



AGENDA

CARE MY: CARE for Mental Youth's health

2021-2-PL01-KA220-YOU-000050154

Participatory Visit to Laja in Poland

CIESZYN (Poland) July, 18 - 20, 2023



Host organisation:

Fundacja LAJA (Poland)

Partners:

Tudás Alapítvány (Hungary),

Plataforma de Alternativas Sostenibles y Solidarias – PASOS (Spain)



This visit will be attended by the Online Platform developers (2 per entity).

The **objective of this visit is to provide training on how to adapt and apply the EM tools and practices** to LAJA's target group: young people with migrant and intercultural backgrounds.

The EM principles adaptations needed will emerge from their youth workers' daily work with. The organization will recompile their observations, findings and conclusions and will transfer them into the rest of partner organizations, in order to include them in the Online Platform.



DAY 1 / TUEASDAY 18th JULY

10:00 WELCOME

10:15 Introduction of partners and participants

10:45 LAJA's Main activities and initiatives

11:30 COFFE / TEA BREAK

12:00 Tools and initiatives to support youngsters
with intercultural backgrounds

13:00 Lunch

15:00 Implementation of Emotional Management in the organization: methodology.

16:30 Coffee Break and networking.

17:00 Main challenges and their solutions during the Emotional Management implementation phase.

18:30 Evaluation

19:00 Dinner

20:30 Tour around the city.

DAY 2 / WEDNESDAY 19th JULY

10:00 Specifics of work with youngsters with intercultural or migrant background. Adaptation and application of the Emotional Management principles to their needs.

11:30 COFFE / TEA BREAK & NETWORKING

12:00 Current challenges for harnessing social media, to engage young people, in social and civic meaningful initiatives.

13:00 Lunch

15:00 Cultural visit

16:30 Coffee Break and networking.

17:00 NFE, arts and handcrafts to reduce discrimination, prejudices, stereotypes, racism and xenophobia.

18:00 Evaluation

19:00 Dinner

DAY 3 / THURSDAY 20th JULY

10:00 Emotional Management in the daily work of a youth worker. Opportunities and challenges.

11:30 COFFE / TEA BREAK & NETWORKING

12:00 Insights on obstacles, challenges, needs and opportunities in the cross-border youth work.

13:00 Lunch

15:00 Emotional Management adaptation to work with youngsters with intercultural backgrounds: main points to include in the Online Platform.

16:30 COFFE / TEA BREAK & NETWORKING

17:00 LAJA's final conclusions.

18:00 Final Evaluation and closing.

19:00 Dinner

20:30 Cultural night

ONLINE PLATFORM

The production of the Emotional Management Online Platform will take place between March 2023 and December 2023. **We aspire to develop an Online Platform as this Project's Result.** It will be an interactive Emotional Management Video Guide, presenting and explaining resources and tools like listening strategies to facilitate different emotional discharges.

It will also contain practical exercises that users will be able to put in practice, at convenience, which will be very useful to assimilate how to manage emotions, to understand how they are not always owners of their choices (being under the influence of emotions) and how to use the tools in different life contexts (family, class, friends, work, etc). It has been envisaged to integrate multidisciplinary perspectives (social, scientific, and educational). The core of the Platform will be PASOS' methods and tools for a healthy EM. It will become more specialized after merging with new insights emerged from its application by youth workers in their daily work with disadvantaged groups of youngsters (LAJA and FoK).

It will target youngsters, youth-related professionals and those working with disadvantaged youngsters, but, as emotions are intersectional, it will be easily transferable, being also of benefit for other users (adults, teachers, social workers, therapists, parents, etc). It will be free, easy to use and available in English, Polish, Spanish & Hungarian, being more easily transferred.

Youth workers will be able to expand their EM skills and understanding, thus, their daily training and activities will improve significantly, especially in terms of inclusion, discrimination prevention, and professional, academic, personal and social development.



EVALUATION FORM:

<https://forms.gle/1YAifLfRQwpXPgSb9>