)



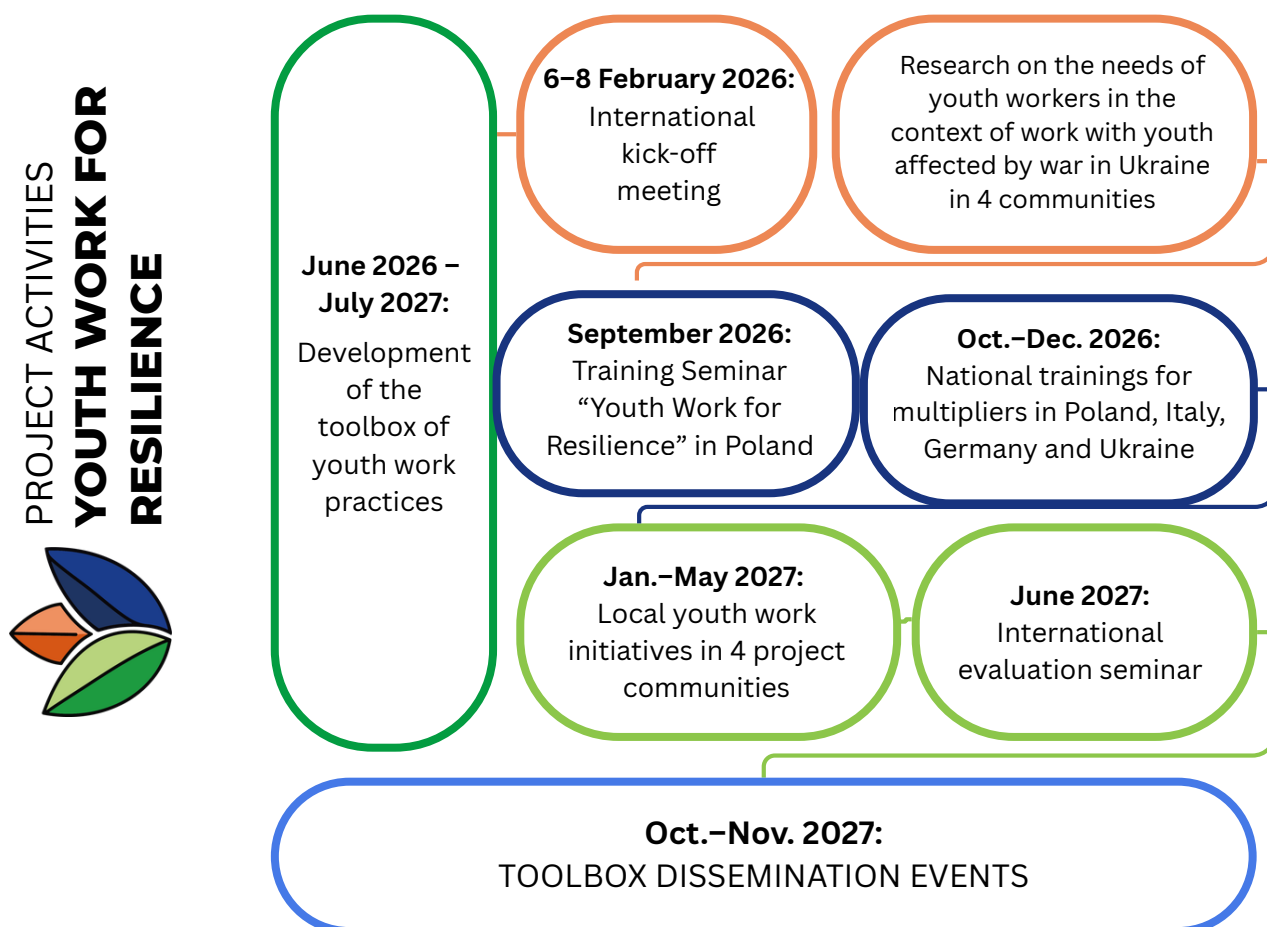
**YOUTH WORK FOR
RESILIENCE**

BACKGROUND INFORMATION ABOUT THE PROJECT AND THE TRAINING:

The international training seminar is implemented within the KA2 capacity building project **“Youth Work for resilience”** under the support of the the Foundation for the Development of the Education System - National Agency for the Erasmus+ Program and the European Solidarity Corps.

