



MENTAL HEALTH FIRST AID KIT

for youth workers

TRAINING COURSE

26.04 – 02.05

Puig-Reig, Catalunya, Spain

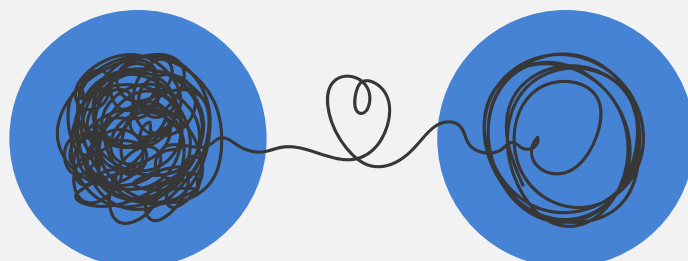
ABOUT THE PROJECT

AIMS OF THE TRAINING

After COVID-19 there has been a noticeable increase with mental health difficulties that people working with the youth encounter daily. Often the stress for youth workers rises from wanting to help the struggling youngsters but not having the knowledge or toolset to manage the situations. This is why **the main goal** for this **training course** is to provide youth workers and educators with specific tools and know-hows for managing and supporting youngsters in difficult situations. In addition, it aims to create a **safe space for sharing** experience between youth workers and share good practices already being used.

FOR WHO

For youth workers, facilitators, coordinators or educators who actively work with young people. The participants must be official residents of the country they are coming from, have a good level of English, over 18 y/o & participate fully in the project & its dissemination.



OBJECTIVES



01

RECOGNITION AND COMMUNICATION

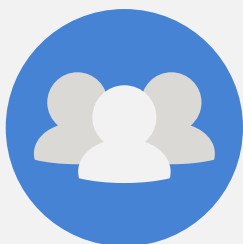
How to recognize when a person's behavior is not normal and should need interference and where to turn to



02

MENTAL HEALTH FIRST AID

How to give mental health "first aid" to other people



03

GROUP MANAGEMENT

To learn and practice tools for group crisis management and communication



04

SHARING

To share experience and situations that have already happened

ABOUT US

LA VIBRIA INTERCULTURAL

Our organisation was found in 2003 with the mission to promote values of diversity and interculturality among young people and society in general. Through international mobility experiences and sociocultural initiatives based on non formal education. Since then La Vibria works to motivate participation, active citizenship and encourage young people to develop critical thinking.



Advise on youth mobility

Our international mobility advisor help and guide to find opportunities abroad that fit their interests.



#Greenfluencers

Group of local youngsters that promote projects and actions to create awareness about climate change and environmental issues.



Radio VibriaLab

In our radio group, local youngsters meet every week to create podcasts, exploring topics that interest them.



InterCOOLtural Thursdays

A space where our international volunteers share their cultures and languages through food, dances, games, quiz, language exchanges and much more.

THE TEAM

THE TRAINERS



ANNA-LIISU ARUKASK

Liisu is from Estonia, currently working at La Víbria Intercultural. She has a degree in education, which includes psychology, mental health and crisis management. She has been teaching mental health topics to teenagers for years and has a long experience with facilitation & non-formal learning methods integration & gamification. In addition, she has participated in trainings regarding leadership, conflict and crisis management.



PETAR DUKIĆ

Petar is psychotherapist, educator, and trainer from Croatia. He has been trained in integrative body-oriented psychotherapy, Mindfulness, Movement and Embodiment. For many years he has been working on international projects focused on minorities, LGBTIQ+ topics, mental health, personal development, and inclusion and diversity. Alongside his work in the youth/community sector, and his private practice he is also a teaching assistant at the Institute for integrative body psychotherapy (CIR INTP).

PARTNERS

COUNTRY	ASSOCIATION
ESTONIA	SHOKIN GROUP ESTONIA
LITHUANIA	TAVO EUROPA
ROMANIA	UN STROP DE FERICIRE
MACEDONIA	FECH
PORTUGAL	A JORNADA DOS HEROI
CROATIA	TERRUM
BULGARIA	VVI FOUNDATION
GREECE	HELLENIC YOUTH PARTICIPATION
ITALY	ASSOCIAZIONE LINK

3 FROM EACH COUNTRY

ACCOMODATION

CAL PONS

Cal Pons is part of the architectural ensemble of an old mid-19th century textile colony, the Pons Colony, located in the town Puig-Reig, in Berguedà (1h from Barcelona city). It is an area surrounded by nature, a river and the little town Puig-Reig. It is an old colony house, which has all the necessities and standards for modern living, but still the house is of an older style, which means that the rooms and bathrooms will be shared.

- The accommodation is equipped with wifi, bedsheets and towels
- The participants will be accommodated in rooms of maximum 6 people, with same gender, mixed nationalities
- Bathrooms will be shared
- 3 meals per day and a coffee break will be provided, in the accommodation. There are small shops in the town and a fridge for common use.
- The activities will take place in the same accommodation and in the outdoor surroundings, depending on the weather.
- Participants will have access to common areas with WIFI and an outdoor sports ground.



ACCOMODATION



CAL PONS



HOW TO GET HERE

TRAVEL

The nearest airport is **Barcelona El Prat**. Once there, to get to Barcelona city:

- **Aerobus**: shuttle bus every 5 minutes that connects terminal 1 & 2 with Barcelona city center. Stop: Plaça Catalunya.
- **Train**: R2 Nord train every 30 minutes that connects terminal 2 with Barcelona city center. Stop: Passeig de Gràcia.

From Barcelona center, you need to go to the Bus station Estació del Nord where there will be a **transfer bus** to take us to the accommodation and back.



MEETING POINT

We will meet in **Estació del Nord** 26/04 17:00 where there will be a bus to take us to the accommodation and back.

On the **2nd of May the bus** will leave from the accommodation at 9:30 (arrival to BCN at 11am) to take us back to Barcelona. To cover the bus, 25 euros is already deducted from each travel budget.

To respect the transfer schedules you should arrive and departure from the Barcelona El Prat airport:

- 26th April before 15:00
- 2nd May after 14:00

TRAVEL COSTS

MAXIMUM BUDGET PER COUNTRY

COUNTRY	TRAVEL COSTS	GREEN TRAVEL
ESTONIA LITHUANIA	335 €	385 €
ROMANIA, MACEDONIA, PORTUGAL, CROATIA, BULGARIA, GREECE, ITALY	250 €	295 €

REIMBURSEMENT

- **Before** buying any tickets, send the travel proposal to the hosting organization **info@vibria.org**, so they can confirm it. Otherwise the tickets might not be reimbursable.
- If you are not sure if you will be qualified for the green travel, **contact us first**.
- You must keep and upload all the original travel documents- tickets, invoices, boarding passes etc. Without missing tickets, it **can not be reimbursed**.
- You must take part in **all the workshops** during the training course, failing to do so without an exceptional reason might result in your tickets not being reimbursed.
- Travel expenses will be reimbursed to the sending organization max 2 months after the project, **after completing a participation survey and the dissemination**.

PRACTICALITIES

EXTRA DAYS:

You can choose to travel a maximum of **3 days before** and **after** the project. The accommodation and food for extra days will not be covered by the project.

INSURANCE:

It is mandatory to have a medical insurance (i.e. European Health Insurance Card) during your travel. The host organization will not cover any personal health costs. It is recommended to have valid travel insurance (not covered by the project).

WHATSAPP GROUP:

Once the group is complete, we will create a Whatsapp group to communicate before and during the project.

CONTACTS



@vibria.intercultural



www.vibria.com



info@vibria.org



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SEE YOU SOON