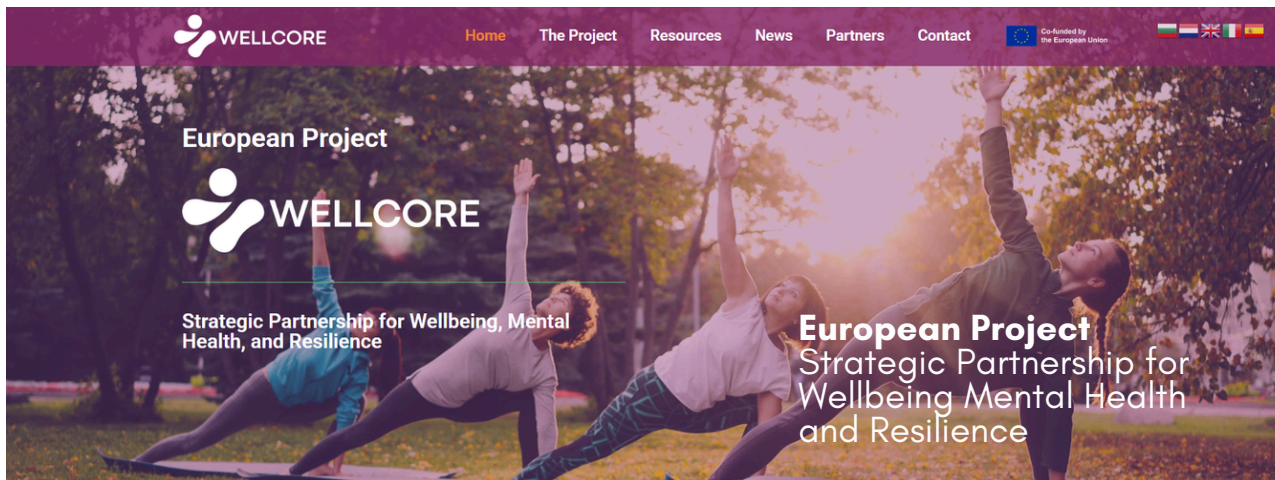




WELLCORE

NEWSLETTER

Already 1 year working to contribute on Youth Ecosystem wellbeing



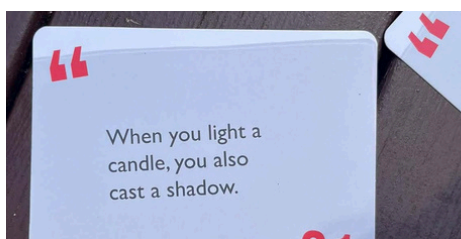
Project objectives

Set wellbeing foundations and share wellbeing resources and good practices in youth work.

Develop a training programme for youth workers organisations to facilitate wellbeing improvement processes

Support implementation at a national level, reaching at least 15 young participants per country.

Facilitate synergies and develop guidance among stakeholders within the Youth sector.



Project Partners

Sciara Progetti Theatre company using artistic production and education as social tools for youth.

Highlights NGO focused mental well-being, sustainability, and empowering disadvantaged youth.

Impact Drive Specializes capacity building for positive social change in communities

Defoin VET provider working at EU level to improve employability and insertion



Co-funded by
the European Union



Defoin

Highlights  e.V.
MIND, TECH, LIFELONG LEARNING

 **Impact Drive**

NEWSLETTER PROJECT RESULTS

“

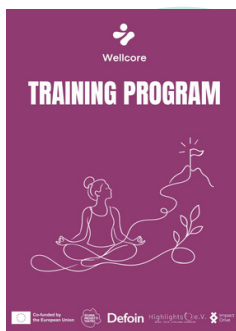
WHAT DO WE DO
FOR OUR
WELLBEING?

”



Good practices

A compilation of 9 successful tools and initiatives from Spain, Germany, Bulgaria, Italy, and Australia.



Training Program

A ready to use training program on Well-being, mental health, connection and resilience structured into 5 training days



Training of Trainers

5 days training of trainers activity in Germany where 20 youth workers pilot the programme, explore and learn from each other



Strategy for Youth Ecosystem Wellbeing

A structured strategy working program is starting with the aim to improve Youth Work Ecosystem Wellbeing awareness and capacity



TRAINING OF TRAINERS

5 days learning, training and exploring the topic of Wellbeing in Nuremberg with 20 youth workers coming from Italy, Germany, Bulgaria and Spain



Five structured training days:

- Slow start session, inviting to bring self awareness reflection and resources for wellbeing practice.
- Morning and afternoon sessions covering the four training modules
- Reflecting groups, reviewing learning and personal and group processes.
- Night session practical session on personal and group wellbeing



Program divided in four modules:

1. Wellbeing through movement therapies
2. Mental health and Connection through nature and theatre
3. Cooperation and the topic of consent through circus and Acro-Yoga.
4. Resilience, dealing with failure and the power of play.



WHAT COMES NEXT

Bring what we have learnt to our national context, develop Youth Work Ecosystem Strategy and Youth Wellbeing Festival in Italy



Strategy methodology

Starting with Stakeholders focus group and dialogue sessions continuing with analysis , research on practices and policies and stakeholders interviews

National Wellbeing Piloting Programme

aimed at youth workers and young people 13-30yrs old.

Youth Wellbeing Campaign

Poster/ Photography Contest in each country to raise awareness on wellbeing.

Youth Wellbeing Festival

20 participants 2 days festival in Italy including a European Stakeholders dialogue session



Strategy for Youth Ecosystem

Wellbeing will gather main findings recommendations and conclusions.

