



training course |23 June - 01 July 2026| Hollókő, Hungary

WELLBEING LAB



Co-funded by the
European Union



ABOUT THE PROGRAM



This training is for experienced youth workers, trainers, mentors, and coaches. It offers new tools and methods to boost motivation, creativity, and support both personal and professional well-being.

Balancing work, family, and personal life is challenging—especially in the social sector, where burnout is common. This course focuses on soft skills, mindful practices, and personal development to help participants stay motivated and energized.

We've run similar successful trainings before and saw a clear need for programs that prioritize the well-being and self-care of youth workers. Based on participant feedback, we've created this new edition with fresh elements to support self-motivation and empowerment.

METHODOLOGY

The main methods we use are experiential learning, gamification, simulations and creative recycling which is based on creativity, cooperation and crafting. Furthermore, there will be some creative art therapies and team building.



MAIN PROGRAM ELEMENTS

Promote Mental Well-being
through Connection

Digital Detox

Introduce Offline Tools for Well-being

Develop Facilitation
Competence

Explore the challenges of the
21st century

Self-assessment
Sharing of best practices

Creative recycling
Design thinking

Simulation games,
Gamifications

Outdoor, teambuilding

THE TEAM



The program is organized by ReCreativity, a Budapest-based social enterprise. We offer non-formal education programs that utilize creative recycling methods to help individuals develop innovative solutions in their everyday lives while also promoting environmental awareness. The program of this mobility is designed and conducted by a multicultural team of experienced trainers and assistants. The team includes experienced trainers on the topic of mental health and well-being.



MEET THE TRAINERS

Zsuzsanna Kóka

I am Zsuzsanna Kóka, aerial yoga instructor passionate about creating meaningful spaces for personal growth, connection, and inner balance. My work is inspired by the belief that when we slow down, reconnect with ourselves, and return to nature, powerful transformation can happen.

Alongside my experience in organizing wellness retreats and workshops, I guide people through movement-based practices that support both physical and emotional well-being. I am currently deepening my professional path through Hatha Yoga and Women's Yoga teacher trainings, expanding my knowledge to offer even more holistic support.



Luca Paolisso

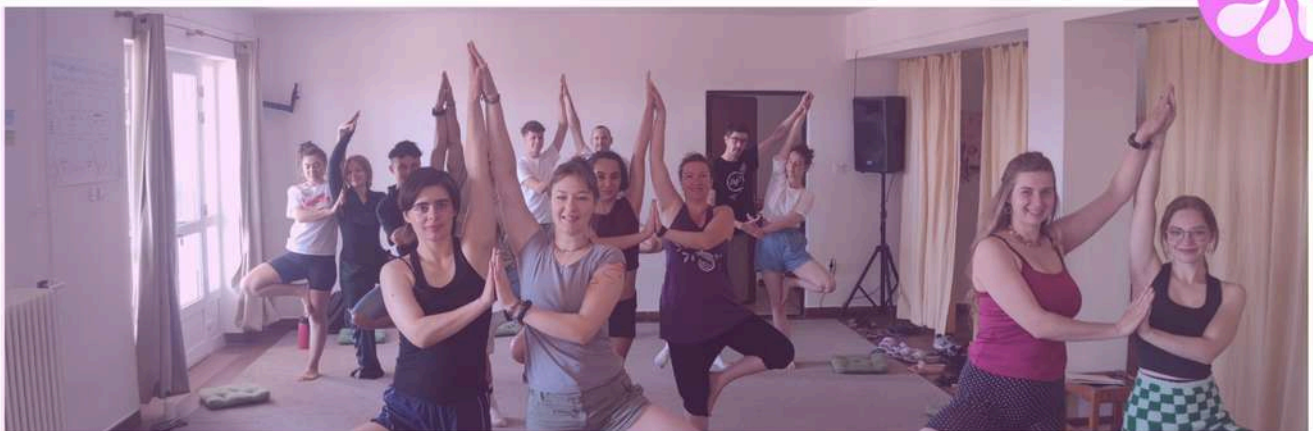
My name is Luca Paolisso, my journey in youth work started 18 years ago. I was very lucky to have many opportunities to learn from the amazing people I met and the experiences I lived. My mission is to give back as much as I can. As a trainer, my role is to make the learning as practical and enjoyable as possible. I hope to create a safe space where you can be vulnerable and experiment with new ways to improve your life and better support the people around you.



PARTICIPANTS

Participation is open to people who are over 18 years old coming from North Macedonia, Greece, Romania, Slovakia, Bulgaria, Lithuania, Italy and Hungary.

We are looking for individuals open to explore innovative non-formal education methods, fostering personal growth, authentic interpersonal relationships and skills. The program is designed for youth workers, trainers, and NGO members active in the field of non-formal education, and is customized to offer tools that you can build in your organisational/ professional lives in order to support youth in the area of mindfulness. There will be a special focus on mental well-being and healthy balance between digital and offline engagement.



