

DEBATING FOR MENTAL WELLNESS IN YOUTH WORK

20-29 September 2023
Ventspils, Latvia
International Training course



Co-funded by
the European Union



PROJECT DESCRIPTION

Mental health has become a significant issue in the European Union (EU), with a significant number of young people experiencing mental health challenges. The issue is provided in more documents. According to a report from the European Commission, mental health problems are the leading cause of disability in the EU. In 2018, mental and behavioral disorders accounted for 22.7% of the total years of healthy life lost in the EU. Another study, from Eurostat, they found that almost 84 million people in the EU reported experiencing a mental health problem in 2019. This represents around 18% of the EU's population. The same Eurostat study found that women were more likely to report experiencing a mental health problem than men. In 2019, 22% of women in the EU reported experiencing a mental health problem, compared to 14% of men. The COVID-19 pandemic has had a significant impact on mental health in the EU. A survey by the European Psychiatric Association found that the pandemic had led to an increase in anxiety and depression among people in the EU.

Mental health problems can have a significant economic impact. The European Commission estimates that mental health problems cost the EU economy around €600 billion each year in lost productivity and healthcare costs. Mental health is a significant issue in the EU,

OUR GOALS AND OBJECTIVES

- To raise awareness about mental health issues among youth workers: One of the primary objectives is to increase knowledge and understanding of mental health challenges and their impact on youth workers. This involves providing training sessions, workshops, and educational materials to youth workers to help them recognize the signs and symptoms of mental health problems.
- To develop skills for supporting youth with mental health issues: Youth workers need to have the skills to support young people who may be experiencing mental health challenges. Objectives include training youth workers in active listening, empathy, and other communication skills that can be used to support young people who may be experiencing mental health challenges.
- To reduce the stigma associated with mental health challenges: Stigma associated with mental health challenges can be a significant barrier to seeking help. An objective of the project is to reduce stigma by raising awareness, promoting positive attitudes toward mental health, and providing information and resources that challenge common misconceptions about mental health.
- To improve access to mental health resources and services: Youth workers may need to refer young people to mental health resources and services. Objectives could include developing partnerships with mental health organizations and service providers, creating a directory of local resources, and increasing the availability of mental health resources and services for youth.
- To promote self-care and resilience among youth workers: Caring for others can be challenging and stressful, so an objective of the project is to encourage self-care and resilience among youth workers. This involves providing resources and training on stress management, self-care techniques, and building resilience to prevent burnout and improve the overall well-being of youth workers.

OUR PARTNERS

THE AWESOME PARTNERS BEHIND THIS PROJECT



PARTICIPANTS PROFILE

Our target audience includes trainers, educators, youth leaders, facilitators, work camp leaders, staff members, etc.

- a) Who are interested in the topics of debates, mental well-being and health, and youth work.
- b) Who have a good command of English - **minimum B1-B2 level**.

- c) Who are **min. 18 y.o.** and more.
- d) Who show a big motivation for participation.
- e) Who are available for the whole duration of the training.
- f) Who are citizens/residents of one of the participating countries.

DATES AND VENUE



"VIESU NAMS DZIRKAĻI" GUEST HOUSE.

20 SEP - ARRIVAL DAY

29 SEP - DEPARTURE DAY

Kr. Valdemāra iela, Ventspils, Latvia

Participants will be accommodated in double/triple rooms. They will be provided with 3-time food and 1 coffee break per day. The venue provides bed sheets and towels as well.

We strongly ask participants to inform the host organization about special needs, such as allergies, special diets, food, etc.

A separate menu will be offered to vegetarians.

Indoor training activities and food provision will be organized in a separate hall and the restaurant in the neighbourhood (short walking distance from the venue).

Please note, that the organizers are not responsible for participants' accommodation, food, transport and other expenses for extra days both before and after the project dates.

FINANCIAL CONDITIONS

The training will be implemented in the frames of the EU ERASMUS+ Programme.

Board and accommodation will be covered by the hosting organization.

