



Training course:

MENTAL HEALTH IN YOUTH WORK

19.10.2025 - 24.10.2024



GENT, BELGUIM



Funded by
the European Union

AIM OF THE EVENT



In 2025, Roots is placing a strong focus on the mental well-being of youth workers, especially those working with inclusive and diverse youth groups. We recognize that many youth workers face intense challenges and often carry emotional and organizational burdens. Some work entirely as volunteers, dedicating all their free time to supporting young people. Others operate with little to no funding or even without a physical location. Many want to make a difference, but lack the tools. This international training course is designed to empower, support, and connect youth workers across Europe.



Our aims are :

- Provide practical tools and strategies to help youth workers protect their boundaries and strengthen their personal resilience;
- Share methods to better support the mental health of the young people they work with;
- Organize study visits and interactive workshops;
- Explore good practices from different countries;
- Create a safe space for peer exchange and mutual learning, with attention to self-care, empowerment, and sustainable youth work structures.



WHAT WE WILL EXPLORE



Throughout this training, we will explore the intersections of youth work, inclusion, and mental health. By exchanging experiences and exploring different contexts, we aim to build a strong and supportive international network of youth workers who prioritize care, solidarity, and professional growth.



PROGRAM DRAFT



Arrival Day – Sunday, 19.10.2025

- Arrival of participants throughout the day
- 19:00 Informal dinner for early arrivals
- 19:30 Introduction to the group
- 20:30 Guided evening city tour in Ghent

PROGRAM DRAFT DAY 1 MONDAY, 20.10.2025

- 10:00 Opening session: Welcome & energizers - 11:00 Presentations: Introducing participants & their organisations - 12:30 Lunch - 14:00 Workshop: “Understanding Mental Health in Youth Work” - 15:30 Coffee break - 16:00 Peer Exchange: Challenges, boundaries & resilience - 18:30 Dinner - 20:00 Informal networking evening

PROGRAM DRAFT DAY 2

TUESDAY, 21.10.2025

- 10:00 Workshop: "Tools for Resilience & Mental Well-Being"
- 12:30 Lunch
- 14:00 Study visit
- 15:30 Coffee break
- 16:00 Study visit
- 18:30 Dinner
- 20:00 Reflection & open space

PROGRAM DRAFT DAY 3

WEDNESDAY, 22.10.2025

- 10:00 Workshop: Coping techniques & setting healthy boundaries
- 12:30 Lunch
- 14:00 Study visit 3
- 15:30 Coffee break
- 16:00 Peer exchange: Preparing and presenting best practices
- 18:30 Dinner
- 20:00 Free evening in Ghent

PROGRAM DRAFT DAY 4

THURSDAY, 23.10.2025

- 10:00 Workshop: Sustainable support structures in youth work
- 11:30 Group work: "What do we take home?"
- 12:30 Lunch
- 14:00 Evaluation & DEOR
- 15:30 Closing circle & Youthpass certificates
- 17:00 Farewell party

PROGRAM DRAFT DEPARTURE DAY –

FRIDAY, 24.10.2025

- Breakfast
- Departures throughout the day

PARTICIPATION IS FREE OF CHARGE

Participation in this international training course is free of charge. Thanks to Erasmus+ accreditation support, the following costs are fully covered: - Accommodation for all participants - Breakfast, lunch and dinner during the entire programme - Workshop materials and participation in all activities



In addition, participants will receive a travel reimbursement based on the Erasmus+ distance calculator.

Reimbursement will be provided after the training, upon submission of:

- Travel tickets
- Boarding passes
- Proof of payment (e.g., receipt or invoice)

All participants are responsible for arranging their own travel documents (valid ID or passport).

Participants from within the EU are required to bring their European Health Insurance Card (EHIC).

