

# Shift Happens

**From Comfort Zone to  
Competence**

**Erasmus+ project - Training course**

*under accreditation nr. 2022-1-CZ01-KA150-YOU-000111402*

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Co-funded by  
the European Union

**Brno.  
For you.**

# Short intro.

In a world that is constantly evolving, **adaptability** has become one of the **most essential skills** for both young people and youth workers. As the labour market increasingly focuses on efficiency and automation, entry-level opportunities are becoming more limited. This makes the **ability to adapt, learn, and respond to change more important than ever.**

But what does adaptability really mean? How do different personalities react to uncertainty and constant change? And where are the limits of our adaptability before pressure becomes overwhelming?

These are some of the questions we will explore together during this training course in Czechia.

“Shift Happens” will provide participants with a **space to reflect on how they respond to changing environments** – both external (such as weather conditions, group dynamics, or conflict) and internal (such as motivation, personal bias, or stress). Through interactive activities and shared experiences, participants will learn **how to turn challenges into opportunities for growth.**

The training will also focus on **how youth workers can create learning environments** where adaptability becomes a natural and empowering part of youth work practice.

Participants will co-create **engaging tools** and materials that will later be used in their own communities and youth work settings. The project offers a safe space for **reflection, experimentation, and peer learning**, empowering participants to navigate change with greater confidence in both their professional and everyday lives.

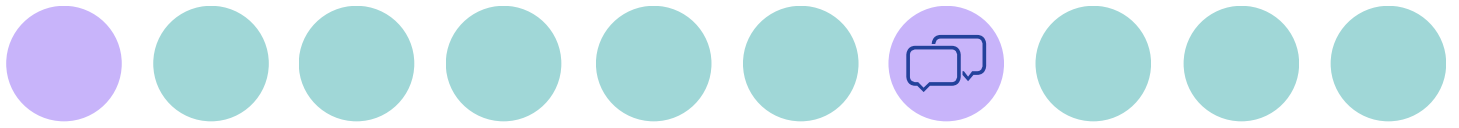




## Main objectives

- Help youth workers **understand adaptability** in different environments and recognize personal limits when facing change
- Increase **self-awareness** of reactions to uncertainty and identify behaviour patterns in new situations
- Strengthen youth workers' **stress-management skills** and the ability to cope with pressure and challenging circumstances
- **Develop practical educational tool/game** that youth workers can apply in their youth work.





# Target group.

## Youth workers

- Age 18+
- Interested in the project topic
- Involved in youth work in participating organisation or organisations that regularly work with young people at local level
- Motivated to actively participate in sharing experiences and good practices
- Coming from EU countries, third countries accosiated and not accosiated to the Programme



We are able to involve up to 30 youth workers including participants with fewer opportunities and special needs. We are eager to seek for possibilities to lower the barriers to access.

Together, we will create a non-judgmental and open-minded space for learning.





**Where?**

Moravec, Czechia



**When?**

21.–28. June 2026

### Travel costs

Travel expenses will be covered up to

- Between 10 and 99 Km - 28 € (green travel 56 €)
- Between 100 and 499 Km - 211 € (green travel 285 €)
- Between 500 and 1999 Km - 309 € (green travel 417 €)
- Between 2000 and 2999 Km - 395 € (green travel 535 €)

You can calculate your distance [here](#). Please **keep all of your originals of travel documents** so we can reimburse the travel expenses!

For participants from Czechia we be reimbursed only if using green travel.

The closest airports are Prague (PRG) and Vienna (VIE). Meeting point will be Brno (exact time to be specified).

We are here to help you to figure out how to get to the meeting point. We have to make sure that you find connections to be at there on time!

### Accommodation

For the project, you will be accommodated in the guest house called Penzion u Výletů. The venue is situated in the village Moravec. Not all rooms have their own bathroom. Check the accommodation [website](#).



# Practicalities.

## Never leave for a project without...



- ID or Passport – Make sure it's valid for the entire duration of your trip.
- Original Tickets or Boarding Passes – Keep the physical copies and, for extra security, take a picture or scan each one and store them electronically.



- Important Contact Details – Save the phone number of your sending organization's coordinator and the host organization's coordinator.



- **European health card - obligatory for EU citizens!**



- Travel insurance – you never know what might happen on the way...

## Could be useful...

- Towel & Slippers – Often forgotten and usually not provided at the accommodation.
- Warm Clothes – Even during summer the evenings can get chilly, so it's always good to be prepared (and check the [wether forecast](#) in advance).
- Typically drinks and snacks from your country for the intercultural evening.
- Emergency Cash – Carry some cash money in case of unexpected expenses (in Czechia we use CZK)

## Formalities

Part of the Erasmus+ project is reporting and promotion of the program and for that we will need your consent to the storage of your personal data and taking of photos and video recordings which will be used for promotional purposes only. The documents to sign will be sent to you after closing the selection process.

# Schedule\*

This is an **educational project**, which means that although we will have fun, connect, and enjoy created safe and welcoming space, our focus is on learning new competencies for personal and professional development.

1

## Arrival: Opening the Space

- Arrival of participants
- Basic safety information
- Introduction to adaptability

2

## Adaptability in Me: Self-Awareness & Baseline

- Self-awareness
- Personal adaptability
- Inner reactions

3

## From Self-Awareness to Youth Work

- Comfort zone, discomfort, and the transition from self-reflection to youth work practice

4

## Adaptability in Youth Work and Supporting Young People

- Applying adaptability in youth work and exploring how to foster it in young people

5

## Creation of Outcomes: Adaptability Game

- Developing practical educational outputs

6

## Testing Adaptability in Practice (Brno Trip)

- Experiential learning in real environment

7

## Follow-Up, Evaluation, and Finalization of Outputs

- Reflection
- Evaluation
- Completion of project results

8

## Closing & Future Use

- Closure, empowerment, continuation
- Departure

\*activities and schedule may vary based on the logistics needs and group dynamics



# Application process.

1

Submit your application

*Deadline 12.05.2026*

- Fill out the application form [here](#).

Get approved by  
hosting organization

2

*Deadline 14.05.2026*

- Brno for you will contact you via email about the results of your application

3

Arrange your travel tickets

*Deadline 21.05.2026*

- **Do NOT buy any tickets before they are officially approved by Brno for you. After purchasing, keep all the original documents.**

# Our organization.

- Brno for you is a non-governmental organization which was founded in 2014 and is aimed at **providing the youth with international opportunities**, which unite them and therefore promote European values.
- Since 2023, **we have been accredited** by the Czech National Agency to implement Erasmus+ mobility projects for youth and mobilities for youth workers based on our and Erasmus+ quality standards.



## Achievements under our coordination 2014-2024

33

implemented projects for youth and youth workers

288

youth workers participated on our projects

797

young people experienced non-formal education with us

64%

of our participants come from difficult backgrounds

7

of our projects are marked as examples of good practices by the national agency

# Contact us!



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**Brno for you**

