

CALL FOR YOUTH WORKERS

(educators, trainers, facilitators, teachers,
trainers, coaches, practitioners working with
young people)



TRAINING COURSE: WELL-BEING LAB

October 2– 8 2026
Ekodrom Estate, Croatia



Funded by
the European Union



Working with young people is deeply meaningful but it can also be challenging. As youth workers we may encounter challenging internal responses in our work with young people such as frustration, anger, disappointment, exhaustion, self-doubt, criticism, blame, judgment, or a sense of not being understood.

This training course offers a safe and supportive space to explore these inner experiences with care and curiosity, and to transform them into resources that can better support both you and your work with young people.

Using the Internal Family Systems (IFS) approach, we will gently explore the different inner parts of ourselves that may sometimes create tension or difficulty in our work with young people. Rather than fighting against these parts, we will learn how to listen to them, understand them, and build a more compassionate relationship with them. In this way, what once felt like an obstacle can become an ally.

The training will include body-mind practices designed to help us connect with inner qualities such as compassion, clarity, curiosity, courage, and grounded presence. Together, these practices will support deeper personal exploration of our parts, inner transformation, and more sustainable and authentic work with young people.

In these training course you will have the opportunity to:

- ✦ **Connect with your inner sense of curiosity, compassion, and presence through body-mind practices**
- ✦ **Explore the inner obstacles and patterns that may be limiting or challenging your work with young people**
- ✦ **Develop a more compassionate and supportive relationship with yourself**
- ✦ **Connect with other youth workers, exchange experiences and knowledge, and inspire one another through shared learning**

**"IT IS WHO WE
BECOME THAT
CHANGES THE
WORLD AND NOT
WHAT WE DO."**

**SANDRA
INGERMAN**



YOU CAN PARTICIPATE IF YOU ARE...

- ✦ Working with young people and are motivated to engage in self-exploration that will support and enrich your future work with them
- ✦ Open to participating in experiential activities, including outdoor practices such as movement and spending time in nature
- ✦ At least 18 years old (there is no upper age limit)
- ✦ A resident of one of the following countries: Austria, Belgium, Bulgaria, Croatia, Czech Republic, Estonia, France, Germany, Greece, Hungary, Italy, Latvia, Lithuania, Netherlands, Poland, Portugal, Romania, Serbia, Slovakia, Slovenia, or Spain

IN THE SELECTION PROCESS PRIORITY WILL BE GIVEN TO PEOPLE WHO

- ✦ Have experience working with young people (between the ages of 15 and 30) and particularly with young people with a disadvantaged background (young people experiencing geographical, social, economic, cultural, educational barriers)
- ✦ Are experiencing geographical, social, economic, cultural, educational barriers (e.g. LGBTQI, BIPOC, Roma, migration background, lower income, unemployed, rural areas, single parents, hearing or vision impairment, lower levels of education)



PROGRAMME



| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---------------|---------|--|---|-------|-------|--------------------------------------|-----------|
| 08.30 - 09.30 | ARRIVAL | BREAKFAST | | | | | DEPARTURE |
| 10.00 - 10.15 | | WELCOME | STARTING THE DAY TOGETHER | | | ECOLOGICAL ACTION | |
| 10.15 - 11.15 | | | WAKING UP THE BODY-MIND with Eva | | | | |
| 11.15 - 11.30 | | BREAK | | | | | |
| 11.30 - 12.45 | | SAFE(R) LEARNING SPACE, GROUP AGREEMENTS & LOGISTICS | INTERNAL FAMILY SYSTEMS (IFS) APPROACH TO YOUTH WORK | | | ECOLOGICAL ACTION | |
| 12.45 - 13.00 | | | STILLNESS | | | | |
| 13.00 | | LUNCH | | | | | |
| 15.00 - 15.45 | | GROUP INTEGRATION | BODY-MIND PRACTICE with Vasiliki | | | LOOKING INTO THE FUTURE & EVALUATION | |
| 15.45 - 17.00 | | | INTERNAL FAMILY SYSTEMS (IFS) APPROACH TO YOUTH WORK with Iva | | | | |
| 17.00 - 17.15 | | BREAK | | | | | |
| 17.15 - 18.00 | | REFLECTION OF THE DAY & CLOSING RELAXATION | | | | CLOSING CIRCLE | |
| 18.30 | | DINNER | | | | | |
| 20.00 | | EVENING PROGRAM | | | | | |

THE ORGANIZERS RESERVE THE RIGHT TO MAKE SMALL CHANGES TO THE PROGRAM IF NEEDED.



