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UNIVERSITY OF
LIMERICK
OLSCOIL LUIMNIGH

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Trauma-Informed Practice Erasmus+ Blended Intensive Programme

Are you interested in education, wellbeing, inclusion, or social justice?

Do you want to learn alongside students from across Europe while gaining
recognised ECTS?



We invite applications from:
Student teachers, students with a background in education studies, youth work, social sciences, or related disciplines, or any student with an interest in inclusive, compassionate approaches to education.

Virtual components on 17 April, 18 May and
26 June 2026

Physical mobility from 8 June to 12 June 2026

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What is this Blended Intensive Programme about?

Trauma is pervasive in contemporary societies and has an impact on learning in educational settings. Trauma-informed practice (TIP) is an approach to teaching and learning that recognises the impact of trauma on students learning, behaviour, and wellbeing with the aim of creating a safe and supportive environment for all learners.

This programme introduces university students to the principles of TIP and supports them to apply these principles in second level educational contexts, for context learners are on average within the age range of 11 to 18.

Students will work in an intercultural cohort with peers from EMERGE partner universities across Europe, gaining diverse perspectives on inclusive education. The programme is jointly developed and delivered by University of Limerick, Europa-Universität Flensburg, and Matei Bel University, ensuring a collaborative, international learning experience.

This Blended Intensive Programme aims to:

- Introduce university students to the principles of TIP
- Develop an empathic and compassionate approach to teaching and learning
- Enable students to identify the effects of trauma and how it manifests in a classroom setting
- Build students' skills to respond to these effects
- Enable students to build the environments and resources that support secondary-school pupils affected by trauma and adversity.

Ultimately, the aim is to help create safe classroom environments that will reduce stress and develop skills in pupils to better manage their responses.

Students will work together and be guided through:

- Seminal and contemporary theories of TIP
- Implications of trauma for teaching, learning, behaviour, and wellbeing
- Application of TIP in the classroom
- Advocacy for TIP within whole-school policy
- Thinking critically about TIP





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What will you Learn?

By the end of the programme, you will be able to:

- Describe concepts of inclusivity in the classroom
- Define and identify trauma
- Recognise ways in which pupils' traumatic experiences and responses may impact all learners in the classroom (e.g., in terms of learning, behaviour, and wellbeing)
- Identify appropriate responses and/or resources for pupils who may have experienced trauma
- Practice strategies that foster a safe and inclusive classroom environment
- Design and develop pedagogical and methodological approaches based on compassion and emphatic understanding of trauma
- Recognise social and legal frameworks guiding TIP implementation in educational settings



Programme Structure

- Three half-day online sessions (theory and review)
- Five-day in-person workshop at University of Limerick
- Students will collaborate with peers from EMERGE partner universities to design original TIP resources for use in second-level education.

Schedule

- April 17 | Online Session 1 | 10:00–14:00 CET
- May 18 | Online Session 2 | 10:00–14:00 CET
- June 8–12 | In-person at University of Limerick
- June 26 | Online Session 3 | 10:00–14:00 CET



Who can apply?

- Student teachers
- Education studies students
- Students from psychology, youth work, social sciences, or related disciplines.
- Any student with an interest in inclusive, compassionate approaches to education.

Please note that no prior knowledge of trauma theory is required.

How do I apply?

For further information and how to apply contact your academic advisor for the application process at your university.



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Accommodation and Travel

Accommodation

Limited campus accommodation is available at the following rates:

- Ensuite Accommodation:

Private ensuite accommodation in an on-campus village. €75 per person per night.

- Non ensuite Accommodation

Includes a private bedroom, shared bathroom and living area. €65 per bedroom per night.

Nominated students will be provided with the link to book accommodation directly.



Travel to the University of Limerick

Shannon Airport

Shannon Airport is located 24km from Limerick and is well-serviced by Bus and Taxi Services.

Bus services connecting Shannon Airport to Limerick City

- Route 51 and Route 343, with a drop-off point at Limerick Bus Station in Limerick City Centre taking approximately 1 hour to the City Centre

Other options from Shannon Airport

- Airport cab and taxi desk located in the Arrivals Hall. The average cost is approximately €50 - €70 taking 40 minutes to the University of Limerick.

Dublin Airport

Dublin Airport is located 192km from Limerick City and is well-serviced by public transport services. If your flight arrives into Dublin Airport late at night, we recommend that you stay at one of the airport hotels before travelling to Limerick the following day. There are a number of hotels located close to the airport including the Carlton Hotel, Clarion Hotel and Radisson Blu Hotel.

Booking a bus from Dublin Airport in advance is recommended.

Options include:

[Dublin Coach](#)

[JJ Kavanagh](#)

[Flight Link](#)





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Visa Information

Students from EU countries do not need a visa to study in Ireland.

If you are from a non-EU/EEA country, you need to check [Irish Immigration Service](#) to see if you need a visa to participate.

Students from visa-required countries should apply for a visa up to 3 months prior to departure. Guidelines on applying for an Irish visa are available through [Irish Immigration Service](#).



If you have any questions or require further information, please do not hesitate to reach out to the Erasmus+ Projects team at ErasmusProjects@ul.ie.

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