

# CALL FOR PARTICIPANTS

for youth workers (educators, trainers, facilitators, teachers, COACHES)



**climate resilience inside out**

**Training Course:  
ROOTS OF CLIMATE  
RESILIENCE**

27/8 - 2/9, 2026

📍 Donja Stubica, Croatia



Co-funded by  
the European Union



# CLIMATE RESILIENCE INSIDE OUT

Is a dynamic 2-years project designed to support youth workers in navigating one of the most pressing emotional challenges of our time: **climate anxiety among young people**.

Our goal is to offer support for youth workers in learning practical, science-informed tools that they can use to confidently guide young people toward climate resilience, grounded action, and mindful leadership for planetary well-being.

The project places special emphasis on inclusivity, ensuring that those working with marginalized communities feel equipped and supported.

Follow us on  
Instagram

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# CLIMATE RESILIENCE INSIDE OUT

This 2-years project unfolds over several stages, offering a longer-term learning journey and continued support. It is designed as an ongoing process of learning, connection, and real-world impact.

The **Roots of Climate Resilience** training course is only the first step and the one we're inviting you to join NOW.

However, if you are motivated, here's how you can continue to be a part of the project after the training course:

**September 2026 – March 2027**

You can implement the **Roots of Climate Resilience** program in your local community, working directly with young people. Throughout this period, you'll receive ongoing **mentorship** from the facilitators through regular online sessions, supporting you as you bring the program to life.



# CLIMATE RESILIENCE INSIDE OUT

## April 2027 – Italy

You'll have the opportunity to join a one-week **Mindful Leadership** training course. This experience focuses on transforming personal resilience into meaningful action—helping you shape a vision and develop initiatives that promote planetary well-being at the local level.

## May – October 2027

As you begin implementing your own planetary well-being vision, you'll continue to receive online **mentorship** and guidance.

You'll also gain access to toolkits, practical resources, and an international network of like-minded practitioners to support and inspire your work.



# ROOTS OF CLIMATE RESILIENCE

## Training Course

So, what is this first step about?

The **Roots of Climate Resilience** training course is a one-week immersive experience where you will:

**Experience the program firsthand.** You'll take part in the Roots of Climate Resilience journey yourself, exploring a blend of body-mind practices, nature-based mindfulness, sharing circles, and creative arts (such as photography and video). Together, these elements create a meaningful space to support you to build climate resilience from the inside out.

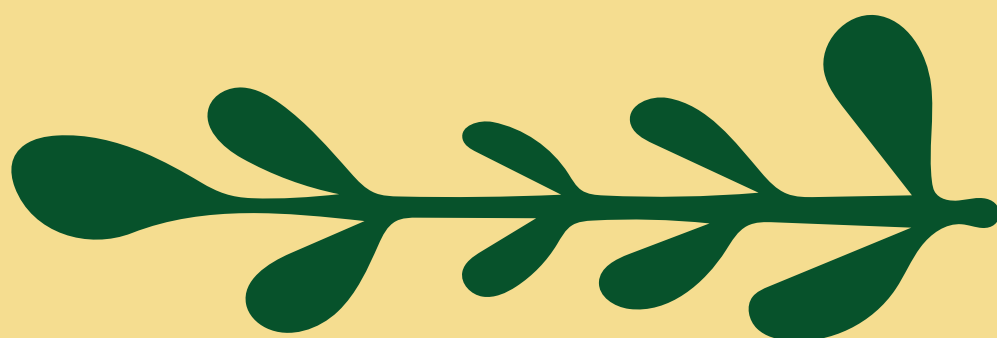
**Learn to facilitate with confidence.** Alongside the experiential learning, you'll gain the skills and tools needed to guide the program in your own local community, working with groups of young people in an engaging and supportive way.

# ROOTS OF CLIMATE RESILIENCE

## Training Course

At the end of the training, you will receive a **certificate of participation**.

If you choose to continue your journey by implementing the program locally and taking part in the mentorship process you will earn an additional certificate qualifying you to work as a facilitator, supporting and training other youth workers to bring the program to life in their communities of young people.



