

EmpowerED: Resilience in Youth Work

6.-12.May 2024

Portugal

The aim of the project is to give the youth workers the tools to support their own positive mental health as well as their colleagues and young people, and thereby prevent burnout.

The project primarily focuses on the youth worker as a person. However, the activities are smoothly connected as training course, where different non formal education methods are introduced that can also be applied with colleagues and young people. In this way, we also support the positive mental health of young people both by example and through learned methods.

Participants

Youth workers and specialists working with young people.
Total of 17 participants from Estonia, Italy and Portugal.

We welcome specialists who are interested in the topic and are ready to participate actively throughout the training course, share their experiences and analyze themselves.



Registration

Until: 31.03.2024 via
[this link](#)

Venue: Quinta das Relvas
eco-farm, Portugal
<https://quintadasrelvas.pt/>



Erasmus+



Eesti
Avatud
Noortekeskuste
Ühendus



DESCRIPTION:

The purpose of the project is to take a moment of calm and a break from supporting others and learn about yourself and be kind to yourself. The topics we deal with are rest, environmental friendliness and nutrition. It is possible to take all knowledge with you to your organisation to share with colleagues and young people, but during this project the focus will be ✨YOU✨

Due to the Covid-19 pandemic, the mental health of young people has significantly deteriorated, the percentage of young people experiencing depression has increased, and the number of both young people and youth workers experiencing symptoms of anxiety has also increased significantly. It is therefore important to give youth workers the skills and tools to support themselves as well as young people.

The main objective are:

- **Empowering Youth Workers:** Equip youth workers with the necessary tools and skills to support their own positive mental health and well-being.
- **Preventing Burnout:** Provide youth workers with techniques and resources to prevent burnout in themselves and their colleagues.
- **Promoting Mental Health in Young People:** Equip youth workers with the knowledge and skills to support the positive mental health of young people.

TRAINER

Karoline Aus

Since 2017, I have been dedicated to the topics of maintaining mental health. I have mainly focused on the importance of self-care for youth workers, realising the importance of work-life balance and a positive mindset to ensure the well-being of both myself and others. I have conducted training on the topic in many seminars and trainings in Estonia and abroad over the years. I am also a co-author of open youth work handbook what will be published in spring 2024, where I have been tackling the youth workers mental health topic.



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Location:

QUINTA DAS RELVAS is a non profit organisation located in an eco-farm dedicated to non-formal educational activities through art and sustainability, with a view to a better social future. Around the farm there are many opportunities for walks in the nature, there is a swimming pool and a pond on the territory.

Accommodation is in four-person glamping tents.

Transport

Quinta das Relvas is located approx. 65 km from Porto. The nearest airport is in Porto, from where it is possible to arrive by train (Estarreja station) or by bus (Albergaria-a-Velha stop), from where a car will pick you up and take you to the venue.

Meals

The project covers three meals a day and coffee breaks for the participants.

Since one of the main focuses of the farm is environmental protection, the food offered is plant-based.

Expenses

Maximum travel budget
Estonians up to 530 euros
Italians up to 275 euros
Portuguese up to 23 euros

Accommodation, activities and meals are included



Info

Project participants will have a preparatory meeting online and will be sent a detailed weekly and daily schedule.

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