

# Power of Positivity

Training Course, Youth Centre Hyvärilä, Nurmes, Finland

June 22-26, 2020

Time	Monday Jun 22	Tuesday Jun 23	Wednesday Jun 24	Thursday Jun 25	Friday Jun 26
Morning	Arrivals	Introduction to Training	Introduction to Youth Exchanges	Self care - why is the well being of youth worker important?	Departures
		Getting to know each other	YE to promote young people's mental health	Practical methods	
Goals, hopes and expectations		Youth worker's role in organising youth exchanges	Perspectives on youth issues in Europe		
Lunch					
Afternoon		What is mental health?	Inclusion in youth exchanges - who do we reach?	Sharing tools, methods and practice	
	Positive perspectives on mental health	Creative practice	Planning next steps		
	Dinner				
Evening	Ice breaking	Free time	Sauna	Free time	