

INVITATION FOR PARTNERS

"EYES Tools - Esteem of Young Europeans Self Tools" KA1 project under the Erasmus plus program focuses on tools for young Europeans' self-esteem.

Self-esteem helps young people understand the influence of the "ideal" body image portrayed in professional and social media on body acceptance and their choices. Furthermore, lack of self-acceptance leads to risky behaviour. Working on self-confidence tools is therefore crucial in preventive activities.

EYES Tools – are tools of non-formal education methodology, which we want to equip youth workers to support youth in building their self-esteem.

OBJECTIVES of the EYES Tools project are:

1. To raise awareness on the topic of body shape and size discrimination and/or bias among youth workers, and it´s negative consequences on the lives of young people.

Support young people in developing acceptance of their own body and their potential by building positive self-esteem.

2. Increase the youth workers competences in this area.

3. Share existing tools, resources, and best practices to address self-esteem in youth work and prevention.

The project will be attended by 21 youth workers from 7 partner organizations (3 participants per 1 country).

MAIN ACTIVITIES:

STAGE 1 – “Inner EYE” training course for youth workers:

1. to increase their competences in developing young people's bodies, acceptance and their potential by building positive self-esteem.

Centrum Inicjatyw Międzykulturowych Horyzonty

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2. To raise awareness on the topic of body shape and size discrimination and/or bias among youth workers, and it´s negative consequences on the lives of young people.

Poznań, Poland 6 days France/Alicante/....???? 2024

STAGE 2 – local implementation of participants activities under the online supervision of trainers

STAGE 3 – “EYES on prevention tools” Seminar, which will gather the Partners representatives and experts in order to share experiences from implementation stage and best practices – Poznań 5 days April 2025

The whole project included 3 steps: 2 transnational mobilities under the E+ Program for Youth

Workers and local activities with young people. Partner organizations are from Bulgaria, Poland, Spain...4 to go :)

EYES TOOLS project

combines professional knowledge from 3 fields:

1. Diversity, Equality and Inclusion
2. Mental Wellbeing
3. Non formal and se* education in Youth Work

TO BE PARTNER REACH OUT TO Kamila international@cimhoryzonty.org with your PIF that specifies your work or interest with Diversity, Equality and Inclusion, Mental Health, prevention till Friday 16th of February 2024

Best regards,
Kamila Lenczewska
Chairwomen of the Board and Manager



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