



Participant Infopack

A large, stylized sunflower with yellow petals and a dark brown center is centered on the page. The sunflower is set against a light beige circular background that has a subtle brushstroke texture.

Resilience & Growth in Youth Work



Co-funded by the
Erasmus+ Programme
of the European Union

2-part Project (training courses) on Burnout, Portugal
KA1 Accredited Projects: 2024-1-PT02-KA151-YOU-000196166

Basic Information

Training 1

- 28/01-05/02/25
(including travel)
- 7 days of training
- Hosted in Portugal

Training 2

- 23-30/04/25
(including travel)
- 6 days of training
- Hosted in Portugal

Selections Process:

Stage 1:

Complete the application form.

Stage 2:

Selected candidates will be invited for interviews.

Invitation to interviews will be sent based on the amount of applications received from each country.

Apply
here 

Deadline: 10/11/24

Participants

Coming from either: **Portugal, Poland, Germany, Italy, Cyprus, Spain, Netherlands, and France**

- Age: 18+
- Open to youth workers, trainers, youth leaders, volunteering mentors, and youth coaches at risk of burnout
- **Able to participate in both training courses** and committed to attending all sessions
- Interested in learning about emotional resilience and professional growth in youth work
- Comfortable in multicultural settings
- Willing to remain in communication with organizers and peers
- **Willing to engage in dissemination activities in between the 2 trainings (FEB-APR 2025) and after the 2nd one (MAY-JUN 2025)**
- Minimum Basic Knowledge of English
- Total group per training course: 25

Please note that this is not a form of therapy; it is a personal development training. Therefore, it's important to ensure that you are in a stable psychological state, so you're able to fully benefit from the experience.

Training 1



Dates:

28/01-05/02/25

FOCUS:	<ul style="list-style-type: none">• Emotional area• Dealing with stress• Awareness of one's values and competencies
GOALS:	<ul style="list-style-type: none">• Increase self-awareness• Gain tools to manage feelings of overwhelm and stress• Acquire techniques for self-regulation• Learn methods to restore energy and release tension• Learn how to deal with perfectionism and self-criticism
METHODS:	<ul style="list-style-type: none">• Mindfulness• Embodiment• Self-Compassion• Individual and group reflection

Training 2

Dates:

23-30/04/25

FOCUS:

- Social Interactions
- Professional Growth
- Conflict Management

GOALS:

- Develop an assertive attitude
- Manage difficult situations in youth work effectively
- Handle conflicts constructively
- Improve communication skills
- Professional development
- Setting boundaries
- Awareness of one's role in the team

METHODS:

- **Nonviolent Communication (NVC):** Use NVC principles to improve interpersonal communication, emphasizing empathy, active listening, and clear expression of needs and feelings.
- **Role-Playing:** Engage in role-playing exercises to simulate real-life scenarios, allowing participants to practice assertiveness, conflict resolution, and effective communication in a safe environment.
- **Case Studies:** Analyze real-world case studies of challenging situations in youth work to develop problem-solving skills and identify best practices for handling complex issues.

