



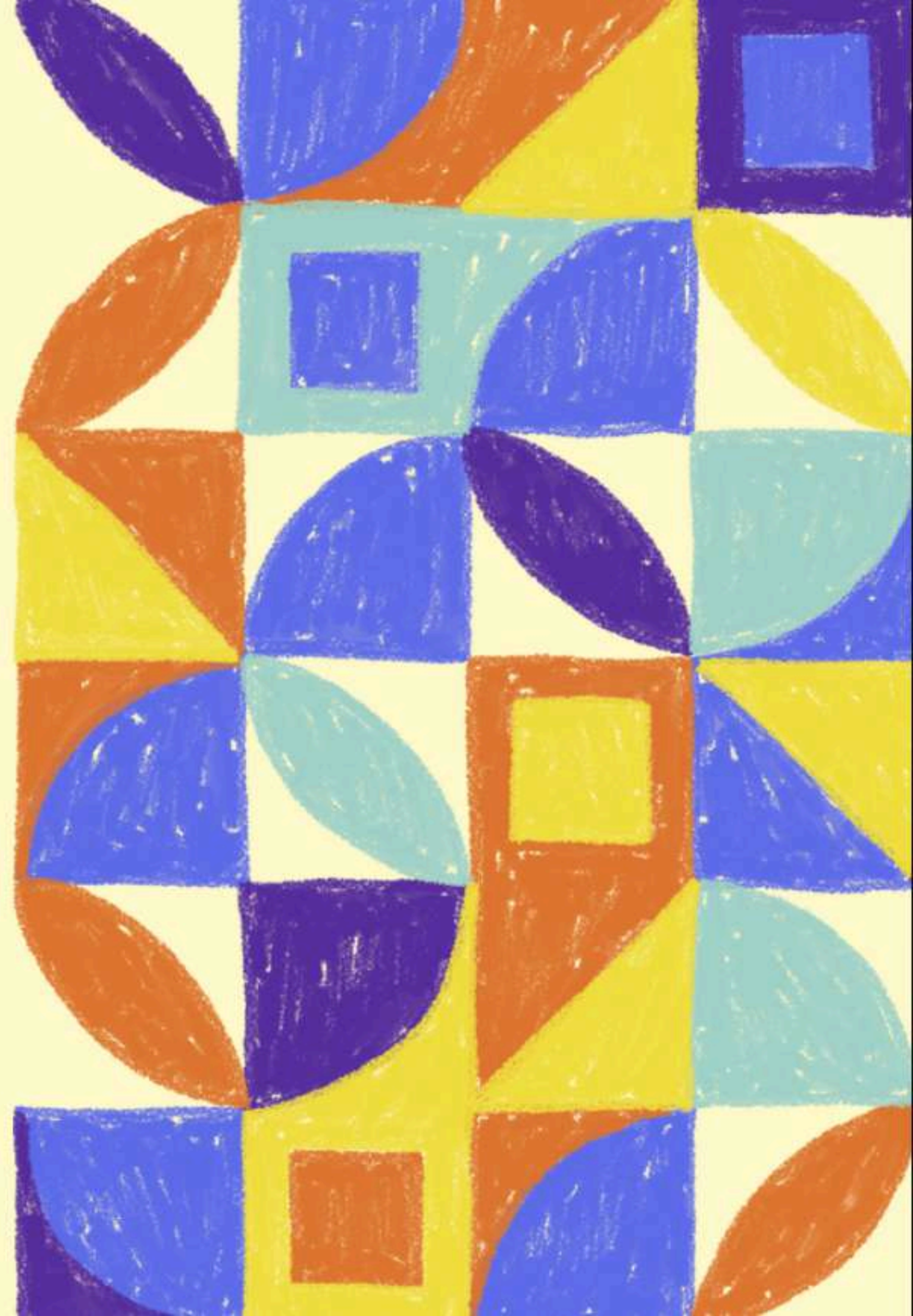
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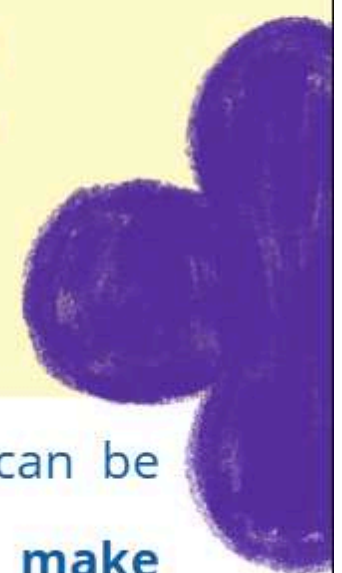
Navigating Chaos 3.0

