



**2023**

**Apply  
NOW**

**USE OF AROMATIC  
MEDICINAL PLANTS  
FOR WELLBEING OF  
YOUTH WORKERS  
AND YOUTH**

# If you are interested in

Explore the methods on how to reduce stress and improve lifestyles through aromatherapy, herbalism, reflexotherapy etc.

Mental health and wellbeing in personal and professional environment

To advocate for a culture of self-care in local, national and international levels



Sharing good practices from your cultural contexts with other participants

Improve your competences and use gained knowledge at your work with youth

## JOIN OUR

International training of youth workers

**FROM**

10th to 15th September 2023

**IN**

Youth Hostel Ars Viva, Podcerkev (Stari trg pri Ložu), Slovenia

**READ MORE>>**

# ABOUT THE TRAINING

The training is a part of accreditation in the ERASMUS+ program and it is funded by Slovene national agency MOVIT.

The aim of our project is to foster the capacity of youth workers and organizations to implement a policy of self-care in a natural way that would prevent burn-outs and secondary traumas, as well as giving the youth workers the tools to take care of the healthy environment when working with youth, through acquainting with various use of aromatic medicinal scent plants. Aromatic medicinal plants can play a valuable role in youth work by offering various benefits and opportunities for personal growth and learning.

## There are various ways in which aromatic plants can be incorporated into youth work.



**Therapeutic benefits:** They can be used in activities like aromatherapy, where people can learn about the benefits of different natural scents and how they can promote relaxation, reduce stress, and improve mood



**Horticultural therapy:** people learn about plant care, cultivation techniques, and the science behind aromatic plants



**Culinary experiences:** Incorporating culinary experiences into youth work can involve teaching youth workers and youth about different herbs, their flavors, and their culinary applications, as well as how to recognize aromatic, medicinal and edible plants in nature. Youth can engage in activities like planting herb gardens, learning to harvest herbs, and cooking with them



**Environmental awareness:** Aromatic plants can be used as a tool to raise awareness about environmental issues. Youth workers and youth can participate in projects involving the conservation of aromatic plant species, learning about their importance for biodiversity and ecosystem balance



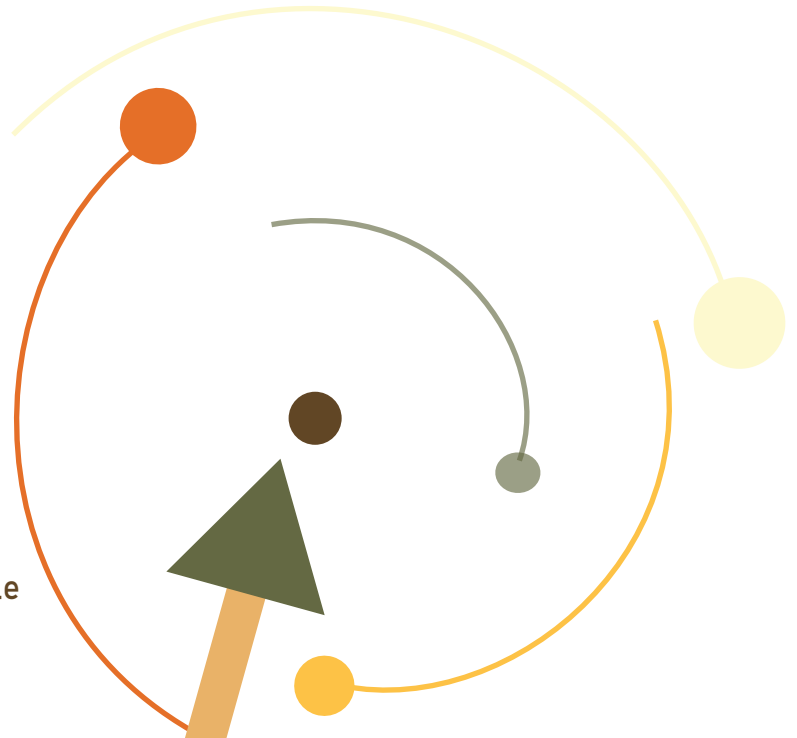
**Entrepreneurship and crafts:** Aromatic plants can inspire entrepreneurial endeavors among youth workers and youth. They can learn about the process of extracting essential oils, creating natural beauty products, or making scented candles. Youth can explore the potential of aromatic plants for crafting and entrepreneurship, learning about marketing, product development, and business skills



