

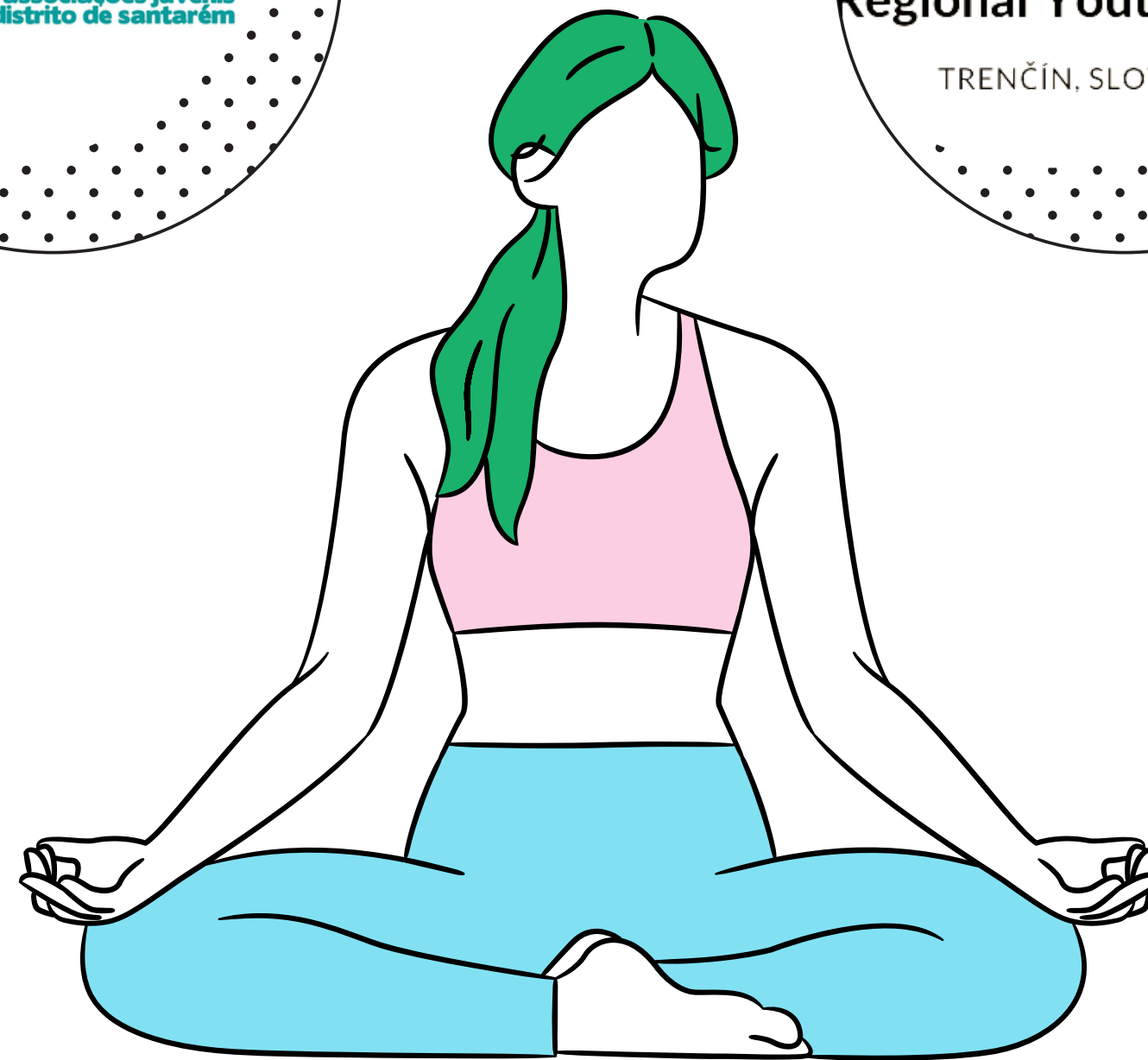
YOUR WORKERS' MOBILITY

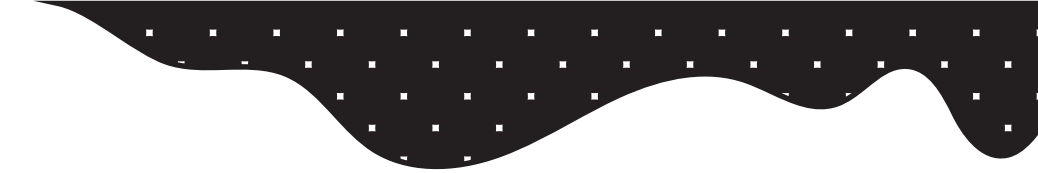
Project Goingh IN

How to take care of ourselves



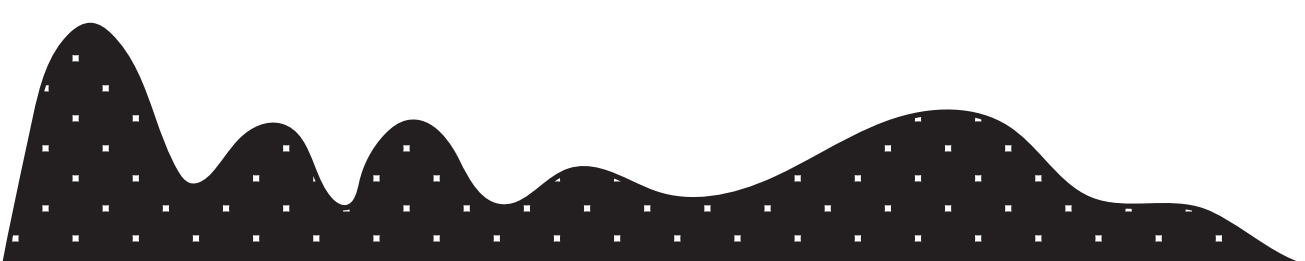
3 - 11 May 2023 Trenčín, Slovakia
11 - 19 September 2023 Portugal





Staying healthy in mind
and body is essential,
especially in this current
state of the world.