CONTRIBUTION OF THE PARTICIPANT

You are not just a participant— you are also a co-creator of this training course. We warmly invite you to enrich the program by bringing your favourite icebreaker, team-building activity, tool, or anything else you're passionate about. Your unique contribution can make a real difference!

Your involvement doesn't stop there — your actions have an impact! That's why we would love you to take part in spreading the word about this training. You have been given this opportunity because you are a change-maker in your community. With that comes a shared responsibility: to give back, to inspire, and to share your experience within your network. Our collective goal is to ensure that at least one newcomer discovers the incredible opportunities Erasmus+ can offer.

Your contribution as a co-creator:

- Sharing one social media post during or after the training course at your personal social media or at you NGO's social media
- Organizing one local activity — individually or with your national team
- Filling out the EU survey



DAILY ROUTINE

8:00-9:00 - BREAKFAST
9:00-9:30 - FREE TIME
9:30-13:00 - WORKSHOPS 1 & 2
WITH A COFFEE BREAK
13:00-14:00 - LUNCH
14:00-15:30 - FREE TIME
15:30-19:00 WORKSHOP 3&4
WITH A COFFEE BREAK
19:00-20:00 - DINNER
20:00 - OPTIONAL PROGRAMS

HIGHLIGHTS OF THE PROGRAM

DAY 1, 23 JUNE **ARRIVAL - LANDING**

Arrival at the venue, settling in, first informal connection moments

DAY 2, 24 JUNE **CONNECTION - BUILD THE FOUNDATIONS**

Mingling activities, overview of project goals, methods, expectations and common agreements

DAY 3, 25 JUNE **PRESENCE - BEING HERE**

Practices for mindful presence - Breathwork, mindful walking, body awareness exercises; nature-based group reflections

DAY 4, 26 JUNE **NATURE - OURTEACHER**

Full day outdoors: solo time in nature, sensory exploration, nature mandala creation, silent walks, group sharing circles

DAY 5, 27 JUNE **EXPRESSION - HEART TO HEART**

Personal stories, creative workshops: art, movement, music, writing

DAY 6, 28 JUNE **INTEGRATION - FROM INSIDE OUT**

Deep reflection sessions, co-creating mini-rituals, preparing personal well-being projects with mentoring support

DAY 7, 29 JUNE **CELEBRATION**

Presentation of participant-created workshops or projects; feedback and celebration evening.

DAY 8, 30 JUNE **REFLECTION & GOODBYE**

Final reflections, evaluation circles, creating take-home action plans, closing ceremony.

DAY 9, 1 JULY **DEPARTURE**

Departure from the venue and personal journeys continue

* The program points are flexible and might change according to participant's needs.

LOGISTICS



23 June-01 July, 2026 | Hollókő, Hungary

The program will take place in the beautiful small village of Hollókő in Hungary.

Transportation from Budapest to Hollókő and back will be organised by a common bus for the whole group. Accommodation is arranged at Kreatív Tér, a group accommodation space where participants will stay in rooms of 4-6.

See more information here: <https://kreativter.hu/>

Address: 3176 Hollókő, Orgona út 31.



HOW TO APPLY

You can apply by filling in the application form by 27 May, 2026.

Please, do NOT buy your ticket, until you get a confirmation letter!

The conditions of reimbursement are described below. Please, read it carefully and contact us if you have any questions in advance!

- Arrival - 19:00 - 23 June
- Program starts - 9:30 - 24 June
- Program ends - 20:00 - 30 June
- Departure - 8:00-10:00 - 1 July

You have to arrive to the center of Budapest by 16:00 at the latest on 23 June! A common bus will take the whole group to the accommodation from there.



COSTS



The following costs are **covered by the Erasmus+ programme**:

- Accommodation
- Food
- Cost of the program
- Travel cost (according to the conditions of reimbursement - see below)

Participants need to cover the following:

- Insurance

There is NO Participation fee!

Condition of the reimbursement:

The reimbursement of your travel cost will be paid after the program and will be done by bank transfer. You can only receive your reimbursement if you participate in the entire program and you fulfill all the conditions of the contribution of the participants.

Please note that we cannot reimburse any taxi costs!

All the following **documents** will be needed:

- all your tickets and boarding passes
- invoices of tickets
- passport or ID
- resident permit if you are a not citizen in any of the partner countries



GREEN TRAVEL

When looking for travel options, make sure that you choose the greenest option!
Use public transport, carpool, take a bus or a train!

Reimbursement/Country	Not Green travel (plane)	Green travel (bus, car sharing, train)
Italy	309 Eur	417 Eur
Romania	211 Eur	285 Eur
North Macedonia	309 Eur	417 Eur
Lithuania	309 Eur	417 Eur
Greece	309 Eur	417 Eur
Bugaria	309 Eur	417 Eur
Slovakia	211 Eur	285 Eur
Hungary	-	56 Eur



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>