

Erasmus+ professional development  
activity for youth workers



# NAVIGATING CHAOS 2.0

Lozen, Bulgaria 22-30 May 2024



Co-funded by  
the European Union

Bfree

# 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.



# our method

In the workshops and activities, we use a hands-on approach. This includes team building, story-telling, simulations, role-playing, performing, artistic expressions, brainstorming and reflecting on your experiences. We mainly use three training methods: **embodiment, coaching, and basic synergy.**

During the program's activities, 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 learning approach

we will go through the process which is following the cycle of **experience - analyse - conceptualization - practice**  
(Kolb's Learning Cycle)

OUR PROGRAM IS DIVIDED IN THREE MODULES:

1

**awareness and reflection** - improving the soft skills and exploring tools that help our well-being and self-development, extracting learnings from the experiences, peer-to-peer sharing

2

**tools, practices, theory** - learning and implementing the learnings, practising

3

**experience based learning** - explore basic synergy, embodiment, coaching tools in a unique learning experience & create experiences back home

# who are we looking for:

socially active youth worker / teacher / facilitator / mentor / coach / volunteer **working with and for young people** on a daily basis;

resident of these countries - **Bulgaria, Italy, Spain, Poland, Latvia, Portugal, Greece, Romania, Serbia** -, and able to use **fluent English** to express thoughts, opinions, needs, etc.

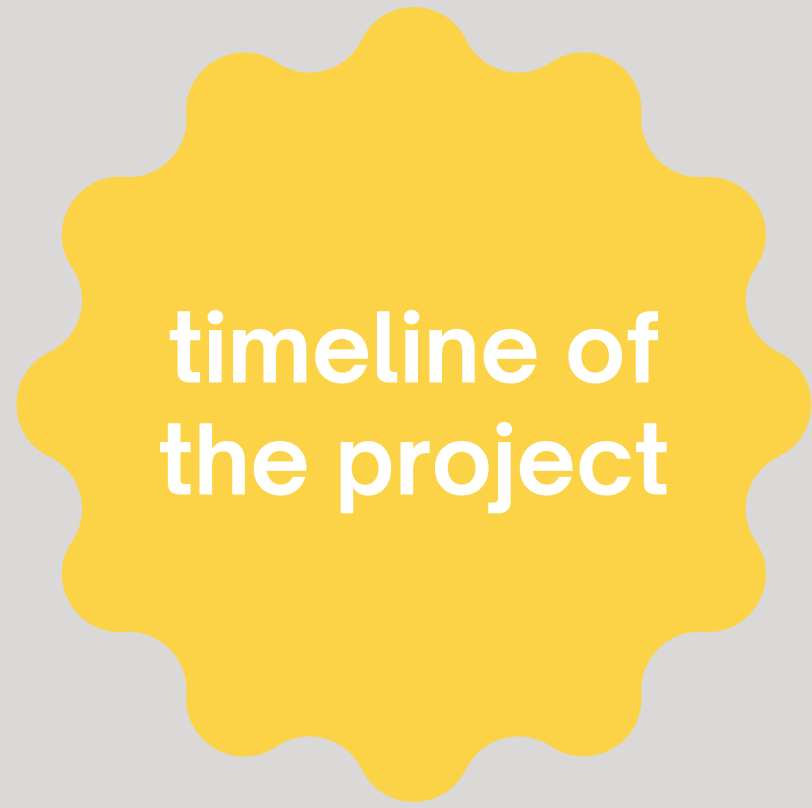
we don't evaluate participants based on their nationality, rather what matters is **if you are residing in one of the participating** countries (we will have a group of 27 youth workers from 9 countries)

**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 (preparation + professional development activity + follow-up)



## 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.



timeline of  
the project



## preparation

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**March-May**

selection process, connecting with your national team and sending organization, after the confirmation - booking tickets and getting insurance

## activity

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arrival and start day: 22nd of May

end: 29th of May

departure: 30th of May

All participants together will explore themes of well-being and resilience, team-building, and actively participate in various sessions and activities