The project is implemented in **the consortium of organisations:**

- Wrocław Foundation for European Education and International Cooperation FREYA (Poland) – coordinating organisation,
- Centro Studi Sereno Regis ODV (Italy),
- pewobe g GmbH in Frankfurt (Oder) (Germany),
- Center for Euroinitiatives (Ukraine).



THE AIM AND THE OBJECTIVES OF THE TRAINING SEMINAR:

The aim:

to strengthen the competences of representatives of the partner organisations in implementing youth work activities that respond to the needs of young people affected by war and armed conflict.

Objectives of the training seminar are:

- ➔ To become familiar with and critically reflect on the findings of the comparative research conducted in four partner countries on the needs of young people affected by war and the youth workers and organisations supporting them.
- ➔ To analyse the challenges faced by youth workers and youth organisations and identify context-sensitive solutions for adapting, improving and transforming youth work activities in response to the needs of young people affected by war.
- ➔ To introduce the principles of a trauma-informed approach and explore their application in youth work with young people affected by war and armed conflict.
- ➔ To equip participants with practical approaches and tools related to trauma-informed youth work, psychological first aid, burnout prevention and self-care, the creation of safe and inclusive spaces, and work with refugees and internally displaced young people, with a particular focus on meaningful youth participation.
- ➔ To create a space for exchanging and critically reflecting on youth work practices with young people affected by war across different national and local contexts and to identify approaches that can be adapted and transferred to the participants' organisations.
- ➔ To create a collaborative space for developing the programme and methodological framework for local training courses for multipliers.



**YOUTH WORK FOR
RESILIENCE**

PROFILE OF PARTICIPANTS

The international training seminar will bring together **18 representatives of the partner organisations from Germany, Italy, Poland and Ukraine**, selected by their respective organisations.

Participants should:

- ➔ be youth workers, youth trainers, educators or activists;
- ➔ have previous experience of working with young people affected by war, including young people from Ukraine or other war-affected contexts;
- ➔ be able to communicate and work in English;
- ➔ be at least 18 years old;
- ➔ be ready to contribute to the development and delivery of a local training course for approximately 20 youth workers in their country;
- ➔ be available to attend the entire programme;
- ➔ be motivated to learn, actively participate and share their experience with other participants.

Application form for the participants

Please fill out the application form till **28 August** following the link:
<https://forms.gle/dxzgPtA3xVyfz2218>



**YOUTH WORK FOR
RESILIENCE**

PRACTICALITIES

ACCOMMODATION AND MEALS

21–25 September 2026 – Szklarska Poręba

During the first part of the training, all sessions, accommodation, and meals will take place at the same venue.

Venue: Centrum Użytkowe "Olimp", Szklarska Poręba (1 Maja 62, 58-580 Szklarska Poręba, Polska)

Participants will be accommodated in double rooms.

The organisers will provide:

- breakfast,
- lunch,
- two coffee breaks,
- dinner each day,

including breakfast on 25 September.



25–26 September 2026 – Wrocław

On 25 September, the group will travel together to Wrocław.

- Group transportation will be organised by the organisers.
- Accommodation in Wrocław will also be in double rooms.
- Meals in Wrocław will include: breakfast at the hotel, lunch and dinner at selected venues in the city centre.

The hotel details will be shared with participants before the event.



ARRIVAL AND DEPARTURE

ARRIVAL



21 SEPTEMBER
by 18:00

Please plan your travel
to arrive by 18:00.



GROUP TRANSFER

WROCLAW →
SZKLARSKA
PORĘBA



On 21 September we will organise
a group transfer from **Wrocław**
to **Szklarska Poręba**.