VENUE

EKODROM ESTATE CROATIA



Ekodrom Estate is the perfect escape to lose yourself and find peace. Nestled in a serene, supremely private setting, this idyllic retreat invites you to embrace the beauty of simplicity and reconnect with nature. Surrounded by plum orchards and lush greenery, it's a place where time slows down. Unwind in a soothing hot tub, relax in the warmth of a sauna, or gather around a crackling bonfire beneath a sky full of stars.

TRAINERS

IVA BUBALO

Iva (she/her) is a psychologist with over ten years of experience as an educator and project manager in the field of non-formal education. She is certified in Level 1 and Level 2 Internal Family Systems (IFS) therapy, Mindfulness in Nature, and Kundalini Yoga. She envisions a world where leadership is rooted in wisdom, humility, and service to community. She is passionate about creating environments where people are empowered to realize their purpose for the well-being of both the human and more-than-human world.



EVAMARIE WAGNER

Evamarie (she/her) is a psychosocial practitioner with over ten years of experience in international mental health, education, and community-based learning. Her work brings together trauma-sensitive and embodied approaches, including Focusing, emotional processing, intuitive movement, and somatic awareness.

Passionate about the wisdom of the body and the power of human connection, she creates spaces where people can slow down, listen deeply, and reconnect with what feels alive within them. She is particularly interested in how embodied presence, relational listening, and collective learning can nurture wellbeing, resilience, and a deeper sense of belonging.



VASILIKI STEFANIDI

Vasiliki (she/they) is a psychologist and youth worker passionate about the healing power of movement and embodiment. Their practice explores transformative modalities including dance—especially contact improvisation—meditation, journaling, music, and grounding rituals in nature. In recent years, they have worked closely with queer youth through Erasmus+ projects, fostering authentic connection, self-expression, and embodied presence.



FOOD

All meals will be vegetarian/vegan, prepared with fresh, locally sourced ingredients whenever possible and served with care and attention.

ACCOMMODATION

You will stay in shared rooms within beautifully designed houses that blend traditional and modern styles, aligned with principles of nature. Each house includes a bathroom and toilet.

LANGUAGE

The working language of the training is English. Translation may be available upon request.

FOLLOW-UP SESSIONS

To support ongoing learning and connection, we will hold two follow-up sessions online via Microsoft Teams:

November 12th, 2025 (6 -7 pm CET)

December 10th, 2025 (6 -7 pm CET)



HEALTH & TRAVEL INSURANCE

Participants are responsible for their own health and travel insurance. We require you to have European Health Insurance Card.

This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country.

More information on the card and on how to obtain it is available [HERE](#).

PARTICIPATION FEE

The participation fee covers food, accommodation, and the training course.

Travel costs will be reimbursed by the organizer. The reimbursement amount depends on your type of travel and your place of residence. If you are selected for the training, detailed information about travel reimbursement will be provided.

If the participation fee is a barrier for you, please don't hesitate to apply—we will work with you to find a solution!

- 40€: Bulgaria, Greece, Romania, Serbia
- 60€: Croatia, Czech Republic, Estonia, France, Hungary, Italy, Latvia, Lithuania, Poland, Portugal, Slovakia, Slovenia, Spain
- 80€: Austria, Belgium, Germany, Netherlands



DEADLINE FOR APPLICATION

July 5th, 2026

If you are selected for the training course, you will be notified by July 13th, 2026.

Apply via this [LINK](#).



CONTACT FOR FURTHER QUESTIONS

**IVA BUBALO
PROJECT COORDINATOR**

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