## follow-up

**June-September**

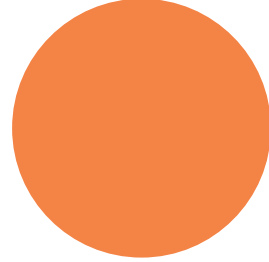
evaluation, creating action plans, organizing activities in local communities

Participants create at least one activity based on what they have experienced back in their local community, and provide a short report on it to BFree

# us and our partners

 [BFree - Bulgaria](#)



 [EduMoby - Italy](#)

 [Isla CreActiva - Spain](#)

 [Inpro - Poland](#)

 [re:view - Latvia](#)

 [Rota Jovem - Portugal](#)

 [Roes Cooperativa - Greece](#)

 [Asociatia Prisma - Romania](#)

 [Flow-E.R. - Serbia](#)

this project is funded by



# trainers and organizers



**Yana Traykova**

(she/her)

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.



**Rajmund Lukács**

(he/him)

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.



**Ilze Ozola**

(she/they)

Trainer and transformational coach, interested in positive psychology and holistic approach to well-being. Enjoys using creative writing tools and elements of nature in their work with clients and groups.



**Guðmundur Haraldsson**

(he/him)

Facilitator focused on embodiment aspects of learning and development. Passionate about creating learning experiences that equip people with tools that assist them in their personal and professional growth.







# practicalities

## 1. participation fee

The participation fee is intended to promote accountability and foster a learning environment. We believe that it helps ensure commitment and active engagement.

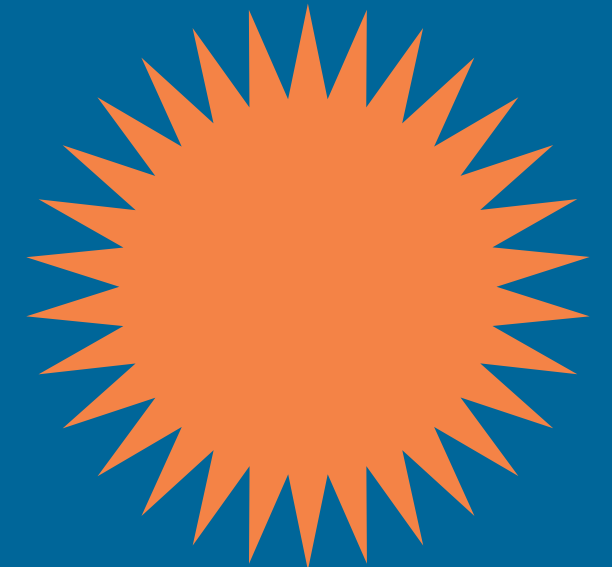
Note: the costs associated with food, accommodation, and materials are covered by Erasmus+, allowing us to provide an enriching experience for all participants.

## 2. engaged involvement

Participants actively contribute to preparation, execute tasks during the activity, and actively participate in follow-up, evaluation processes, and other project-related aspects for a comprehensive and successful outcome.

## 3. insurance

All participants must have valid health insurance when participating in activities in Bulgaria. You can check the [European Health Insurance Card](#).



# travel info

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. 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 23 Romania, Greece, Serbia - EUR 210 Poland - EUR 320	Romania, Greece, Serbia - EUR 180 Italy, Latvia, Poland - EUR 275 Portugal - EUR 360 Spain - EUR 530
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 <b>bus, train</b> or <b>car-pooling</b>	airplane

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

# venue



During the training course, we will live in shared rooms (2-3 people per room) in a group accommodation at the Red Cross training centre in Lozen (15 km from the capital of Bulgaria - Sofia).

The remote area in nature was chosen with the intention to create a calm space for the group to focus on learning. The place is simple and cosy. We will have 3 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 of the participants.

We have no drugs policy during the whole program. It is with the intention to allow space for authentic connection with yourself and with other participants. We also invite participants to refrain from using alcohol during the event, as it can impact their well-being and hinder their ability to fully engage in the intense and busy program.



**how to apply:  
click on the link HERE  
deadline for applications –  
22 April, 2024**



