

Connection & Wellbeing Tools in Youth Work

Training Course | Narva, Estonia | 28 June – 5 July 2026



The Erasmus+ Training Course "**Connection & Wellbeing Tools in Youth Work**" was held in **Narva, Estonia**, bringing together youth workers, educators, mentors, and representatives of youth organizations from different European countries. The training aimed to strengthen participants' understanding of wellbeing in youth work while providing practical tools that can be directly applied when working with young people.

Throughout six intensive working days, participants explored different dimensions of wellbeing, including mental, emotional, social, physical, and spiritual wellbeing. The programme was based on non-formal education methods, encouraging active participation, peer learning, reflection, and intercultural exchange.

Learning Through Experience

The training created a safe and supportive environment where participants were encouraged to share experiences, exchange good practices, and reflect on challenges faced in their daily youth work.

The sessions included:

- Team-building activities
- Interactive workshops
- Group discussions
- Mindfulness and breathing exercises
- Reflection sessions
- Creative learning methods
- Peer-learning activities
- Practical wellbeing exercises

These methods enabled participants to better understand the importance of personal wellbeing as a prerequisite for effectively supporting young people.



Highlights of the Program

Each training day focused on a different aspect of wellbeing and professional development.

Participants explored topics such as:

- Mental and emotional wellbeing
- Social connections and healthy boundaries
- Physical and spiritual self-care
- Personal and professional wellbeing
- Practical wellbeing tools for youth work
- Reflection and Youthpass learning process

The programme also included cultural activities, organization fair sessions, and a study visit to **Narva-Jõesuu**, providing opportunities for informal networking and intercultural learning.

Impact and Future Application



One of the most valuable aspects of the project was the exchange of experiences among participants coming from diverse cultural and professional backgrounds. Through collaborative learning, participants developed new ideas and strengthened their competencies for supporting young people in their local communities.

The training emphasized that wellbeing is not only an individual responsibility but also an essential element of quality youth work. Participants learned practical techniques that can improve communication, strengthen group cohesion, prevent burnout, and promote healthier learning environments.

Upon returning home, participants committed themselves to:

- applying newly learned wellbeing tools in local youth activities;
- sharing the acquired knowledge with colleagues and volunteers;
- organizing dissemination activities within their organizations;
- promoting Erasmus+ opportunities among young people and youth workers;
- strengthening future international cooperation.

The knowledge and practical methods gained during the training will contribute to creating more inclusive, supportive, and resilient youth work practices across Europe.

