



**INFO PACK**

# Self-Care Strategies for Sustainable Youth Work



Duration: 6 days plus 2  
travel days.

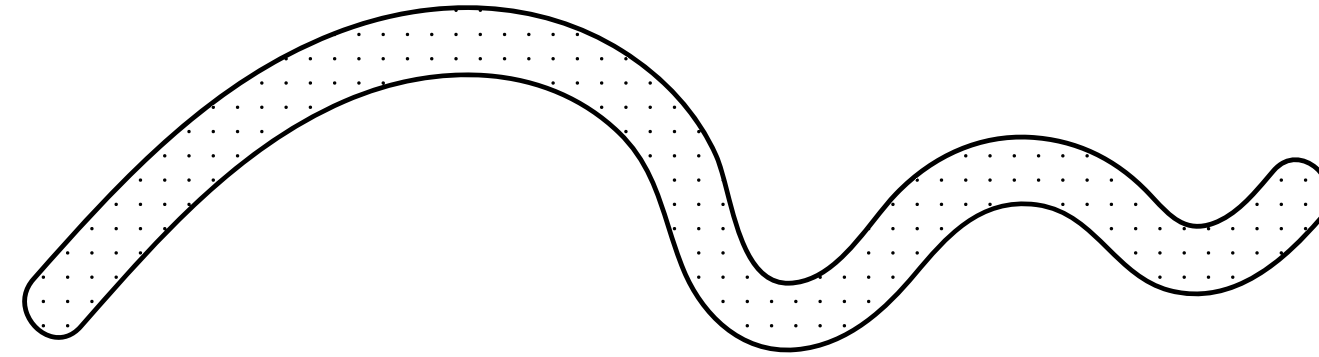
Dates: 11.05-18.05.2025



Target Group: Youth  
workers, educators,  
mentors, and those  
supporting young people

**LOCATION: NARVA, ESTONIA**

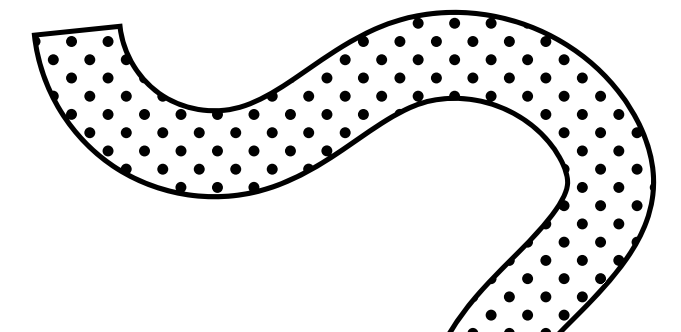
## DESCRIPTION:



Youth work is rewarding but also demanding, often leading to stress and burnout. This 6-day training equips youth workers with practical self-care strategies to sustain their well-being while effectively supporting young people.

Participants will have the opportunity to practice and discuss mental, emotional, and physical self-care, exchange best practices, and collaboratively develop strategies for promoting self-care and well-being in their work and organizations.

