

# The Art of support!

Psychological first aid training  
for youth workers



Training Course  
05.04-13.04.2024  
Tsaghkadzor, Armenia

# Context of the Training Course

Currently youth workers on daily basis interact with youth whose mental health and wellbeing was seriously shattered affected all aspects of their lives having a significant impact on youngsters overall development including mental health.

A youth worker supports young people's social and emotional growth in addition to their academic progress. Young people often find it easier and more acceptable to approach a youth work than a typical health service since they already have positive relationships with them and feel safe approaching them. On the other hand, there is always a chance that during the activities and projects for young people unexpected events with a high level of stress and emotion may occur (such as a natural disaster, a public health emergency, or even a personal crisis like the loss of a family member or friend during the activity period, psychological individual triggers, etc.). Each youth worker should have the skills and resources to deal with these not only also from psychological perspective.

A basic understanding of psychology for youth workers is currently essential and extremely valuable in providing effective support and promoting positive outcomes. Some key psychological knowledge and skills such as normal developmental stages and milestones of young people, as well as the challenges and opportunities they face during this period, can be crucial for youth workers. Familiarity with common mental health conditions, such as depression, anxiety, and behavioral problems, as well as their symptoms, can help youth workers identify support and refer in time young people in need to psychologists. Furthermore acquiring Psychological first Aid (PFA) skills is a handy toolbox not only for those working with disadvantaged groups but also for youth workers who during their project and activities can face unforeseen situations.

Its worth to highlight that it's NOT a traditional psychotherapy or professional mental health treatment, but rather a strategy to reduce stress reactions by providing additional support to those who have been affected by a traumatic or emergency incident. Psychological First Aid (PFA) is a tool that each of us can acquire and use to reduce our stress level.

Taking into account the context above we believe that it's of crucial importance for youth workers to possess PFA competencies and tools.

Therefore our training course "The Art of Support! Psychological first aid training for youth workers" will bring together 30 participants from 9 countries, where during 7 working days participants will have space and conditions to go through the process of personal and professional development, get equipped with psychological first aid competencies and tools thus enhancing their work quality.

## Our specific objectives are

- To raise participants' awareness of the PFA concept and its relevance to youth work practice during the project lifetime
- To equip youth workers with youth developmental psychology knowledge (18-25 y.o) necessary in quality youth work
- To equip youth workers with PFA practical methods and techniques to be used for reducing the psychological distress of their target group
- To form a network of like-minded people and organizations for developing at least 1 follow-up initiative aimed at supporting management of any psychological crises during the youth work.

## Whom this training course is for?

- Youth workers or youth NGO representatives
- Social workers responsible for youth in their municipality
- Teachers, school support staff, alternative education staff, vocational programme staff (involved in youth work)
- Working with young people with disadvantaged backgrounds who need to reinforce encouragement for social inclusion
- Other sector professionals directly working with young people: youth centres, youth camps
- Youth policymakers

## Project Venue

The project will be held in Tsaghkadzor, which is a spa town and a popular health resort located in Kotayk Province and has 1250 inhabitants. Surrounded by alpine meadows, the town is situated on the southeastern slope of Mount Teghenis. It is 50km north of the capital city Yerevan and is only 45 min drive away from it.

The average temperature in April is around 10-12°C with warm but a bit chill mountainous evenings, thus bring warm jackets with you!

The project venue is "Popock" which is fully equipped to host international youth projects with the appropriate equipment, working spaces, and leisure time activities. The territory also gives an opportunity to organize outdoor dynamic activities.

You will be accommodated 2-4 people in one room of the same gender. Each room has 1 bathroom. There is wireless internet available in the guest house.



## Travel

Please kindly note that travel costs are

- Your travel to the airport in your country (e.g. train, bus)
- Flight costs to Armenia
- Local transport from Yerevan to the project venue and back (20 € in total, which will be deducted from the max. amount of travel costs reimbursement).

If you arrive to Zvartnots International Airport, you can get to the city Center (Republic Square) by Zvartnots Express minibuses which run 30 min (24 hours/day) and cost 300 AMD.

We organize transfer from Yerevan to Tsaghkadzor and back. We will depart to the project venue on 5 th April afternoon. More details about the time and place we will give closer to project dates. However, please adjust your travel options according to this information.

On the departure day 13 th of April , we will not have any program and after breakfast, we will arrange your transfer from Tsaghkadzor to Yerevan city center from where you will have to arrange your travel to your departure point (airport, bus/ train station) on your own.

It's possible to extend your stay for maximum 6 days in total (3 before or/and 3 after the TC). Any additional costs which occur during these extra days are of course to be covered by you! Please note, that we cannot reimburse transportation by taxi!

## Please remember these steps

- You send the details of your chosen flight option to **infounigrwoth@gmail.com**, cc **jakub@yourchange.eu**
- After confirmation from our side, you will be able to purchase the tickets on your own and send us the e-Ticket as a final confirmation of your participation

The travel reimbursement will be made by coordinating organization after collecting all the original travel documents

Travel costs will be reimbursed up to the following maximum amounts

Germany, Slovakia, Croatia, Estonia, Poland **360 EUR**

Ukraine, Bulgaria **275 EUR**

Georgia **210 EUR**

Armenia **23 EUR**

Coordinating Organization

**“Change Your Self”**

Slovakia



Hosting Organization

**“UniGrowth Development Center”**

Armenia



## Project partners

**“Culture Clash”** Croatia,

**“Impakt”** Poland,

**“Landesjugendring Mecklenburg-Vorpommern e. V.”** Germany,

**“Way of Thracians”** Foundation Bulgaria,

**“ESTYES”** Estonia,

**“Podilska Hromada”** Ukraine,

**“Youth Center of Georgia”** Georgia

# Practicalities

## *Visa*

None of participating countries need a visa to enter Armenia. In case you have different nationality than your country of residency please inform us immediately to check if additional procedures are required.

## *Money*

National currency in Armenia is **DRAM (AMD)** its value in euro is about 440 drams for 1 euro but it would be good for you to check the exact rate before you depart. Payments everywhere in Armenia (except the Airport) are accepted only in national currency. The best currencies for exchanging in Armenia are EUR, USD, and GEL. You can exchange in the airport, there are banks and the rates are the same as in the city, or in city center exchange points.

For currency exchange there is **0%** commission fee.

## *Special needs and insurance*

In case of having special needs, please feel free to communicate these needs to us (allergies, health problems, special diet, etc.).

All participants are required to purchase health insurance individually.

## **IMPORTANT**

Please while buying the tickets make sure you will be in Yerevan before 16:00 on 5th April! (in some cases flight options show +1 which means e.g. you depart on 5th but arrive on 6th morning). There is no public transport running from Yerevan to Tsaghkadzor so if you miss the bus we organize, you have to arrange your travel to venue on your own with taxi which will NOT be reimbursed!!

You can't travel with ID card! Make sure you have your passport with you!



## Team



Project coordinating  
**Jakub Spisak**



Trainer  
**Tamara Aydinyan**



Trainer  
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## Contact

If you have other questions regarding the training course, please do not hesitate to contact us via  
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