

CALL FOR PARTNERS: KA151: 'Take care' Implementing self-care in the youth sector.

Gantalcalá is pleased to invite you to 'Take care', a training course through the KA151 action, which aims to improve the **health** and **well-being** of youth workers and indirectly of young people themselves by raising awareness about physical, mental and emotional **self-care** and acquiring the tools to do so. The idea is that participants experience the benefits of the proposed practices in themselves and in turn create strategies to promote them among young people.

For this we will use, among others: **meditation, yoga, chi-kung, conscious eating and food-medicine, reflexology, magnetic therapy, as well as exercises based on biodance**. These self-care practices will not only improve their health and help them to achieve inner peace, but will also contribute to making them aware of their full potential, raise their **self-confidence**, self-knowledge, self-expression and communication with others....

At the same time, through reflection and group work, using different methods of non-formal education, such as **storytelling, gamification, theatrical and/or musical performance and the use of social networks**, participants will create **strategies** to convey the importance of self-care and its implementation to the young people around them or with whom they work on a regular basis.

OBJECTIVES:

- To reflect on and discuss **health disorders** (physical, mental and emotional), addictions and other social problems of young people today.
- To raise awareness among youth workers of the importance of **self-care** for personal, family, work and social well-being.
- To provide youth workers with **resources** of their own with physical, mental and emotional self-care to be able to apply them in the work with young people.
- Establish new lines of thinking and behaving in day today situations and emotions, to avoid, among others, stress, anxiety, burnout... and achieve a **long-term wellbeing**.
- Create strategies to raise awareness and put into practice self-care tools and actions in young people through **non-formal education methods**, to be implemented both locally and in future projects of the Erasmus + Programme.
- To increase the social participation and **active citizenship** of young people through self-care and the improvement of their personal health and well-being.

PARTICIPANTS' PROFILE:

A youth worker/ teacher/ facilitator/ mentor/ coach/ trainer/ volunteer working with and for young people regularly.

- Age: from 20 to 25 years old.
- Resident in an EU Member country.
- Good command of English (minimum B1.)

- A deep interest in health, self-care, self-awareness and non-formal education tools.
- Willing to change habits and other aspects of life by exploring new approaches and techniques.
- Commitment to take part in preliminary preparation + training course + dissemination.
- We enhance the participation of young people with fewer opportunities (ex. economical, social, cultural, geographical barriers, etc.)

LOGISTICS:

- Ideally, 4 participants from each partner organization (6 countries, 24 participants in total)
- 7-days-long program (excluding travel days) from 9th to 15th December 2024.
- Taking place in Marbella (Málaga) Spain, *Inturjoven Youth Hostel*
- 20 € contribution fee.
- Accommodation and food covered by Erasmus +.
- Travel reimbursement up to the maximum provided by the Erasmus+ programme.
- A non-formal education activity of around 1.30 hours, following some ideas and guidelines of the coordinators will be prepared in advance (2 partners involved in each activity).
- Each partner will also be able to contribute with an Energizer.

PARTNERS´S APPLICATIONS (PIF):

To be sent to diana.k@gantalcala.org before 14th October 2024

CERTIFICATION: Participants are entitled to receive a *Youthpass* certificate from the organiser, for recognition of their competence development during the activity.

THE TEAM:

Diana Kulikowski is the vice-president of the organization, and represents it at a regional level in Andalusia. She has a wide experience on youth projects such as seminars, youth exchanges, training courses, youth initiatives and youth democracy projects. She is a certified trainer and therapist of the Amaranta Method, acquiring as well specific training in mindfulness, stress management and different personal growth and healing techniques, such as Quantum Kinesiology, Magnetic therapy, Biodance... She believes that mental peace, self-knowledge and self-care is the key for every human being to achieve balance, harmony and motivation needed in order to be able to help others and contribute with his/her community.

Maribel Pancorbo is a volunteer in Gantalcalá. She is a Certified Yoga and English teacher with great communication skills. She collaborates with the regular local activities of the entity, and she has recently supported the coordinators in the European projects *‘Stress? No, thanks’* in Marbella and *‘RuralAlliance’* in Ezcaray. She has knowledge in Reflexology, Chi-kung, Reiki and relaxing massage and she is eager to explore the most attractive ways to share it among young people from all around Europe.