# YOU CAN PARTICIPATE IF YOU ARE



motivated to learn how to facilitate the Roots of Climate Resilience Program with young people in your community

a resident of Greece, Croatia, Italy or Bulgaria



at least 18 years old — with no upper age limit

# IN THE SELECTION PROCESS, PRIORITY WILL BE GIVEN TO PEOPLE WHO



Have prior experience working with young people (between the ages of 15 and 30), or are currently working with them, and particularly with young people with a disadvantaged background (young people experiencing geographical, social, economic, cultural, educational barriers)



Are experiencing geographical, social, economic, cultural, educational barriers (e.g. LGBTQI, BIPOC, Roma, migration background, lower income, unemployed, rural areas, single parents, hearing or vision impairment, lower levels of education)

# PROGRAMME

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
08.30 - 10.00	A R R I V A L	BREAKFAST					D E P A R T U R E
10.00 - 13.00		WELCOME & LOGISTICS	ROOTS OF CLIMATE RESILIENCE				
13.00 - 15.00		LUNCH					
15.00 - 18.00		GROUP INTEGRATION & INTRODUCTION INTO THE TOPIC	ROOTS OF CLIMATE RESILIENCE		EVALUATION & CLOSING		
18.30 - 19.30		DINNER					



# TRAINERS



Iva is a psychologist with over 15 years of experience as a facilitator in the field of non-formal education. She is a practitioner of the Internal Family Systems (IFS) therapy approach, a certified yoga instructor, and a nature-based mindfulness practitioner. Her work is driven by a deep passion for integrating the individual and the social field, bridging the gap between personal growth and collective well-being.

Maria is an architect specializing in multimedia who contributes as media and project manager at Cecropia Hub, a Greek NGO focused on youth empowerment and the revival of rural areas. Her work includes moving design into the community through creative workshops and field documentation, as well as using photography and videography to amplify voices and highlight social issues.



# TRAINERS



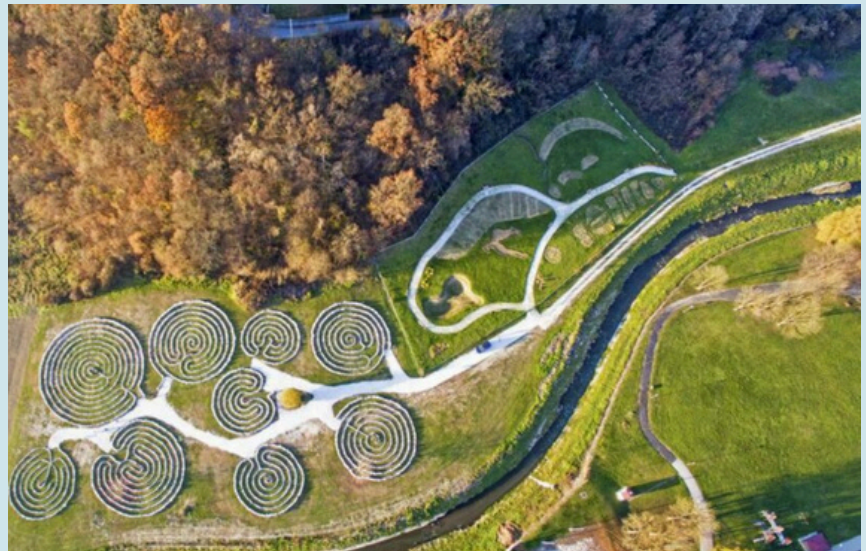
From co-founding an award-winning urban agriculture start-up to shaping organizational culture and brand, Leonor's path blends conceptual thinking with hands-on experience. With a background in Communication Design, she has expertise in design thinking, participatory methodologies and the relation between systems change and storytelling.



Nina is a psychologist and certified art therapist dedicated to supporting personal growth and emotional well-being in children, youth and adults. Through her work, she creates safe and inspiring spaces for self-expression, leading group activities for children and facilitating trainings and seminars for adults focused on personal development.

