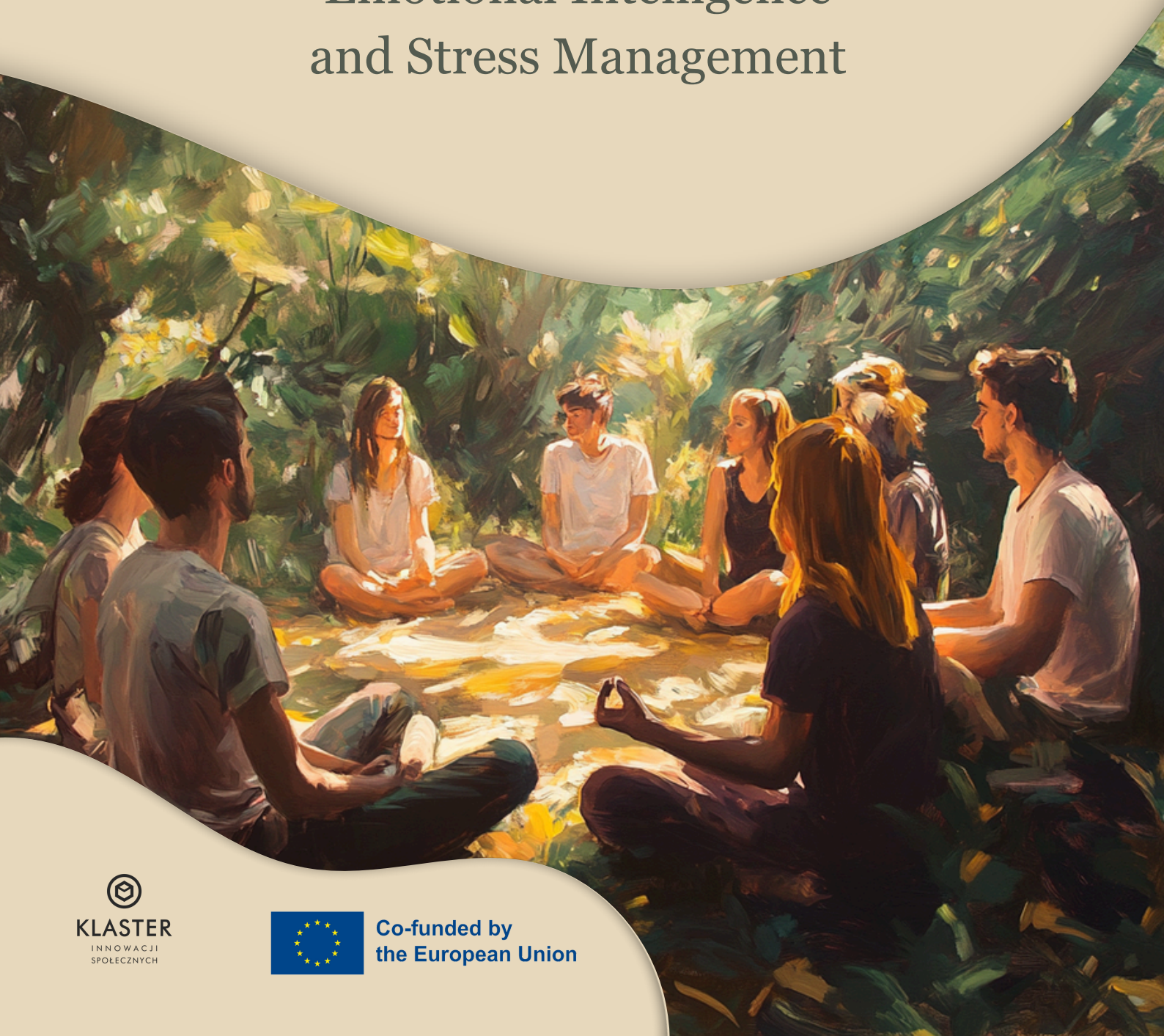


International Training Course
for Youth Workers

SCHEDULE

EmoPower

Emotional Intelligence
and Stress Management



Project Overview

- **Date:** June 18–30, 2025
- **Location:** Ośrodek Pracy i Edukacji "Społecznik", Międzybrodzie Bialskie, Poland
- **Participating Countries:** Spain, Italy, Portugal, France, Germany, Greece, Hungary, Netherlands, Belgium, Czech Republic, Slovenia, Lithuania
- **Number of participants:** 24 (2 participants from each of 12 EU countries)
- **Activity type:** Educational mobility for youth workers under the accredited KA151-YOU project

The "EmoPower – Emotional Intelligence and Stress Management" training course is a 13-day Erasmus+ KA151-YOU mobility program for youth workers, educators, and mentors. It equips participants with essential skills in emotional intelligence, stress management, and effective communication, combining practical workshops, experiential learning, and intercultural exchange.