If it is more convenient for you to travel
directly to **Szklarska Poręba**, please let us
know in advance.



The programme will officially begin with
dinner at 20:00 on 21 September, followed
by the opening session.



TRANSFER

SZKLARSKA
PORĘBA →
WROCLAW



On 25 September
we will travel together
to **Wrocław**.

The exact departure time
will be communicated
during the training.



DEPARTURE



26 SEPTEMBER
from 13:00

Please book your return
ticket from 13:00 onwards.
Thank you!



*We can't wait
to welcome you!*



FINANCIAL CONDITIONS

This Project is funded by the Erasmus+ programme. That means that participation is free and we cover your travel cost according to Erasmus+ distance calculator rules and the maximum for each participant that can be reimbursed is the depending of the country of departure

Germany: 308 EUR

Italy: 309 EUR

Poland: 100 EURO

Ukraine: 250 EUR

Eligible Means of Transport

Travel should be arranged using the most economical and reasonable option.

The following travel classes are eligible for reimbursement:

-  Flights: Economy Class only.
-  Train: Second Class only (or the equivalent standard class in your country).
-  Bus/Coach: Standard Class.

Travel in Business Class, First Class, Premium Economy, or other upgraded travel classes will not be reimbursed unless prior written approval has been given by the organisers in exceptional circumstances. Whenever possible, choose environmentally friendly means of transport (train or bus).

Please keep all travel documents, including:

- boarding passes (outbound and return),
- train or bus tickets,
- booking confirmations,
- invoices,
- payment confirmations (where available).

Electronic tickets and digital boarding passes are accepted.

Reimbursement

To receive reimbursement, you will be asked to submit:

- all required travel documents,
- a completed reimbursement form,
- your bank account details.

Travel costs can only be reimbursed if they:

- comply with the Erasmus+ financial rules,
- follow the travel instructions provided by the organisers,
- are supported by the required documentation.

USEFUL INFORMATION

— WEATHER —

Late September in Szklarska Poręba and Wrocław is usually mild and pleasant, although mornings and evenings can be chilly.

Average daytime temperature: 12–18°C

Evening temperature: 6–10°C

Occasional rain showers are possible.



We recommend bringing:



a light waterproof jacket, comfortable walking shoes, a warm sweater or fleece for the evenings, an umbrella or raincoat.

POLAND USES



 Currency: Polish Złoty (PLN)

Cards are widely accepted. Keep a small amount of cash for small purchases.

 Electricity: 220–240 V, 50 Hz

European Type C & Type E plugs.

 Time Zone: CEST (UTC+2)

 Emergency Number: 112 – Police • Ambulance • Fire Brigade



**YOUTH WORK FOR
RESILIENCE**

PRELIMINARY PROGRAMME

21 SEPTEMBER 2026



ARRIVAL



20:00 DINNER



21:00 WELCOMING NIGHT

22/09

23/09

24/09

25/09

26/09



BREAKFAST



BREAKFAST



BREAKFAST



BREAKFAST



BREAKFAST

10:00-11:30

Get-to-know each other. Building common ground: introduction to the project, programme and expectations

Knowledge about trauma and how people live with it. The principles of work with young people: legitimisation and normalisation

BASIC Ph – the model of resource channels as the tool for youth work

9:00
Trip to Wrocław

Planning the local trainings for multipliers

11:30-12:00



BREAK



BREAK



BREAK

LUNCH



BREAK

12:00-13:30

Building Common ground: team building, development of group agreement

Practical tools for self-care: Stress Coping Protocol "Four Elements" Psychological First aid

Do no harm principle with young people affected by war



Further steps after the training. Evaluation of the training seminar.

