

training course

PlayGrounded –

Grounding youth work in play and connection



Ponoviče, Slovenia
12. - 20. October 2026

Basic information

Date: 12. - 20. Of October 2026

* The 12th and 20th are travel dates

Location: Ponoviče

Number of partners: 9

Number of participants: 24

3 participants per country

Serbian and Romanian organisations: 2
participants

Age of participants: 18+



About the project

PlayGrounded is a training for youth workers, volunteers, and anyone working with young people.

It's a return to the essentials of youth work with playfulness, lightness and curiosity all while building a strong foundation for meaningful work with youth.

During the training, we will explore how to create trustworthy and safe connections with young people, foster community and social skills, all in a fun, creative, and experiential way. PlayGrounded invites you to play, improvise, create and discover your own authenticity and bring it into your everyday work with youth.



What to expect

The aim is to strengthen youth workers' capacity to create safe, trustworthy, and meaningful connections with young people and to foster community building through creativity, playfulness, and experiential methods.

Objectives:

- Explore why a safe space is at the heart of youth work and how to create it.
- Support youth workers in bringing playfulness, lightness, and fun into their practice.
- Gain practical skills in facilitation using improvisation and creative methods.
- Discover ways to nurture trust and meaningful connections with youth.
- Encourage reflection on reconnecting with the core principles of youth work.
- Support youth workers to lead with authenticity.



Methodology

The training will be highly experiential and based on:

- Community-building practices
- Communication skills
- Improvisation techniques
- Creative and embodied exercises
- Adventure and experiential learning
- Peer exchange and co-creation
- Reflection methods and tools

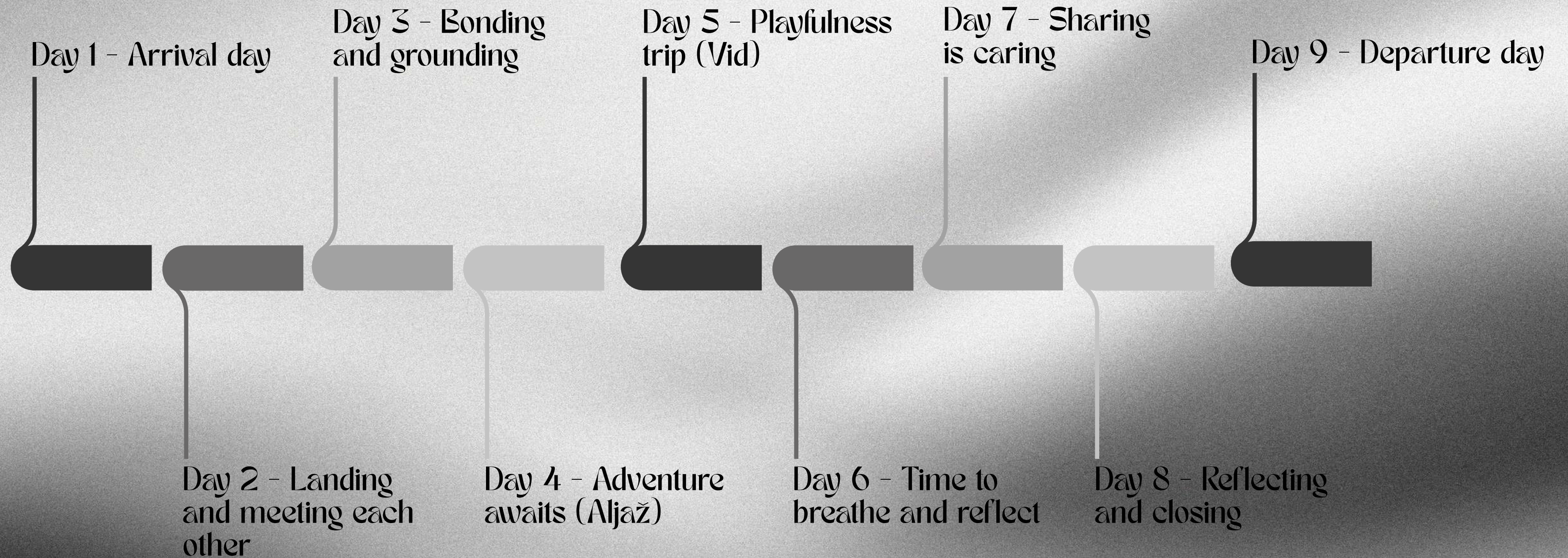
We aim to create a learning environment that models what we advocate: safe, creative, grounded, playful and human.