Held at Ośrodek Społecznik in Międzybrodzie Bialskie, Poland, the course blends theory and hands-on practice, fostering self-awareness, resilience, and conflict resolution skills. Participants will build international networks and develop practical tools for supporting young people.

Fully funded by Erasmus+, the program covers travel, accommodation, and training costs. Join us to strengthen your skills and empower young people effectively!

DETAILED PROGRAM SCHEDULE

Day 1 (June 18) – Arrival & Welcome

- **Evening:** Arrival of participants, registration, accommodation.
- **Welcome dinner and introduction to the program.**
- **Discussion of rules and group contract.**

Day 2 (June 19) – Integration and Introduction to the Topic

- **Morning:** Icebreakers and team-building activities to foster trust in the group.
- **Workshop:** “Introduction to Emotional Intelligence” – key concepts and importance of EI.
- **Afternoon:** Self-reflection exercise: “My Emotional Map” – analyzing emotional habits.
- **Evening:** Intercultural evening – country presentations, interactive cultural quizzes.

Day 3 (June 20) – Emotional Self-Awareness

- **Morning:** Workshop “What Are My Emotions?” – understanding emotions through Plutchik’s Wheel of Emotions.
- **Visualization exercise:** “Emotional Journal” – recording daily emotional experiences.
- **Afternoon:** Mindfulness and relaxation training – breathing exercises and progressive muscle relaxation.
- **Evening:** Discussion: “How Does Culture Influence the Expression of Emotions?”.

Day 4 (June 21) – Thoughts and Emotions

- **Morning:** Workshop “How Thoughts Shape Emotions?” – exploring the connection between thinking and emotions.
- **Cognitive exercises:** Emotional scaling, techniques to shift negative thoughts to supportive ones.
- **Afternoon:** Case study analysis: How emotions impact decision-making?
- **Evening:** Intercultural Team Challenges – international teamwork problem-solving exercises.

Day 5 (June 22) – Stress and Its Mechanisms

- **Morning:** Interactive lecture: “What Happens to the Body and Brain Under Stress?”.
- **Workshop:** “Recognizing Stress Symptoms” – analyzing individual stress responses.
- **Afternoon:** Breathing training (4-7-8 method), guided positive visualization for stress reduction.
- **Evening:** International Film Night – movies related to emotions and cultural stressors.

Day 6 (June 23) – Coping Strategies for Stress

- **Morning:** Physical movement for stress relief – mini dance and movement session.
- **Afternoon:** Mental techniques: autogenic training, mindfulness, shake dance.
- **Evening:** International Cuisine Night – each team prepares a traditional dish from their country.

Day 7 (June 24) – Rest and Reflection

- **Nature excursion:** Hiking, team games, informal conversations.
- **Reflection session:** “What Have I Achieved So Far?” – small group discussions.
- **Evening:** Bonfire with music and sharing first-week impressions.

Day 8 (June 25) – Empathy and Interpersonal Communication

- **Morning:** Workshop “Nonviolent Communication (NVC) in Practice”.
- **Active listening exercises:** “How to Truly Listen to Others?”.
- **Afternoon:** Communication simulations and empathy training.
- **Evening:** Language Exchange & Cultural Games.

Day 9 (June 26) – Emotional Communication in Challenging Situations

- **Morning:** Feedback as a tool for strengthening relationships.
- **Afternoon:** Role-playing – practicing constructive emotional expression.
- **Evening:** Storytelling & Music Night – folk tales and traditional songs from different cultures.

Day 10 (June 27) – Conflict Resolution and Managing Difficult Emotions

- **Morning:** Strategies for resolving conflicts (compromise, cooperation, mediation).
- **Afternoon:** Escape Room of Emotions – team-based challenges requiring emotional intelligence strategies.
- **Evening:** Group reflection and conclusion of key insights.

Day 11 (June 28) – Practical Application of Skills

- **Morning:** Creating a Code of Best Practices – establishing strategies for managing emotions and conflicts.
- **Afternoon:** Preparing final presentations.
- **Evening:** Final Cultural Reflection – discussion on the impact of the course on participants.

Day 12 (June 29) – Evaluation and Course Conclusion

- **Morning:** Course evaluation – surveys, reflection on acquired skills.
- **Summary Workshop:** “How to Apply the Gained Knowledge in Daily Life?”.
- **Certificate ceremony – Youthpass award.**
- **Farewell and participant departure.**

Day 13 (June 30) – Departure

- **Breakfast and check-out**
- **Transfers to departure locations**

PRACTICAL INFORMATION

- **Accommodation & Meals:** Fully covered under Erasmus+ funding at Ośrodek Pracy i Edukacji "Społecznik"
- **Travel Costs:** Reimbursed based on Erasmus+ distance bands



CONTACT

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