

TRAINING COURSE

POWER OF COMMUNITY

Zagreb, Croatia, NOVEMBER 16th - 23rd



Training course for youth workers

Erasmus Training Course – Power of Community will explore how communities that foster safety, connection, and support can play a powerful role in the development of young people, with a strong focus on inclusion of vulnerable groups.

It will gather 20 + 2 participants from programme countries.

[APPLY HERE](#)

[before
September 20th](#)



Co-funded by
the European Union



Erasmus+
Enriching lives, opening minds.



amazonas

Play. Learn.
Evolve.



Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our vision is an open, playful and solidary society. Our values are inclusiveness, optimism and change. Our activities are based on the implementation of programs and projects aimed at educating, empowering and increasing the quality of life of children, youth and adults in the local community.

We have three main areas of work:

1. Social support - empowering of children, youngsters and families at risk of social exclusion
2. Active and mobile youth - non formal learning of young people, for young people, including mobility projects
3. Educations of experts - training courses as well as development of the education materials for experts in the field of youth and social support.

Through our work we are very much movement based and we use capoeira as well as various sport and movement forms, as a tool to reach positive psychosocial change.

More info find on our [website](#).



PARTNERS:

*applicable partners are organisations from all **EU Members States and third countries associated to the Programme**



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Power of community

This training course will explore how communities that foster safety, connection, and support can play a powerful role in the development of young people, with a strong focus on inclusion of vulnerable groups.

Participants will learn how to build such communities and how to ensure the inclusion of those at risk of marginalization. We will explore this topic through two complementary levels:

- On a micro level, participants will learn new inclusive and connection-building activities for working directly with young people, especially those from vulnerable groups, using movement-based, creative, and expressive tools.
- On a macro level, they will gain a better understanding of how to create wider support networks involving local institutions such as social services and schools, emphasizing the importance of aligning the needs of both young people and institutions



Key learning objectives

By the end of the training course, participants will:

- Understand **how inclusive communities can foster safety**, connection, and support for young people, especially those from vulnerable groups.
- Get to know and **experience inclusive tools and methods** (movement-based, creative, and expressive) that can help strengthen connection and participation among youth.
- Gain **insight into how wider support networks** involving social services, schools, and NGOs can be created to meet the needs of young people.
- **Exchange experiences and good practices** in the inclusion of vulnerable youth with peers from other countries.
- Explore and reflect on **real-life examples of community-based support** through field visits to NGOs and institutions in Zagreb.

As part of the program, there will also be opportunities for:

- Sharing good practices in the inclusion of vulnerable youth
- Workshops to exchange inclusive tools that foster connection, using movement-based, creative, and expressive approaches – with a focus on accessibility, engagement, and overcoming participation barriers
- Field visits to local NGOs and partner institutions in Zagreb, showcasing successful models of community-based support



WHO CAN APPLY

- Power of community is a training course aimed for youth workers, teachers, youth group leaders, trainers, educators that want to enhance their impact as a youth professional, creating a supportive and empowering environment for the young people they engage with, especially for those that are working with youth with fewer opportunities
- If the description fits you, and you are directly working with young people, apply using the application form link on the first page of this manual.
- Selection will be made based on your experience in youth work, your motivation for the subject of the course and the amount of results sustainability (how will you use project results in your daily work). Please write us detailed description of it in the application form.



PARTICIPANTS CONTRIBUTION

BEFORE THE TRAINING COURSE:

Please read this infopack so you are aware of the training programme and all practicalities. Also, we will have a networking part of the programme so prepare some materials presenting your organisation.

DURING THE COURSE:

Be ready to participate actively in all the sessions. Also, we will ask you to put away your phones during all sessions as we want to have a full presence of the entire group.

AFTER THE COURSE:

During the course we will have a dissemination planning session. Upon your return home we will expect you to share the results of your learning in your organizations, directly and through social media channels.

SHARING SESSIONS

If you already use **movement-based**, **creative**, or **expressive** approaches that foster **connection and inclusion of young people**, especially those from vulnerable groups, please **mention this in your application form**.

WE WILL SEND YOU A DETAILED TIMETABLE AFTER THE SELECTION PROCESS.



A bit more info, to help you prepare better:

The training course will be a combination of experiential exercises and theoretical inputs. We will be discovering various techniques that can help us build connection, including movement, body-related techniques, and creative expression exercises.

Bring comfortable clothes that you can wear during some working sessions, as parts of the programme will include movement activities. You will also have the opportunity to try a capoeira session as part of the experience during the course.

In November in Zagreb, the weather can be chilly, with average daytime temperatures around 10°C and colder evenings, as well as the possibility of rain. Please check the forecast before your trip to pack accordingly.

Activity dates: 16th – 23rd November 2025

- **Arrival:** 16.11.2025 (dinner will be served at 19:00)
- **Working days:** 17.11. – 22.11.2025.
- **Departure:** 23.11.2025. (after breakfast)

All participants **must be covered either by the European Health Card**; either by a travel insurance. (Information to be checked with the sending organisation).





Participants will be accommodated in double rooms. Bedsheets and towels are provided by the hostel.

ACCOMMODATION

Moving hostel is a modern, brand new hostel minimalist design, built and equipped to a high standards of hospitality industry and adapted also to business guests.

Hostel is located near the city center and the main square can easily be reached on foot in just 20 min. Near the hostel is a sports hall Dom Sportova (100m) and Drazen Petrovic Basketball Hall (500m).

Hostel Moving
Kranjčevićeva ulica 61
10 000 Zagreb
Croatia

[CLICK TO FIND ON THE MAP](#)



Cost of food (3 meals per day plus coffee break) and accommodation are **covered by the project**.

We will be working mostly in a training hall located in Magazinska street, around 10 minutes walking distance from the hostel. Part of the sessions will also take place in the premises of a local NGO and a school. This means that during the course we will also be moving around Zagreb and experiencing different working environments.



LOCATION

Zagreb is the capital and largest city of Croatia. It is in the north of the country, along the Sava river, at the southern slopes of the Medvednica mountain.
For more information on all it has to offer please visit [ZAGREB TOURIST BOARD](#).

HOW TO REACH:

Zagreb has airport and most international flights land here. Also, most international buses and trains will have a stop in Zagreb.

Travel costs will be reimbursed according to Erasmus+ [distance calculator](#), depending on your place of origin (in the country of your sending organization).

DISTANCE	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	23	23
100-499	180	210
500-1999	275	320
2000-2999	360	410
3000-3999	530	610
4000-7999	820	820

MONEY / COSTS

As of January 1st 2023, official currency in Croatia is EURO.

In case your country is using another currency, we recommend you buy euros from your Country as exchange office are not so common anymore.

ATM's and banks are available in Zagreb.

We look forward to see you in Zagreb.
Please apply before September 20th using the link on the first page.