

THE POWER OF MENTAL WELL-BEING IN YOUTH WORK



WHAT CAN YOU EXPECT?

Learn how to **create a positive group climate** in which open conversation between youth workers and young people is possible. Gain insight on how to listen to young people's needs and respond to them.

An action plan will be developed in which you as a youth worker will look at how you can strengthen the topic of mental wellbeing within your own organization.

The primary focus will be on **prevention, open communication and referral and seeking external help if necessary.**

In addition, much attention will be paid to the **personal resilience of the youth worker**, setting boundaries and self-care.

This all will be learned through **non-formal learning methods, outside activities, sports and play.**

After the training course, you will return to your organization with a backpack full of new ideas, inspiration and methodologies that are directly applicable.

Objectives

1. Learn how to create a **safe space** and **inclusive and good group dynamics** within your own youth work.
2. Learn **basic knowledge** about mental wellbeing which is relevant in youth work context: recognize, react and how to manage the others in the group well.
3. Work on **personal development**. Set your goals towards growth and self-care and take the first steps towards it.
4. Develop **an own plan** on how to react when complex situations in youth work context occur. With attention for where the role of youth workers begins and ends.
5. Across all topics, the goal is to have clear and practical hands on 'take home practices', ready to implement in the organizations at home.
6. Learn about culture and youth work in Belgium and share best practices with all the other participants across Europe.
7. Contribute to work together towards the sustainable- and inner development goals.

Applicant and coordinating organization: JOETZ



with the support of:



Erasmus+
Enriching lives, opening minds.



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Program

This is just a sneak peak of the time table. The final one is subject to the needs of the group and other circumstances that are not always foreseen. Do not hesitate to contact us with any further questions.

A program is provided for certain evenings too.

Days	Place	Topics & Activities
5/05	Home-Dworp (Belgium)	Travel day and arrival + ice breaker + short intro + dinner
6/05	Dworp (Belgium)	<ul style="list-style-type: none">• Practical and Erasmus+ information session• Expectations, contributions and fears• Forming and storming• Theoretical framework• Reflection
7/05	Dworp (Belgium)	<ul style="list-style-type: none">• Norming• Mindfulness moment• Theoretical framework• Introducing the “family”
8/05	Brussels	<ul style="list-style-type: none">• Study visit in Brussels at JOETZ and De Ambrassade• Free in Brussels + dinner out
9/05	Dworp (Belgium)	<ul style="list-style-type: none">• Reflection on the previous day: study visit and fundamental terminology of mental well-being• Introducing the framework “the role of the youth worker”
10/05	Dworp (Belgium)	Case studies + reflective walk
11/05	Dworp (Belgium)	<ul style="list-style-type: none">• Discover, define, develop and deliver• Adjourning• Farewell and network evening
12/05	Dworp (Belgium)-home	Breakfast and goodbye

Applicant, coordinating organization: JOETZ

JOETZ is a **recognized national youth association** by the Flemish government. JOETZ’s mission is to be a **health promoter for children and young people** (3-30 years old) in Flanders and Brussels.

JOETZ wants to achieve this mission through various health projects (healthy workshops, online and offline health content, health campaigns), activities (children’s and youth holidays, playground activities, children’s events) & training (animator/youth leader trainings, training courses, peer to peer education) and does this for, by and with children and young people. This happens locally, supra-locally and internationally.

As a health promoter, JOETZ wants to have an impact on children and young people, always starting from its youth work DNA: in a fun and playful non-formal way.

JOETZ’s specific core tasks are: health projects, activities & holidays, trainings for our unpaid youth workers, international youth work and giving a voice to young people.

JOETZ’ part in the project

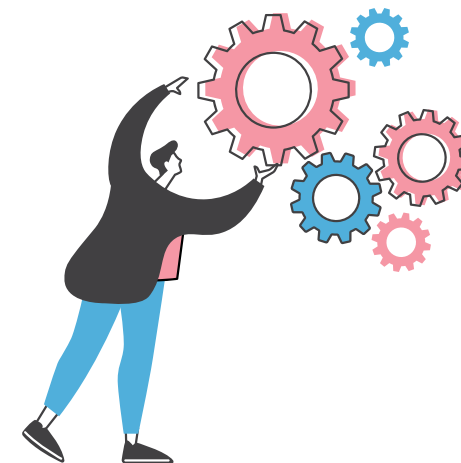
- Supporting and ensuring a high quality of the content of the training together with the trainers.
- Creating support for a safe project atmosphere together with the trainers and facilitators.
- Financial and administrative handling of the project (e.g. reimbursements).
- Youth passes
- Creating support for the implementation of the project in the broader youth work in Flanders and beyond.

