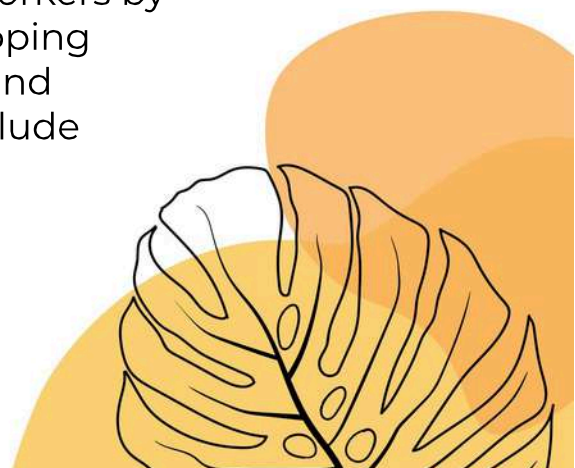




"Exit Burnout & Recharge"

PROJECT AIM

The aim of the project is to **strengthen the mental health, well-being and professional resilience** of youth workers by deepening their understanding of burnout, developing practical self-care and stress-management skills, and equipping them with innovative methods that include adventure therapy, coaching and gamification—to enhance their daily practice and improve the overall quality of youth work.





LEARNING OBJECTIVES

- 👉 To strengthen youth workers' mental health and overall well-being by increasing awareness of stress factors, emotional load and burnout risks in youth work.
- 👉 To deepen youth workers' knowledge and competencies related to well-being, resilience, self-regulation and sustainable work practices.
- 👉 To explore and practice evidence-based approaches such as adventure therapy, coaching, experiential learning and gamification to support personal and professional well-being.
- 👉 To empower participants to integrate innovative well-being strategies into their daily youth-work practice, reducing the risk of burnout and promoting long-term resilience.
- 👉 To enhance the quality of youth work by improving youth workers' work-life balance, job satisfaction and readiness to support young people more effectively.
- 👉 To foster a supportive international learning community that encourages peer learning, exchange of good practices and long-term cooperation among youth organisations.
- 👉 To promote reflective practice by integrating daily reflection, feedback loops and personal development planning into the learning process.



STRUCTURE OF THE ACTIVITY

This professional development program focuses on enhancing the mental health and well-being of youth workers through structured workshops and collaborative sessions. Participants will engage in daily activities designed to identify stressors, establish healthy boundaries, and develop sustainable work-life balances and strategies. Each day is organized into specific themes, moving from initial introductions to practical skill-building and long-term planning. The itinerary also incorporates essential periods for reflection, international networking, and cultural exchange among the various partner organizations. Ultimately, the gathering aims to equip attendees with the tools necessary to prevent exhaustion and maintain resilience in their demanding field.

The content of the activity will be based on the results and methodology of the Erasmus+ KA2 project "Exit Burnout", whose main objectives were to develop innovative solutions, using gamification, coaching and adventure therapy methods in order to prevent and decrease youth workers burnout, employee turnover in youth work and increase their wellbeing.

Emphasis will be placed on non-formal learning approaches throughout the program — learning by doing, learning to learn, learning to be together, and learning to be.





DATES & PLACE

15-21 August 2026 (including travel days)

Latvia, guest house “Vecmuiza”,
Limbazu district www.vecmuiza.lv



Last day in Riga
www.latvia.travel/en/city/riga



PARTNERS & PARTICIPANTS

The project is implemented under **Erasmus+ accreditation in the field of youth** and is open to organisations and participants from EU countries. **The program is designed for 30 people - participants, facilitators, organizers.**

Participant profile: youth workers, mentors, trainers, facilitators, and others involved in youth work. There is no age limit, but all participants must be 18 or older. Participants with fewer opportunities are especially welcome to take part in this project.

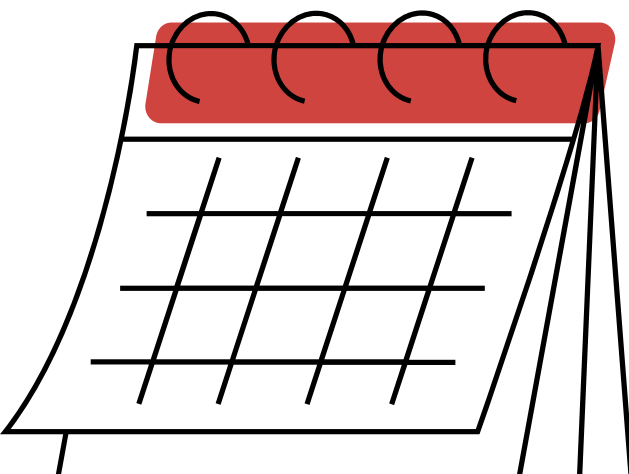


COSTS & TRAVEL

This project is **financed by the European Union** under the Erasmus+ programme. Travel costs will be calculated according to the Erasmus+ 2026 distance calculator and applicable funding limits. **Green travel is especially encouraged**, and reimbursements will be made by bank transfer after the activity's completion and upon submission of all original travel documents.

PROGRAM (draft)

	15.08.2026 Saturday	16.08.2026 Sunday	17.08.2026 Monday	18.08.2026 Tuesday	19.08.2026 Wednesday	20.08.2026 Thursday	21.08.2026 Friday	
	WE ARE HERE	GETTING TO KNOW	BURNOUT & YOUTH WORK	PRACTISING & RECHARGING	DIGESTING & EXPLORING	EVALUATION & FUTURE PLANS	DEPARTURE	
9.00	ARRIVAL Arrival in Riga, Latvia until 18.00 19:00 Departure from city center to the guest house	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9.30		Official opening & Get to know each other	What is the real situation? Participants and partners experience	Hike along the Baltic Sea: Practising different methods and recharging	Wrapping up the experience gained	Personal responsibility & Future plans	LET'S CONTINUE TO RECHARGE AT HOME Departures	
11.00		Coffee break	Coffee break		Coffee break	Coffee break		
11.30		Team and teamwork	Well-being and mental health aspects relating to stress and burnout		Exit Burnout program & personal responsibility	A message to other youth workers around the world		
13.00		Lunch	Lunch		Lunch	Lunch		
15.00		Project aim, expected results, learning goals, Youthpass	Project Exit Burnout and developed results		Open space	Closing session & Evaluation Departure to Riga		
16.30		International Coffee break	International Coffee break		International Coffee break	Free time in Riga		
17.00		Presenting partner organisations	Preparing a personal roadmap		Open space			
18.30		Reflection time	Reflection time		Reflection time			
19.00		20:00 Dinner	Dinner		Dinner	Dinner		Dinner
20.30	Welcome activities	Evening activities organized by participants	Evening activities organized by participants		Sauna/ Outdoor jacuzzi?	Something special 😊		



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Explorer 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:

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Join the group with more opportunities:

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





Contact with us!

Project coordinator in Lithuania

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