

HEALTHY FUTURE

Training course about mental health



TRAINING COURSE
3-9 October 2024
Cerralba (Pizarra) Spain-

THE PROJECT

“HEALTHY FUTURE” is a TRAINING COURSE within the frame of Erasmus+ about mental health in young people. The main objective is to equip youth workers with tools to work on this issue from a social perspective, not from a psychological or psychiatric approach. The use of social media and how to encourage emotional education will be keys in this project.

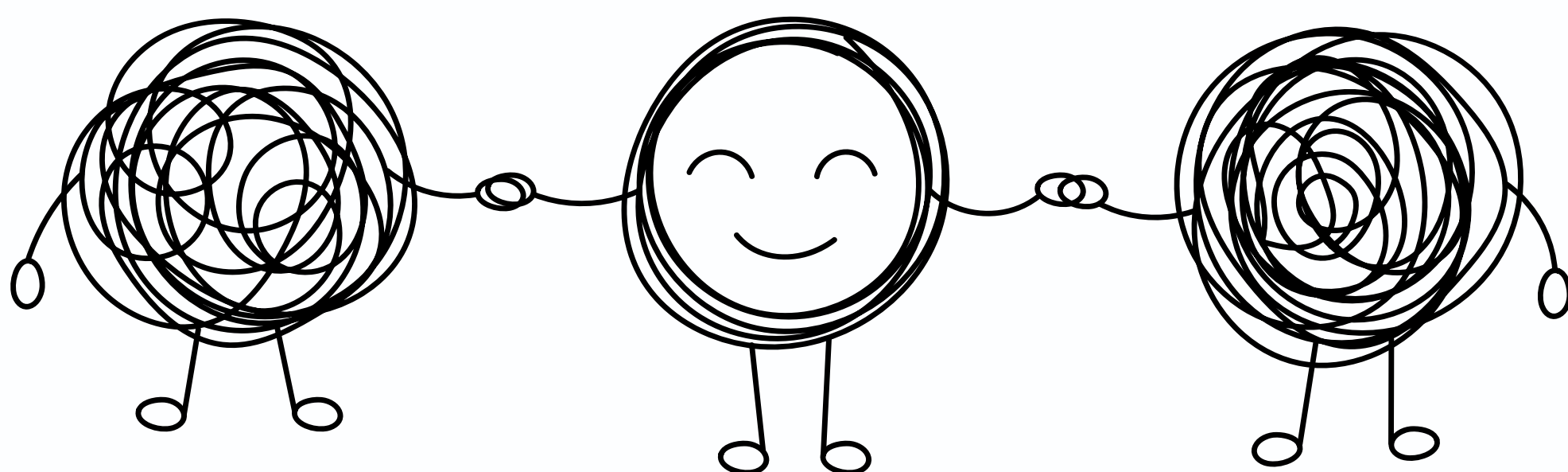
During 7 days, participants from 8 countries will work together to discover their different approaches to this topic and to develop skills to promote well-being among young people. Specifically, we will work on different skills like cognitive flexibility, team work, self-esteem, assertiveness, creativity and emotional expression.

Nowadays, we all are concern about young people needs related to mental health; according to the statistics:

- One out of every seven youngsters from 10 to 19 years has a mental disorder.
- Depression and anxiety are among the leading causes of illness and disability among adolescents.
- Failure to address youth mental health disorders has consequences that extend into adulthood, impairing the individual's physical and mental health and restricting their potential for a fulfilling life in the future.

We are in a social moment in which young people are very interested in change and in giving value to mental health. However, there is still stigma and difficulties in seeking help, so we want to act in order to give young people more tools to continue to improve their well-being. Emotional education is a really powerful tool to achieve a more human, fair and equal society.

We will explore psychosocial tools and social media in order to promote mental health among young people and to educate society about it. We want to carry out creative and innovative activities so the participants can use the things that they learn in their daily work.

