



# **TRAUMA INFORMED APPROACH IN YOUTH WORK**

2024-1-HU01-KA151-YOU-000221542

**Training Course 03.02 - 09.02. 2026. Hungary**



**É L M É N Y A K A D É M I A**



**Co-funded by  
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## 1 Dates and Application

**Arrival day - 03/02/2026**

**Program days - 04-08/02/2026**

**Departure day - 09/02/2026**

**Application Deadline: 15/12/2025**

Contribution Fee: 30.00 EUR

The contribution fee can be paid during the registration on the arrival day. If your financial situation is limited, please email let us know.

## Welcome

We are happy to invite you to the Trauma Informed Approach in Youth Work training course, supported by the Erasmus+ Programme. This training focuses on how youth workers can contribute to the inclusion, participation, and improved mental health of young people, with a special emphasis on working with highly vulnerable youth.

We define "highly vulnerable" youth as those facing at least two major life challenges, with at least one being chronic, systemic, or particularly difficult to overcome. Examples include extreme poverty, abuse, or severe family instability.

Supporting them effectively requires a youth work practice that is informed by the current understanding of trauma. This course on trauma-informed approach in youth work focuses on understanding trauma, stress responses, psychological first aid, and building resilience. There will be a strong emphasis on practical tools, self-awareness, and safe youth work practices.

## 2

## About the project

Youth workers, educators, and helping professionals are increasingly encountering young people who have experienced highly stressful or even traumatic life events.

While youth work is not therapy, youth workers are often the first safe adult a young person turns to. A trauma-informed approach helps them create a more inclusive practice that is more accessible for such young people and provides a safer learning environment, all without the need for diagnosing or providing therapy.

Given this context, cross-sectoral cooperation and the safeguarding aspects of youth work are also crucial, as youth workers must often collaborate with other professionals in a supporting role.

This 5-day training course provides a research-informed, experiential, nature-connected approach to trauma-informed youth work. It includes learning about:

- Mental Health as a positive resource
- Stress and stress responses
- Trauma and its relation to our nervous system
- Adverse childhood experiences and protective factors
- Psychological first aid
- Emotion-regulation
- Relationship-based support
- Secondary traumatization and resilience
- Boundaries, self reflection and self-care, roles in youth work and cross-sectoral cooperation

## **3** Aims of the project

Participants will:

- Widen their understanding of mental health as a positive resource and practice mental health-related skills
- Learn about emotion self regulation and practice it
- Understand trauma and its effects on young people
- Learn how youth work can act as a protective factor
- Develop trauma-informed communication and relational skills
- Learn about Psychological First Aid in crisis situations
- Clarify professional boundaries
- Learn about creating psychological safety
- Strengthen resilience in themselves and their teams
- Learn about safeguarding and how it is linked to a trauma-informed approach



## 4

## Participants profile

**Youth workers, social workers, and other professionals—whether paid or voluntary—who have an ongoing relationship with young people. This includes those working in youth centers, foster homes, youth welfare services, out-of-school education programs, and similar initiatives.**

**Participants should have a good level of English and be able to engage in discussions about the course topics. Ideally, but not necessarily, they work with vulnerable youth.**

### PRE-CONDITION FOR PARTICIPATION

**This course is designed as a capacity-building programme for professionals working with youth in a non-therapeutic setting. It is not intended to serve as a therapeutic intervention. Given that we will be addressing potentially emotionally challenging topics related to trauma-informed work, we require participants to have stable mental health and feel prepared to engage with this sensitive content. We welcome applicants who meet this profile.**



## 5

## Facilitators

**Mónika Rózsa**

is a Child and Adolescent Clinical and Mental Health

Psychologist. She has extensive experience in therapeutic and experiential programs, school culture development, teacher training, and providing individual and group supervision for professionals in child protection. Her practice is influenced by the work of Bruce Perry and the Neurosequential Network. Her approach in her work is holistic and solution-oriented, supporting processes that promote the activation of internal resources and the healing potential of the individual. She often steps outside of traditional frameworks in her therapeutic work. She believes that the space that encourages healing and the restoration of inner balance is co-created with the clients, whether they are children, parents, or professional communities.

