

Training course

Divers youth work

Period	20/10/2025 - 24/10/2025
Presented by	ROOTS
Location	Gent, Belgium

Introduction

This report presents the results of an international learning exchange where youth workers from different countries came together to study youth work practices in Belgium. Through this collaboration, professionals shared knowledge and experiences while examining how Belgium supports its young people. During this training, participants observed youth work projects and programs, met with local professionals and young people, discussed different approaches and methods, and learned about both challenges and successes. This document summarizes our collective findings and reflections. We hope it will contribute to better youth work practices across countries and inspire continued international cooperation in supporting young people.

About **Roots Flanders**

Roots connects and strengthens Flemish and Brussels youth groups through a powerful network. We drive partnerships, share vital knowledge through our workshops, and advocate for our members' interests at all government levels. Simultaneously, we guide organizations and policymakers in building truly inclusive communities. Our fundamental goal: to amplify the voices that need to be heard.

Our mission

Roots is committed to making midfield accessible to everyone. Roots wants everyone regardless of origin, socio-economic status, belief... to have access to youth and cultural activities. As an organization, Roots wants to be the driving force in the growth trajectory of all its members and ensure that everyone can reap the opportunities and possibilities of organizational life.

Our vision

Roots believes in a society that shows solidarity and where people take on the challenges of the future together.

Aim of the event

In 2025, Roots is placing a strong focus on the mental well-being of youth workers, especially those working with inclusive and diverse youth groups. We recognize that many youth workers face intense societal challenges and often carry emotional and organizational burdens. This training course is designed to empower, support, and connect them.

Our aims are to:

- Provide practical tools and strategies to help youth workers protect their boundaries and strengthen their personal resilience;
- Share methods to better support the mental health of the young people they work with;
- Organize study visits and interactive workshops to explore good practices from different countries;
- Create a safe space for peer exchange and mutual learning, with attention to self-care, empowerment, and sustainable youth work structures.

Participants

COUNTRIES	WHO
Italy	Peace in motion youth
Lithuania	TAvO
Turkey	Ordu Gençlik Merkezi
Germany	Highlights
Finland	United vision
Spain	Las ninas del tul
Greece	Hellas for us
Belgium	Vzw Jet Oxygenk Uit de marge De gemeenschap Roots

Schedule

Monday 20/10	Introductions ● <i>Getting to know each other and our organization</i>	Workshop ● <i>Understanding Youthwork & Mental health in different countries</i>	Workshop ● <i>Workshop OxyGenk about depression and development issues amongst youngsters</i>
Tuesday 21/10	Workshop ● <i>Selfreflection, the key to selfcare</i>	Open space ● <i>The participants eacht prepare a workshops about youth work & mental health</i>	Location visit ● <i>Ocup (Sint Joseph church)</i>
Wednesday 22/10	Location visit ● <i>Overkop (youth welfare organisation)</i>	Location visit ● <i>Habbekrats (youth welfare organisation)</i>	Workshop ● <i>Attention in Action(resilience training) by Arktos</i>
Thursday 23/10	Dissemination ● <i>What do we take home?</i>	Free time ● <i>Exploring Gent on their own</i>	Farewell ● <i>Official receiving of Youthpass</i> ● <i>Last dinner together at Broei</i>

About the participants

Italy

Peace in motion youth

ITALIAN YOUTH WORK

• Youthwork in your country

- ERASMUS +
- CIVIL SERVICE
- YOUTH GUARANTEE

Icons: A group of people in a circle, a bicycle, a contract labeled 'CONTRACT' with '500€' and a signature line, an airplane, a person with glasses, and a sad face.

• Major mental health challenges

Icons: Smartphone addiction (phone icon), Instagram/Facebook/Snapchat (social media icons), Drugs/Alcohol addiction (bottle icon), Eating disorders (apple and pizza icons), and a bandage.