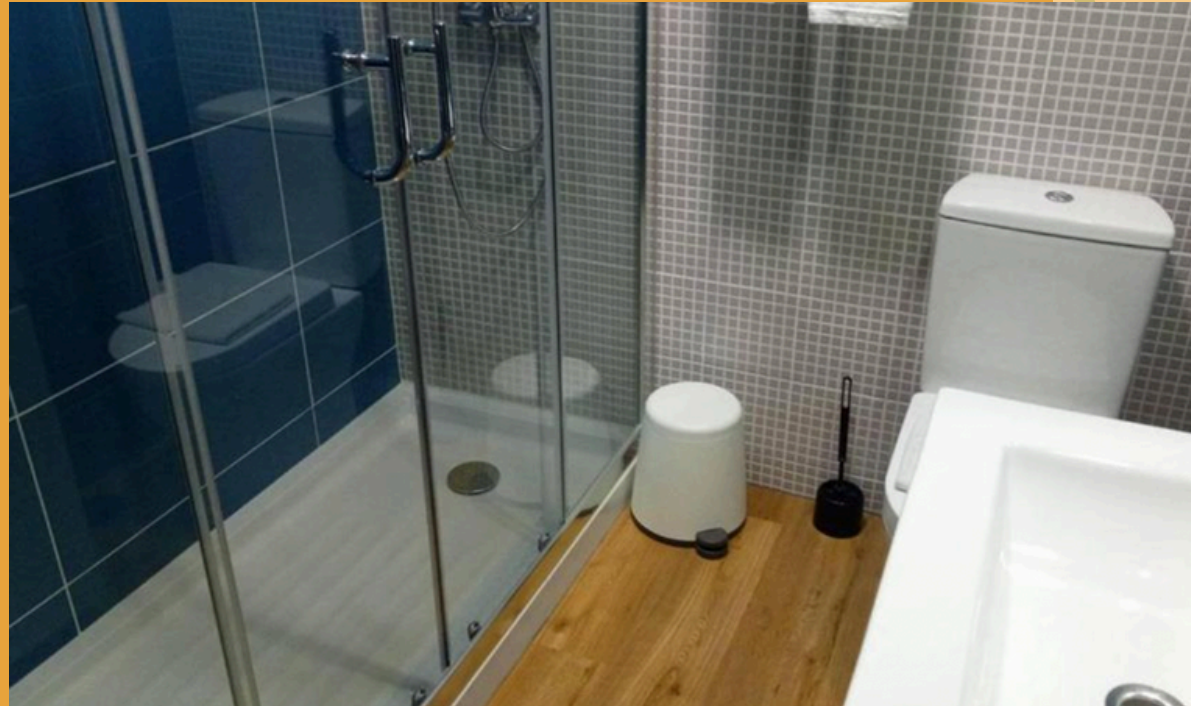
Venue:

Bem Estar Hotel

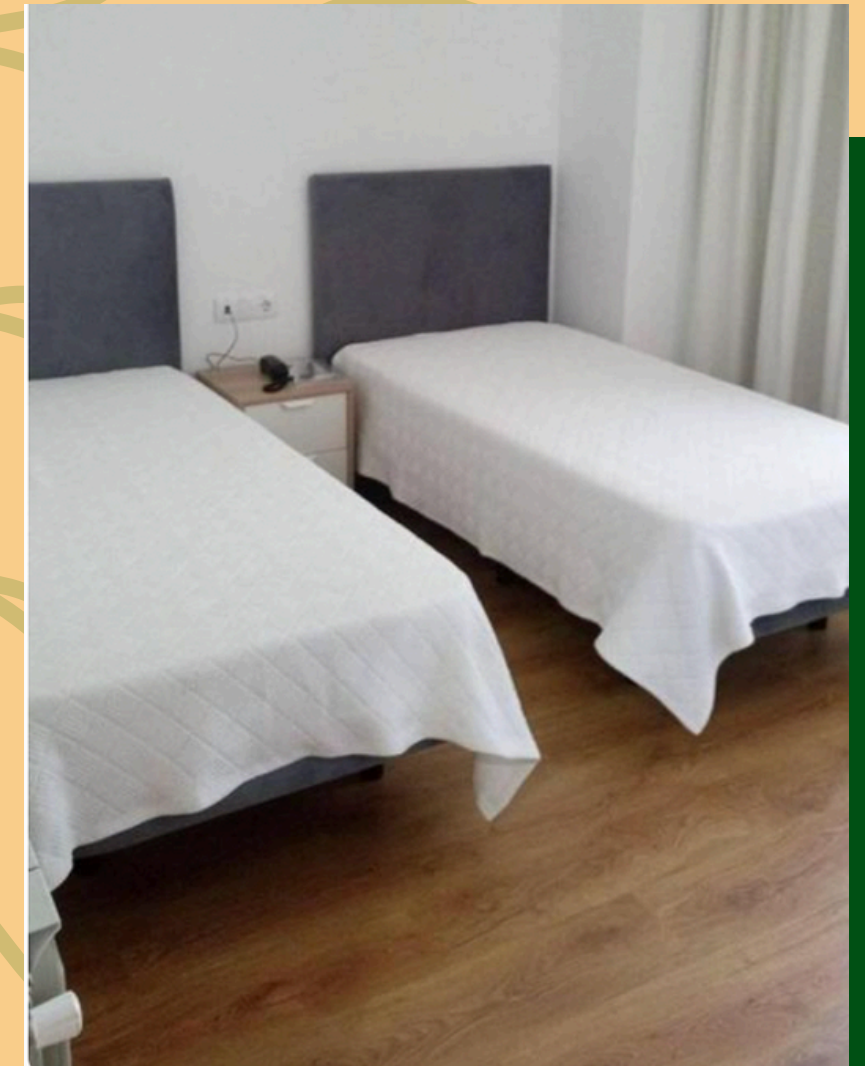
Lousã, Coimbra



Breakfast area



Bathrooms



Shared rooms

Address: Av. Coelho da Gama N.º 11, 3200-200 Lousã, Portugal

Travel Budget (per training) & Rules

Reminder: tickets cannot be bought without our approval

Country	Travel Budget (€)
Portugal	56 (bus/train) / 28 (car)
Spain Italy Netherlands France	309
Poland Germany	395
Cyprus	580

Arrival Days where you need to be at the venue:

Training 1: 28/01/25, Training 2: 23/04/25

Departure Days where you need to leave the venue:

Training 1: 05/02/25 , Training 2: 30/04/25

You are allowed to stay **extra 2 days before OR after** each training in order to see Portugal on your own expenses.

There is a possibility flight and train/bus tickets' total to be over budget. **We can only reimburse the maximum amount funded by the Erasmus+ programme as indicated.**

The participants will be reimbursed for their travel expenses **To and From the project venue**. Project venue is accessible by public transportation. You don't have to buy tickets for the 2nd training yet but you're welcome to send ticket suggestions in case you are able. **Travel reimbursement will happen in February/March 2025 for the first training and after proof of dissemination for the 2nd training. The reimbursement will be done through bank transfer to the account of each participant.**

The Erasmus+ grant covers **basic transportation in economy** (no business, priority covered only if needed for hand luggage) with **invoices, tickets and boarding passes as proof of your travel** (we can't cover taxi, uber or own car-unless you're a Portuguese participant). **Keep all original tickets.**

What to bring:

- Towels provided by the venue
- Warm clothing and shoes. Some activities will be outside
- Personal hygiene products (toothbrush, toothpaste, shampoo, body wash, ect.) Shower gel and shampoo provided by the venue but you can bring your own if you want
- Snacks from your country for the intercultural breaks
- A pair of earplugs in case your roommate is snoring
- European Health Insurance Card (HEIC)
- Travel tickets for reimbursement purposes (including invoices) and original boarding passes. Any original ticket in physical form needs to be given to us in Portugal. Anything digital needs to be uploaded to your google drive folder
- Notebooks and pens will be provided
- A reusable water bottle
- Good Attitude and Energy :)





How to arrive to Lousã



COIMBRA, PORTUGAL

The principal airports in Portugal are in **Porto** and **Lisbon**; you can choose to arrive in one or the other, both are around the same distance from Lousã. In both cases, you have to first reach Coimbra and then get a bus to Lousã.

Public Transport from the airport to Coimbra: Train, Buses - Rede Expressos, FlixBus

Bus from Coimbra to Lousã: Metro Mondego

In the following pages you will find relevant directions to reach the venue either from Porto or Lisbon Airport.

From Porto to Lousã

From the airport you take the metro (follow the signs “metro”) to a stop called Porto-Campanhã where there are both bus and train stations. It’s just one line (no need to switch), it takes about 40 minutes. Don't forget to take the receipt. Some bus companies such as FlixBus directly pick up passengers from the Airport to Coimbra.