Contact:

Liselotte Bekaert, coordinator international youth work JOETZ

www.internationaaljeugdwerk.be

[instagram.com/joetzinternational](https://www.instagram.com/joetzinternational)



TEAM ON THE SPOT

Trainers

FINKE ROGER

[linkedin.com/in/finke-roger-ba5b35261](https://www.linkedin.com/in/finke-roger-ba5b35261)

- Physiotherapist and Psychomotor therapist
- Teacher in circus arts
- Volunteer at Circusplaneet

MATTIAS BUYSENS

[linkedin.com/in/mattias-buysens-674349122](https://www.linkedin.com/in/mattias-buysens-674349122)

- Social/ welfare worker
- Facilitator of learning processes
- Freelance trainer/ facilitator for the Flemish NA (BEL)

Facilitators

MARTA DI GIORGI

[linkedin.com/in/marta-di-giorgi-4281341a9/](https://www.linkedin.com/in/marta-di-giorgi-4281341a9/)

- Mental health in queer community
- Experienced facilitator with focus on inclusive/safe spaces

WHAT DO WE EXPECT FROM YOU AS A PARTICIPANT IN THIS PROJECT?

Participant profile

- **Youth workers** (paid and unpaid) who work with groups of adolescents and young adults during their leisure time and in a non-formal learning context
- **18+** (no age limit)
- Not yet very advanced knowhow in the area of mental well-being in youth work
- Open-minded, curious, and willing to learn and share their experiences with others
- **Open attitude** towards all participants and recognizes the value and qualities of everyone present
- Passionate about creating a safe and inclusive environment for young people to grow and develop
- Interested in personal development, self-exploration and self-care of themselves and in order to support others
- **Committed to apply and adjust the learned tools and skills** in their own organization to improve the quality of their work with young people
- **Intermediate to advanced level of English** (as it is the language of instruction and communication during the training course)

Engagement in the project

We kindly ask you to:

Before

- organize your own **travel plans and transportation** (if necessary with support of your sending organization);
- pay the **travel cost** yourselves (reimbursement after participation);
- check your **mail/Whatsapp** regularly regarding the practical organization;
- Be present during a **(online) pre-departure meeting** organized by your sending organization;

During

- attend all the workshops with an **active and motivated attitude**;
- **share your knowledge and experience** with the other participants;

After

- be present and take an active role during a **(online) post-project meeting** organized by your sending organization;
- **disseminate** the learning outcomes to increase the **impact** and scope of the project. Therefore at least **put into practice** what has been learned, incorporating knowledge, skills and methodologies within your organization/ youth work practice;
- fill out the **evaluation form** afterwards to assess the training and help work towards improvement;
- check on your **mail/Whatsapp** regularly regarding regarding the further practical/ financial handling and dissemination of the project.

PROJECT PARTNER ORGANIZATIONS

The number of participants varies per partner organization.

Organization	Country
JOETZ	Belgium
Cassero	Italy
Scouts en Gidsen Vlaanderen	Belgium
Progresas	Lithuania
Mojo de Caña	Spain (Canarian Islands)
Bāze	Latvia
Fundacja Sempre a Frente	Poland
Asociación Sociocultural Grupo Cinco Cuenca	Spain (mainland)
POJAT	Austria
Lifeshaker Association	Portugal

COSTS AND REIMBURSEMENT

The project is funded by the Erasmus+ program so reimbursement will be done according to the most recent rules of this program. Erasmus+ provides a **fixed budget** for transport with tram, bus, train and plane according to the travel distance calculator indicated by the EU.

If your transport to and from the project stays within this budget, you pay nothing. If you go over the budget you will have to pay for the difference.