Participant profile

- Youth workers, trainers, facilitators of non-formal learning, volunteers or youth leaders who are actively engaged in working with young people and teams of youth workers.
- Active in the youth work field and willing to use what is learnt in the training in everyday work.
- Comfortable and able to communicate in English.
- Able to take part in the full duration of the programme (including online meetings).
- Resident of one of these countries: Slovenia, Spain, Poland, Portugal, Greece, Bulgaria, Romania, Serbia.
- Aged 18 and above.

Timeline



Meet the team

Urška Pavlovič is an artist, youth worker and trainer in non-formal education. She works with various organizations in the youth sector, facilitating workshops and implementing international projects within Erasmus+ and the European Solidarity Corps, and is a member of the trainer pool of MOVIT, the Slovenian National Agency.

Her approach combines creativity, playfulness, experiential learning, and humour to create engaging and supportive learning environments for young people. Her strengths include creative thinking, visual communication, group facilitation and methods from all sorts of arts. Her guiding motto in youth work is: "Be the person you needed when you were younger."



Meet the team

Marko Pavlovič is a youth organization leader and a trainer in non-formal education with many years of experience in the field of youth work. For many years, he has been developing and facilitating educational programs, trainings, and processes for young people, youth workers, and organizations, combining hands-on leadership experience with participatory learning methods.

As a trainer, he works in the fields of youth work, non-formal education, social inclusion, mental health, project management, and group facilitation. In his work, he draws inspiration from the Art of Hosting approach and non-violent communication.

He believes in the power of the group, the importance of safe spaces, and learning through experience.



Meet the team

Aljaž Zupan believes that everyone carries within themselves the potential to achieve what they truly aspire to. He sees non-formal education as a space for relaxed expression, support, and mutual learning along one's chosen path. He enjoys activities in nature and sports, which he actively integrates into his work. He highly values respect, honesty, and courage, as well as the willingness to venture into the unknown. He approaches his work with dedication, while also making sure to enjoy the process.



Travel and reimbursement

The project is financed by the Erasmus+ programme. Accommodation and food are fully covered for the duration of the project.

Your travel costs will be reimbursed up to the limits set by Erasmus+, based on your country of residence. We encourage green travel such as traveling by train, bus or carpooling.