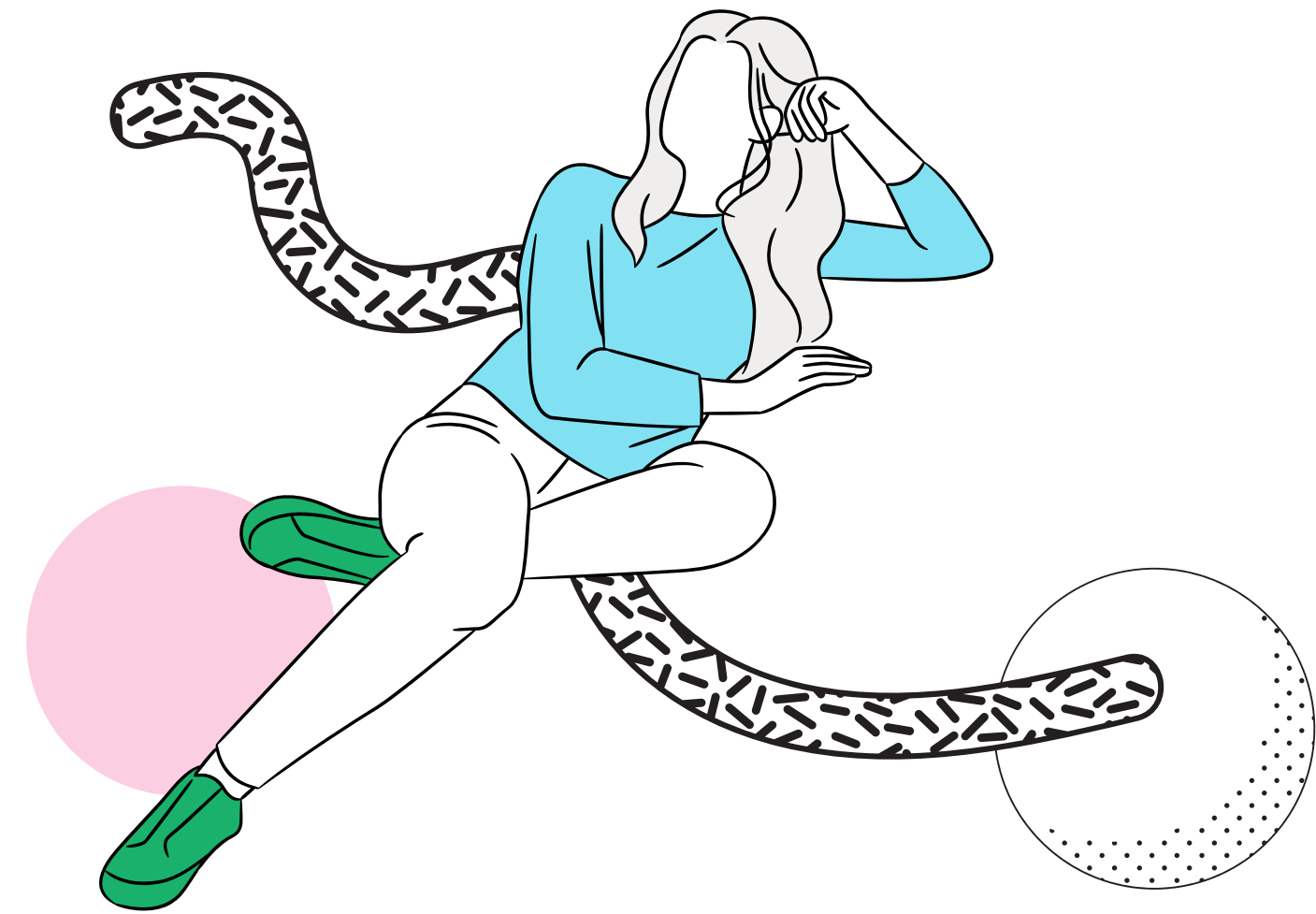
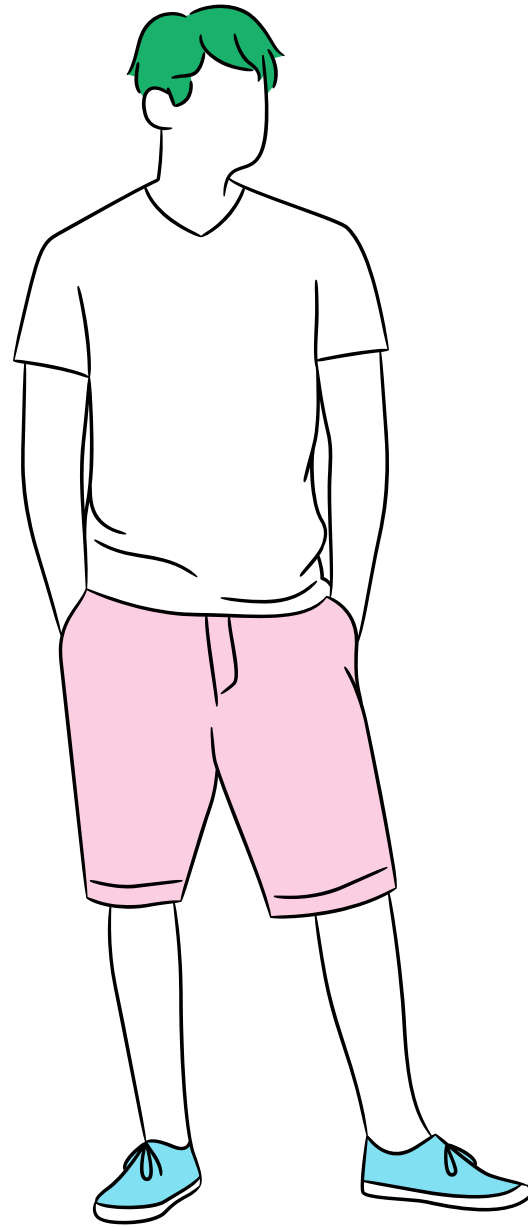
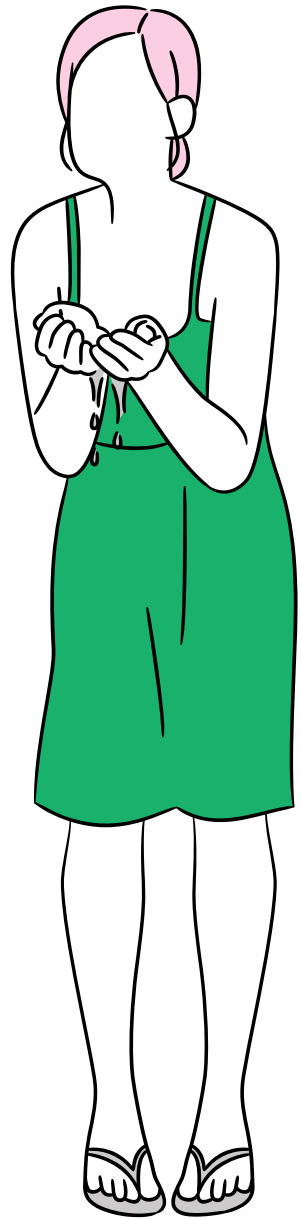
Taking good care of ourselves can help us move from simply getting through to thriving and growing during these unusual times.



