



Be Well - Mental Wellbeing in Youth Work in Postpandemic Era

SEMINAR in Krzyżowa, 1-7/07/2022

BE WELL project lasts for 14 months and consists of a number of activities:

1. Online meetings;
- 2. International seminar "Tools and practices on international youthwork regarding mental health"** for youth workers from Greece, Lithuania and Poland;
3. Online supporting events for youth workers;
4. Meetings organised by youth workers for young people or for other youth workers;
5. International Final Conference in Lithuania with networking sessions.



This is an invitation for a **Seminar "Tools and practices on international youthwork regarding mental health"** that is a part of the BE WELL project. The Seminar will take place in Krzyżowa, Poland from 1st till 7th of July 2022.

This activity will gather 15 motivated participants who will meet to explore the subject of mental health of young people. Participants will share their knowledge and skills, and learn from each other. The content of the Seminar is directly linked with the project objectives, especially with increasing youth workers' skills of emotional intelligence, sensitivity and empathy leading them to personal development, increasing the capacities of our organisations regarding the topic and ways of tackling mental health issues that arise during our work with young people.

What's important - there will be follow up activities and online support meetings for participants who take part in the Seminar.

OBJECTIVES:

- To explore and share countries' and local communities' realities regarding mental health issues and emotional wellbeing of young people in the post pandemic era.
- To increase youth workers' skills of emotional intelligence, sensitivity and empathy leading them to personal development.
- To increase the capacities of our organisations regarding the topic and ways of tackling mental health issues that arise during our work with young people,
 - Sharing, creating and exploring methods, techniques and tools, and sharing best practices, creating a toolkit,
- To create an international network (community), of youth workers, educators and organisations who will be engaged in raising awareness on the importance of mental health,
- To strengthen our capacities in international work by networking activities / improving European dimension.

Partner Organisations

TDM 2000 Polska



Inovaciju Biuras



CET Platforma Hellas



Participant's Profile

We are looking for:

- educators, youth workers, teachers, students and in general participants interested in the topic (no specific experience required).
- persons who can communicate in English, willing to share gained competences with others.

Participants of the Seminar will be invited to take part in the next stages of the project.



Logistic data

1/07 - arrival day, night in

Wrocław

2/07 - arrival to Krzyżowa

7/07 - departure day

All costs of board and lodging will be covered by the organizers, as well as the travel costs (limit for Greece and Lithuania is 275 EUR).

Selected participants will receive detailed infopack regarding travel costs reimbursement and details regarding tickets' purchase.



About the Venue

The Seminar will take place in the beautiful youth center in Krzyżowa, Poland. The place is very peaceful and is surrounded by nature.

More information:

www.krzyzowa.org.pl/en/

Participants will be provided with three meals a day, as well as coffee breaks. The center offers meals for all dietary requirements. There is a free WiFi in the whole estate.



Application and contact

If you want to join us please apply here:

<https://forms.gle/YzCXk942TcuFpq8r9>

If you have additional questions please contact us:

- Lithuania: info@inovacijubiuras.lt

- Greece: greece@cetplatform.org

- Poland: janik@tdm2000.pl

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