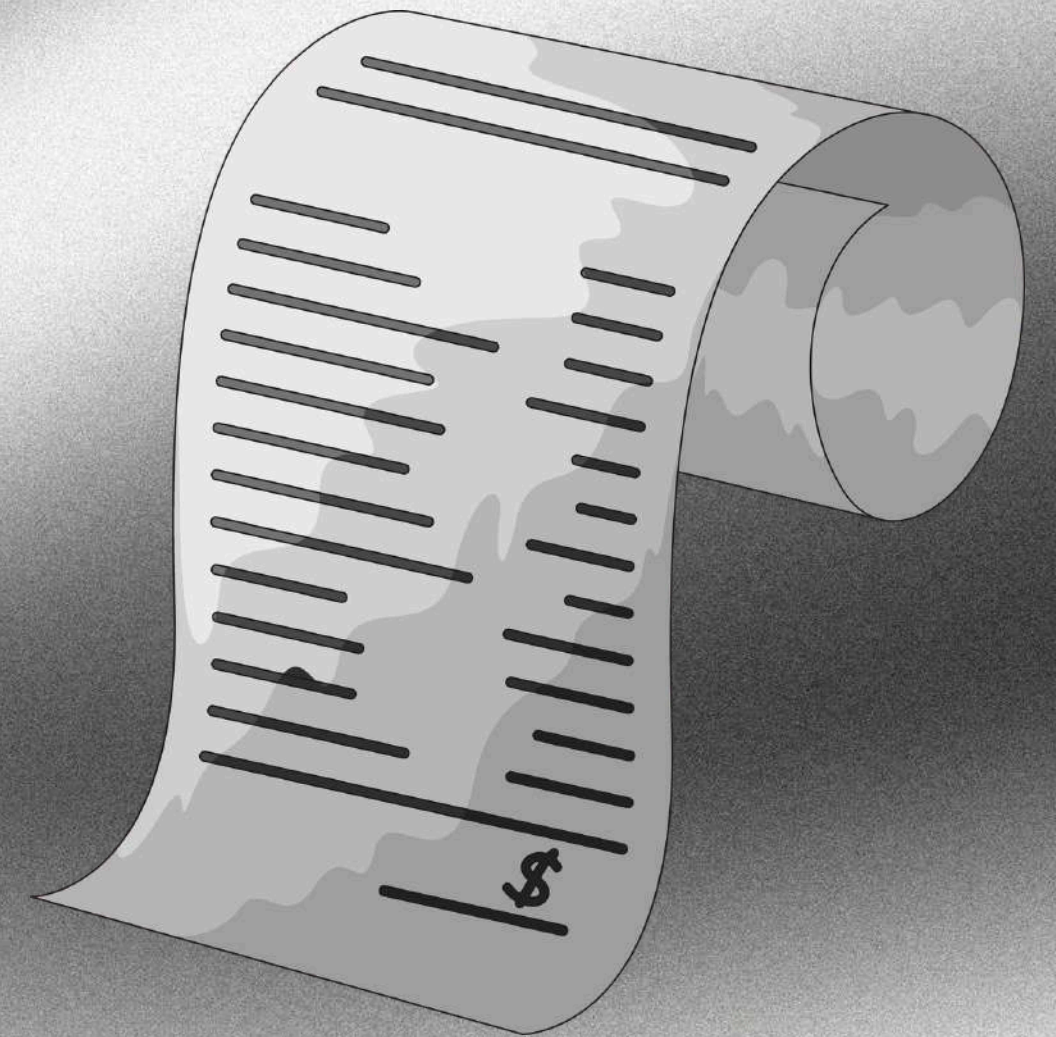
Reimbursement is possible up to the following limits:

TRAVEL DISTANCE	NON-GREEN TRAVEL	GREEN TRAVEL
10 - 99 km	28 EUR	56 EUR
100 - 499 km	221 EUR	285 EUR
500 - 1999 km	309 EUR	417 EUR
2000 - 2999 km	395 EUR	535 EUR
3000 - 3999 km	580 EUR	785 EUR



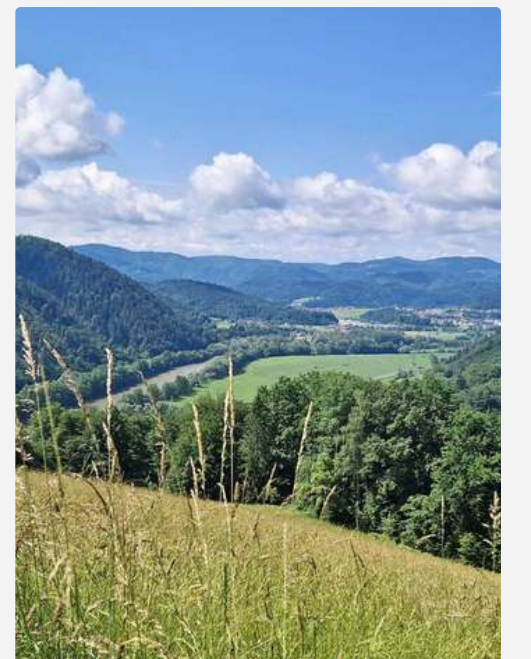
To receive reimbursements, you'll need to:

- Keep all original travel tickets, boarding passes and receipts,
- travel with a maximum of 2 extra travel days in total,
- take part in all activities,
- complete the follow-up activity.