13:30-15:00



LUNCH



LUNCH



LUNCH

Study visits



LUNCH

15:00-16:30

Diving into the research outcomes: key findings, challenges and needs identified in the research

Burnout in the field of youth work. Intervention as a tool for burnout prevention

Work with refugees and displaced young people: inclusion practices as a concept work

Departure

16:30-17:00



BREAK



BREAK



BREAK

Free time

17:00-18:30

Trauma-informed youth work: key definitions

Practices of youth work with young people affected by war

Work with refugees and displaced young people: participation as the principle of work



DINNER

18:30-19:00



REFLECTION GROUPS



REFLECTION GROUPS



REFLECTION GROUPS

Free time

19:00-20:00



DINNER



DINNER



DINNER

20:00-21:30



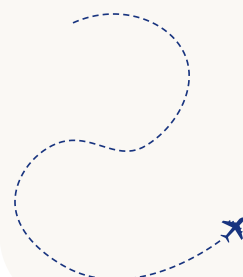
Organisational night



Intercultural Sensitivity Night



Loss and grief (optional)



WHAT TO BRING & HOW TO PREPARE

We expect the training seminar to be an intensive and engaging learning experience. To help create a safe, interactive and inspiring learning environment, we kindly ask you to prepare a few things before your arrival.

WE WOULD KINDLY ASK YOU TO BRING:

- Comfortable clothes suitable for active participation in the training, comfortable shoes for indoor sessions and walking, weather-appropriate outdoor clothing.
- Personal toiletries and any necessary medication.
- A reusable water bottle.
- Your European Health Insurance Card (EHIC), if applicable, or travel insurance documents.
- A “comforting” snack/food, that you can share with everybody, for the welcome evening. We leave it up to you, what that means. Please don't bring alcoholic beverages for this activity as it might not be comfortable for everybody.
- If it helps you: take along something that makes you feel comfortable, when talking about challenging topics. This can be: a comfy scarf or socks, something to hold in your hand, a plushie,... if you want you can also share them with the group but you can also just bring them for your personal use
- Bring an object that symbolizes your youth work with young people affected by war. We will need them for the activity within our programme.
- Bring any materials you would like to share during the organisation night about your activities, your organisation.
- If you want to contribute to the programme of the training-seminar, prepare a method/workshop that really works well to address the work with young people affected by war let us know. There will be space in the programme where they would fit nicely. You can send us a link or a short description, so we know what you are thinking of.
- **A positive attitude and readiness to learn, share experiences, and meet new people!**

WHAT TO BRING & HOW TO PREPARE

TO PREPARE FOR THE PROGRAMME OF THE TRAINING-SEMINAR WE KINDLY ASK YOU TO DO THE FOLLOWING:

Please take some time to:

1. Read the comparative analysis report prepared within the project Research: "Supporting Young People Affected by War: Challenges, Needs and Responses"
2. Read about Milton Bennett's Developmental Model of Intercultural Sensitivity.
3. Watch the animated short film "Day & Night".
4. Prepare for the Intercultural Sensitivity Night:
 - prepare, together with your country group, a 10–12-minute interactive activity. The activity should actively involve the whole group; be light, creative and suitable for an evening programme; require little explanation and simple materials; be adaptable for use with young people; encourage curiosity and dialogue rather than testing participants' knowledge; include a short reflection or one concluding question.
 - You may use a game, quiz, movement activity, short simulation, storytelling, music, images, objects, proverbs or another creative method. Food may be included, but it should not be the main element of the activity. Please avoid presenting cultures as fixed or homogeneous; reinforcing national or ethnic stereotypes; asking participants to disclose personal experiences of displacement, discrimination or trauma; activities based on competition over which culture is "better"; political debates or topics that may place participants in an uncomfortable or unsafe position.
 - Bring all the small materials needed for your activity. The organisers will provide basic materials such as flipchart paper, markers, sticky notes, a projector and speakers.
 - At the end of your activity, be ready to answer: "How could this activity support inclusion, intercultural sensitivity and a sense of belonging among displaced or refugee young people?"

HOSTING ORGANISATION

FREYA Wrocław Foundation for
European Education and International
Cooperation



CONTACTS

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PARTNER ORGANISATION CONTACTS

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