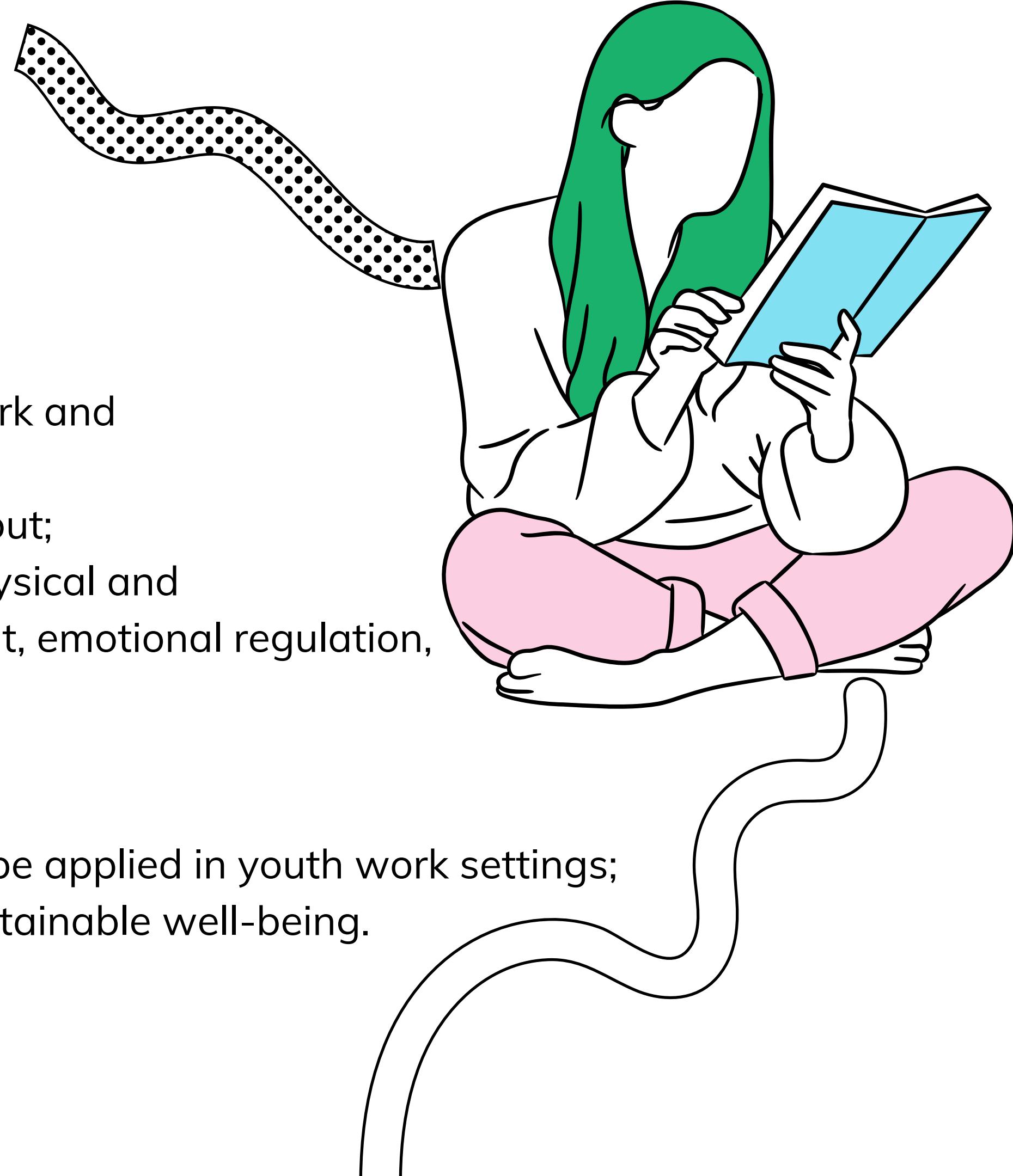
The training will also provide space for youth workers to share experiences, engage in discussions, co-create solutions, and learn from peers. Through interactive sessions and hands-on exercises, participants will build a supportive network and develop concrete tools for sustainable youth work.



## ◆ Learning Outcomes:

During training, participants will:

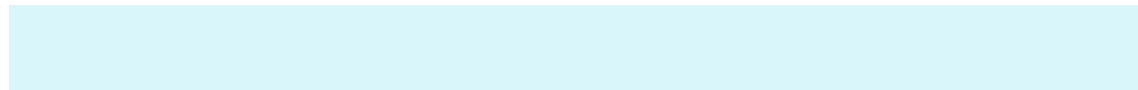
- ✓ Understand the importance of self-care in youth work and how it impacts their effectiveness;
- ✓ Identify personal stressors and risk factors for burnout;
- ✓ Learn, share and practice techniques for mental, physical and emotional well-being (mindfulness, stress management, emotional regulation, healthy routines, movements);
- ✓ Develop strategies for setting boundaries;
- ✓ Share experiences and best practices;
- ✓ Collaboratively create self-care strategies that can be applied in youth work settings;
- ✓ Develop a personalized self-care action plan for sustainable well-being.