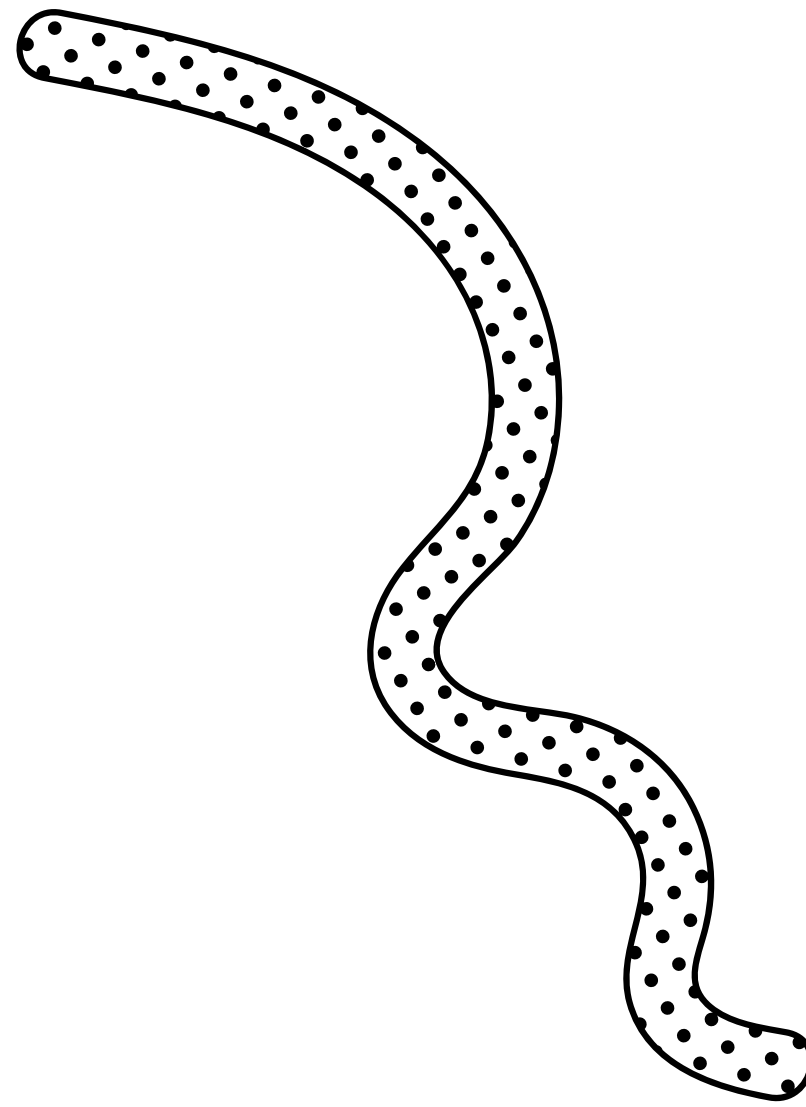
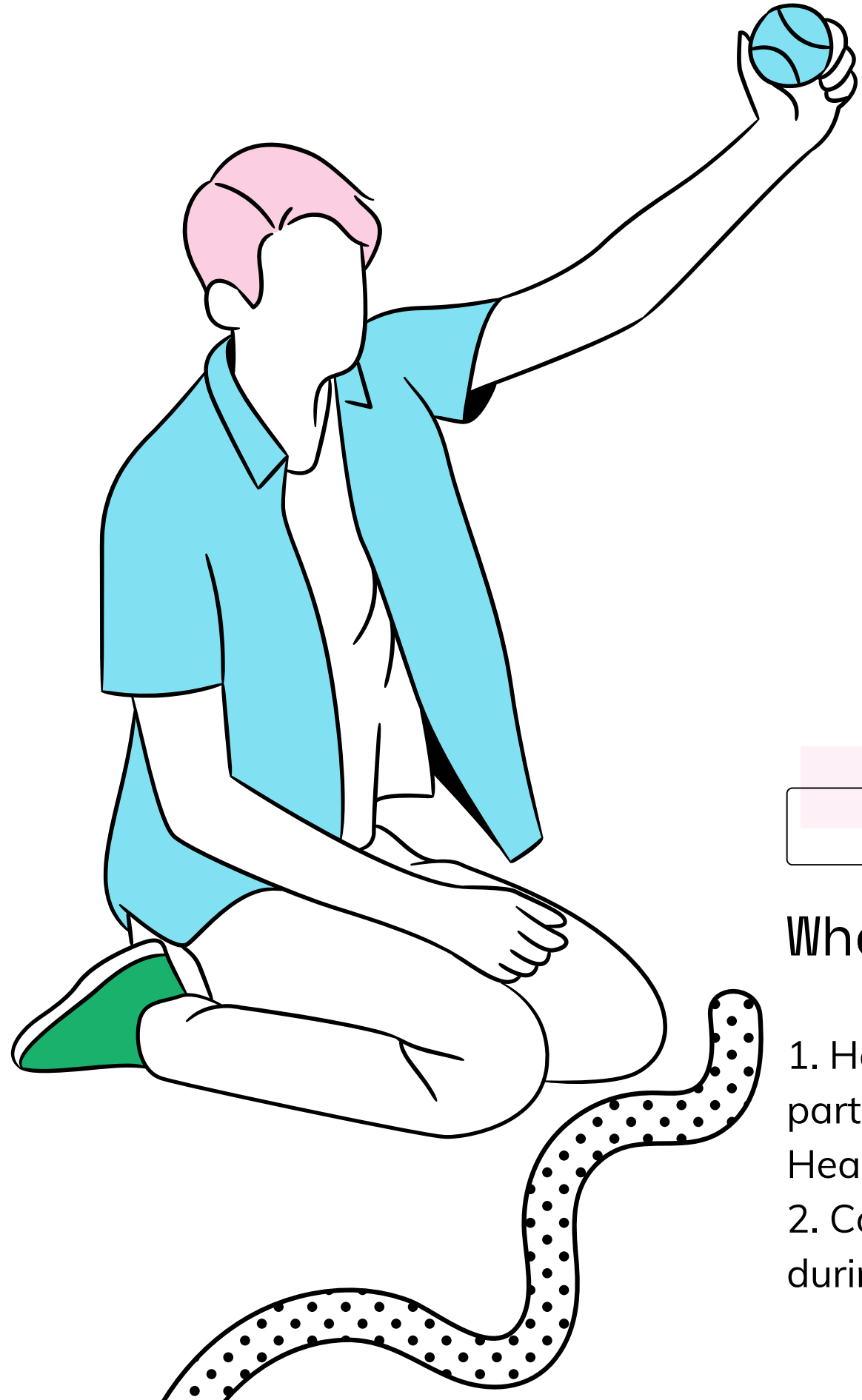