Accommodation and food

- During the training, we will be staying in Ponoviče nad Litijo. Meals will be prepared by a chef and will be vegetarian and vegan.
- Participants are kindly asked to inform the hosting organization in advance about any food allergies or special dietary requirements before arrival.
- The accommodation consists of several group rooms with beds available.
- At the moment, we do not yet know what the final room allocation will be.
- The largest sleeping area can accommodate up to 18 people, so please be prepared to share a room with several other participants.
- Showers and toilets are located in a separate facility.



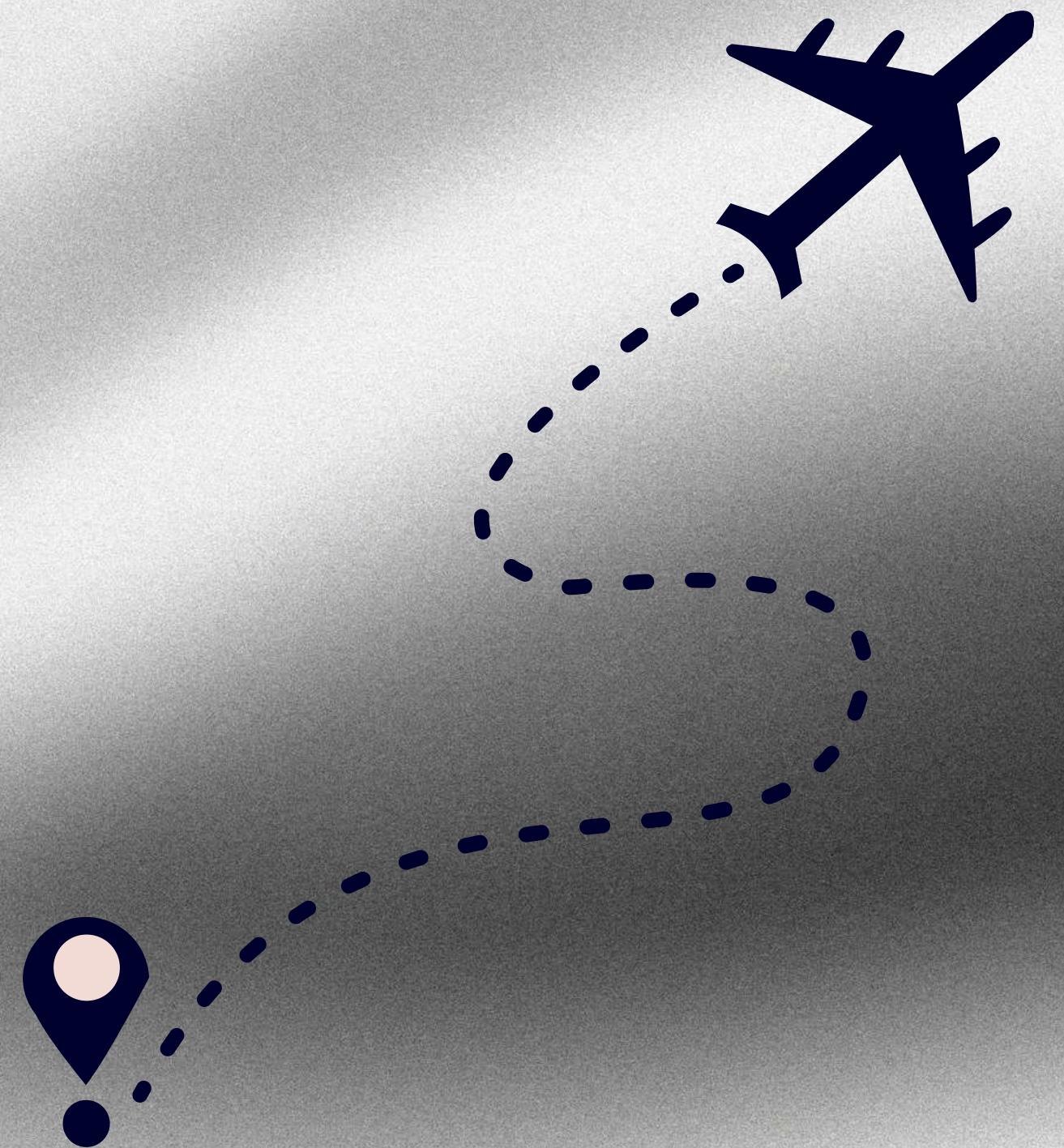
What to bring with you

- personal medication - if you have any
- EU Health Insurance Card (mandatory!) - or other valid health insurance ID or Passport
- charges, adapters, power banks
- weather-appropriate clothing
- personal hygiene products
- sleeping bag or blankets (if you bring blankets, bring also bedding for it)
- towels