Professional Development Activity

9-17 July 2026, Bulgaria



Youth Workers & Well-Being



We understand that your job as a youth worker can be challenging. You often have to **adapt quickly, make important decisions, solve problems and build strong relationships.** When things get chaotic, it's essential to have tools to help you navigate and get back on track. Our goal is to make sure you have the skills you need to stay calm and build resilience in the face of chaos, such as **effective communication, problem solving, decision-making, leadership and team building.** This will enable you to do your job with confidence and overcome challenges more easily.



**This is your invitation to pause
reconnect
and grow**

Our Method

We use a hands-on approach. This includes **immersive simulations, working together in pairs or groups, overcoming challenges, reflecting on your experiences, various communication and coaching tools, embodiment and self-regulation techniques, theater, performance, and artistic expressions.** During the program, your days will be split into different sessions, with breaks for meals and rest. Be prepared to work 8–10 hours each day. This program focuses on both **your professional and personal growth.** You'll get to try out different tools and practices, and learn how to adapt and use them in your specific situation.



Our Approach

Embodiment

Emphasizes the role of the body in shaping the mind. This method asserts that cognitive processes are deeply rooted in the body's interactions with the world. This method provides a holistic view on cognition and personal growth.

Coaching

Refers to a structured and collaborative approach aimed at helping individuals and/or groups achieve specific personal or professional goals. It includes questioning, active listening, and feedback.

Basic Synergy

Framework designed to raise resilience, build confidence, and enhance collaboration through accountability and by overcoming adversity. The method aims to create outcomes that go beyond what individuals and groups perceive as possible.

Our Learning Approach

We will go through the process which is following the cycle of **experience - analyse - conceptualization - practice**

(Kolb's Learning Cycle)



Awareness & Reflection – Improving the soft skills and reflective tools that raise our understanding and support our development, extracting learnings from the experiences, peer-to-peer sharing, journaling, etc.



Tools, Practices & Theory – You'll gain practical tools and supportive theories, such as communication and coaching, embodiment and self-regulation techniques, among others



Immersive Simulations – Experience-based learning to implement tools and overcome challenges, experiment with basic synergy, embodiment, coaching tools in a unique learning experience



What You Will Experience

Personal Growth

Discover tools and practices that help you better understand yourself, your patterns, and your potential.

Embodied Learning

Learn to listen to your body and reconnect with it as a source of wisdom, awareness, power, and resilience.

Coaching Tools

Gain practical techniques to support your emotional well-being and personal development.

Connection

Join a network of like-minded people, build trust, share stories, and create lasting bonds.



Who Can Join

THIS IS FOR YOU IF YOU ARE:

- 18+ years old;
- a youth worker, teacher, facilitator, mentor, coach, or on your way to be one;
- actively supporting young people in your daily work;
- curious about personal growth and emotional well-being;
- motivated to reflect on your own well-being and professional practice;
- ready to step out of your comfort zone and explore new perspectives;
- **OPEN MINDED, OPEN HEARTED, DEDICATED** - comfortable exploring new ways of learning, sharing insights with others, interested and ready to learn, grow and fully participate in all project phases.



NOTE: To make sure everyone stays safe and well, we ask people with serious mental health needs who need continuous psychiatric support not to apply. Please understand that **our program is not a substitute for therapy or professional interventions.** Our project focuses on mental well-being and personal growth, and it may involve intense and challenging experiences. **It's not a therapy retreat but a chance for meaningful learning and change.** If you feel ready for this, we welcome your application and are here to answer any questions or concerns. **Your well-being and personal growth matter to us.**



Financial Support

We understand that financial circumstances differ, and we want to keep the program accessible.