Project objectives:

- 1) exchange experiences in the area of mental health within youth work and learn ways to support young people and our peers in matters related to mental health
- 2) Develop self-awareness in and out of a group (personal space, comfort zone, boundaries, etc)
- 3) Improve the quality of work of youth in partner countries and promote new methods and techniques of non-formal education
- 4) Explore and develop participants interpersonal skills such as group facilitation, public speaking, empathy, active listening, etc..



Self-care also means **being patient**
with and kind to yourself.



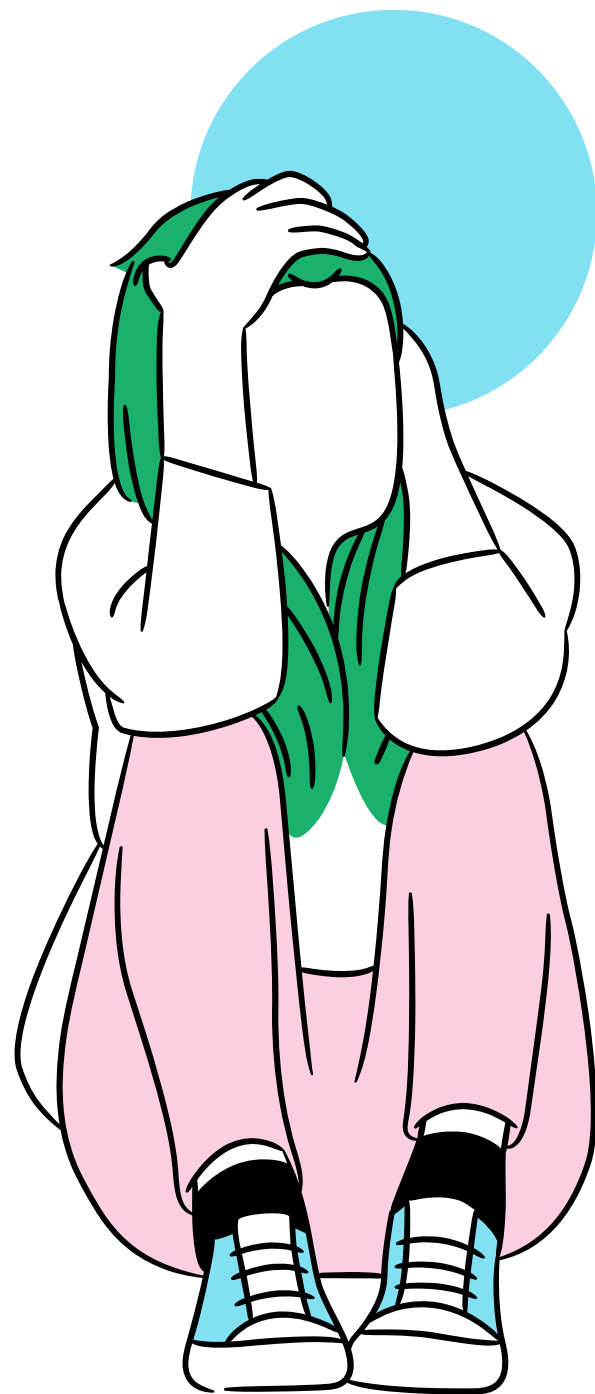
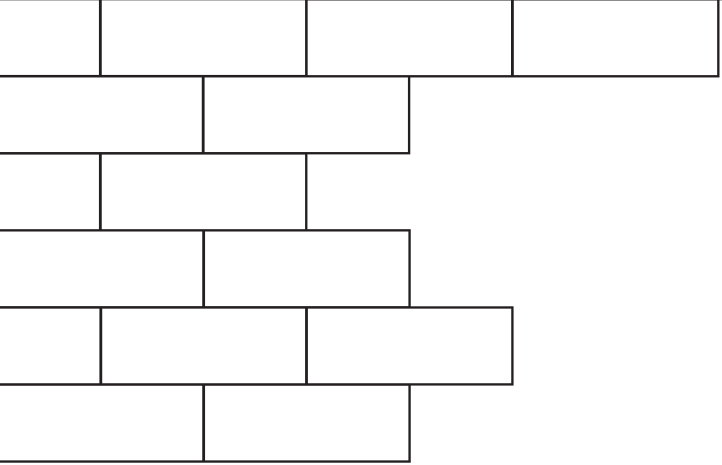
The project includes:

logistical support, accommodation, food, local transport if necessary, European Commission Youthpass certificate and materials.

