



## CONTACT

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## PROFILE

I'm a youth worker, trainer and facilitator in love with non-formal education. I've had the opportunity to travel and work in a diverse set of 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'm a proven leader who has mentored many team members and volunteers; always focusing on their mental wellbeing.

## LANGUAGE

- Polish (native)
- English (fluent)

# Karolina Kosowska

Trainer and Facilitator / Youth Worker

## PUBLICATIONS

**Mental Health Literacy in Youth Information Work (2024)**

**Link:** <https://www.eryica.org/publications/yiminds-guide>

**Eurodesk EURO-VOLUNTEERING BROCHURE (2024)**

**Link:** <https://eurodesk.eu/eurovolunteering-2024/>

**YIminds Youth Information minding young people's mental health. A Survey Report (2023)**

**Link:** <https://www.eryica.org/publications/yiminds-guide>

**Eurodesk Guide on Inclusive Digital Communication in Youth Information Services (2023)**

**Link:** <https://eurodesk.eu/2023/11/14/download-the-guide-on-inclusive-communication/>

**Eurodesk Mobility Advisor Competence Framework (2022)**

**Link:** <https://eurodesk.eu/wp-content/uploads/2022/10/Competence-Framework-Publication-2022.pdf>