



Keep it up..!☺

United Societies of Balkans is looking for partners for the project “Keep it up..! :)” that is planning to submit to Greek NA.

The project “Keep it up..! ☺” will try to help participants understand the reasons for melancholy and boost them with positive feelings. Many times, people working with youth, have to face situations related to negative feelings amongst youngsters that they are working with. Also there are many people that are stigmatized because of some mental problem that they had in the past, connected with melancholy. With the two stages of that programme we will tackle the above mentioned issues. This programme will give the participants the tools, through non formal education, to handle those negative feelings and turn them to positive ones.

The melancholy amongst youth is one of the most important problems that is connected and sometimes lead to many other physical and mental issues, such as depression. This state of mind is something that we could work with and with give the participants the power to help themselves first and the youngsters that they are working with at first stage. They will improve through the programme their competences in the working field. There is also a second stage in which the participants from the first stage, will cooperate to a youth exchange in which we are going to involve a blend of people who have faced at some time in the past problems that are connected with melancholy and some others that have no idea but are willing to learn and create empathy. There are many researches that shows for Europeans that they are more or less diving into sadness and melancholy from time to time and this state of mind last longer and longer, regardless the differences between countries. At the end of the programme except for the understanding of the reasons and finding ways to turn the negative to positive emotions, participants will learn to accept and find a way to coexist and use also negativity in a creative way without being dangerous

ELIGIBLE COUNTRIES:

programme countries

Each partner organization should send 2 participants for the first TC and 5(4+1 leader) for the YE.



PROFILE OF PARTICIPANTS(for the TC):

- ♣ Youth workers, youth leaders, project managers, trainers, active volunteers in youth organisations, or NGO/public sector staff working with youth
- ♣ Over 18 years old (preferably 18 to 35 years old)
- ♣ Involved in the work of the organisations
- ♣ ready and able to attend for the full duration of the course;
- ♣ With good command of the English language

PROFILE OF PARTICIPANTS(for the YE):

- ♣ Between 18-30 years old
- ♣ Preferably half of the participants had faced discrimination because of some mental issue that they had in the past and half of them not connected directly to the theme but willing to know.
- ♣ With good command of the English language

If you want to be partner on the project, then please send us fully filled Partner Identification as well as signed, stamped Mandate form by email to mobility@usbngo.gr with subject line “Keep it up..! ☺”, not later than 25th of January 2017.