Travel costs covered for participants from Portugal: up to €360

What is not included?

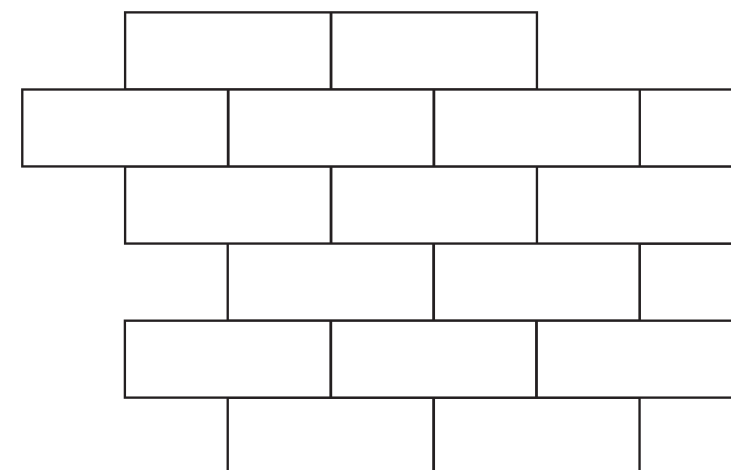
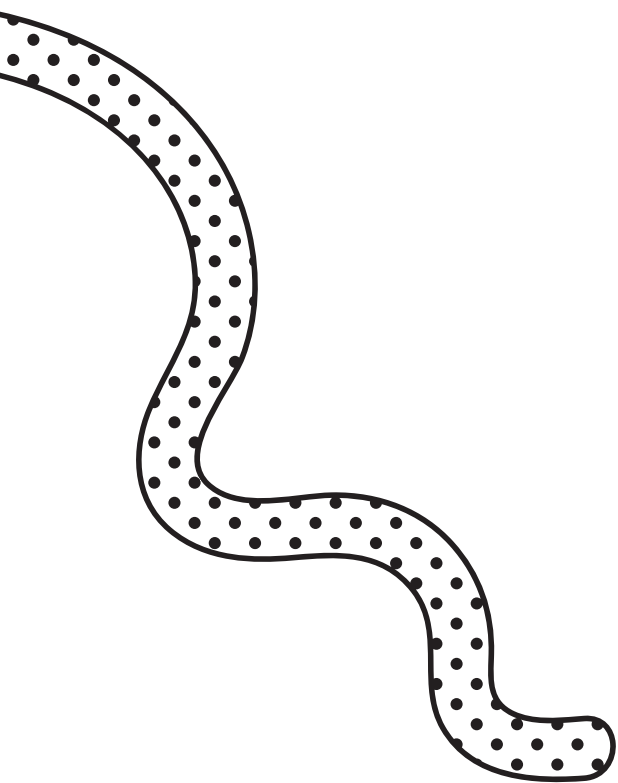
1. Health and travel insurance. All participants must have the European Health Insurance Card.
2. Costs related to personal activities during the free day.



Emotional Self-Care

Acknowledge your feelings and know that they are valid. Write them down in a journal or share them with someone.

Practice gratitude. Think of at least three things you are thankful for every day.



WHO? WHERE?

Participants' profile:

Youth worker/leader willing to share their experience with the group and to learn from others