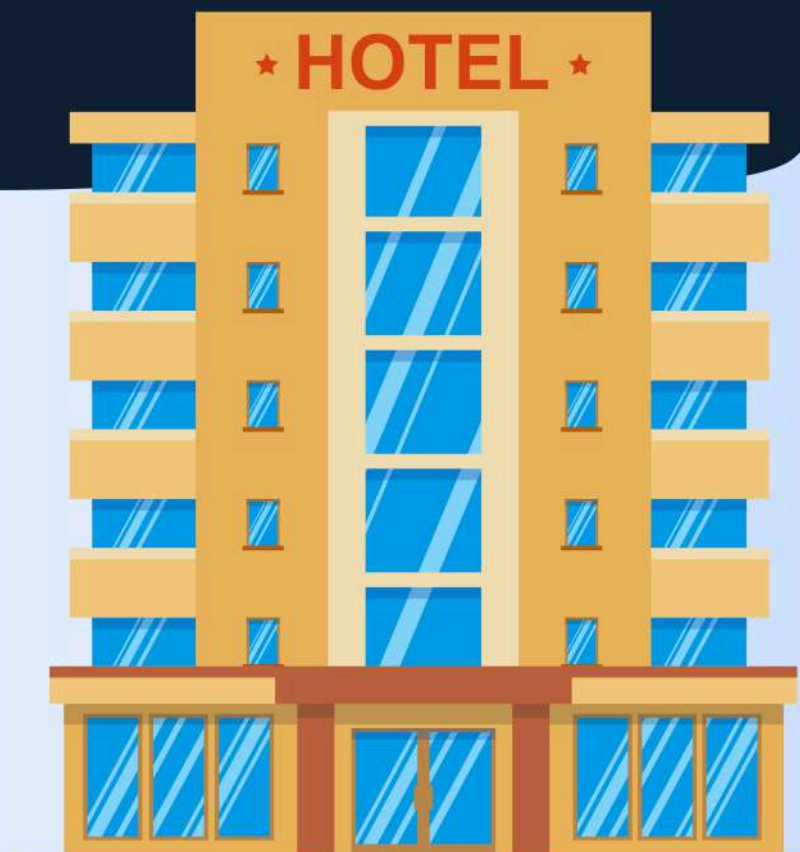
A travel insurance is recommended but not mandatory.



VENUE AND PRACTICALITIES

Accommodation will be provided at: ibis Hotel Gent
Dampoort Ravelijnstraat 10, 9000 Ghent, Belgium
<https://all.accor.com/hotel/A243/index.nl.shtml>

The hotel is located within walking distance of Gent Dampoort train station, and public transport provides easy access to the city centre. Participants will receive a public transportation ticket



VENUE AND PRACTICALITIES

All workshops and indoor activities will take place at:

Minus One – Event & Workshop Space

Gebroeders De Smetstraat 1, 9000 Ghent

www.minus-one.be/verhuur

Minus One is a dynamic and creative space in the centre of Ghent, close to key cultural and youth locations. It is accessible, professionally equipped, and designed to host inspiring and interactive sessions.

A full map with locations and walking routes will be provided upon arrival.



CREATIVE
WORKSHOP

PREPARATION

Before arriving in Ghent, we ask all participants to take some time to prepare the following:

Introduce your organisation

We will have several informal moments to get to know each other's work. Please prepare a short introduction of your organisation, in a non-formal and creative way. You may include:

- What kind of youth work do you do?
- Who are the young people you work with?
- What challenges do you face as a youth worker?



PREPARATION: SHARE a GOOD PRaCTice

Bring one method, tool, activity or experience from your organisation that supports mental well-being in youth work. This can be:

- A method or tool developed in an Erasmus+ or ESC project
- A workshop format or group ritual
- A powerful story or approach you want to share
- A printed booklet, digital resource or even a short video

We will showcase these good practices during one of the sessions, and use them to learn from each other.



PREPARATION: CONTRIBUTE TO THE MENTAL HEALTH POSTER

During the training, we will co-create a large Mental Health Poster – one per city or country represented.

These visual A3-sized (or flipchart-sized) posters will reflect:

- the mental health realities in your city or region,
- and the role of youth work in responding to those challenges.

To prepare:

- Gather local data, facts, or insights about youth mental health in your community
- Bring magazine or newspaper clippings, photos, flyers, or creative visuals
- Collect anything that helps make your poster visually strong and locally rooted

These posters will be shared during the training and displayed in the workshop space.

They help us understand each other's context and build a shared European picture.

3 GOOD HEALTH
AND WELL-BEING



WHAT TO BRING:

- Comfortable clothes for movement and warm clothes for outdoors
- Personal care items and any medication you may need
- Your EHIC (European Health Insurance Card)
- Travel insurance (optional but recommended)
- An open mind, curiosity, and willingness to connect





Laura Vanagaitė
Project Coordinator in Lithuania
Email to: laura@tavo-europa.eu

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JOIN NOW WITH TAVO EUROPA!

Educator Pass 2025. You are welcome to join our new educational programme for 2025! Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.

For more projects: Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities:



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