# ACCOMMODATION

## Terme Jezerčica



Participants will be accommodated in comfortable double rooms at Terme Jezerčica. Each room is equipped with essential amenities, and the hotel provides free Wi-Fi throughout the property.

During free time, participants are welcome to use the hotel's thermal pools and wellness facilities at no additional cost.

All rooms include towels, pool towels, and bathrobes (bade mantels), shampoos, so there is no need to bring your own. For the pools, please bring your own slippers.

# FOOD

Meals will be served in a buffet-style format, with a focus on fresh, nourishing vegetarian and vegan options. The menu is designed to be inclusive and balanced, and we encourage participants to choose vegetarian options as the default.

If you have any allergies or specific dietary needs, please let us know in advance so we can ensure you are well accommodated.



# TRAVEL

## Arrival (27th August)

You should be arriving in Zagreb, either by plane, train or bus. From there, you can easily get to Terme Jezerčica in Donja Stubica by taking a regional bus.

Buses leave from Zagreb Bus Station several times a day and stop right in front of Hotel Terme Jezerčica. **The ride takes about an hour.**

The buses depart several times a day and we'll confirm the exact departure times closer to your arrival and help you plan your trip.

We recommend getting to Zagreb in the early afternoon so you can catch a connection without any stress.

If the bus timings don't quite work with your arrival, there's also a train option, we can sort that out together closer to the trip.

You do not need to book anything in advance for the local trip from Zagreb to Donja Stubica.

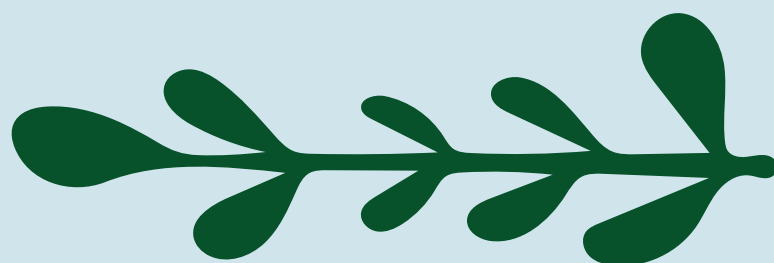
# TRAVEL

## Departure (2nd September)

For your departure, you can take a bus from Donja Stubica back to Zagreb Bus Station.

There are bus options in the morning and early afternoon, with the earliest arrival in Zagreb being around 10:30 AM—so you'll have plenty of time to catch a flight or an international bus.

As with your arrival, the timetable here is just for reference. We'll confirm the exact schedule before you travel and help you plan everything accordingly.



# HEALTH & TRAVEL INSURANCE

Participants are responsible for their own health and travel insurance.

We require you to have a European Health Insurance Card.

This is a free card that gives access to medically necessary, state-provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Liechtenstein, and Norway, under the same conditions and at the same cost (free in some countries) as people insured in that country.

More information on the card and on how to obtain it is available [HERE](#).

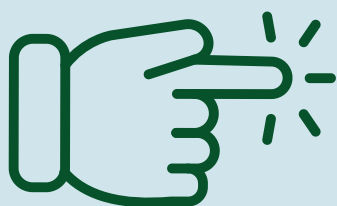
## LANGUAGE

The working language of the training is English.

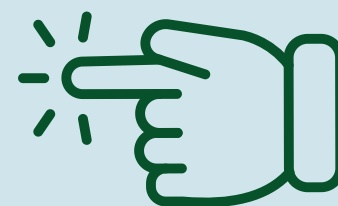
# DEADLINE FOR APPLICATION

**JUNE 10th 2026**

If you are selected for the project, you will be notified by June 20th.



**[Apply via this LINK](#)**



**If you have any further questions, contact your local project coordinator:**

**BULGARIA: Thea**

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**CROATIA: Aleksandra**

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**GREECE: Nikos**

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**ITALY: Tanilla**

tanilla.beltrame@jonathancoop.com