

TRAINING COURSE

SPORT AND MOVEMENT PRACTICES IN YOUTH WORK

Zadar, Croatia, JUNE 28. - JULY 4. 2026.



Sport and movement practices in youth work

Using sport, empowerment self-defense and capoeira as tools for learning

This 5-day Erasmus+ training course explores how movement, sport, and body-based practices can be used as effective tools in youth work. The training will focus on experiential and participatory methods that help youth workers support the social, emotional, and personal development of young people.

The course will take place in the beautiful coastal city of Zadar, Croatia, from 28.6. to 4.7. 2026.



[Application deadline is April 6th](#)

[Read this infopack and:](#)

[CLICK HERE TO APPLY!](#)



Hosted by Amazonas

Amazonas Association was registered in Zagreb in 2004. Our vision is an open, playful and solidary society, and our work is guided by the values of inclusiveness, optimism and change. We design and implement programmes and projects **aimed at education, empowerment and strengthening emotional and social well-being of children, young people and adults in the local community.**

Our team consists of psychologists, social pedagogues, social workers and youth workers, many with additional training in psychotherapy approaches, body-oriented work and experiential learning methods.

We have **three main areas of work:**

1. Social support – empowering children, young people and families at risk of social exclusion through counselling, group work and long-term support
2. Active and mobile youth – non-formal learning for and with young people, including Erasmus+ mobility projects
3. Education of professionals – training courses and development of educational materials for experts in youth work and social support

Our approach is strongly movement- and experience-based. Through capoeira and other sport and body-based practices, we support emotional awareness, self-regulation, relational safety and empowerment as foundations for positive psychosocial change.

Find more info on our [website](#).



ELIGIBLE PARTNERS:

Associations from Programme Countries and Third Countries not associated to the Programme that possess an OID in the Organisation Registration System.



Co-funded by
the European Union



About the Training

This training course explores how sport and movement practices can be used as effective tools in youth work. Through a learning journey that combines sports-based activities, empowerment self-defense (ESD), and capoeira, participants will experience how physical practices can support confidence, cooperation, emotional awareness, and resilience among young people.

The training is highly experiential and based on learning through practice and reflection. Participants will explore practical methods, learn how they are used in real community work with young people, and develop ideas for applying these approaches in their own organisations and local contexts.

TOPICS THIS TRAINING COURSE WILL COVER:

Sports-Based Activities as Tools for Youth Work

Participants will explore how sports games and physical activities can be intentionally used as tools for developing social and emotional skills among young people. The sessions will introduce the concept of learning for, with and through sport, focusing on how youth workers can facilitate reflection and adapt sports activities to different learning goals and youth work contexts.

Empowerment Self-Defense (ESD)

Participants will be introduced to empowerment self-defense (ESD), a trauma-informed approach to personal safety that combines awareness, communication skills, and simple physical techniques. The approach focuses on recognising risk, setting boundaries, responding to threatening behaviour, and seeking support.

Capoeira as a Tool for Social Learning

Capoeira is an Afro-Brazilian movement practice that combines elements of martial arts, dance, music, and play. Within the training, it will be explored as a tool for personal development and for building supportive and cooperative communities.

Learning Through Practice and Community Work

In addition to learning the methods themselves, participants will explore how these approaches can be implemented in real youth work contexts. The facilitators will present examples from their community work with young people, including collaborations with schools and social services.

Participants will have space to reflect on their own practice and develop ideas for integrating movement-based tools into their organisations and programmes.



Key Learning Outcomes

By the end of the training, participants will:

- understand how movement-based methods can support learning and development in youth work
- gain practical tools for facilitating sports-based activities with reflective learning components
- develop basic skills and understanding of empowerment self-defense approaches
- experience capoeira as a method for building cooperation, confidence, and group cohesion
- increase their capacity to use body-based and experiential methods in their youth work practice
- develop ideas for adapting these tools to their local contexts and target groups





WHO CAN APPLY

- This training course is intended for youth workers, educators, trainers, teachers, and youth group leaders who are actively working with young people and have a professional context where they can apply the methods and tools from the training.
- No previous experience with sports, self-defense, capoeira, or body-based methods is required. However, the training will be highly experiential and physically active, so participants should have a genuine interest in movement-based learning and be motivated to engage in sports games, movement practices, and body-based exercises throughout the programme.
- Participants will be selected based on their motivation, their active involvement in youth work, and the potential to apply the learning outcomes in their organisations and local communities.