REIMBURSEMENT IS ONLY POSSIBLE WHEN:

- **JOETZ is in possession of your personal details and copies of your tickets/boarding passes as proof of transport costs incurred.** Therefore a google drive folder will be used.
- We are in possession of your **dissemination action/follow up activity.**
- You have completed the **online survey of Erasmus+** which will be sent to your email after the project.
- Reimbursement takes place **approximately two to three months after the end of the project and from the moment we are in the possession of what is asked for here above.**
- Food, accommodation and transportation are included only during the project dates. Overnight stays outside this period is at your own costs.
- There is **no participation fee.**

MAXIMUM TRAVEL REIMBURSEMENT

Country	Standard	Green travel
Belgium	23 Euro	-
Italy	275 Euro	320 Euro
Lithuania	275 Euro	320 Euro
Spain (Island)	530 Euro	610 Euro
Spain (mainland)	275 Euro	320 Euro
Latvia	275 Euro	320 Euro
Poland	275 Euro	320 Euro
Austria	275 Euro	320 Euro
Portugal	275 Euro	320 Euro

Your travel plan

We expect you to draw up your own itinerary and travel plan. Your sending organization will support in this where necessary. You can already start looking for travel options before selection and find out the **most ecological and economical option**. However, you can **only buy the tickets after selection and approval!**

JOETZ will approve only the most ecological and/or economical option. Travel must be economy/2nd class for a plane, train or bus ticket. **No taxi costs** will be refunded unless there is no public transport that covers your journey. After approval you can buy.

Participants can use **up to 2 extra travel days**. These days are NOT covered by the project regarding food and accommodation.

Possible travel days can be:

Arrival	Departure
05/05	12/05
04/05	12/05
03/05	12/05
05/05	13/05
02/05	14/05
04/05	13/05

Keep in mind that you can only arrive at the venue between these dates. Thank you for respecting this request.

You **pay yourself in advance** for transport costs. Reimbursement takes place approximately two to three months after the end of the project and from the moment we are in the possession of what is asked for ([see costs and reimbursement](#)).



PRACTICAL

Youthpass

Youthpass is a European recognition instrument for identifying and documenting learning outcomes that are acquired in projects under the Erasmus+ Youth and the European Solidarity Corps programmes. So this also counts for your participation in this project.

The responsibility to issue the Youthpass certificates to you as a participant lies with JOETZ.

The venue: Hanenbos

Hanenbos is located in the **green outskirts of Brussels**, in the **Zenne valley**, at a **stone's throw from the Belgium capital**.

In Hanenbos, you can stay in **peace and quiet** and enjoy **maximum comfort**.

The Hanenbos accommodation and training centre is located in the middle of **nature** and far away from the classroom, work or home.

More information?

<https://www.hanenbos.be/en/stay/>

YOUR PRIVACY, SAFETY AND HEALTH

Privacy

Please note that all the partner organizations in this project may use audiovisual tools (pictures, videos, livestream, project movie) for the purpose of dissemination of the project results. If you do not wish to appear in these digital materials, please inform us.

Well-being and integrity

JOETZ attaches great importance to guaranteeing everyone's well-being and integrity before, during and after a project. We see it as the task of all parties involved to create a safe space for everyone involved during the project (being the trainers, facilitators, participants, etc.). We therefore do not accept any form of transgressive behavior.

Transgressive behavior refers to a specific form of physical, sexual, moral or psychological conduct that goes beyond your own or someone else's boundaries (for example: aggression, sexually transgressive behavior, bullying, discrimination, peer pressure or pressure carried out from one person, etc.).

If you have a question, comment or complaint regarding (sexually) transgressive behavior or physical and (sexual) integrity you can address the Integrity Contact Person during the project which is the facilitator. You can also contact the Integrity Contact Persons of JOETZ on our website. Therefore visit our contact page on www.internationaaljeugdwerk.be. The Integrity Contact Persons will listen to your question or story, provide advice and refer you if necessary.

Health

Use of drugs during the project cycle will be forbidden.

You have to be responsible for your health, **bring your own first aid kit and necessary medicines.**

SELECTION PROCEDURE AND DEADLINES

- Carefully read the info pack
- Apply by completing this digital forms: <https://forms.gle/RFdGFo7pUuEBZapH9>
- **Deadline for application: 29/02/2024**

You will hear from your country's partner organization no later than 2 weeks after the application deadline whether you have been selected or not. Keep a close eye on your mailbox.

We ask that you present purchased tickets no later than one week after formal confirmation by email of your participation. If this is not possible for certain reasons, please inform your partner organization. We want to give everyone the opportunity to participate. Do we hear nothing and see no tickets? We will then give you a place to a candidate on the reserve list.

Deadline for having bought the tickets: 22/03/2024

STAY IN CONTACT

For questions before, during or after the project, ask your sending organization in the first place.

