

Mastering Stress: Building Resilience and Professional Identity

Training Course | Hungary, 7-15 June 2025 (days of travel included)



Aim

The project focuses on fostering personal well-being, professional identity, and peer support while experimenting with practical tools preventing burnout. Participants will engage in activities that explore mental and physical health, personal resources in coping, the role of nature, setting boundaries, and developing action plans for sustainable well-being.

Methodology

The methodology of this training course is based on Non-Formal Education (NFE) principles, emphasizing learning by doing. We incorporate outdoor experiential learning, using the natural environment to enhance personal well-being and resilience. The course follows a horizontal approach, promoting equal participation and peer learning, while also integrating art pedagogy to encourage creativity and self-expression.

Target group

This training course is designed for youth workers who are working in high-pressure environments, particularly those supporting vulnerable youth. It is ideal for professionals who may be experiencing the early signs of burnout, often without adequate supervision or support. We are looking for individuals who feel fatigued and are in need of inspiration to rejuvenate their professional journey. The course aims to strengthen their professional identity, motivation, and provide opportunities to connect with peers, creating a network of support and shared experience.

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Food and Accommodation

All food and accommodation expenses will be fully covered by the coordinating organization.

Please note that the accommodations will be basic, with multiple people sharing large tents. The venue, Dombfalva, is remote and includes compost toilets and outdoor showers heated by solar panels.

You can get more information on the venue Dombfalva [here](#).

Travel Reimbursement

Travel costs will be reimbursed following the completion of the mobility, once travel documentation is submitted.

Please note that the reimbursement process may take approximately 2-4 months and will be transferred directly to the bank account of the sending organization, not to the participants themselves.



Travel Distance Calculation

The distance for travel reimbursement is determined based on the main office location of partner organizations, in line with the [Erasmus+ Travel Distance Calculator](#).

Green Travel Option

Travel costs will be reimbursed following the completion of the mobility, once travel documentation is submitted.

Participants have the opportunity to choose more sustainable travel options, such as trains, buses, or carpooling, provided they inform the organizations in advance.

Apply here by 1 May 2025!

About us

Founded in 2004, **Jatszoda Association** initially focused on supporting the development of young people with special educational needs. After a decade, the organization shifted towards cultural and eco-conscious programs, emphasizing the urgency of environmental education. The purchase of a 4-hectare property near Budapest, named "**Dombfalva**," facilitates eco-conscious programs with a strong focus on youth engagement. Actively involving young people we promote environmental education, sustainable lifestyles, community building, volunteerism, active citizenship, physical and mental wellbeing, all facilitated through non-formal educational methods and art pedagogy.



The diverse abilities of our members are a vital resource for the implementation of the association's multifaceted activities. These skills encompass developmental pedagogy, working with vulnerable young people, refugees and Roma minorities. Art therapy and pedagogy, music, dance, drama and media skills. Eco-architecture, agriculture, community development, mindfulness, meditation, and yoga.

In our experience, success comes from connecting environmental awareness with community involvement. We strongly believe that by fostering an alternative close to nature lifestyle in both our environment and communities, we can make a lasting impact not only on the lives of the youth we engage with but also within the various circles surrounding us, extending from the local community to the international stage through our programs.



Contact us!



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