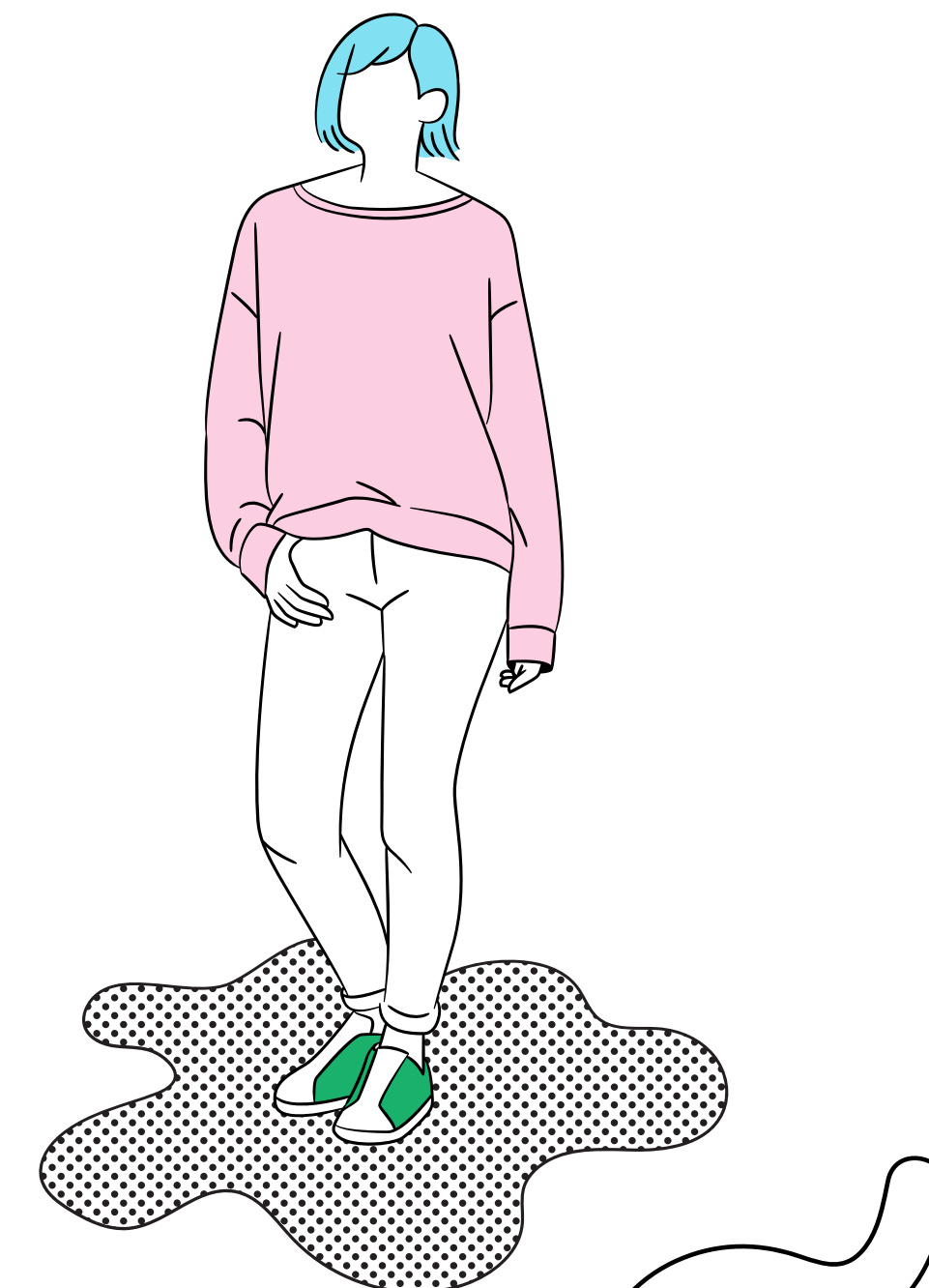
Over 18 years of age, no age limit

Able to communicate in English

12 participants from Portugal and 12 from Slovakia..

Place:

Trenčín is a beautiful city rich in history located in western Slovakia. The group will be accommodated in shared rooms at Hotel Veverica, located within the urban forest of the city, called Brezina. For more information, check their website @ <https://www.hotelveverica.sk/>. Meals with dietary restrictions (gluten-free, vegan, vegetarian) can be catered for during the project, the organizers just need to be notified in advance.