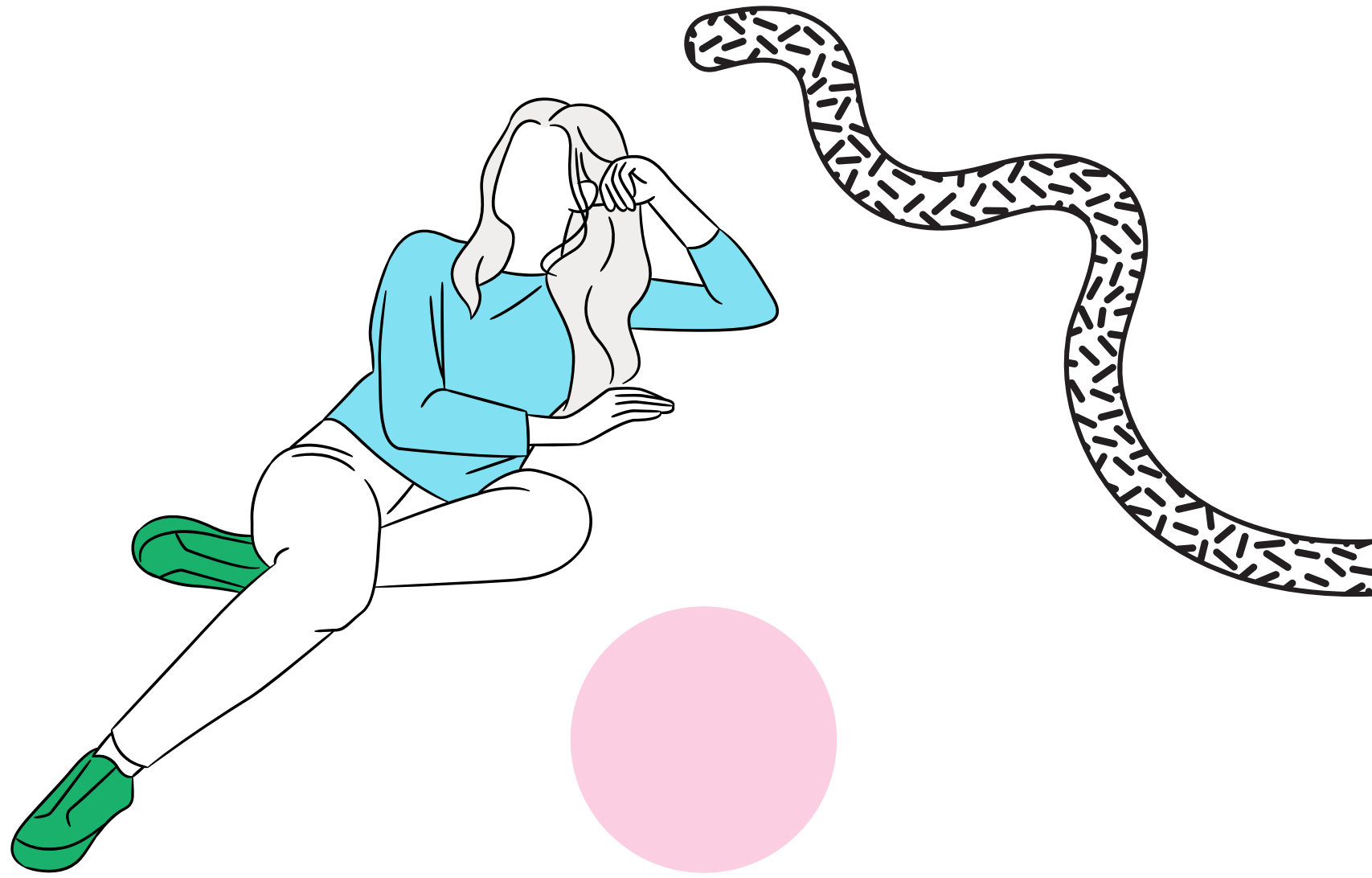




## ◆ Training Methods

- ◆ Interactive workshops & discussions
- ◆ Mindfulness & relaxation techniques
- ◆ Reflection & self-assessment exercises
- ◆ Peer learning & experience sharing
- ◆ Co-creation sessions for strategy development
- ◆ Creative & experiential learning activities





Venue:

NARVA, ESTONIA





Narva.

Narva is the third largest city of Estonia. It is located in the Ida-Viru County, at the eastern extreme point of Estonia, on the west bank of the Narva river

