NEWSLETTER 2

March - August 2026

SAFELAB

EDUCATORS EMPOWERMENT WITH TRAUMA-INFORMED PRACTICES FOR SUPPORTIVE LEARNING ENVIRONMENTS IN VET

PROJECT NUMBER:2025-1-PT01-KA210-VET-000364251





From understanding to practice

SAFELAB is an Erasmus+ project supporting VET educators in understanding how trauma and Adverse Childhood Experiences (ACEs) affect learning and behaviour. In its second semester, the project moved from theory to action, focusing on how trauma-informed approaches can be applied every day in VET classrooms and day by day. This work led to SAFELAB's central resource: the Trauma-Informed Practice e-Handbook.

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- Highlights from the training
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- What's next

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Training Activity 2 in Espinho, Portugal

From 11 to 14 May 2026, educators and professionals from Portugal, Greece and Lithuania met in Espinho, Portugal, for the second SAFELAB training activity, "Creating Safe and Supportive Learning Environments for Students with ACEs", hosted by APVET.

While the first training in Klaipėda built the theoretical foundations of trauma-informed education, Training 2 was designed as its practical continuation: how to bring these principles into everyday teaching.



Day 1 · Understanding trauma and its impact on learning

ACEs and their long-term effects, trauma-informed principles, psychological first aid, and first case studies.

Day 2 · Applying trauma-informed strategies in the classroom

Emotionally safe learning spaces, clear boundaries and trust, emotional regulation and role-play of difficult scenarios.

Day 3 · Building Empathetic and Collaborative Learning Relationships

Empathy, active listening and positive reinforcement, recognising signs of distress and knowing when to seek further support

Day 4 · Sharing methodologies and building tools

Project-based learning and the Ubuntu philosophy, and co-creating classroom resources adapted to different contexts.

APVET
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Highlights from the training





Learning by doing

The programme combined short inputs with hands-on methods: case studies, role-play, creative exercises, short films and group reflection. Participants simulated real classroom situations and practised trauma-sensitive responses, addressing the need identified in Training 1 for more practical examples.

A learner's voice

Participants attended the presentation of the Professional Aptitude Project "The Roma Community – Silenced Voices, Noisy Souls" by VET student Diana Veloso, a powerful reminder of the importance of inclusion and of giving learners a voice.

Psychological first aid

A dedicated session focused on how to identify a risky situation and take appropriate action, while recognising when a learner needs support beyond the educator's role.

Co-creating the e-Handbook

Participants selected the most useful scenarios and developed classroom strategies and resources, which were then included in the SAFELAB e-Handbook.

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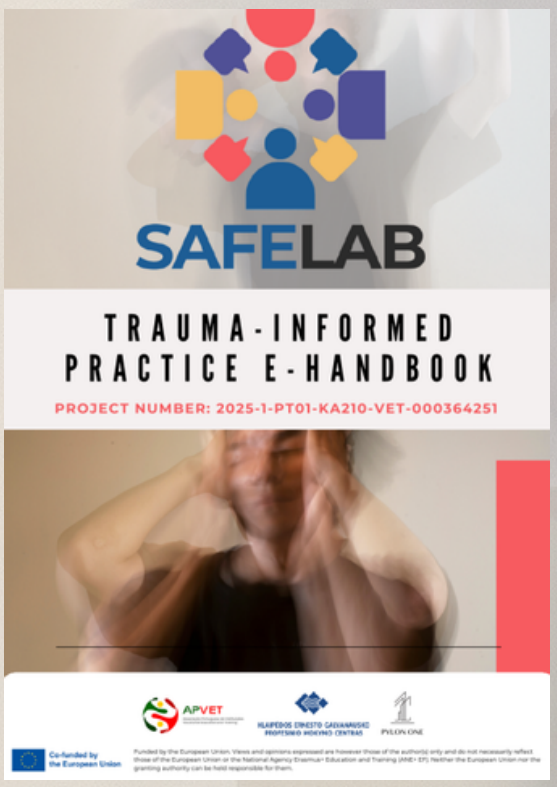
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NOW AVAILABLE

Trauma-Informed Practice e-Handbook



The main result of SAFELAB is ready! Shaped by the experiences and resources shared in both trainings, the e-Handbook is a free, practical resource for VET educators, trainers, school leaders and support professionals. It helps them create learning environments built on safety, predictability, respect and belonging. Its 8 chapters cover trauma and ACEs, recognising trauma in VET learners, trauma-informed principles, trauma-sensitive classrooms, practical strategies and case scenarios, working with families and support networks, the SAFELAB training experiences, and responding to challenging situations.
You can find it on our website!

What's next

From October onwards, we will be running the Mental Health and Trauma Awareness Campaign, focusing on raising awareness of mental health, trauma, and the impact of ACEs on young people. Activities will include developing social media posts, short videos, and interactive content; hosting Q&A sessions with mental health professionals; workshops; and launching a virtual campaign.
February 2027 will mark the end of our project with a series of Info Days that will bring together educators, counsellors, psychologists, social workers, NGOs and policymakers to discuss all the project's results. In the same month, the project will close with a final partner meeting in Greece focused on evaluating and ensuring the sustainability of SAFELAB's results.

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