• Mental health & welfare integration

DOESN'T EXIST..... 😞
BUT!!!
ERASMUS + OR YOUTH GUARANTEE →
COUNSELING CENTER →

• Policies & funding

- The "Piano nazionale Salute Mentale" (National mental health plan) 2025-2030 Approved in July 2025 (develop services, prevention, early intervention for younger ages)
- Psychoeducation for youth people (18-30) to understand and recognize emotions and prevent the problematic abuse of internet

Stickers: 'With Love' heart, 'ENJOY your gift' circle, and a small Italian flag.

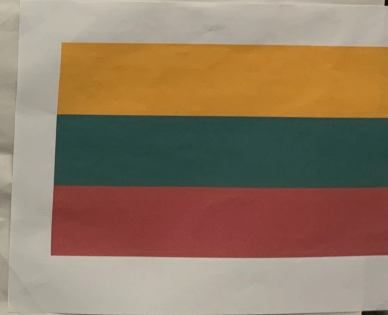
Youth organisations in Lithuania

♥ National organisations

- Lietuvos jaunimo organizacijų taryba (LJO)
- Lietuvos jaunimo reikalo agentūra

♥ NGO

- Tavo Europa
- Innoved Lietuva



Why join?

- Meet new friends from across Lithuania and EU.
- Gain experience that helps your studies and career.
- Develop confidence, creativity and leadership.
- Be part of something bigger — your generation's voice.

Germany

Highlights

Type of work:

- Project Based (Yc, NGOs, schools)
- Mobile Youth work (Prof. Yc)
- Associate Youth Work (Jugendverbandsarbeit)
- Open YOUTH WORK (Sprachcafe)

Highlights - eU

- Integration
- Sustainability
- Mental wellbeing
- Entrepreneurship

Major Mental Health Challenges:

- € Stigma 2.7/5
- 😊 % Neutrality 50%+
- ≡ Hesitation 53%
- 🗳️ Generations (open 21/25), 26%+
- 📊 Awareness depression 4/5 Gap

Mental Health & Integration:

- Educational Book (mindfulness exercise sheet)
- PICNIC, Art Therapy, Yoga
- Website for youth worker
- Research
- Dance workshop

