

# Call for partners

ERASMUS+ Youth training course

## The power of mental well-being in youth work

Country: Belgium

Period: May 2024 (TBD)

Applicant and coordinating organization: JOETZ (Belgium)



Partners:



<sup>1</sup> JOETZ is a partner of [Solidaris](#), one of the major public, nonprofit health insurance funds in Belgium (also called a *mutualiteit* or *ziekenfonds*).

<sup>2</sup> JOETZ is a recognized national youth association by the Flemish government, [Department of Culture, sport and leisure](#).

## Training course “The power of mental well-being in youth work”

Young people experience a turbulent period in their lives during which a significant part of their personality is formed. In youth work, young people frequently participate in groups where they learn, have fun, and grow together. However, they may be unable to express who they truly are or reveal their true emotions to their peers. Their feelings are often suppressed, and they may feel that their mentors are too distant to approach with their concerns.

Skilled youth workers are essential in establishing an environment where young people can connect with themselves and others. They possess the necessary tools and knowledge to initiate conversations, approach problems in a solution-oriented manner, and seek help when necessary. These youth workers play a crucial role in the personal development of young people, and by applying the tools they have learned, they become more mentally resilient themselves.

When a group of young people in a youth work organization becomes a safe space, they are more likely to share both the positive and challenging aspects of their lives. They begin to feel like a part of a community where they are heard and seen. Their mentors are confident, relaxed, and capable of listening and taking action when necessary.

### Objectives

- ⇒ Learn how to create a **safe space** and **inclusive and good group dynamics** within their own youth work.
- ⇒ 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.
- ⇒ Work on **personal development**. **Participants** set their goals towards growth and self-care and take the first steps towards it.
- ⇒ 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.
- ⇒ Across all topics, the goal is to have clear and practical hands on ‘take home practices’, ready to implement in the organizations at home.
- ⇒ **Cultural exchange**, learn about culture and youth work in Belgium and Georgia and share best practices with all the other participants across Europe.
- ⇒ Contribute to work together towards the sustainable- and inner development goals.



## Experience

Experience the **power of a safe group** and learn how to create a safe environment in youth work. Participants will be challenged to grow, explore their talents and limits, and engage in activities that enhance their **understanding of the brain and body**. By participating in games, outdoor activities, connecting challenges and being in nature, they will strengthen their understanding of **mental wellbeing within youth work** and be able to generalize and apply what they have learned to their individual country and context in a playful and enjoyable manner.

## What's in it for your organization?

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 youth workers will look at how they can strengthen the topic of mental wellbeing within their own organization. The primary focus is 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, sport and play**. After the training course, youth workers will return to their organization with a backpack full of new ideas, inspiration, and methodologies that are directly applicable.

## Practical

- Location: Belgium
- Period: May 2024 (TBD)
- Duration: 6 days (excl. travel days)
- Accommodation, food and travel expenses during the training course dates are 100% covered by the Erasmus+ grant (based on planned budgets cfr. program guide 2023).
- There is no participation fee.

## Profile partner organizations

Expectations:

- Willing to **put into practice** what has been learned, incorporating knowledge, skills, and methodologies to enhance the quality of their (inter)national activities.
- Participating in an **online meeting** with the organizers and all partners **prior to the project** and an **online meeting as follow-up** after the training.
- **Dissemination** of the project through social media before, during, and after the project to increase the impact and scope of the project.
- Send required documents on time (PIF and mandate)

Regarding the selection of the participants, we ask to the partner organization to:

1. spread the project in the context of selecting the participants using provided communication materials by the organizing team;
2. conduct the pre-selection of the participants based on the provided criteria. The final selection will be made by the organizers;
3. To keep the conditions of Erasmus+ program fundings all the partners must guarantee to complete the group of a certain number participants (TBD) and the participation of them in the whole training course.

Regarding the preparation of the participants, we ask the partner organization to:

1. inform the participants about ERASMUS+ (if knew to the program, JOETZ can support in this);
2. assist the participants in making travel plans and organizing transportation;
3. after the training schedule a meeting with the participants of your organization to collectively examine what the training course meant for them and your organization.

## Profile participants

- Youth workers (paid and unpaid) who work with groups of adolescents and young adults during leisure time and in a non-formal learning context
- 18+ (no age limit)
- Not yet very advanced knowhow in the area of mental wellbeing 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)

We ask participants to:

- organize their own **travel plans and transportation**
- pay the **transportation cost** themselves (reimbursement after participation)
- **check** their **mails** frequently and do the necessary follow up;
- **complete** preparatory **assignment**;
- attend all the workshops during the training course with an **active and motivated attitude**;
- **share** their **knowledge and experience** with the other participants during the training;
- be present and take an active role during the **meeting** with their sending organization **at the end of the project**;
- **disseminate** the project through **social media** before, during, and after the project to increase the impact and scope of the project;
- **put into practice** what has been learned, incorporating knowledge, skills, and methodologies within their organization to enhance the quality of their (inter)national activities;
- complete their youthpass
- fill out the **evaluation form** afterwards to assess the training and help work towards improvement.

## Who are we and what to expect from us?

### JOETZ (Belgium)

[www.internationaaljeugdwerk.be](http://www.internationaaljeugdwerk.be)

- Applicant, coordinating organization: submits the project proposal to the Flemish National Agency JINT
- Supports and, together with the trainers, ensures a high quality of the content of the training.
- Administrative and financial follow-up.
- Creating support for the implementation of the project in the broader youth work in Flanders (and beyond).

### Scouts en Gidsen Vlaanderen (Belgium)

<https://www.scoutsengidsenvlaanderen.be/>

- Partner organization
- Creating support for the implementation of the project in the broader youth work in Flanders (and beyond).

### Cassero (Italy)

[www.cassero.it](http://www.cassero.it)

- Partner organization
- Facilitator on-site

## Other participating organizations

### Rietavo savivaldybes jaunimo organizacija "Progresas" (Lithuania)

- [https://www.facebook.com/jo.progresas/?locale=lt\\_LT](https://www.facebook.com/jo.progresas/?locale=lt_LT)

### GNJC Baze (Latvia)

- <http://www.labisbabis.lv/>

### Mojo Caña (Spain, Canarian Islands)

- <https://www.xn--mojodecaa-s6a.org/>

## Trainers



FINKE ROGER ([Linkedin](#))

Physiotherapist and Psychomotor therapist  
Teacher in circus arts  
Volunteer at Circusplaneet



JANNE SIMONS ([Linkedin](#))

Applied health scientist  
Primary school teacher

## Facilitators



MARTA DI GIORGI ([Linkedin](#))

Mental health in queer community  
Experienced ERASMUS+ trainer



MAE SOSTO ([Linkedin](#))

Queer and inclusion specialist

## Contact person for this training



LISELOTTE BEKAERT ([Linkedin](#))

Coordinator international youth work JOETZ