Estonian currency is EUR.





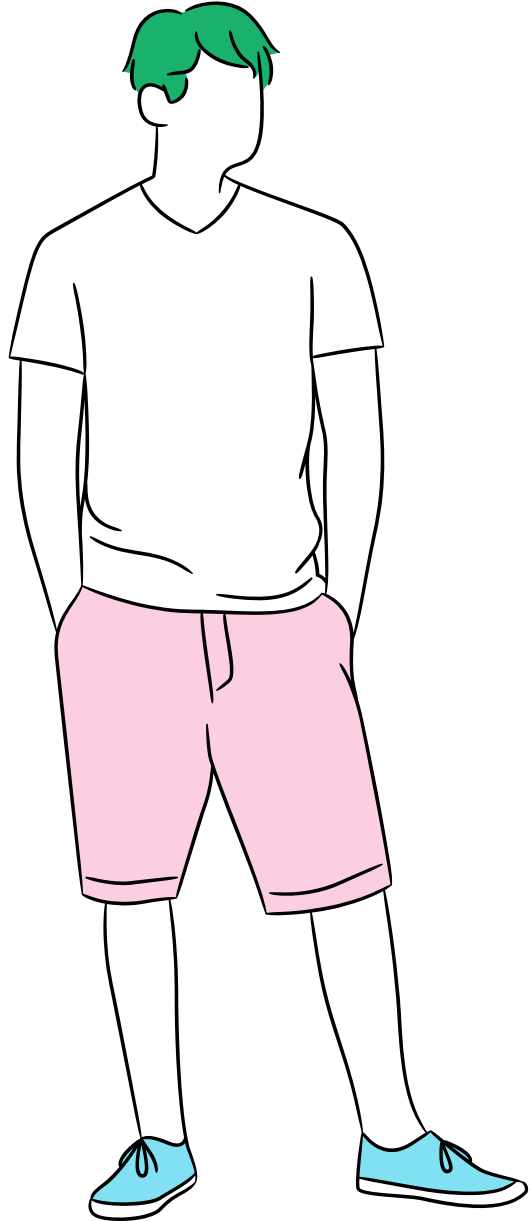
## Accommodation:

Participants will be accommodated in the Hotel in TWIN or triple rooms with all conveniences. Bed linen, towels, bathrobes, free Wi-Fi and buffet breakfast included.





## Costs:



Participation fee:  
NO.

Travel:  
100% up to the max  
limit shown below  
According to the  
Erasmus + travel  
distance.