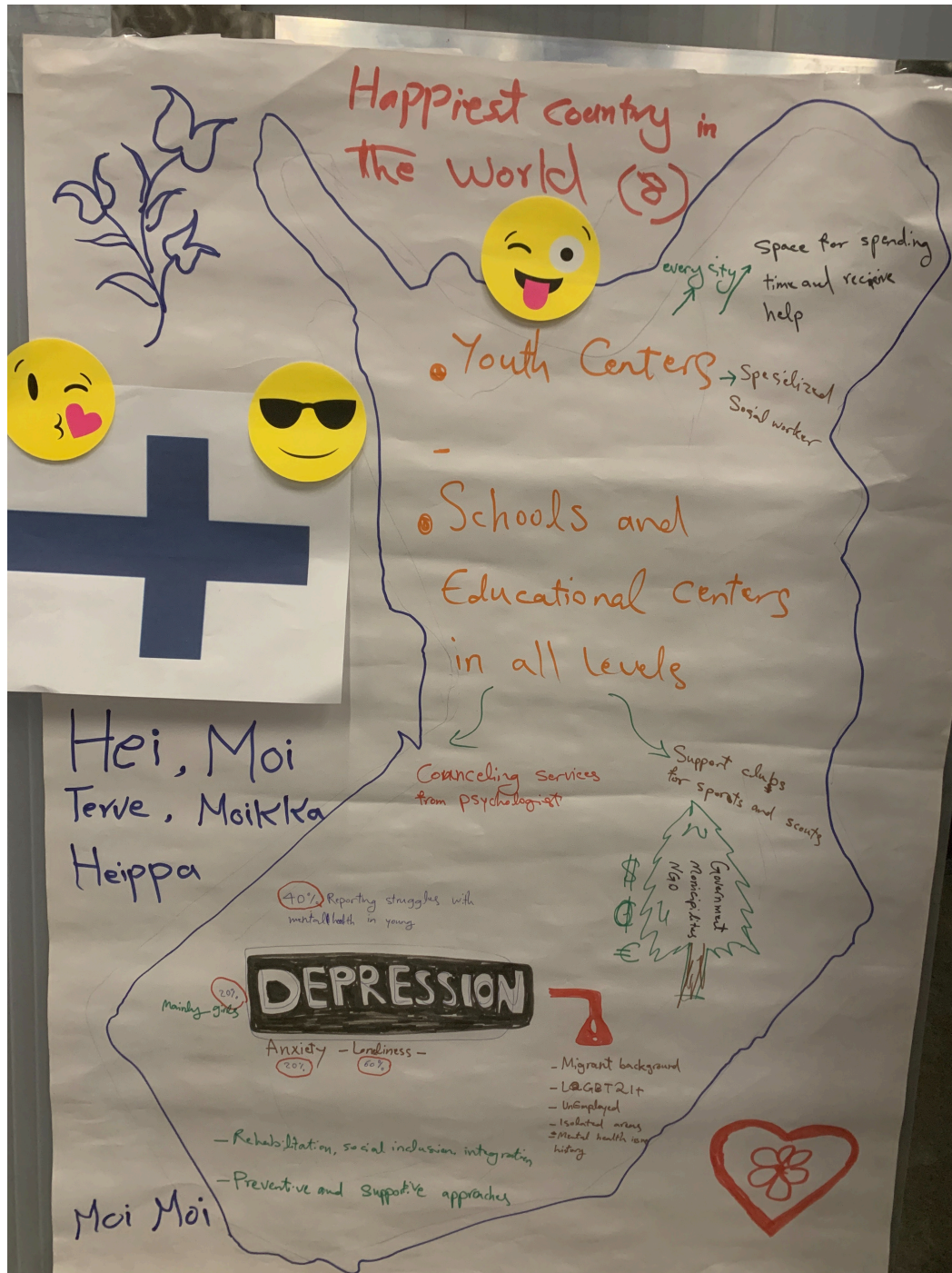
Policies & Funding:

- € Erasmus+
- Local state funding



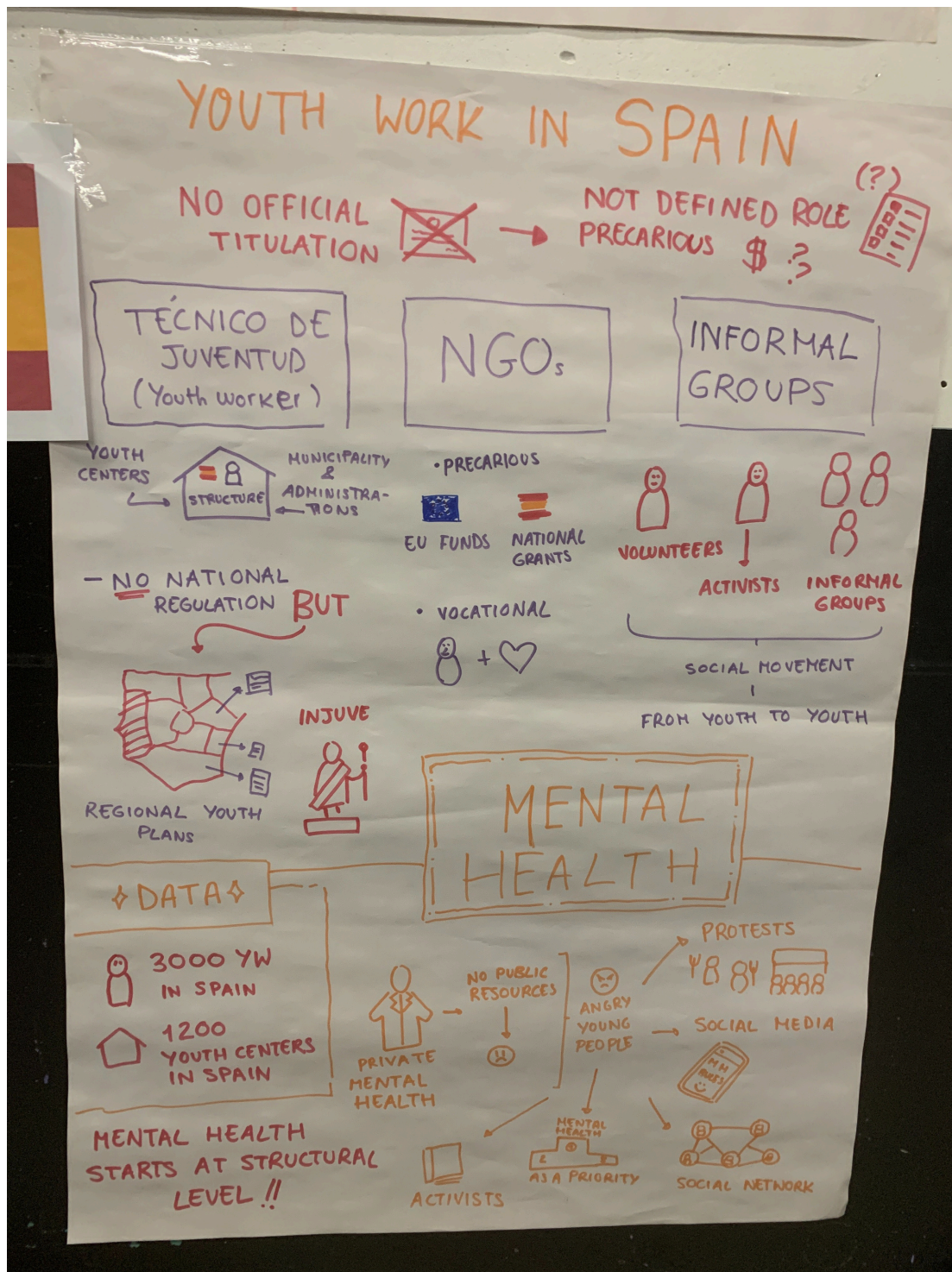
Finland

United vision



Spain

Las ninas del tul



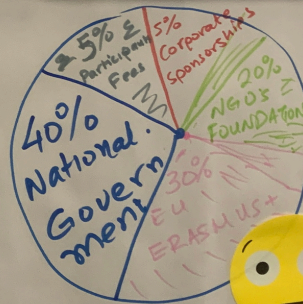
Greece

Hellas for us

GREECE

Youth work.

- mostly informal (NGOs)
- supported by volunteers
- mostly in big cities
- Ministry of Education
 - supports activities in schools (eTwinning, Mental Health Day (10th October), workshops, activities in schools)
- Municipalities (Youth centers)
 - provide safe spaces for activities
 - sports
 - environmental projects (cleaning of a beach, planting trees)



→ Connect Athens
eg Cultural events,
creative workshops

→ Tipping Point

- Attending
- inclusion
 - emotional resilience
 - well-being

most common
m.h. issues

- Stress
- anxiety
- depression
- eating disorder

Higher risk

- Students
- migrants
- Roma
- minorities
- disabilities

→ FUNDING
Intensified by:

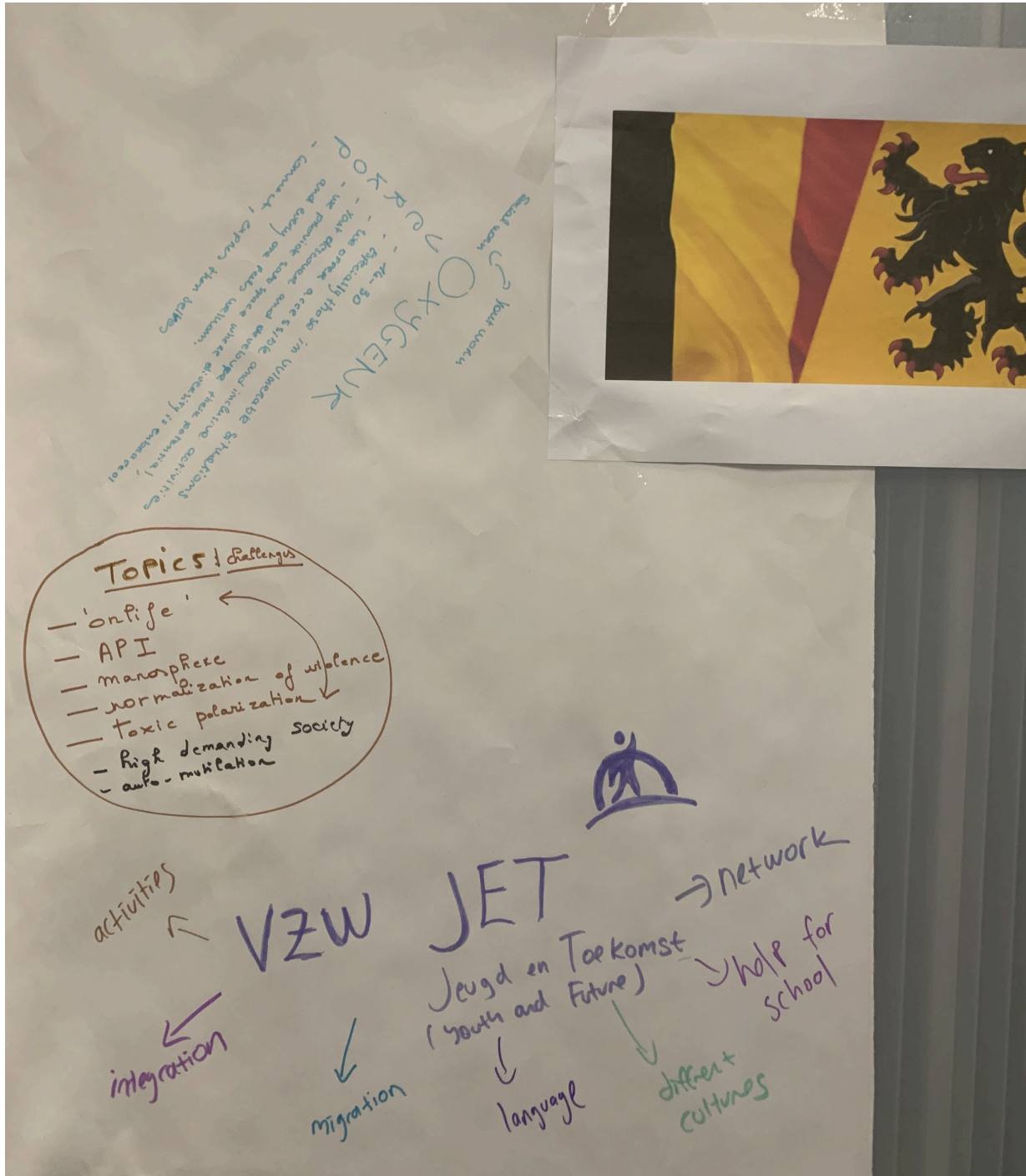
- financial crisis
- post Covid (Quarantine) consequences

Stigma:

around mental
health is
still strong

Belgium

Vzw jet + Oxygenk + Uit de marge



Special thanks



We are filled with thanks and admiration for the incredible community that made the Training course about divers youth work so special.

To our partners across all the participating countries – thank you for bringing your unique ideas, energy, and cultures to the table. It was a true pleasure learning and creating alongside you.

A special thank you to **JINT** and the **Erasmus+ programme** for believing in our idea and providing the framework and resources to make this international collaboration a reality.

And most importantly, to every single person who poured their time and talent into the work—from planning to execution—this success is ours.

We are so grateful to have shared this journey with you all.

