

EmpowerED: Self-Care in Practice

17th.-24th May 2026

Portugal

The aim of the project is to give the youth workers the tools to support their own positive mental health as well as their colleagues and young people, and thereby prevent burnout.

The project primarily focuses on the youth worker as a person. However, the activities are smoothly connected as training course, where different non formal education methods are introduced that can also be applied with colleagues and young people. In this way, we also support the positive mental health of young people both by example and through learned methods.



Participants

22 Youth workers and specialists working with young people. We welcome specialists who are interested in the topic and are ready to participate actively throughout the training course, share their experiences and analyze themselves.

Venue: Quinta das Relvas
eco-farm, Portugal
<https://quintadasrelvas.pt/>



Erasmus+



Eesti
Avatud
Noortekeskuste
Ühendus



DESCRIPTION:

The purpose of the project is to take a moment of calm and a break from supporting others and learn about yourself and be kind to yourself. The topics we deal with are rest, balance and movement. It is possible to take all knowledge with you to your organisation to share with colleagues and young people, but during this project the focus will be ✨YOU✨

Due to the relentless tempo of modern life, the mental health of young people as well as adults has significantly deteriorated, the percentage of young people experiencing depression has increased, and the number of both young people and youth workers experiencing symptoms of anxiety has also increased significantly as well. It is therefore important to give youth workers the skills and tools to support themselves as well as young people.

The main objective are:

- **Empowering Youth Workers:** Equip youth workers with the necessary tools and skills to support their own positive mental health and well-being.
- **Preventing Burnout:** Provide youth workers with techniques and resources to prevent burnout in themselves and their colleagues.
- **Promoting Mental Health in Young People:** Equip youth workers with the knowledge and skills to support the positive mental health of young people.

TRAINER

Eve Aasa

I'm Eve – a youth worker, certified Kundalini yoga teacher, high school elective subject teacher, volunteer for mental health cafés (peaasi.ee), and a restorative justice facilitator. My work is deeply rooted in supporting people and fostering connection. Fourteen years ago, I attended my first Kundalini yoga class and instantly fell in love. Since 2019, I've been teaching yoga and for the past five years, I've led a high school elective subject called *Yoga: Training for Body and Mind*, affectionately known as "how to be a better person and a friend to yourself." I bring yoga philosophy into a modern context and have led workshops, camps, and activities for children, youth, and adults. For me, it's all about being present, noticing the world around you, and rediscovering yourself again and again.



EmpowerED: Pause. Reflect. Reconnect

Location:

QUINTA DAS RELVAS is a non profit organisation located in an eco-farm dedicated to non-formal educational activities through art and sustainability, with a view to a better social future. Around the farm there are many opportunities for walks in the nature, there is a swimming pool and a pond on the territory. Accommodation is in four-person glamping tents.

Transport

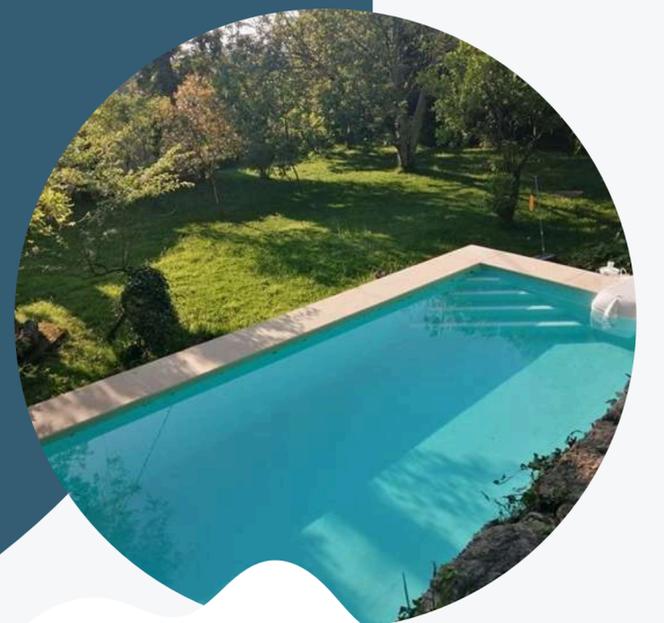
Quinta das Relvas is located approx. 65 km from Porto. The nearest airport is in Porto, from where it is possible to arrive by train (Estarreja station) or by bus (Albergaria-a- Velha stop), from where a car will pick you up and take you to the venue. We expect the participants to arrive on 17th of May **between 16:00-19:00**

Meals

The project covers three meals a day and coffee breaks for the participants. Since one of the main focuses of the farm is environmental protection, the food offered is vegetarian. Please let us know about any spacial dietary requierments.

Expenses

Maximum travel budget is calculated using Erasmus+ distance calculator. Accommodation, activities and meals are included It is mandatory to have travel and healty insurance for the duration of the project activities (including travel days).



Contact Us!



Project Coordinator in Lithuania

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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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