The travel costs will be reimbursed for the cheapest and direct way of transport and only under the condition that the participant will take part in the whole project. The travel costs will be reimbursed up to a certain amount. **Only the tickets that were confirmed by the organizing team will be reimbursed.**

Participants travel from Riga to the project venue in Ventspils on **20 September**, as well as their departure from Ventspils to Riga on **29 September**, will be organized by the host organization. The cost of those trips (**30 Eur/person**) will be deducted from the total reimbursement amount. Further details will be provided as soon as the national teams are formed and the tickets are booked. Thus, the maximum travel reimbursement per person is as follows:

COUNTRY	MAX. TRAVEL REIMBURSEMENT / EUR	TOTAL NUMBER OF PARTICIPANTS / PERSON
LATVIA	0	5
GERMANY	245	5
GREECE	245	4
ITALY	245	4
POLAND	245	4
PORTUGAL	330	4
ROMANIA	245	4
SPAIN	330	4

Travel reimbursement:

Travel expenses will be reimbursed via bank transfer after the project, upon presentation of all necessary documents (next sections).

All tickets' costs purchased in a local currency will be converted and calculated according to the exchange rate of the month given by the European Commission (<https://bit.ly/384sXo0>).

METHODOLOGY

The whole training course will be based on non-formal education.

Different methods, such as debates, group discussions, simulation activities, cooperative games, individual work, small discussion rounds, plenary work, group dynamics and etc. will be used., plenary work, group dynamics and etc. will be used.

Please get acquainted with key components of non-formal education through the following resource: <https://www.youtube.com/watch?v=Xm7PioKwkGo&t=3s>

AGENDA

The home tasks to prepare.*

- Sharing local realities: Each national team will be given a stage to present the current state of the mental health issues/challenges among youth and youth workers in their respective countries, as well as showcase success stories, and share their expertise.

*Each session should last no more than **15** minutes. The sessions should be based on interactive methods of nonformal education.

- Organizing cultural evening. Here participants are free to present their culture, national dances, cuisine, music, etc.

* Each session should last no more than 30 minutes. The sessions should be based on interactive methods of nonformal education.

- Presenting their organization/non-formal group.

The final agenda will be presented and discussed with participants upon formation of all national teams. Afterwards, it will be shared among all parties.

Normally, the agenda will have the following division:

09:00 - 10:00 - Breakfast

10:30 - 14:00 - Sessions with one coffee break

14:15 - 15:30 - Lunch

15:30 - 17:00 - Working groups / self-reflection time / participants' space

17:30 - 19:00 - Sessions, reflection groups

19:15 - 20:15 - Dinner

20:30 - 23:00 - Evening activities / cultural evenings / participants' space

FURTHER RULES

TICKETS / REIMBURSEMENT

- The selected participants choose flight connections and send them to the organisers for confirmation. **Please don't book any tickets without our confirmation.**
- Only the cheapest tickets will be reimbursed. Tickets with deviation from the direct route, extra unnecessary stops and layovers will not be reimbursed. We don't cover seat reservation fees, leisure plus tickets, flexible tariff tickets, extra travel insurance, etc. **Only 1 piece** of checked-in baggage of a maximum of 15-23 kg will be covered.
- Only tickets purchased online will be reimbursed. We can't cover travel agencies' fees, thus, their invoices won't be accepted for reimbursement.
- We can't reimburse taxis or private cars, only public transport will be covered.
- You can arrive 1-2 days before the activity and depart 1-2 days after if you want to spend more time in Latvia on your own, provided that the tickets on these days are not more expensive than on the official travel days.
- Eurowings, Ryanair, and Wizzair tickets should be purchased only on the websites of the airlines. Tickets purchased via the KIWI website are not very much reliable.
- PRINT your flight tickets and invoices and provide them at the training course. Online Check-in (per email in PDF) is highly recommended, then you can't lose the boarding passes.

TRAVEL INSURANCE

!!! Participants are self-responsible for acquiring travel insurance valid for the whole duration of the project, which preferably, also flight cancellation/rescheduling.