By TRAIN to Coimbra:

You will have a train to Coimbra B. When arriving in Coimbra B, there you get out and take another train to Coimbra A (the center of the city). Consult the screen in Coimbra B station or ask help of an employee. The second train is for free. Consult the time tables in www.cp.pt. **Train tickets have special promotions when bought in advance.**

By BUS to Coimbra:

You will arrive at the main bus station in Coimbra. You need to get to Coimbra A train station. It is approximately 20 min walk, or you can get an Uber or a Taxi there (covered because there is no public transport available).

Coimbra-Lousã

Get a bus ticket to Lousã (ask Lousã A, there are two bus stops in Lousã) inside of Coimbra A train station, where they sell train tickets. After getting a ticket, get outside of the train station, the bus stop is the first one on your right side, after crossing the street, on the riverside. Once in Lousã you can walk to the hotel, it is a 10min walk.

From Lisbon to Lousã



By TRAIN to Coimbra:

From the airport you take the metro (follow the signs "metro") to Oriente (train station). It's the Red line of Metro (no need to switch). Don't forget to take the receipt.

Get a train ticket from Lisbon to Coimbra. You will have a train to Coimbra B. When arriving in Coimbra B, there you get out and take another train to Coimbra A (the center of the city). Consult the screen in Coimbra B station or ask help of an employee. The second train is for free. Consult the time tables in www.cp.pt. **Train tickets have special promotions when bought in advance.**

Coimbra-Lousã

Get a bus ticket to Lousã (ask Lousã A, there are two bus stops in Lousã) inside of Coimbra A train station, where they sell train tickets. After getting a ticket, get outside of the train station, the bus stop is the first one on your right side, after crossing the street, on the riverside. Once in Lousã you can walk to the hotel, it is a 10min walk.



By BUS to Coimbra:

From Lisbon, there are many buses that go directly to Coimbra in about three hours, see Rede Expressos webpage, or Flixbus. Buses depart from Lisboa Sete Rios and Oriente bus stations (Flixbus only from Oriente). To get there from the airport: Oriente bus station is same way as Oriente train station. From the airport you take the metro (follow the signs "metro") to Oriente stop. It's the Red line of Metro (no need to switch). Don't forget to take a receipt. Oriente station is very close to the airport, only 3 stops.

To the bus station Sete Rios you also take a metro. First is red line from the airport, in direction of São Sebastião. Get off in the last stop of this line, which is São Sebastião. Then take blue metro line in direction of Reboleira, and get off in Jardim Zoologico (Sete Rios). From there follow the signs to the bus station called Sete Rios. Get a bus ticket to Coimbra.

No matter if you get a bus from Oriente or Sete Rios, you will arrive at the main bus station in Coimbra. You need to get to Coimbra A train station. It is approximately a 20 min walk, or you can get an Uber or a Taxi there.

Other Costs

Traveling is covered in the form of reimbursement.

Accommodation, food and coffee breaks are covered by the project.

Vegetarian and specific menus will also be available if requested after final selections.

Blue Card (EHIC)

It's mandatory for everyone to bring their own European Health Insurance Card (EHIC, blue card) if available. If not, participants are responsible for covering costs related to health emergencies.

Travel Insurance

As traveling has been unpredictable lately with last minute cancellations, we strongly recommend for participants to buy their own travel insurance. Participants who do not obtain travel insurance are responsible to cover related costs. The travel insurance is not reimbursed.

Host Association ✨

BLOOM Associação Socio Cultural

BLOOM's main activities are related with mobility of youngsters. Since 2008 we are actively involved in different projects within the previous programme Youth in Action. BLOOM gained significant experience in planning and implementing activities supported by both Erasmus Plus KA1 and KA2 actions, as well as European Solidarity Corps. We are Coordinating, Hosting and Sending EVS/ESC volunteers; Hosted, participated in and supervised several Youth Exchanges for youngsters with special needs; Organized seminars and various Study Visits. We are mainly experienced in working with youngsters with different (dis)Abilities, however, we have a wide and strong network in equality, diversity and inclusion work with youngsters from an LGBTIQ+, and other minorities' backgrounds. In the past few years BLOOM got involved in projects with a specific focus on social inclusion, safe learning environment and transforming hate.



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[@bloomvols](https://www.instagram.com/bloomvols)



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