

**UPS and DOWNS - supporting emotional wellbeing of EVS volunteers**  
**18-23 of March 2018**  
**Estonia**  
**Programme (draft)**

Sunday 18.03.	Monday 19.03.	Tuesday 20.03.	Wednesday 21.03.	Thursday 22.03.	Friday 23.03.
Arrivals	Introduction to the training course	How human psychology functions?	Supportive feedback & Practising	My EVS cases	Departures
	Group building: Getting to know, getting comfortable and ready to learn	Maintaining and supporting good mental health in EVS	Assertiveness & Practising		
	What is mental health? What are common problems?	Active listening as support tool		My role: Limits & possibilities	
	Mental health first aid	Practising active listening	Conflicts Conflict resolution	Where to find additional help	
	Mental health in EVS: Context, triggers, coping		Practising conflict resolution	Evaluation	
Welcome & Settling in	Me & mental health: My awareness and experiences			Closing	
	Evening activity options	Evening activity options	Evening activity options	Evening activity options	



Uddannelses- og  
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Styrelsen for Forskning  
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