TRAINING COURSE

PEER SUPPORT IN YOUTH WORK

Zagreb, Croatia, NOVEMBER 22nd - 28th 2026.

Training for organisations to apply peer-to-peer methodology

Erasmus Training Course – Peer Support in Youth Work will explore how peer-to-peer methodology can strengthen youth wellbeing and contribute to the prevention of anxiety among young people.

The course is designed **for individuals** as well as **organisational teams** composed of **young youth workers in the role of peer leaders and experienced youth workers in the role of mentors.** Participants will learn how to create safe, supportive and empowering spaces where young people can connect, participate and support one another within clear and responsible boundaries.

APPLY HERE

before October 4th

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 psychosicial 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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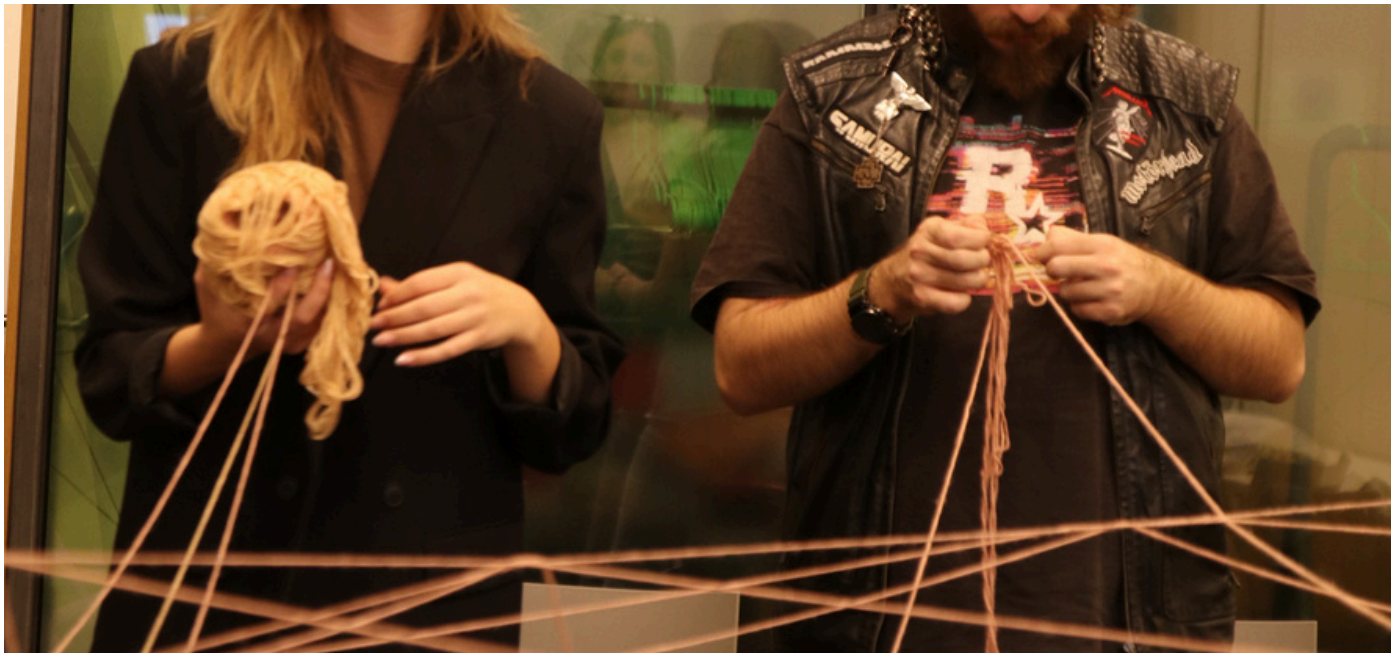

PEER SUPPORT IN YOUTH WORK - training organisations to apply peer-to-peer methodology

Training course for youth organisations

Peer Support in Youth Work is an Erasmus+ training course for organisations that want to strengthen their capacity to use peer-to-peer methodology in youth work, especially in the field of youth wellbeing and prevention of anxiety.

