

Participants

Participants can be professional youth workers or multipliers/youth leaders from youth organizations who are interested in the topics. They should be open to meeting peers from other countries and engaging in discussions and activities related to European issues. The selection of the national groups will be done by the organizing organisations from each country. You will be informed by July 31st.

Organizations

The exchange is organized by the Baltic Youth Office of the Regional Youth Council of Schleswig-Holstein in cooperation with the Youth Services of Kuopio, Finland, and the Estonian National Youth Council (ENL).

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Organization

Date:

Monday, 13.10.2025 -
Sunday, 19.10.2025

Venue:

Fichtenhof Rickling
An der Kirche 1, 24635 Rickling

Participants:

youth workers, experienced
volunteers and multipliers from
youth organizations

Financing:

participation is free of charge and
participants get the travel costs
reimbursed according to Erasmus+
standards

Registration:

<https://kurzlinks.de/zl3a>

Contact:

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Schleswig-Holstein e.V.

KUOPIO NUORISOPALVELUT



EESTI NOORTE-
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YOUTH WORKER'S TRAINING

Current Challenges in Youth Work: Mental Health & Democratic Challenges

13.-19.10.2025

Fichtenhof Rickling, Germany

One exchange - two topics

Welcome to the Baltic Youth Workers Training Course 2025 "Current Challenges in Youth Work: Mental Health & Democratic Challenges"

This course brings together youth workers, experienced volunteers, and multipliers from the Baltic Sea Region. It is organized by the Baltic Youth Office of the Regional Youth Council of Schleswig-Holstein, in cooperation with the Youth Services of Kuopio (FI) and ENL – the Estonian National Youth Council. Discussions with previous partners revealed two key emerging challenges in youth work across the participating countries: mental health and democracy.

Democratic challenges

Across Europe, right-wing and populist parties are gaining ground and increasingly questioning the legitimacy and values of youth work. At the same time, they are attracting young people—especially in countries like Germany—through targeted social media strategies.

Democratic education is a key responsibility in youth work, particularly in times when democratic values are increasingly challenged by right-wing extremism and growing distrust in institutions. Youth workers play a vital role in supporting young people to understand these developments, think critically, and engage constructively. By promoting democratic values and participation, they empower youth to recognize and resist misinformation, discrimination, and political manipulation. This helps build resilience against extremist ideologies and encourages active commitment to democracy within their communities.

Mental Health

Mental health is a central issue in youth work, as youth workers often accompany young people through emotionally challenging phases. Their close connection to young people allows them to identify early signs of mental health problems and offer support or refer to professional help when needed. A solid understanding of mental health helps create safe, inclusive spaces and also enables youth workers to care for their own well-being, preventing burnout.

The Covid-19 pandemic highlighted the urgency of this topic, and many young people are now more open to discussing their mental health.

With this focus, the training aims to strengthen youth workers' ability to recognize mental health issues, respond appropriately, and understand the boundaries of their role.

What to expect

The program is being developed with partners and will include:

- Workshops on democratic challenges and mental health, offering practical tools and insights for youth workers.
- Excursions to relevant institutions and organizations, providing real-world examples and inspiration.
- Intercultural exchange with youth workers from Estonia, Finland, and Germany, promoting the exchange of experiences and best practices.

The exchange will take place in Rickling, in northern Schleswig-Holstein, Germany, providing an ideal setting for learning and collaboration.



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