



The training course

We all want to be happy. Our parents, neighbours, colleagues, the old lady across the street, the young people we work with want to be happy too. In fact young people don't just want to be happy, they **need** to be happy.

It turns out, the benefits of happiness stretch far beyond feeling good. A review of the available literature reveals that happiness has numerous positive effects which benefit not only individuals, but families, communities, and the society at large. The benefits of happiness include

- higher income and superior work outcomes,
- stronger social support and richer social interactions,
- more activity, energy, and flow,
- better physical health
- even longer life.

Happy individuals are more creative, helpful, charitable, and self-confident, have better self-control, and show greater self-regulatory and coping abilities. **All these seem are essential elements to cultivate in young people.**

The science of happiness has flourished the last 2 decades. It has been applied in various fields; psychology, business, health and education. It is now time to introduce it into youth work. It is time for us to **meet happiness** :)

The objectives

- To enhance our knowledge related to happiness and its benefits
- To provide us with relevant tools and practices
- To inspire us to further work on the topic

The methodologies

The training course will be based on non-formal learning methodologies and will include (among others) the following:

- Self-reflection (activities in which we will spend time alone with ourselves thinking, assessing, writing and planning)
- Acts of kindness (activities in which we will be offering to others)
- Light physical exercising (activities in which we will be working with our bodies)
- Meditation (activities through which we practice to live in the present moment)
- Nature based activities (activities in which we will spend time and work outside in the nature)
- Work with peers (activities in which we will be sharing, talking, listening, empowering)
- Cooking (activities in which we will be preparing food, at least once during the training)

When and where

The training course will take place in **Cyprus** in a remote area, far from the city life and into the nature (exact location to be confirmed later on) and it will involve 6 working days. The dates of the training course are:

Arrival day	04/03/2017
Departure day	11/03/2017

Who is it for?

The training course is for you! It is for all interested youth workers! (trainers, coaches, teachers, organizers, etc)

Cost

There is an E+ funding for this training. The E+ funding covers the following:

Country	Number of participants	Maximum Travel cost allocated (in euros)
Cyprus	6	0
Romania	3	275
Bulgaria	3	275
Hungary	3	275
Italy	4	360
France	3	530

There is a **40 euros fee** for each participant who will be coming under the E+ funding.

The training course is also welcoming other friends from other countries who are willing to cover their own expenses. In this case, we would be happy if you could communicate with us in order to take care of it :)

Application form

In order to apply for the training course, we kindly ask you to follow the **link** below and fill in the application form. Last day to fill it in is the **15th January 2017!**

<https://goo.gl/forms/RE4AZMkb0vE7Zyg12>

Who are we?



We are an informal group of young people under the name „allaZOYME” which means “we live, we progress”. Grammatically, “allaZOYME” derives from three Greek words, the one embracing the other. In reality it means “we change” but at the same time it encompasses in the change the idea of innovation and the idea of progressing. It illustrates that by experiencing new concepts, we change towards a sustainable, coherent and evolving living. “allaZOYME” is about moving forward, learning and choosing to pursue positive changes in our lives that will facilitate our development, improvement and progress.

Every change is enriching. Yet “allaZOYME” does not imply progress of me and you only. It

is about the whole society we live in. It is about envisioning a better world and striving to achieve it collectively.

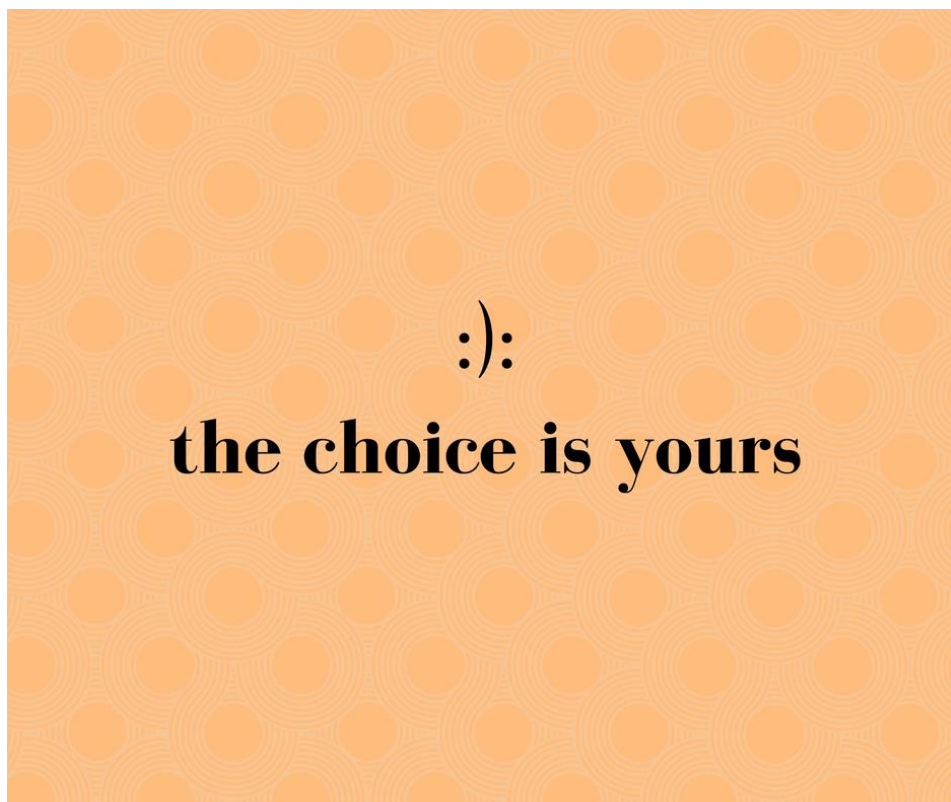
Our group is inspired by the idea of enriching changes in society and is here to help achieve it. Our focus is young people because we believe in their potential and capacities of being the drivers of social change. At the moment the group involves 30 young people with diverse age range. Our team is composed of experienced youth workers but also very young people with dreams and vision for the future.

Contact info

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We would love to hear from you! ☺



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