Note! Having valid travel/health insurance valid in the territory of Latvia is **MANDATORY**.

VISA

For the citizens of the project partner countries free entry to Latvia often is possible **only with a biometric passport or ID**. Please follow the link and check for the specific country conditions.

<https://www.mfa.gov.lv/en/countries-and-territories-whose-citizens-may-enter-latvia-without-visa>

Note! Different regulations may apply if the participant resides in a project partner country (page 5) but holds different citizenship.



TRAVEL DOCUMENTS

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets for plane/bus/train (also e-tickets),
3. Invoices,
4. Payment checks.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment proves that you will get during your travel.

THINGS TO BRING

- Valid international biometric passport for travel;
- Travel insurance;
- All required travel documents;
- **Note!** Comfortable shoes, outdoor suits, and raincoats. Make sure you have extra;
- **Note!** Warm clothes. Make sure you have extra;
- Laptop (at least 1 per national team);
- Personal hygiene items;
- Photo cameras and photo/video editing programs you may need;
- What can entertain participants during free time, e.g. games, music, small musical instruments, etc.;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc.
- The medicine you may need, etc.

MONEY

The currency in Latvia is the euro. Each euro is divided into 100 cents.

When you're buying currency for Latvia, look out for the currency code EUR. And once you're in Latvia, you'll see the symbol € used to show prices.

You'll find Euro banknotes in denominations of 5, 10, 20, 50, 100, 200, and 500 - although the 200 and 500 EUR notes are seldom used. There are also 1 and 2 euro coins.

Cents come in coins of 1, 2, 5, 10, 20 and 50.



COMMUNICATION / WIFI



Internet Access

There is a free WiFi network in the hotel territory. Nevertheless, for your own convenience, we highly advise buying a Sim card.

You can get a Latvian SIM card in LMT, Zelta Zivtina (ZZ) by Tele2 & Bitē stores. Resellers, like post offices, newsstands & grocery stores, also sell SIM cards. They are also sold at Riga International Airport (RIX).

POWER PLUGS / ELECTRICITY



In Latvia, the power plugs and sockets are of type C and F. The standard voltage is 230 V and the standard frequency is 50 Hz.

IMPORTANT NOTES

PARTICIPANTS' SELECTION

Participants' selection should be finalized by **22 August 2023**.

Partners are free to use any selection procedure/form, making sure that at the end the selected candidates have filled in the provided Travel form.

Note! The organizing team reserves the right to the final selection/rejection of participants. Thus, please make sure, that the candidates correspond to the minimal requirements:

- Experience in youth work (trainers, educators, youth leaders, facilitators, work camp leaders, etc);
- Strong interest in the project topic;
- Full engagement in all activities;
- Availability during the whole project;
- Good level of English;
- Awareness of the project details provided in the info pack;
- At least 18 y.o.

TIMELINE

Activity	Deadline	Form
Participants' Selection	22 August 2023	***
Purchasing tickets and filling in the travel form	25 August 2023	https://bit.ly/3OG4mfd

FURTHER INFORMATION

PICK UP PLAN

Participants' pick up will be organized from **Riga city centre on 20 September, approximately at 19:00.**

Participants' departures from the venue to Riga city centre on **29 September** will be provided by the organizers as well.

Details on participants' pick up and departures will be provided in the project's **Facebook group**, as soon as the national teams are formed.

FACEBOOK GROUP

All the selected participants and coordinators are requested to join the Facebook group of the Training Course to stay tuned to the latest updates and news.

<https://www.facebook.com/groups/664404839070677>

TRAVEL FORM

As soon as the tickets are booked, participants are requested to fill in the following travel form. This is needed for practical/logistic arrangements.

<https://bit.ly/3OG4mfd>

GREEN TRAVEL

We highly encourage participants to stay sustainable throughout the travel. Here we share information on "10 Steps to Being a Sustainable Traveller".

bit.ly/3DIExVV



JOIN THE ADVENTURE



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