**Árpád Bárnai**

is a trainer and youth worker at Élményakadémia. Since 2006, he has been working with disadvantaged youth, including those living in foster care and segregated communities. He has extensive experience in supporting highly vulnerable young people, including survivors of trauma. Since 2012, he has been training professionals to work effectively with them. He has experience in training professionals in the topic of trauma-informed approach and mental health in youth work.



# 6

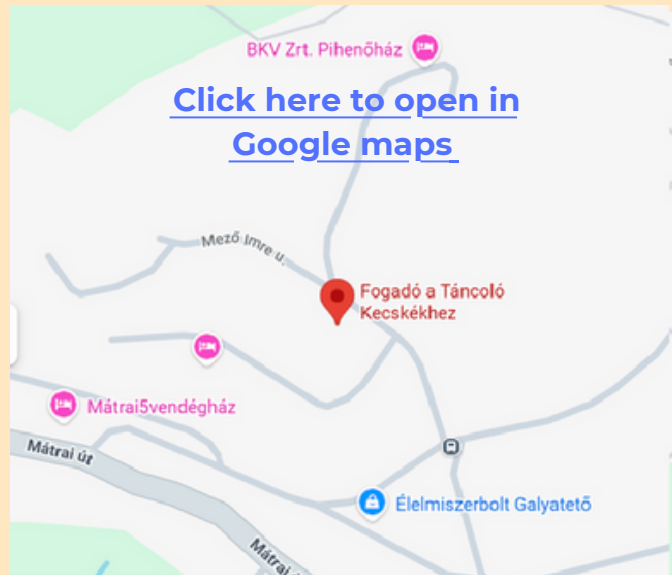
## Accommodation and Venue

### Venue

Fogadó a Táncoló  
Kecskéhez

Address:

Mátraszentimre, Madách Imre utca 7,  
Hungary



### Accommodation & food:

This course is co-funded by the Erasmus+ programme of the European Union, and therefore, most of the costs will be covered by the organisers.

Board, lodging, travel and programme costs will be covered upon full participation in the course.

You are going to be provided:

- rooms: 2-3 people/room (usually with 1 double and 1 single beds)
- 3 meals a day + snacks
- towel and bedlinen are provided

On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

After the selection of the participants, we provide you with all the information and the options for how to get to the venue by regional transportation.



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## Reimbursement of travel costs for participants and the travel budget

Travel costs will be reimbursed up to 100% if you manage your travel within the **allocated budget**.

Please keep in mind that only direct travel costs between your “home location” and the venue of the event - **Galyatető** - can be reimbursed (private traveling cannot be financed by the fund). Taxi and first class tickets are (unfortunately) not covered.

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation.

**You are entitled to the reimbursement of your travel costs if you present the BILLS/INVOICES and the TICKETS themselves, including the BOARDING PASS**

The allocated travel budget is calculated by the European Commission's Distance Calculator. [Please check it out here](#). Once you know the distance between your location and the venue's you can check the allocated costs for your travels.

10–99 km - 28 EUR/pax - in case of green travel: 56 EUR

100–499 km - 211 EUR/pax - in case of green travel: 285 EUR/ pax

500–1999 km - 309 EUR/pax - in case of green travel: 417 EUR/pax

2000–2999 km - 395 EUR/pax - in case of green travel: 535 EUR/ pax

3000–3999 km - 580 EUR/pax - in case of green travel: 785 EUR/ pax

4000–7999 km - 1188 EUR/pax

8000 km or more - 1735 EUR/pax

Travel cost reimbursement will be done via bank transfer **to your sending organization** after having received all your travel documents.

**Green travel** means car sharing (but at least more people traveling by the same car), bus, train.

If you are planning green travel, please let us know!

Please be aware if you do not have the receipt AND the tickets we CAN NOT reimburse your expenses!





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# Contact Us!



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Project Coordinator in Lithuania

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# Join with Tavo Europa

Educator Pass 2026. You are welcome to join our new educational programme for 2026!

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.

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