

SEMINAR

# YOUTH WORKERS GUIDE TO MENTAL HEALTH OF YOUTH

29/10  4/11 +2 Travel Days

Training & Educational Center ReZone  
ul Cicha 12. Rabka-Zdrój, Poland



## THE IDEA

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Identifying the impact COVID-19 had on mental health of us, the youth workers, and, more importantly, of the youth we work with, we wanted to organize a gathering of youth work professionals in order to exchange best practices and empower ourselves with the ability to facilitate development and preservation of their mental wellbeing.

## OBJECTIVES

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- To encourage youth workers to exchange tools for mental health care of youth affected by COVID-19 pandemic
- To collect shared methodologies into a single library of tools and share it amongst youth workers
- Establish a community of youth workers willing to embark upon a journey of peer mentoring
- Raise awareness amongst participant of the impact of COVID-19 pandemic on the mental health of youth



# PARTICIPANTS

Youth workers with experience in mentoring the enhancement of youths' mental health who are 18 or older. People who could benefit from this training to enrich their work and to make it more valuable for society.

We can host a total of 24 participants active in the field of youth work, whether facilitators, trainers, volunteers or in any other capacity, including organizational support.

All of the participants need to also have active collaboration with any organization (NGO, municipality, private or public school etc) which engages in youth work. They must also be registered in one of the Program countries of Erasmus+ and have a verified ECAS account.

Participants will be asked to present their organization's OID number.

**Important: we would like you to host/facilitate a session on a mental health you're familiar with!**







# VENUE

It's a cozy and comfortable place for accommodation, with diverse and healthy meals (3 per day), place to rest, integrate and work. Rooms are for 2-4 people, with a private bathroom. The whole building will be at the exclusive disposal of the group.

Sheets and towels are provided, please take with you comfortable shoes or slippers. In the venue you can also find a piano and other musical instruments. We will also use the outdoor facilities of Rabka city - a beautiful park, a garden gazebo and boulevards.



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# TRAVEL

Please read carefully the Travel Reimbursement rules attached. Travel costs limits are defined according to the Erasmus+ Distance Calculator with the calculated average of 275 EUR per participant, both ways. You have 2 travel days on disposal, 28/10 and 5/11.

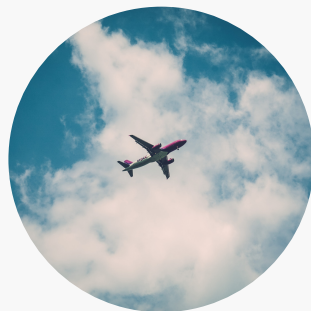
If you travel green (no planes) the travel cost limit is raised to 320 instead of 275 EUR and you can travel longer (max 6 consecutive days), as long as the travel is connected to the activity.

Travel costs will be reimbursed after the mobility on the account of the partner organization based on the original / printed tickets and invoices and signed travel reimbursement form sent by post to the organizer (see more in mentioned Travel Reimbursement Rules).

Your travel must be connected to the activity. Coming and departing on travel days and from/to your country of residence is a default option. Any other must be consulted with the organizer.

# TRAVEL RULES

- please collect all tickets, reservations, boarding passes - later we will reimburse you expenses based on original tickets - printed on paper and issued to you. We need the originals!
- public transportation only (no taxis, Ubers, bolts)
- economic options only (2nd class, economy class)
- you can travel longer than 1 day as long as you arrive to Rabka-Zdrój to the venue on arrival day and depart on departure day. We can still reimburse you tickets if you travel max 2 days more before and 2 days more after, ONLY if necessary and you have consulted with us first and gotten the approval.
- Remember that any extra days of accommodation you will have to provide on your own, we can host you only at the dates of the project at the venue.
- You need to consult with us before buying tickets, send an email to [o.dallas@europe4youth.eu](mailto:o.dallas@europe4youth.eu), otherwise your tickets might not be eligible for reimbursement!



# HOW TO GET TO RABKA-ZDRÓJ

## By Plane:

Please land in Krakow airport and take the train to the main bus / train station (Kraków Główny), then see other section.