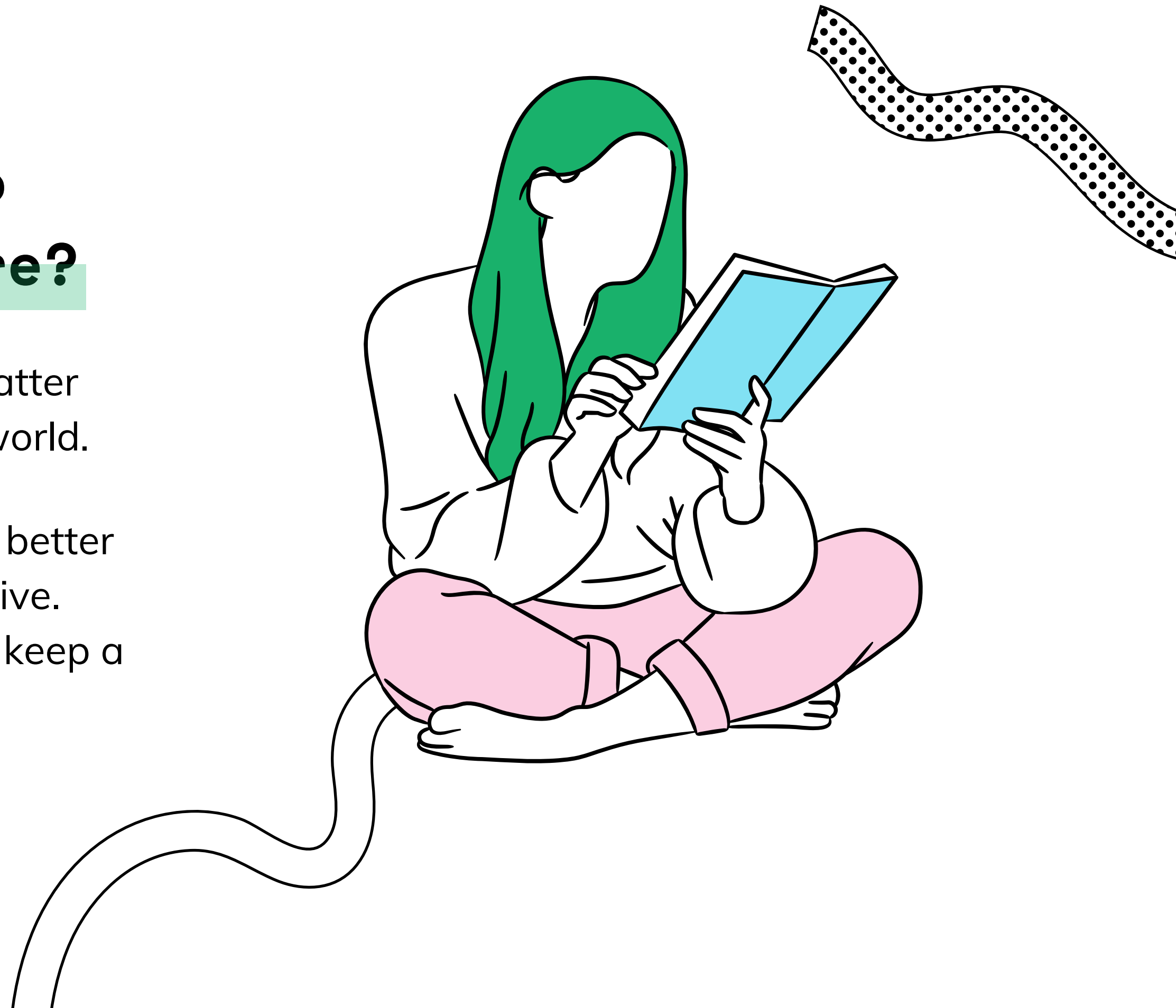


Why do we need to practice **self-care**?

Our well-being is important no matter the circumstance or state of the world.

Self-care helps us manage stress better and allows us to be more productive.

Taking care of ourselves helps us keep a good work-life balance.



Partners



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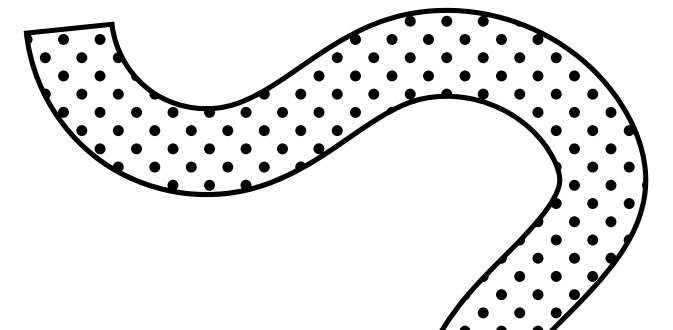
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Associations of the District
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What is **self-care**?

Self-care is any activity we actively choose to do to take care of our physical, mental and emotional well-being.



Areas of Self-Care



Mental

Tending to your mind by practicing mindfulness and learning continuously

Emotional

Staying in touch or fully engaging with your emotions

Physical

Tending to your physical body by keeping it healthy

Social

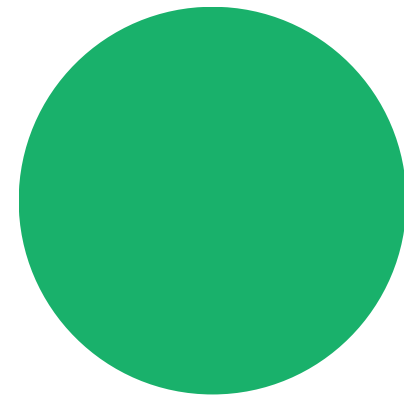
Staying connected with family and friends

Activities



Earth Day

Getting to know how Parkour is locally used to support and engage disadvantages youth and families. Trying out parkour and reflecting on how it can be used as a tool to promote mental health in our communities.



Water Day

Participants will have interactions with ice in different contexts, and will explore its effects on their wellbeing.

Personal mental health

Learn supportive psychological techniques and practices that can be used by themselves and in youth work.



Keep safe and
always take care!

We are looking forward to seeing you in Slovakia!
This project is supported by the Slovak National Agency, NIVAM.



Apply now: <https://forms.gle/Wt7M4N1aq5JpLL9DA>