

## Call for partners

Programme	Erasmus+ KA150 (accredited project in the field of youth)
Project type	Mobility of youth workers
Dates (planned)	18-24 March 2024
Venue (planned)	Pécs, Hungary
Partners' profile	<ul style="list-style-type: none"> <li>➤ Civil society organisations (foundations, associations)</li> <li>➤ Working with young people, including disadvantaged youth</li> <li>➤ Are based in an Erasmus+ Programme country (EU members, North Macedonia, Serbia, Iceland, Liechtenstein, Norway, Turkey)</li> <li>➤ Are able to delegate at least one colleague or volunteer to the training course and 1-2 more participants from their country</li> <li>➤ Select and prepare their participants, take care of the dissemination and follow-up</li> </ul>
Project title	BRICKS – from which we build ourselves
Participants	<p>Youth workers, facilitators, educators, social workers, volunteers of youth organisations</p> <p>3 / country, 24 in total</p> <ul style="list-style-type: none"> <li>→ Working with young people regularly or occasionally</li> <li>→ Are connected to youth NGOs, youth centres or educational institutes</li> <li>→ More than 18 years olds (there is no upper age limit)</li> <li>→ Interested in the topic of youth mental health</li> <li>→ Active learner, ready to share their experiences and networking</li> </ul>
Travel costs limit	<p>180 € up to 500 km (210 in case of green travel)</p> <p>275 € up to 2000 km (320 in case of green travel)</p> <p>360 € above 2000 km (410 in case of green travel)</p>
Context	<p>Bricks: solid, square building blocks. Nothing more. Or are they? If we stack bricks on top of each other, we can build, for example, a wall. What does the word 'wall' represent to you? What do you associate it with?</p> <p>In this training course we will explore and activate our resources, with the help of which we can develop healthier habits both in our work and in our private lives. We will work with perseverance, self-control, and healthy optimism in order to develop resilience.</p> <p>During the program, the participants will acquire techniques, attitudes, and good practices that they can use in their work in supporting youth mental health.</p> <p>All of this will be done by building ourselves brick by brick, supported by creative tools, and using the wall as a symbol throughout the entire training program.</p>

Project aims	<ul style="list-style-type: none"><li>• Explore our own resources, using creative tools and methods.</li><li>• Give a toolkit that we will be able to use successfully in our youth work on mental health.</li><li>• Learn about how habits are formed, what happens in our brain when we overwrite an old habit and how a new habit can be adopted effectively.</li><li>• Discover the connection between perseverance and optimism, supporting the development of healthy optimism.</li><li>• Develop our resilience for better mental endurance.</li><li>• Learn from each other, share experiences on a European level, intercultural exchange and learning.</li></ul>
Contact person	Csenge Kolozsvári projects@youthbridgesbudapest.org
Partnership form	<a href="https://forms.gle/XeovsFYxMLrULX7KA">https://forms.gle/XeovsFYxMLrULX7KA</a>