**Sensory Exploration:** Aromatic plants provide an opportunity for sensory exploration. People can engage in activities like blindfolded scent identification games, creating personalized scents, or organizing sensory gardens. These activities stimulate the senses, connection to nature, encourage mindfulness, and promote self-awareness and emotional intelligence

# OUR OBJECTIVES

We believe that these types of projects are important to boost youth workers competences and to create healthier relationships between youth and youth workers, reduce the costs associated with mental unbalances, promote better methods to work with the most vulnerable youth and contribute to the recognition of youth workers and their important work



To advocate for a culture of self-care in local, national and international levels

To create multipliers that will disseminate projects results in local environments

To spread the opportunities that Erasmus+ offers

To develop emotional literacy and reduce stress and lack of concentration through the methods of use of aromatic scent plants in working environment and in daily life

To promote well-being, provide sensory experiences, offer emotional support, facilitate environmental education, develop skills, and enhance the physical environment. These objectives can contribute to creating a nurturing and engaging environment for youth workers and for young people, supporting their holistic development.

# What we will do



Screening of documentaries on the subject of ecology and plant medicine, followed by discussion.



Crafting natural skin care products that contain aromatic medicinal plants. We will use plants in the form of fresh/dried material, essential oils, hydrosol, tinctures, vegetable oils and other materials (for example beeswax, clay, etc.). We will make different natural skincare products for a wide range of applications (salves and balms), therapeutic natural perfumes (roll on), mixtures for relieving common symptoms (stress, anxiety, headache, back pain etc.)



Personal olfaction mapping - discovering personal and subconscious aromatic preferences of each participant



Walks in nature - to learn how to recognize most common aromatic medicinal plants in their natural environment, focusing on plants that grow also in the countries of participants



Ambiental scented products: mixes of essential oils for diffusers and room sprays. We will craft different ambiental synergies for relaxation, coping with stress, studying, meetings, lectures, wellbeing, as well for minimizing spread of airborne microorganisms in winter (and thus minimizing risk of viral infections in offices)



Olfactory games for training our sense of smell and recognizing plants by scent



Distillation of aromatic plants in copper alembic still: water and steam distillation (in order to learn how essential oils and hydrosols are extracted).



Preparing meals and beverages with edible aromatic medicinal plants



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# PARTICIPANTS PROFILE

The most important thing for us is your motivation. The training will gather 20 participants from 5 EU countries (4 per country)



already work with young people in one way or another or are interested to become youth workers, trainers or active volunteers;



have a good enough understanding of English to be able to participate actively, are interested in the topic and have a desire to learn more about mental health and themselves



have a good enough understanding of English to be able to participate actively



are 18 years old or above



are willing to fully participate throughout the whole training;



will, in their country group, organize at least one local or online activity after the training, with the assistance of their sending organization



# Logistics, financial conditions, and sustainability

International training of youth workers  
will take a place in  
Youth Hostel Ars Viva, Podcerkev (Stari trg pri Ložu), Slovenia  
from 10th to 15th September 2023

SLOVENIA, POLAND, GREECE, CZECH REPUBLIC and HUNGARY



## Costs

We will cover all essential costs of the program (including accommodation, food, and travel costs up to a maximum amount per country - communicated after the selection process)

## Food

The meals will be adapted for the participants who have allergies or intolerances and there will also be a vegan and vegetarian option

## Travel

All selected participants will get an infosheet with detailed instructions on how to get to the venue and there will be assistance available regarding finding the best travel options

## How to Apply

Registrations can be made directly by clicking [HERE](#)

The deadline for applying is **25th July 2023**. The emails of acceptance will be sent by **31th July**.

If you have any questions regarding the training and application, you can contact Katja on [info@zavod-voluntariat.si](mailto:info@zavod-voluntariat.si).

**We are looking forward to your application**



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