A limited number of partial financial support options may be available for participants who would otherwise not be able to join. If the fee is a barrier, you are welcome to mention it in your application.

Our intention is to create a learning space where people join with commitment, responsibility, and genuine motivation to participate.

If you are interested, we encourage you to apply and share your situation openly.



The participation fee for the training is 650 EUR.

This fee contributes to the preparation, facilitation, materials, accommodation, food and overall learning experience. **Note:** If you are not eligible as an Erasmus+ participant, you will need to cover your own travel expenses.



FREE PARTICIPATION FOR 30 PARTICIPANTS - FUNDED BY ERASMUS+

Because of the amazing **financial support of Erasmus+ program** we're able to provide the experience **completely free of charge** for 30 participants residence of **Bulgaria** (3 spots), **Hungary** (3 spots), **Italy** (3 spots), **Portugal** (3 spots), **Romania** (3 spots), **Lithuania** (3 spots), **Greece** (3 spots), **Georgia** (3 spots), **Austria** (3 spots) and **Latvia** (3 spots).

For Erasmus+ participants, a small contribution fee of €45 will be automatically deducted from the Erasmus+ travel grant (no separate action or payment is required).

TRAVEL GRANTS for ERASMUS+ Participants

Some participating countries are eligible to apply for the green-travel support. Check if your country is applicable and choose green-travel if possible.

You will get the travel reimbursement at the end of the project, according to the country you are coming from. Detailed instructions will be provided during the PDA.

The participation fee will be automatically deducted from this amount, you will not need to pay anything in advance.

	GREEN TRAVEL	NON-GREEN TRAVEL
Travel reimbursement	Bulgaria - EUR 56 Greece, Romania, Hungary, Italy, Lithuania, Latvia, Georgia, Austria - EUR 417 Portugal - EUR 535	Greece, Romania, Hungary, Italy, Lithuania, Latvia, Georgia, Austria - EUR 309 Portugal - EUR 395
Participation fee	EUR 45	EUR 45
Ways of travel	The travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling	Airplane

*Green travel counts if at least 51% of the total distance in kilometres from the city of your sending organization you do with green travel means

Practical Information

Dates: 09-17 July 2026

Arrival Time: 15:00 on 09.07 / Departure Time: 11:00 on 17.07

As we're guests in the accommodation we kindly ask you to plan your trip according to the official arrival and departure times. **This means we can NOT host you any nights before or after the program.**

Venue: Red Cross Training Centre in Lozen, Bulgaria

Rooms – We will live in shared rooms (2-3 people per room) in a group accommodation. The rooms are simple and cozy;

Space – The remote area in nature was chosen with the intention to create a calm space for the group to focus on learning and different experiences;

Connection – We have a no drugs policy during the whole program, it is with the intention to allow space for authentic connection with yourself and others (it's also illegal in Bulgaria). We also invite refraining from using alcohol during the event;

Food – We will have 3 main meals a day, as well as smaller tea & coffee breaks. The meals will mainly be based on traditional Bulgarian cuisine, and we'll take into account the specific dietary needs;

Sofia – Lozen is 15 km from Sofia, capital of Bulgaria. During our program you will NOT have time to go and check Sofia, you can do it before or after the project days.



Meet the Trainers & Organizers



Rajmund Lukács

Facilitator with the main focus on experiential learning and supporting young people in creating something new or changing perspectives. Interested in community development and youth and adult education.



Yana Traykova-Ivanova

Project coordinator with years of experience in the NGO field as a project manager, mentor, and facilitator. Curious about how to prepare youth workers for the dynamic nature of the workflow.



Guðmundur Haraldsson

Facilitator focused on embodiment aspects of learning and development. Passionate about creating learning experiences that equip people with tools that actually work, for their personal and professional growth.

Contact Us!



Project Coordinator in Lithuania

Austeja Amankaviciute

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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.

For more projects:

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

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

