



# CALM IN CHAOS

## Youth Workers as First Responders in Crisis Situations

12. - 21. 10. 2026, SLOVENIA

Info Pack  
International Erasmus+ Training Course

Organised by Društvo za raziskovanje osnovne tvarine DIVJA  
[www.divja.net](http://www.divja.net), IG @divjasociety, FB Društvo DIVJA



Funded by  
the European Union



# About the project

## When a young person is struggling, what do you do?

Calm in Chaos will equip you with practical tools for responding to distress, supporting wellbeing and creating safe spaces for young people – while helping you stay grounded, resilient and calm in challenging situations.

Learn by doing through simulations, role plays and real-life case studies, and become a more confident source of support for the young people you work with.

10-day international training course in Apače, Slovenia.

Arrival date: Sunday, 11. 10. 2026

Departure date: Wednesday, 21. 10. 2026



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# Why this training?

Youth workers are often the first people young people turn to in moments of crisis.

Yet many of us were never taught how to respond when someone is having a panic attack, talking about self-harm, experiencing a breakdown, or simply feeling lost and overwhelmed.



This training was created to change that.

# 24 participants

4 participants from

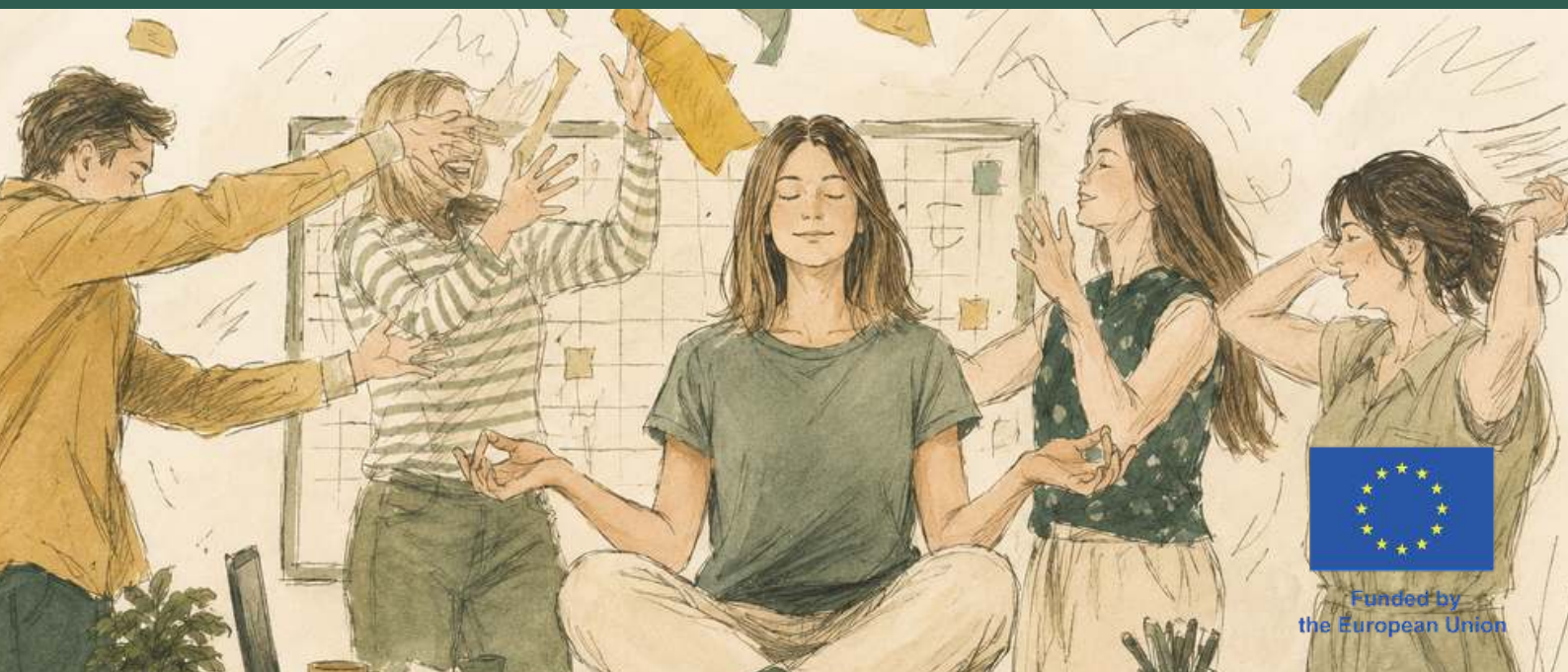
Slovenia | Belgium | Italy  
Poland | Romania | Hungary

## Who can participate?

This training course is intended for youth workers, trainers, facilitators, mentors and volunteers working with young people.

Working language: English

Age: 18+ (no upper age limit)



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# WHAT WILL YOU LEARN?