FLIXBUS is a cool option to get from Krakow airport directly to Rabka-Zdroj (tickets booked online only). [www.flixbus.pl](http://www.flixbus.pl)

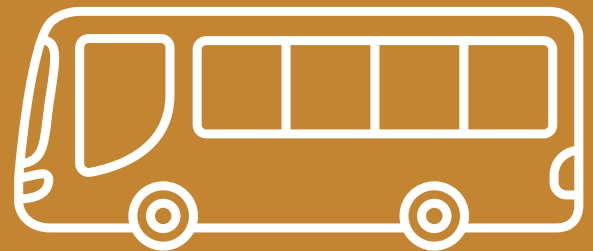
## By Bus:

Go to Malopolski Dworzec Autobusowy (main bus station) and find "RAB-BUS". bus company that go straight to Rabka-Zdroj. It takes 2 hours from Krakow and costs 20 pln. Check out schedules here:

[www.busy-krk.pl/en/rabka-zdroj-krakow/](http://www.busy-krk.pl/en/rabka-zdroj-krakow/)

FLIXBUS is also an option from Kraków MDA!

If you take the bus called "Szwagropol" or "MaxBus" it will take you to Rabka-Zabornia. This is far. Please take the bus that goes to Rabka Bus Station!



## In Rabka-Zdrój:

When you are in Rabka-Zdroj: from the main bus station to the accommodation, it is a 23 minute walk. Take a nice walk through the park - pass the cinema, and Adaś shot and turn at Cicha street.

Our building is the last building of the road on the left (it's a dead end street). If you don't want to walk, you can take a taxi there (they stay just next to the station), but we cannot reimburse taxi (check out Travel Reimbursement Rules). It would have to be on you.



# TIMETABLE

Saturday 28/10

Arrival after 3 PM

Sunday 29/10

Rules of the Venue  
Getting to know each other

Introduction to the Project  
Social Contract

Team-building Activities

What does mental health mean  
to you?

Monday 30/10

Establishing a Safe Space

World Coffee

COVID and You!

Role of Youth Work in Mental  
Health

Tuesday 31/10

Assembly of the Tool Box

Character Problem Analysis

Tool Show and Tell

Case Study

Wednesday 1/11

Bio-psycho-social model

Theatre of Hormones Activity

Tool Show and Tell

Case Study

Thursday 2/11

Contribution of the  
Participants

Tool Show and Tell

Case Study

Friday 3/11

Contribution of the  
Participants

Tool Show and Tell

Case Study

Saturday 4/11

Evaluation

Reflection

Logistics

Youthpass

Sunday 5/11

Departure before 10 AM



# REMARKS

- Polish food - dinners in Poland are simple. Lunch is the biggest and most important meal of the day - be ready for this!
- meals will be diverse and healthy, so if you sign up for meat diet it doesn't mean you'll eat meat every day :-). Select in the registration form the option that is the closest to you.
- if you have a demanding diet, please be ready to help yourself by getting from the shop whatever you need that is not easily accessible by us
- Venue - you will be living with 2, 3 and 4-people's rooms, in the house which is on our full disposal (noone else will be there besides the staff).
- we don't have a cleaning service (the place isn't a hotel) - we take care of the tidiness of our surroundings and after ourselves.
- we provide towels and bed-linen
- we have quiet hours from 22:00 till 6:00 but... noone can hear you in the basement - this is where we party. Don't worry! The basement is elegant and adapted for parties, not creepy and with blood stains on the walls :-)
- there is a small kitchen to use if you need to prepare something for the intercultural evening (room nr 17) - there is no oven though, no baking possible.
- the town - has a beautiful park with outdoor gym, river with nice boulevards and a lot of outdoor spaces to use for activities
- closest pharmacy is 30 min walking - ask for a map or address at the. reception.
- closest shop - Adaś, 5 min walking from the venue, closes at 21:00 and is closed on Sundays.
- don't forget to bring something traditional to eat or drink from your country for the Intercultural night! Anything that is easy to transport and prepare.

# CONTACT

Hosting Organization



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