Travel info or how to get to location

- If flying to Ljubljana, Jože Pučnik airport, take a bus to Ljubljana train station and then take a train to Litija. We will come to pick you up. (Bus company – Arriva from airport to Ljubljana Choose: from 'Letališče Brnik' to 'Ljubljana AP')
- If coming to Ljubljana by bus, go to Ljubljana train station, which is just across the street and take a train to Litija. We will come to pick you up.
- If coming by train, take a ticket to Litija. We will come to pick you up. Slovenian railway – Slovenske železnice
- If coming by car the address is Ponoviše 23, 1282 Sava. The last 2km of the road is macadam road



Follow up

Participants are expected to organise a follow-up activity after the training, where they share the knowledge, experiences, and outcomes of the training with their colleagues, co-workers, or directly with young people. During the training course, we will dedicate one full day (“Sharing is Caring Day”) to help participants develop ideas and prepare these activities.

Additionally, at least one participant from each organisation is required to publish an article, blog post, or social media post sharing photos and reflections from the training.

Once these tasks are completed, participants should send us proof (photos from the activity and screenshots of the published posts). Travel costs will be reimbursed only after participants have:

- completed the follow-up activity,
- submitted proof of dissemination,
- filled in the online evaluation (EU Survey), and
- sent their travel documents (boarding passes/flight tickets).

Participating organisations and how many participants per organisation

3 participants per organisation:

The logo for Kobiety Association features the word "Kobiety" in a bold, black, sans-serif font, enclosed within a thin black rectangular border.

Intercultural
Intergenerational
International

association from Łódź / Poland

Kobiety Association

The logo for Bonae Spei features the words "BONAE SPEI" in a large, white, serif font. To the right of "BONAE" is a small star icon. Below "SPEI" are the words "ASSOCIAÇÃO CULTURAL" in a smaller, white, sans-serif font.

Bonae Spei - Associação Cultural

The logo for Roes Cooperativa features a stylized circular icon composed of concentric lines, with the word "ROES" in a bold, black, sans-serif font below it, and "COOPERATIVA" in a smaller, black, sans-serif font underneath.

Roes Cooperativa

The logo for Mladinski center Zagorje ob Savi features a stylized, colorful graphic of a hand or a group of people, with the text "mladinski center ZAGORJE OB SAVI" in a bold, black, sans-serif font to its right.

Mladinski center Zagorje ob Savi

The logo for Alijansa za podrsku drustvu features a colorful, geometric design of overlapping triangles in shades of blue, purple, and red, with the letters "SSA" in white in the center.

society support

Alijansa za podrsku drustvu

The logo for Youth Priorities Association features a stylized, colorful cube or 3D shape in shades of blue and green, with the letters "YP" in a bold, black, sans-serif font to its right.

Youth Priorities Association

2 participants per organisation:

The logo for Team for Youth Association features a purple square with a white puzzle piece icon, and the text "TEAM FOR YOUTH ASSOCIATION" in a bold, purple, sans-serif font to its right.

Team for youth association

The logo for Zeleno Doba features a stylized green leaf or plant icon, with the words "Zeleno Doba" in a bold, black, sans-serif font to its right. Below "Doba" is the text "Centar za održivi rast i razvoj" in a smaller, black, sans-serif font.

Centar za održivi rast i razvoj – "Zeleno doba"

The logo for Mitusu Oasis features a circular emblem with a tree in the center, surrounded by the text "MITUSU OASIS" and "CREANDO CONCIENCIA" in a circular arrangement.

Mitusu Oasis