PARTICIPANTS CONTRIBUTION

BEFORE THE TRAINING COURSE

Please read this infopack carefully to become familiar with the training programme, learning approach, and practical details. Understanding the framework will help you prepare and engage fully in the process.

DURING THE COURSE

This training requires full and active participation. The programme is experiential and physically active, including sports activities, empowerment self-defense (ESD) practice, and capoeira training. Openness and willingness to engage in movement, practice, and reflection are essential.

To support learning, we apply a strict no-phones policy during sessions to ensure presence, focus, and a safe learning environment.

In the final days, participants will work on dissemination ideas for sharing the project's methods and learning outcomes in their communities and professional contexts.

AFTER THE COURSE

Participants are expected to carry out the agreed dissemination activities, sharing and applying the learning outcomes within their organisations, communities, and networks.

NGO FAIR

One day

evening

programme will

we dedicated to

presenting your

NGO's and your

area of work.

Please bring

materials like

flyers, posters,

video (if you

have) or

anything else

that presents

your work in the

field of youth.

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



A bit more info, to help you prepare better:

Keep in mind, we will be moving :)

The entire training will be experience-focused, and we will explore various sport games, self-defense techniques and capoeira sessions. Whole programme will be centered around movement. To ensure maximum comfort during training, please bring enough comfortable clothing suitable for physical activity.

Since the training takes place in June / July when it's already hot, make sure to pack extra clothes for changing. Also, don't forget to bring a swimsuit – our accommodation is by the sea, so we'll have the chance to cool off!

