



Mindful Compassionate Education (MCE)

2023-1-HU01-KA151-YOU-000127465

Training Course
22nd -28th April 2025, Hungary.

'Exploring and experiencing the value of mindfulness and self-compassion in youth work, out-of-school education and youth welfare'



É L M É N Y A K A D É M I A



Co-funded by
the European Union

Welcome



Dear Applicant,

We are happy to invite you to the Mindful Compassionate Training Course supported by the Erasmus+ Programme of the EU!

Let us share some useful information:

1. Dates and Application
2. Goals and Objectives
3. Participant's profile
4. Program
5. Accommodation and Venue
6. Facilitators
7. Travel budget - Reimbursement of travel costs for participants

1 Dates and Application

Arrival day - 22/04/2025

Program days - 23-27/04/2025

Departure day - 28/04/2025

[Application Form](#)



Application Deadline: 28/02/2025 - confirmation of selection is ongoing

Contribution Fee: 30,00 EUR

The contribution fee can be paid during the registration on the arrival day. If your financial situation is limited, please email us at erika.schmidt@elmenyakademia.hu



2 Goals and Objectives

Mindfulness, self-care and compassion are of particular value to anyone working with children and young people and therefore also caring for their development. They offer an effective antidote to stress, empathy fatigue, insecurity and the pressure to optimise.

This 5-days course offers training in mindfulness, self-care and self-compassion specifically for youth and social workers (volunteer or paid staff)) having a continuous professional relationship with young people. It is based on the approach “Mindful Compassionate Education” (MCE) from the [child and youth psychiatrist Jörg Mangold](#).

The approach combines neuroscientific and evolutionary psychological principles of stress management and resilience, mindfulness and self-compassion as well as essential aspects of relationships and communication in these specific professional realities.

The course is experience-orientated and offers ample opportunities to learn and deepen a new attitude regarding our relationship with the work-related challenges. The content and applications of MCE are geared towards everyday life with children and young people, for example in dealing with demands and efforts in relationship work, with conflicts and boundaries, but also with cultivating positivity, joy and self-friendliness.

Ideally the course leaves you with skills and small practices to integrate this piece of wisdom into your (working) life:

‘MCE will not smooth out the rapids and shallows of your work with children and young people, but it helps you to steer your professional boat with presence, more composure and self-friendliness.’

Jörg Mangold

“May I have the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to distinguish the one from the other.”

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Participants profile

Pre-Condition of participating

- Stable mental health conditions.
 - A command of English enough to follow the course and express one's reflections and stories.
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- Youth workers and Social Workers (Social Pedagogues) – be it voluntary or paid – having a continuous relationship with young people
 - Professionals working eg in Youth Centers, Foster Homes, youth welfare structures, out-of-school education programs and initiatives

This course is for you...

- if you find yourself regularly (emotionally) exhausted at the end of the working day.
- if you find it difficult to distance yourself from work or from individual stories of the young people you are working with.
- if you find it increasingly difficult to empathize with the young people.
- if you find yourself repeatedly being overly self-critical about your work performance.
- if you feel like being in a hamster's wheel (doing a lot with little result).

This course is designed as a personal capacity building. The methods used in the course are for your own personal use and not considered to be brought into the direct work with young people.

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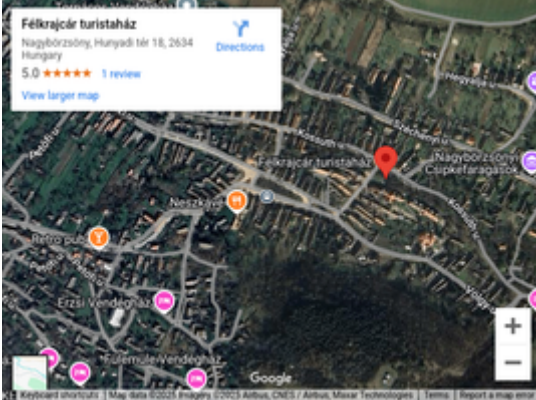
Program

The course methods include mindfulness-based practices. You do NOT need to have any prior experience with mindfulness or meditation. Nevertheless, it is helpful to be genuinely open to the potential of such practices. The practices in the Mindful Compassionate Education program do all come out of secular programs such as MBSR (Mindfulness-based Stress Reduction), MSC (Mindful Self-Compassion) or MCP (Mindful Compassionate Parenting).

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Accommodation and Venue

Venue



Félkrajcár Turistaház

Börzsöny Mountains, Hungary

Address:

Nagybörzsöny, Hunyadi tér 18, 2634, Hungary

- Rooms with 2-3 beds are available with private bathrooms
- The water is drinkable from the taps
- Bedsheets and towels are provided

Accommodation & food:

This course is co-funded by the Erasmus+ programme of the European Union, and therefore, most of the costs will be covered by the organisers.

Board, lodging, travel and programme costs will be covered upon full participation in the course.

You are going to be provided food (breakfast, lunch, dinner, (and some snacks) and accommodation for the whole period of the training.

On the arrival day, dinner will be the 1st meal to be served. On the departure day, breakfast is your last meal.

After the selection of the participants, we provide you with all the information and the options for how to get to the venue by regional transportation.



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Facilitators

Peter HOFMANN:

More than 20 years of experience in facilitation and training work. Most of the time in the context of international youth work, education and civil society. Since more than 10 years mindfulness facilitator, trained in the programs: Mindful Compassionate Parenting and Mindful Compassionate Education. More information: www.limina.at and www.mindfulparenting.at



Paola BORTINI:

More than 20 years of experience in coaching, facilitation and training work. Certified teacher in Mindful Self-Compassion and teachers' trainer. For more than 10 years mindfulness facilitator, trained in the programs: Mindful Compassionate Parenting, Mindful Compassionate Education and Mindful Positive Living. More information: www.limina.at and www.mindfulparenting.it



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Reimbursement of travel costs for participants and the travel budget

Travel costs will be reimbursed up to 100% if you manage your travel within the **allocated budget**.

Please keep in mind that only direct travel costs between your “home location” and the venue of the event - Nagybörzsöny - can be reimbursed (private traveling cannot be financed by the fund).

Travel costs will be reimbursed only for the cheapest way of transport. Please, take into consideration eco-friendly types of transportation. We can't cover taxi costs.



You are entitled to the reimbursement of your travel costs if you present the BILLS/INVOICES and the TICKETS themselves, including the BOARDING PASS

The allocated travel budget is calculated by the Distance Calculator. [Please check it out here.](#) Once you know the distance between your location and the venue's you can check the allocated costs for your travels.

- 10–99 km - 23 EUR/ pax
- 100–499 km - 180 EUR/ pax - in case of green travel: 210 EUR/ pax
- 1999–500 km - 275 EUR/ pax - in case of green travel: 320 EUR/ pax
- 2000–2999 km - 360 EUR/ pax - in case of green travel: 410 EUR/ pax
- 3000–3999 km - 530 EUR/ pax - in case of green travel: 610 EUR/ pax
- 4000–7999 km - 820 EUR/ pax
- 8000 km or more - 1500 EUR/ pax

Travel cost reimbursement will be done via bank transfer to your sending organization after having received all your travel documents.
Reimbursement of travel tickets for participants/ travel budget
Green travel means car sharing (but at least more people traveling by the same car), bus, train.
If you are planning green travel, please let us know!

Please be aware if you do not have the receipt AND the tickets we CAN NOT reimburse your expenses!

Application Deadline:
28/02/2025

Click here!



In case of questions,
please feel free to
contact us.

E-mail:
erika.schmidt@elmenyakademia.hu



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