



Karolina Kosowska

Trainer and Facilitator / Youth Worker

WORK EXPERIENCE

TEC TRAINER

Fundacja Rozwoju Systemu Edukacji (Polish NA) | Poland

01/2025 - currently

Designing and delivering training and evaluation meetings as part of the European Solidarity Corps Training and Evaluation Cycle for ESC volunteers and ESC organisations.

FREELANCE TRAINER

Curious Hats | Brussels, Belgium

11/2024 - currently

Freelance trainer and facilitator in the international youth work field. **Member of the Pool of Trainers of Council of Europe - Youth Department.** Designing and delivering training for young people and youth workers using non-formal and outdoor education methods. Design of educational materials, tools, publications and games. Coordination of international projects.

Main topics of expertise: youth work, mental health and well-being, psychological first aid, game-based learning, youth participation, volunteering and mentoring.

TRAINING AND MEMBERSHIP OFFICER

Eurodesk Brussels Link | Brussels, Belgium

03/2022 - 07/2024

In charge of learning and development strategy of Eurodesk network. Develops and write training modules and programmes for Eurodesk network (face to face and online trainings). Plans and facilitates training activities, webinars, network meetings and seminars for the network. Recruits experts for training courses, writing manuals and guides and manages the pool of training experts. Writes and updates publications, brochures and guidebooks, as well as co-host a podcast.

INTERNATIONAL PROJECTS COORDINATOR

Centre for Creative Activity Foundation | Leszno, Poland

05/2018 - 03/2022

Creating, writing, and coordinating European Solidarity Corps (ESC) Volunteering projects (HO individual long-term & SD), 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

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

01/2019 - 03/2022

Intervention and consultation duties at the Intervention and Readaptation Centre (OIR), night and weekend duty at the hostel for women and children who has experienced domestic abuse and persons experiencing homelessness.

JOB SHADOWER

VHS | Bhaktapur, Nepal

11/2019

Developing materials on social entrepreneurship and exchange of good practices on volunteers management.

YOUTH WORKER - CASUAL STAFF SUPPORTER

Yellow Submarine Charity | Oxfordshire, UK

06/2017 – 05/2018

Supporting the implementation of programmes, in Youth Club in Didcot and Adults Social Club in Oxford, aimed to help young people and adults with learning disabilities and autism improve their confidence, independence and social skills.

CONTACT

+32 456 56 30 06

karo@curioushats.org

<https://www.linkedin.com>

PROFILE

I'm a freelance 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 well-being.

LANGUAGE

- Polish (native)
- English (fluent)

AREAS OF INTEREST

- **Youth Work**
- **Mentoring**
- **Mental Health**
- **Well-being**
- **Stress Management**
- **Non-formal Education**
- **Youth Participation**
- **Intercultural Education**
- **Gamification & game-based learning**

REFERENCES

- **Marlena Pujza-Kunikowska**
marlena.pujza@gmail.com
- **Carlos Sanz del Castillo**
carlossanzdelcastillo@gmail.com
- **Audrey Frith**
audrey.frith@eurodesk.eu

YOUTH WORKER

Didcot TRAIN Youth Project | Didcot, UK

02/2017 – 05/2018

organising leisure time activities to improve the life opportunities of children and young people in Didcot, especially those who are in need, disadvantaged or vulnerable, by empowering them to make informed decisions, attain stability, and become integrated members of society.

VOLUNTEER (European Voluntary Service)

Austrumlatvijas radošo pakalpojumu centrs "Zeimuļš" | Rēzekne, Latvia

03/2016 – 02/2017

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

Sustainable Rural Community Development Organisation | Nsanje, Malawi

09/2015

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

MENTOR

Centre for Creative Activity Foundation | Leszno, Poland

2015 - 2016

Mentoring EVS long-term and short-term volunteers.

CAMP SUPERVISOR

Centre for Creative Activity Foundation | Leszno, Poland

2015 - 2022

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

STUDENT TRAINEE (Family Assistant, Consultant)

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

11/2012 - 08/2015

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 | Leszno, Poland

2018 - 2021

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

Adam Mickiewicz University | Poznań, Poland

2013 - 2015

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

Jan Amos Komeński University of Applied Sciences | Leszno, Poland

2010 - 2013

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

I High School of the Leszczynski Clan | 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
- Training for Trainers - 2019
- Self Harm Prevention Workshop - 2017
- Basic Mediation training course - 2014