



## CONTACT

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## PROFILE

**I'm a youth worker, trainer and facilitator in the international youth work field. I've had the opportunity to travel to and work in many countries; which has led to me always being full of ideas, quickly adapting to changing circumstances and able to work under strict deadlines and pressure. I have a good understanding of the realities that young people are facing, and I've mentored many international volunteers; always focusing on their mental wellbeing.**

## LANGUAGE

- Polish (native)
- English (fluent)

# Karolina Kosowska

Trainer and Facilitator / Youth Worker

## WORK EXPERIENCE

**FREELANCER** 08/2024 - currently  
Brussels, Belgium & Poznan, Poland  
Freelance trainer and facilitator in the international youth work field.

**TRAINING AND MEMBERSHIP OFFICER** 03/2022 - 06/2024  
Eurodesk Brussels Link | Brussels, Belgium  
In charge of the learning and development strategy for the Eurodesk network. Responsibilities include developing and writing training modules and programmes for both face-to-face and online sessions. The role also involves planning and facilitating various training activities, including seminars, network meetings, and webinars, as well as recruiting and managing the Eurodesk Pool of Trainers. Additionally, it includes coordinating the Eurodesk Awards, an annual competition for the Multipliers, and co-creating mental health campaigns and publications.

**INTERNATIONAL PROJECTS COORDINATOR** 05/2018 - 03/2022  
Centre for Creative Activity Foundation | Leszno, Poland  
Creating, writing, and coordinating European Solidarity Corps (ESC) Volunteering projects (HO individual long-term & SO), Erasmus+: KA1 and KA2 projects, and local projects. Developing and delivering workshops and training sessions for local and international volunteers, youth, and youth workers on topics such as team building, cooperation, communication, mental health, wellbeing, stress management, volunteering, youth work, and non-formal education. Providing inclusion support, coaching, and evaluation of the learning process for ESC volunteers. Training and managing the mentors of ESC volunteers. Co-creating local social campaigns, festivals, picnics, presentations, and events. Serving as a consultant for the Eurodesk Poland Regional Point, providing youth information on European mobility programmes. Running the Leszno Voluntary Centre—consulting, educating, and promoting volunteering at both local and international levels.

**FAMILY ASSISTANT, CONSULTANT** 01/2019 - 03/2022  
Local Committee for Protection of the Rights of the Child | Leszno, Poland  
Intervention and consultation duties at the Intervention and Readaptation Centre (OIR), night and weekend duty at the hostel for women and children victims of domestic violence and the homeless.

**JOB SHADOWER** 11/2019  
VHS | Bhaktapur, Nepal  
Developing materials on social entrepreneurship and exchange of good practices on volunteers management.

**CASUAL STAFF SUPPORTER** 06/2017 - 05/2018  
Yellow Submarine Charity | Oxfordshire, UK  
Supporting the implementation of activities, work with young people and adults with special education needs and autism in Youth Club in Didcot and Evening Club in Oxford.

**PART-TIME YOUTH WORKER** 02/2017 - 05/2018  
Didcot TRAIN Youth Project | Didcot, UK  
Working with young people aged 11-18, co-delivering mentoring sessions, detached work on Didcot's streets, coordination of trips and positive leisure time activities, designing creative art projects.

## AREAS OF INTEREST

- Youth Work
- Mentoring
- Mental Health
- Wellbeing
- Stress Management
- Non-formal Education
- Intercultural Education
- Gamification and game-based learning

## REFERENCES

- **Marlena Pujsza-Kunikowska**  
marlena.pujsza@gmail.com
- **Audrey Frith**  
audrey.frith@eurodesk.eu
- **Dominika Lizurej**  
centrum@tkopd.leszno.pl
- **Dana Pavlukevica**  
zepa.dana@inbox.lv

**VOLUNTEER (European Voluntary Service)** 03/2016 – 02/2017

Austrumlatvijas radošo pakalpojumu centrs "Zeimuļs" I Rēzekne, Latvia

Working with children and young people aged 3-25, designing and leading positive leisure time activities such as English language games, Creative Thinking Workshops, International Cooking Workshops, International Youth Day, and Summer Camp.

**JOB SHADOWER** 09/2015

Sustainable Rural Community Development Organisation I Nsanje, Malawi

Working with members of Youth Clubs in Nsanje District, leading a workshops about gender equality and Sustainable Development Goals.

**MENTOR** 2015 - 2016

Centre for Creative Activity Foundation I Leszno, Poland

Mentoring EVS long-term and short-term volunteers.

**CAMP SUPERVISOR** 2015 - 2022

Centre for Creative Activity Foundation I Leszno, Poland

Manager and guardian at Winter and Summer International Camps 'Train to Coolture' for kids aged 6 - 12 years old

**STUDENT TRAINEE (Family Assistant, Consultant)** 11/2012 - 08/2015

Local Committee for Protection of the Rights of the Child I Leszno, Poland

Supervising children during group activities, night duty in the Centre's hostel, intervention and consultation duties, conducting educational-therapeutic and corrective-compensatory activities for children, and administrative work.

## EDUCATION

Jan Amos Komeński University of Applied Sciences I 2018 - 2021

Leszno, Poland

**Master's degree - Pedagogy: Career and personal counselling**  
**top final mark (5.0)**

Adam Mickiewicz University I Poznań, Poland 2013 - 2015

**Master study - Counselling and psycho-pedagogical help**

Jan Amos Komeński University of Applied Sciences I 2010 - 2013

Leszno, Poland

**Bachelor's degree - Pedagogy: Protective-educational work**  
**top final mark (5.0)**

I High School of the Leszczyński Clan I Leszno, Poland 2006 - 2009

## RELEVANT TRAININGS AND QUALIFICATIONS

- Youth Mental Health First Aid course - 2024
- Adults Mental Health First Aid Refresher Course - 2024
- HOP CRASH COURSE for trainers and facilitators of online learning - 2024
- YOCOMO Training of Trainers - 2022-2023
- Academy of Volunteer Project Coordinators - 2022 edition
- European Solidarity Corps: TOSCA - training and support for organisations active in the volunteering actions - 2021
- Mental Health First Aid course - 2020
- Self Harm Prevention Workshop - 2017
- Basic Mediation training course - 2014