

Step back for a better view

International training, 2 - 8 April in Slovenia

Call for participants from

ALBANIA, CROATIA, HUNGARY, LITHUANIA, MONTE NEGRO, NORTH MACEDONIA, SLOVENIA

If you're interested in...

- * mental health and human psychology,
- * working with people, mentoring
- * gaining greater self-awareness and understanding of others,
- * learning through interactive non-formal methods,
- * developing youth-working skills and becoming more confident in that role, and as a person,
- * getting new tools and learning new methods,
- * meeting interesting new people from 7 different countries, who share some similar interests,

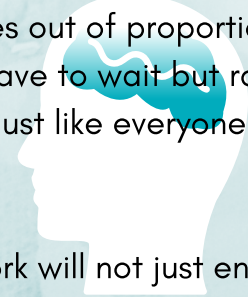
... and much more, then read further!



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About the Project

Mental health is just as important as physical health and it should be treated as such. We still feel ashamed and worried about the consequences of speaking about our mental issues. This is one of the reasons why it often escalates out of proportion, with severe consequences. It is important to know that we don't have to wait but rather become aware that each can face some personal struggles just like everyone can get a physical infection and that doesn't define us.



Having a better understanding of how our brain and mind work will not just enable one to be a more qualified youth worker but make it easier to recognize our personal needs and desires. The relationship and understanding we have with/for ourselves affects all other relationships and therefore our general well-being.

With this training, we aim to give a new perspective on mental states, supported by recent neuroscientific discoveries, presented in an easily understandable way, through various non-formal activities, games and methods. Participants' views on the world will be challenged if not fundamentally changed. There will be plenty of opportunities to discuss perspectives on relevant topics. It is valuable to develop good critical thinking but also the ability to recognize the value in another's point of view, instead of being threatened by it.

Truly understand that the world is more than just black and white colour and more than only having right or wrong option, can take a lot of pressure away.

Our objectives

- Raise general mental health awareness among young people and improve their ability to cope with problems,
- Increase the ability of critical thinking and self-awareness among young people
- Empower participants by providing them concrete tools and methods to be more capable of assisting the youth, facing personal struggles and train them to become more competent youth workers
- Raise the level of awareness of the participants about themselves, the environment and about the importance of reflections
- Bring together organizations from some partner and program countries and establish a foundation for potential long-term partnership and cooperation.

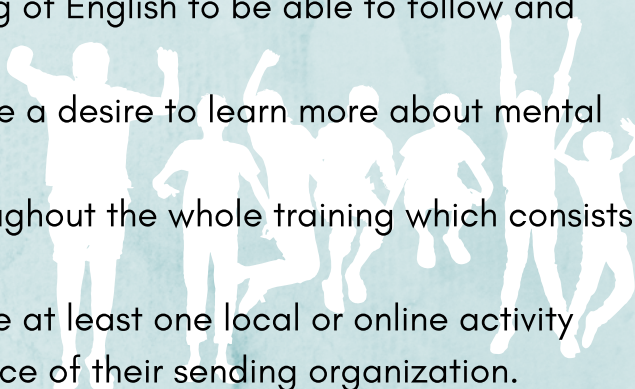


Participant's profile

The most important for us is your motivation. The project aims to gather 21 participants (3 per participating country).

We are looking for people who:

- already work with young people in one way or another or are interested to become youth workers, trainers or active volunteers,
- are 18 years old or above,
- have a good enough understanding of English to be able to follow and participate actively,
- are interested in the topic and have a desire to learn more about mental health and themselves,
- are willing to fully participate throughout the whole training which consists of 5 working days,
- will, in their country group, organize at least one local or online activity after the training, with the assistance of their sending organization.



COVID-19 during the Training

We will ask all participants to be vaccinated, recovered and/or tested (depending on the rules in Slovenia at that point). We will have a hygiene concept for the group during the seminar and will follow all regulations by the authorities.

Logistics, financial conditions, and sustainability

Costs: We will cover all essential costs of the program (including accommodation, food, and travel costs up to a maximum amount per country)

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



The **deadline** for applying is **24 February 2022**.

If you have any questions regarding the project and your application, don't hesitate to contact Petra:
petra.voluntariat@gmail.com

We are looking forward to your application!



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