The training is designed for individuals as well as organisational teams composed of young youth workers, who will take part as peer leaders, and experienced youth workers, who will take part as mentors. Together, they will learn how peer-to-peer support can contribute to creating safer, more connected and more empowering environments for young people.
Participants will explore how peers can have a meaningful role in prevention and early support: by strengthening connection, encouraging participation, reducing isolation and helping young people develop personal and social resources. At the same time, the training will clearly define the limits of peer support and the situations in which young people need to be referred to mental health professionals.

The course will combine theoretical input, experiential learning, practical workshops, reflection and organisational planning.
Participants will learn how to apply the peer-to-peer methodology we have developed and adapt it to their own organisation and local community.

Key learning objectives

By the end of the training course, participants will:

- Understand the theoretical foundations relevant to the implementation of peer-to-peer methodology, with a focus on the Positive Youth Development approach.

- Learn how peer-to-peer methodology can strengthen young people's competence, confidence, self-awareness and connection with others.
- Understand how peer-to-peer approaches can contribute to youth wellbeing and prevention of anxiety, while respecting the limits of peer support.

- Get familiar with practical tools and guidelines for leading peer-to-peer workshops with young people, especially youth with fewer opportunities.

- Empower young youth workers to take an active role as peer leaders in preparing and facilitating peer-to-peer activities.
- Empower experienced youth workers with theoretical understanding and practical guidance on how to mentor and support young peer leaders.

- Reflect on how to adapt and implement peer-to-peer activities within their own organisation and local community.

WHO CAN APPLY

TThe training course is intended **for experienced youth workers / mentors** from youth organisations, who can participate **either individually or as part of a team together with young youth workers / peer leaders** from their organisation.

Applications can be submitted either:
- by **one experienced youth worker / mentor**, or
- **by a team** consisting of an experienced youth worker / mentor and young youth workers / peer leaders from the same organisation.

Organisations that wish to involve young people are encouraged to apply as a team. Young youth workers / peer leaders can participate alongside their mentor and later support the implementation of peer-to-peer methodology in their organisation.

Minimum team per organisation:
- 1 experienced youth worker / mentor
- 2 young youth workers / peer leaders

Maximum team per organisation:
- 2 experienced youth workers / mentors
- 4 young youth workers / peer leaders

Experienced youth workers / mentors
Mentors should be experienced youth workers with more than 5 years of direct work with young people. They should have real experience in leading and facilitating groups, supporting young people in group settings and providing guidance in youth work processes.
Their role during and after the training is to support young youth workers, help them prepare and reflect, ensure psychological safety and guide the responsible implementation of peer-to-peer activities.

Young youth workers / peer leaders
Young youth workers should be actively involved in youth work and should have at least one experience of direct work with young people.
This means that they should have experience in facilitating or co-facilitating activities, working with groups, supporting young people or taking an active role in youth programmes. Logistical or administrative support alone is not enough.
Their role is to learn how to use peer-to-peer methodology, support their peers through structured activities and contribute to creating safe, inclusive and connected youth work spaces.

PARTICIPANTS CONTRIBUTION

BEFORE THE TRAINING COURSE:
Please read this infopack so you are familiar with the programme and practicalities.

DURING THE COURSE:
Be ready to participate actively in all sessions.
The training will include reflection, group work, practical exercises and planning for local implementation.

AFTER THE COURSE:
Upon returning home, your organisation will be expected to share the results of the training and implement the peer-to-peer methodology through a local programme or at least one workshop with young people.

NETWORKING SESSIONS

As part of the programme, there will be opportunities for networking, sharing experiences and presenting your organisation.

Please bring materials that can help you introduce your NGO, your work with young people and the local context you come from.

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, practical workshops, group reflection and theoretical inputs. We will work on understanding and applying peer-to-peer methodology in youth work, with a focus on youth wellbeing, prevention of anxiety and safe support structures.

Most of the sessions will take place in a working hall located around 10 minutes walking distance from the hostel. Please **bring clean indoor shoes for the training space.**

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 and pack accordingly.

Activity dates: 22th – 28th November 2026

- **Arrival:** 22.11.2026 (dinner will be served at 19:00)
- **Working days:** 23.11. – 27.11.2026.
- **Departure:** 28.11.2026.

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

ACCOMODATION

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

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

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

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 reccomend you buy euros from your Country as exchange office are not so common anymore.

ATM's and banks are availabale in Zagreb.

We look forward to see you in Zagreb.
Please apply before October 4th using the link on the first page.