- ✓ Basic principles of psychosocial support
- ✓ How to respond when a young person is in distress
- ✓ Body language and micro-signals in crisis situations
- ✓ Communication skills for difficult conversations
- ✓ Practical tools for creating psychological safety
- ✓ Mindfulness and self-regulation techniques
- ✓ Burnout prevention and resilience building
- ✓ Reflection methods for youth work
- ✓ How to transfer knowledge into your local community

# WHAT TO EXPECT?

- 🧩 Crisis simulations based on real youth work situations
  - 🌲 Nature-based wellbeing practices
  - 🗣️ Role plays and communication labs
  - 🧠 Psychological first aid basics
  - 🤝 Nonviolent communication
- 🔥 Evening sharing circles around the fire
- 🌍 International community of youth workers



# This training course is for you if you are ...

- Working with young people and looking for practical tools to support them in challenging situations.
- Interested in mental health, wellbeing, psychosocial support and creating safe spaces.
- Curious about non-formal learning methods such as simulations, role plays, mindfulness and reflective practices.
- Open to learning from youth workers, trainers and facilitators from different European countries.
- Willing to explore your own resilience, emotional regulation and communication skills.
- Ready to actively participate, share experiences and contribute to a supportive learning environment.
- Looking for practical knowledge that you can immediately transfer to your work and local community.
- Committed to attending the full training course and engaging in the learning process.
- Motivated to become a more confident source of support for young people facing stress, uncertainty or crisis.



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# About the venue

## Holistic ethnological village Apače ([www.etoapace.si](http://www.etoapace.si))

Stay in a cool, eco-friendly building made from natural materials, with cozy 2- and 3-room bedrooms. Want something unique? Chill on a haystack or enjoy total privacy in your own tent. Refresh with pure spring water and dig into tasty vegetarian/vegan meals. And when you're ready to relax, take a dip in the spring lake or enjoy sauna.



# Facilitators



**Iva Hari** is the president of the DIVJA society. She is an inspiring and visionary initiator of numerous events related to the community such as wild camps in nature with more than 140 people and Slovenian national Foraging festival. She holds a master's degree in pharmacy and national qualification in aromatherapy. She has more than 10 years experience with leading her own company, DIVJA online store and creation of DIVJA brand, where she offers high quality organic products for health and wellness. During the exchange, she will be responsible for preparing organisational part, logistics, nonformal workshops and taking care of health of participants.



**Laura Lazdāne** is a non-formal education facilitator, youth worker and project coordinator with more than 12 years of experience in designing and facilitating international learning experiences. Her background in social pedagogy, youth work and Erasmus+ mobility projects has taken her across Europe, where she has worked with diverse groups of young people, youth workers and educators. Laura's facilitation combines experiential learning, outdoor education, expressive arts, reflection, role play and creative methods. She is particularly passionate about creating safe and brave learning spaces, strengthening group dynamics and supporting personal growth through meaningful learning experiences.



# Facilitators



**Nina Dečman** is a social worker specialising in youth work, with extensive experience working with young people from diverse backgrounds, including Roma communities, asylum seekers, children and adolescents in residential care, and individuals affected by violence and social distress. She has also worked in the field of social support and crisis intervention through the Centre for Social Work.

Nina is a trained mediator and has completed a one-year specialised programme in psychosocial support for children and young people. She is currently training in arts therapy, exploring creative approaches to emotional expression, healing and personal development. In the training course, Nina will contribute her expertise in psychosocial support, communication, conflict resolution and creating safe spaces for young people facing challenging life situations.



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# How to arrive?

The address of our venue is  
Stogovci 54, 9253 Apače, Slovenia

We encourage participants to choose environmentally friendly travel options whenever possible.

Arrive to Maribor train/bus station, we pick you up from there.

Participants from Slovenia, Italy, Poland, Romania and Hungary are expected to travel using green travel options (train, bus, car sharing or a combination of these). Participants from Belgium may travel by plane if needed.

Selected participants will be connected with each other and with the youth leader to assist with travel arrangements.

Arrival date: 11. 10. 2026, programme starts 12. 10. in the morning  
Departure date: 21. 10. 2026 around noon



# TRAVEL COSTS

All project costs are covered by European Union.

Vegetarian/vegan meals, drinks and accommodation in Apače  
Materials for the activities

Maximum travel budget per country:

Belgium – up to 417 € (green travel) or 309 € (flight allowed)

Green travel (plane not allowed):

- Hungary – up to 285 €
  - Italy – up to 417 €
  - Poland – up to 417 €
- Romania – up to 417 €
- Slovenia – up to 56 €

If you want to explore more of Slovenia, travel tickets can be booked before or after the project. KEEP IN MIND, THAT COSTS THAT ARE NOT CONNECTED WITH ARRIVAL TO OUR DESTINATION ARE NOT REFUNDABLE AND ARE FROM YOUR PERSONAL BUDGET! Consult with us about your specific needs.



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# Some of Slovenia's sights

Slovenia is a small middle European country with seaside, mountains and plains. With car you can cross it in 4 hours. Here are some travel suggestions if you decide to prolong your stay.



Capital city Ljubljana



Lake Bled and the Alps



Soča river



Seaside city Piran



Velika Planina

# Weather conditions in Slovenia

The training course will take place in October, when temperatures in Slovenia typically range between 5°C and 20°C.

## Things you need to bring

Passport or ID Card  
EU Insurance Card or other travel insurance  
Comfortable Sport Shoes  
Slippers for inside  
Towels, flipflops, swimsuit (sauna and outside natural lake)  
Toiletries  
Warm jacket  
Warm socks  
Personal medication  
Long trousers, sweater  
Reusable water bottle  
Headlight/torch  
Adapters, chargers,...  
Instruments to play by the fire  
Laptop  
All the invoices from the way

**Yourself!**

Washing machine for clothes will be available.