Accommodation and  
food:  
100% are covered  
from the project  
budget



## Travel:

There is one international airport in Tallinn - Lennart Meri Airport

<https://www.tallinn-airport.ee/en/>

and one international bus station - Tallinna Bussijaam

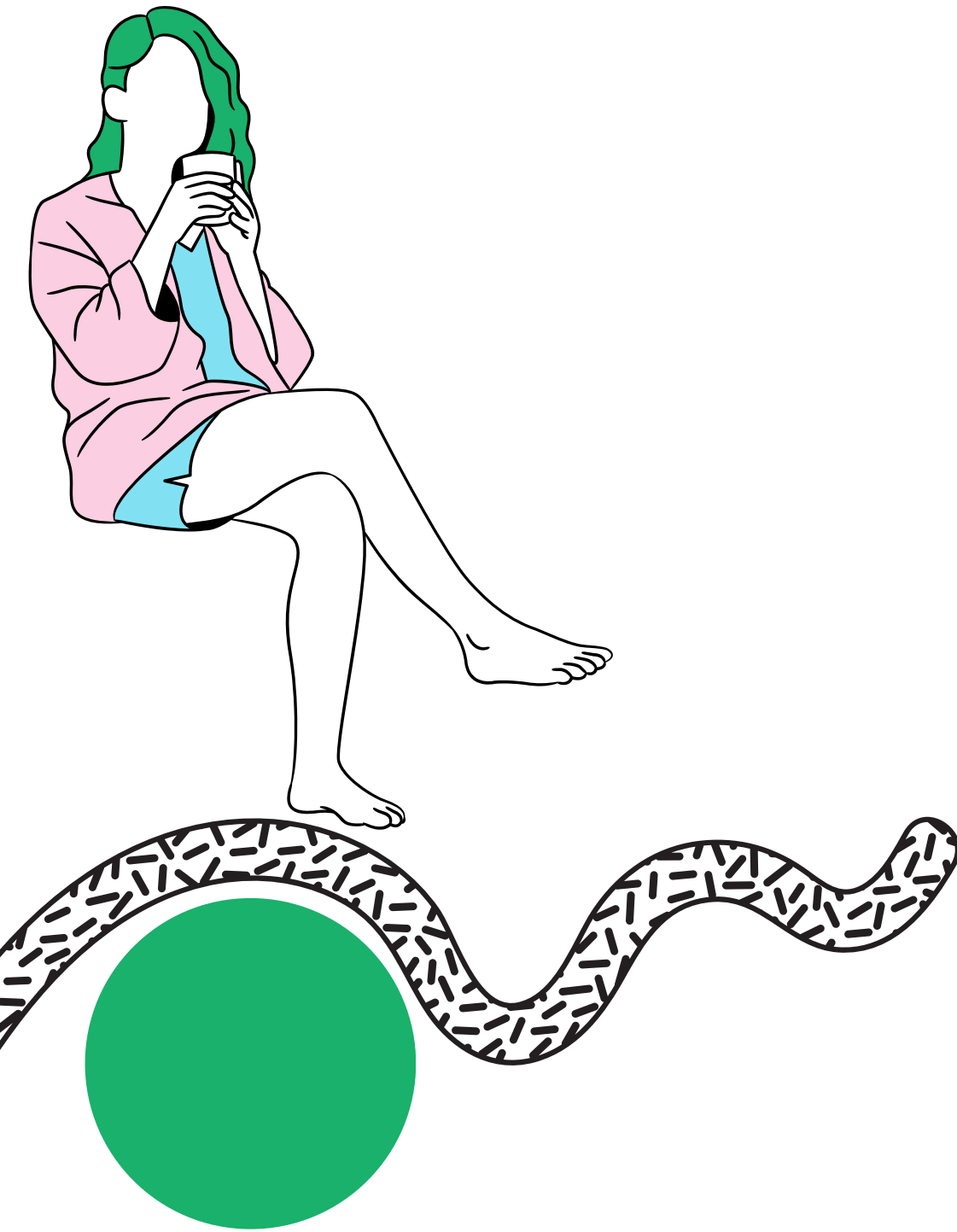
<http://bussijaam.ee/en/>

From Tallinn to Narva:

By bus: <https://luxexpress.eu/>

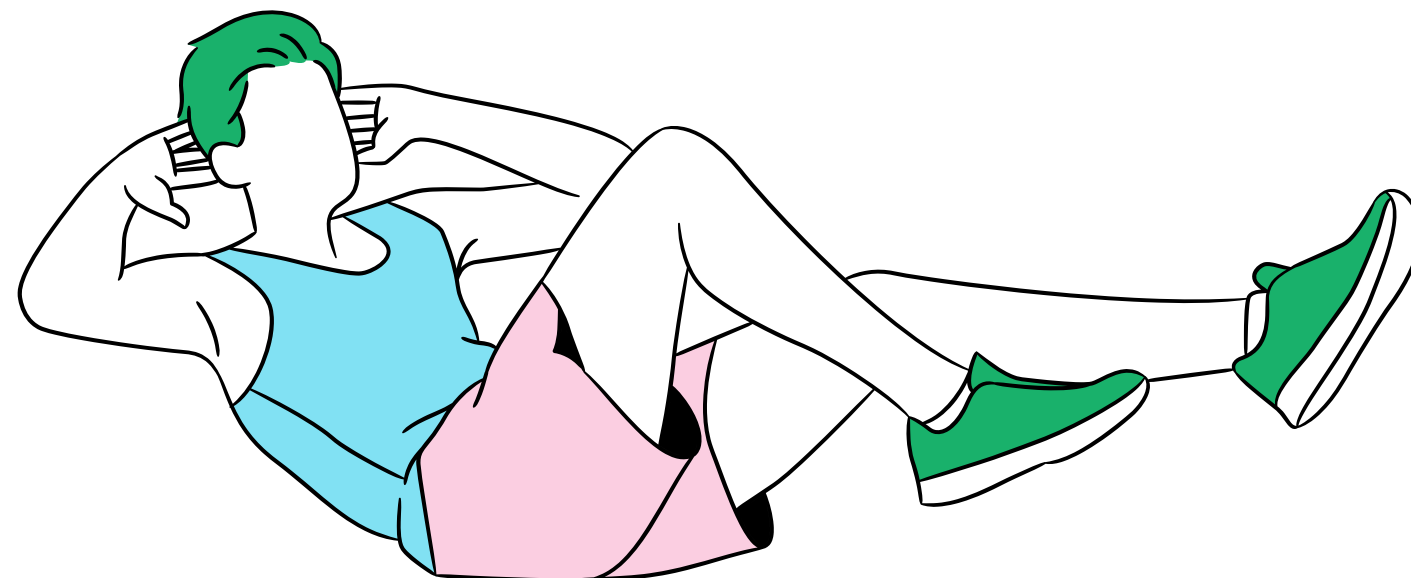
By train: <https://elron.ee/>

Reimbursement: Please keep all original invoices, tickets and boarding passes. Reimbursement will be made after receiving all original documents during the project (if you have electronic boarding passes or after when we will receive them).



## Bring with you:

- Health insurance,
- Personal hygiene products,
- Medication (anti-allergy pills, pain killers, aspirin etc. if you need such),
- Comfy outfit for activities, swimming suites,
- Other items that you personally consider necessary to carry with
- Smiles, lots of positive energy and motivation :)!





## ORGANISER:

VitaTiim NGO is a non-formal learning centre and a regional representative of Estonian National Agency for Erasmus+: Youth in Action Programme since year 2007. One of our aims is to promote non-formal learning both amongst young people, youth workers and people working in formal education, therefore exploring and implementing in our everyday work new methods is important for us. We take active part and support others in participating in international projects like training courses and seminars. We also work in special tight cooperation with local schools and young teachers and promote non-formal methods in educational institutions and support development of students' key competencies.

Web-site: [vitatiim.ee](http://vitatiim.ee)

Facebook: [Sinu VitaTiim](#)

Contact person: [nina@vitatiim.ee](mailto:nina@vitatiim.ee)





Keep safe and  
always take care!



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