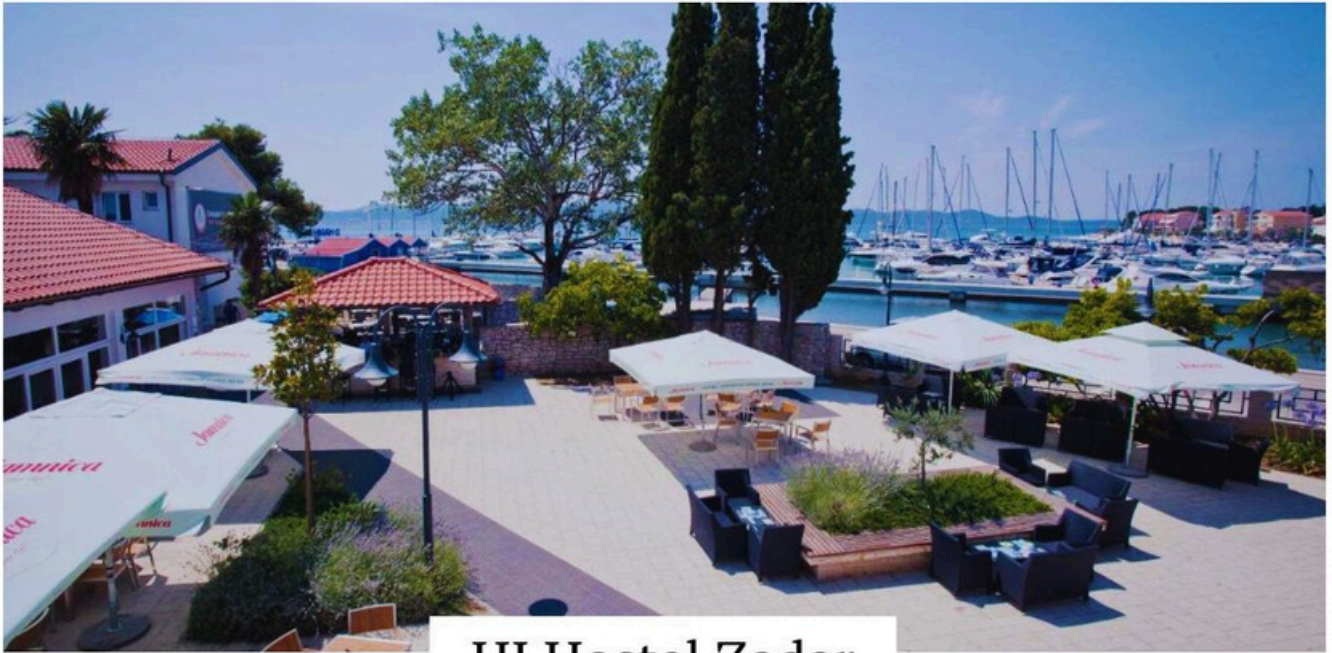
Arrival: June 28th

Departure: July 4th

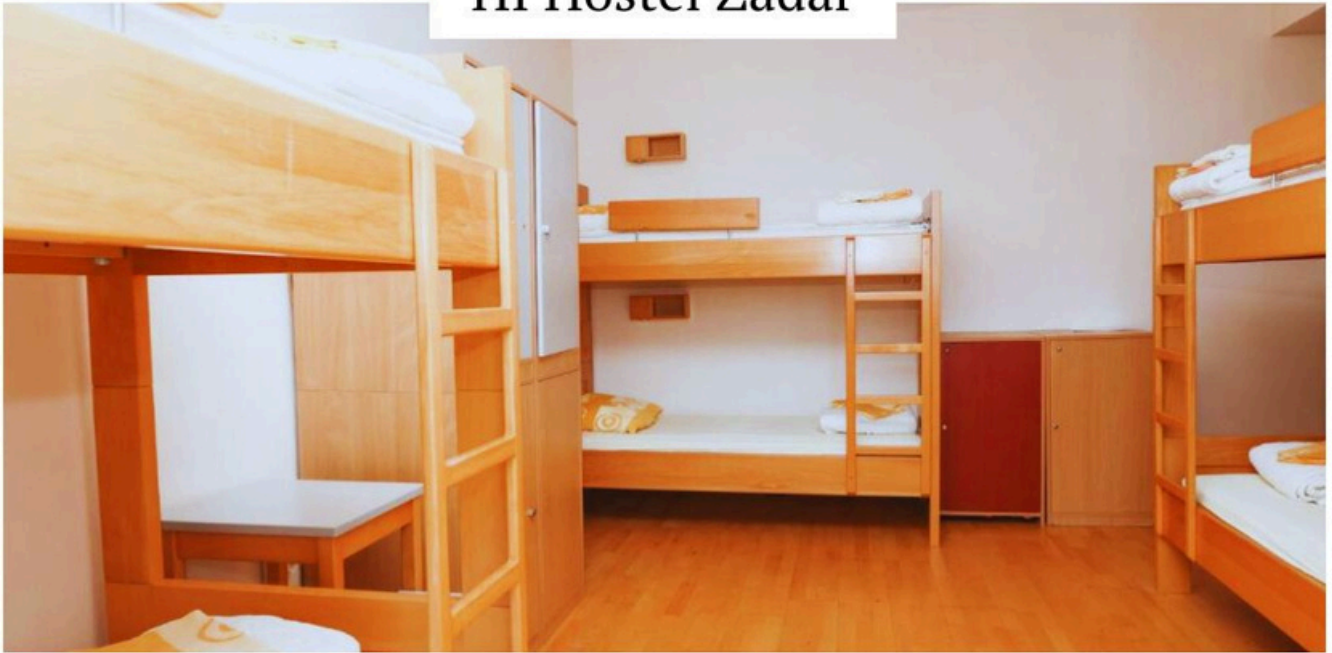
Cost of **food** (3 meals per day plus coffee breaks) **and accommodation** are covered by the project.

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





HI Hostel Zadar



ACCOMMODATION

HI Hostel Zadar is located by the sea, just a short walk from the center, in the peaceful Borik Tourist Zone. The hostel is among the biggest in the area, situated right next to a beach and swimming areas, offering guests easy access to the sea. It has a restaurant and cafe with an outdoor terrace, a multifunctional hall for seminars, meetings, and workshops, a luggage room, free WiFi, a sports ground, a laundry room, and parking.

[CLICK TO FIND ON THE MAP](#)

Participants will be accommodated in shared rooms for 4 people. We will be working in the inside working hall as well as outdoor seating areas.





LOCATION

Zadar is a historic city located on the Adriatic coast in Croatia, known for its rich cultural heritage and stunning seaside views. It is situated 22 meters above sea level and is surrounded by beautiful islands and crystal-clear waters, making it a popular destination for tourists.

For more information about this vibrant city, please visit the [Zadar Tourist Board](#).

HOW TO REACH:

Zadar is well-connected by bus and train from major cities like Zagreb and Split, with frequent services available. The city also has an international airport offering flights to and from various European destinations.

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

DISTANCE (air straight line)	STANDARD TRAVEL (GRANT IN EURO)	GREEN TRAVEL (GRANT IN EURO)
0-9	0	0
10-99	28	56
100-499	211	285
500-1999	309	417
2000-2999	395	535
3000-3999	580	785
4000-7999	1188	1188

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 are available in Zadar.

**We look forward to see you in Zadar.
Please apply before April 6th using the link on the first page.**