



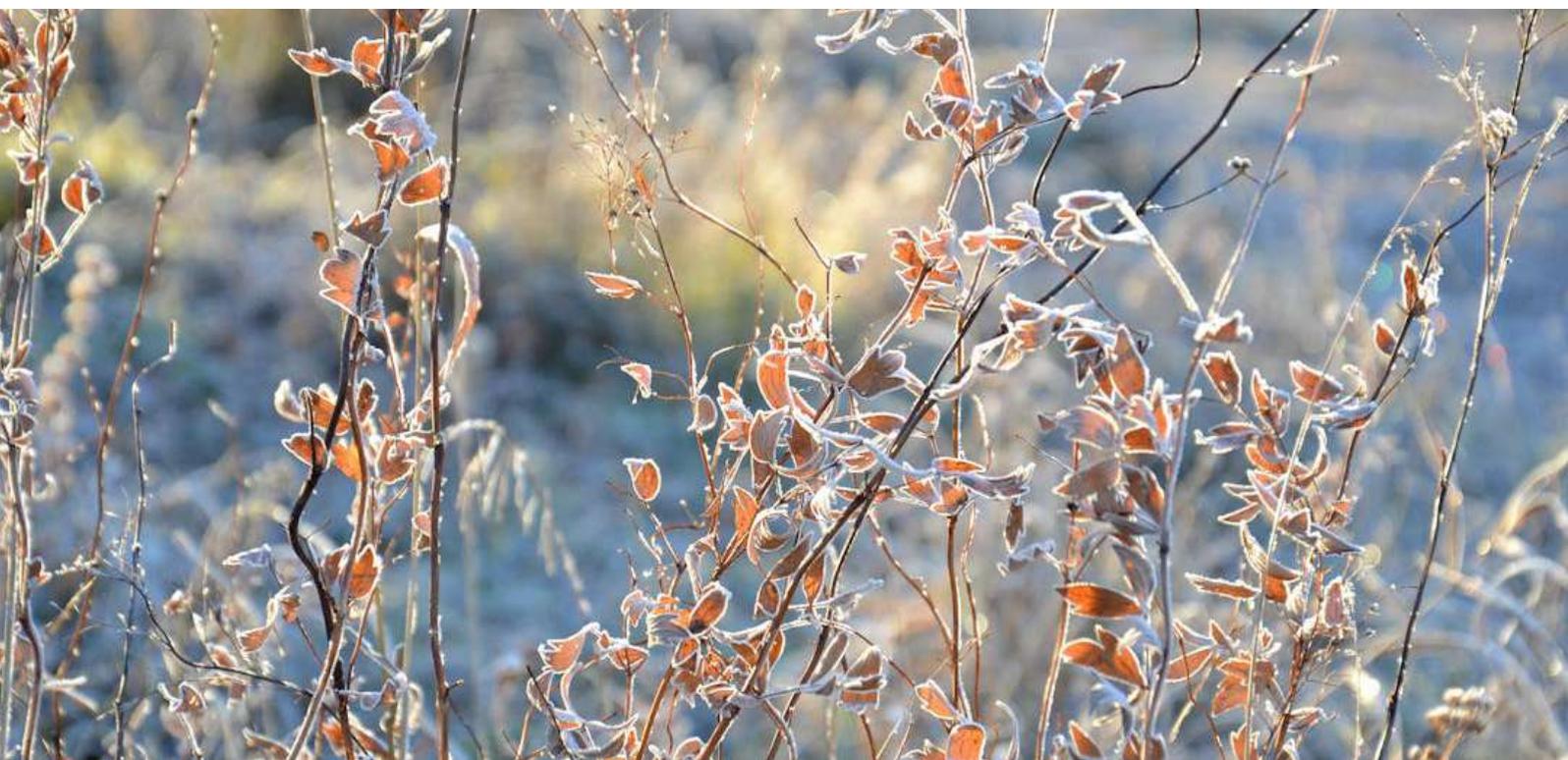
Transferring the LifeComp framework into Youth Work to Foster Positive Mental Health Among Disadvantaged Youth

TRAINING COURSE

Madrid, Spain | 7-12 December 2025

About the Project

This training introduces youth workers to the LifeComp framework (European Framework for Personal, Social and Learning to Learn Competence), with a focus on its application to mental health support and personal development in disadvantaged youth.



LifeComp equips youth workers to support mental health and foster personal growth in disadvantaged young people



Key Themes



Motivation

Learn actionable strategies to support personal growth.



Emotional Resilience focus

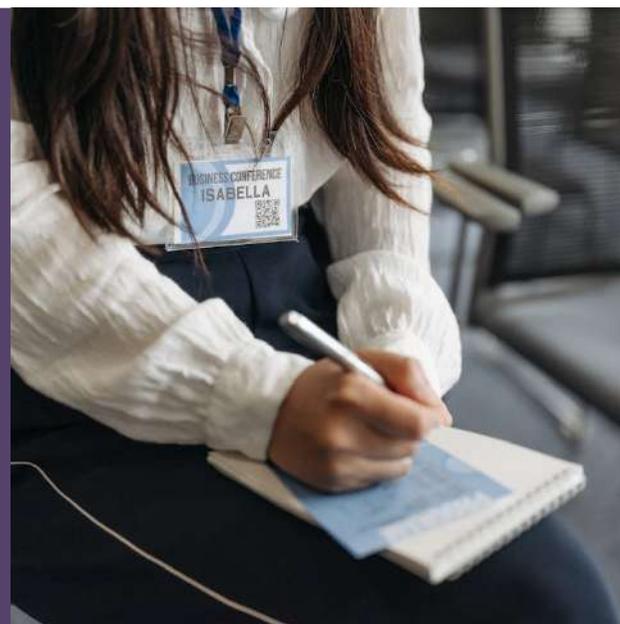
Build skills to navigate challenges and setbacks.



Inclusive Education Practices

Create learning environments that welcome all.

PARTICIPANT PROFILE



AGE: 18+



Strong connection to youth work must be demonstrated



Aktiv Spain reserves the right to accept or decline participants based on their motivation and profile



Travel Costs

Transport is covered! The organisers will purchase your tickets for you – so you can focus on preparing for the experience, not the logistics.

Just show up ready to learn and connect! We'll sort out the logistics so you can focus on the training.



Accomodation & Food



Participants stay at
The Hat Hostel, a youth-friendly
place in Madrid.

<https://thehatmadrid.com/en/>

Your accommodation and meals
are fully funded by Erasmus+
during the official project dates -
it's all on us!

You'll be staying in cozy, youth-
friendly shared accommodation
that has everything you will
need.



CONTACTS

Got questions? Don't hesitate to get in touch with us.



Laura Vanagaitė
Project Coordinator in Lithuania

Email to: laura@tavo-europa.eu

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:

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<https://www.facebook.com/groups/186132221744993>