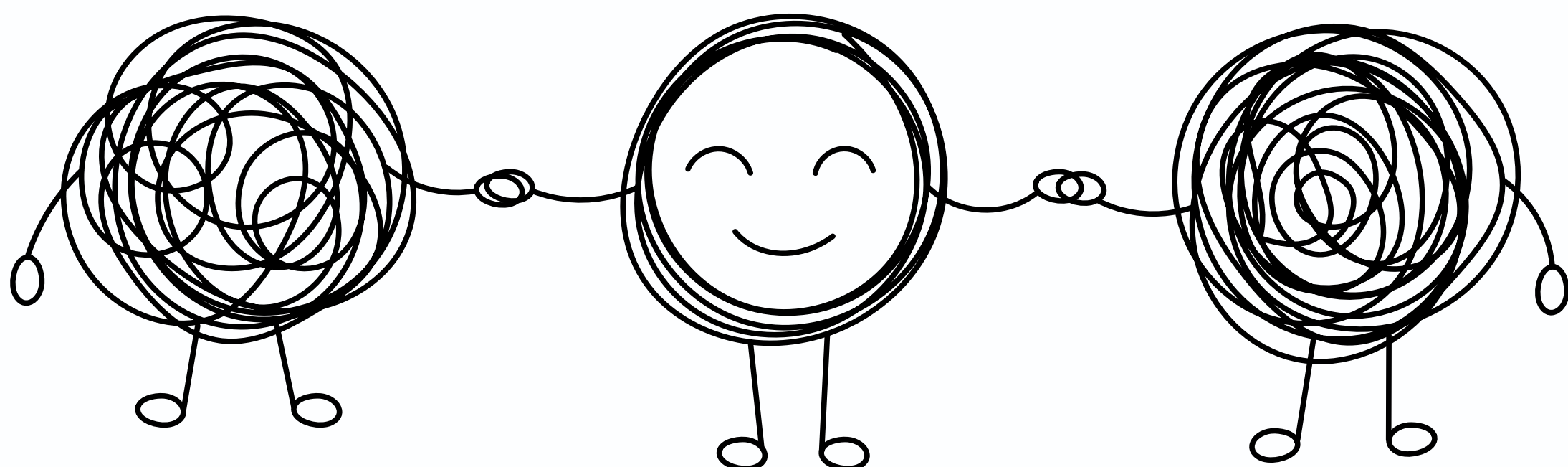


OBJECTIVES

- To discover different tools to promote mental health among young people and to raise awareness in general population (social media, emotional education).
- To explore “life skills” and how to develop them: communicative and emotional skills, creativity, teamwork, assertiveness, self-esteem.
- To dismantle stereotypes and erroneous beliefs about mental health and mental health problems.
- To encourage help-seeking and social understanding.

BASIC INFORMATION

- **Duration:** 7 days (including travel days).
- **Date of the project:** 3 -9 October 2024.
- **Venue:** Cerralba (Pizarra), Málaga (SPAIN).
- **Countries:** 8 countries represented by 3 participants each one (aged +20).
- **Participation fee:** 25€/person.



PARTICIPANTS

The participants could be students, teachers, youth workers, association workers, youth councils, or any active person in youth field, or interested in mental health. Also young people willing to share their experiences, to learn from others and to grow personally and professionally.

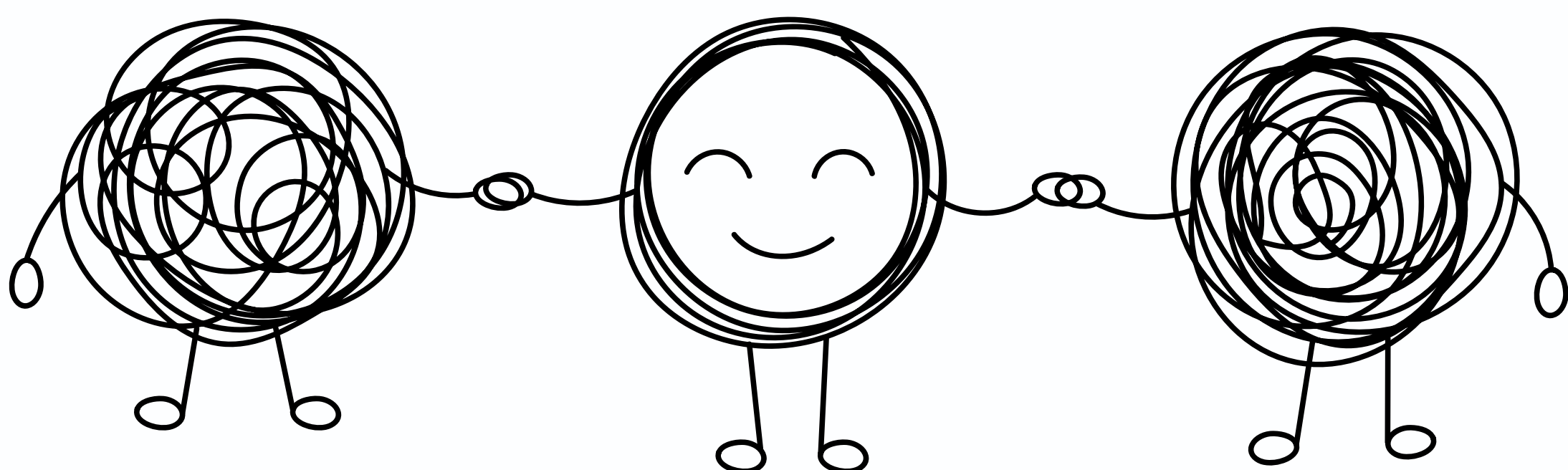
To offer this opportunity to young people from rural areas is one of our priorities because we want to spread the knowledge and increase their opportunities for self-development.

In order to reach our goals in all aspects, we ask our partner organizations to pay attention to the gender balance in the selection of the group.

ACTIVITIES

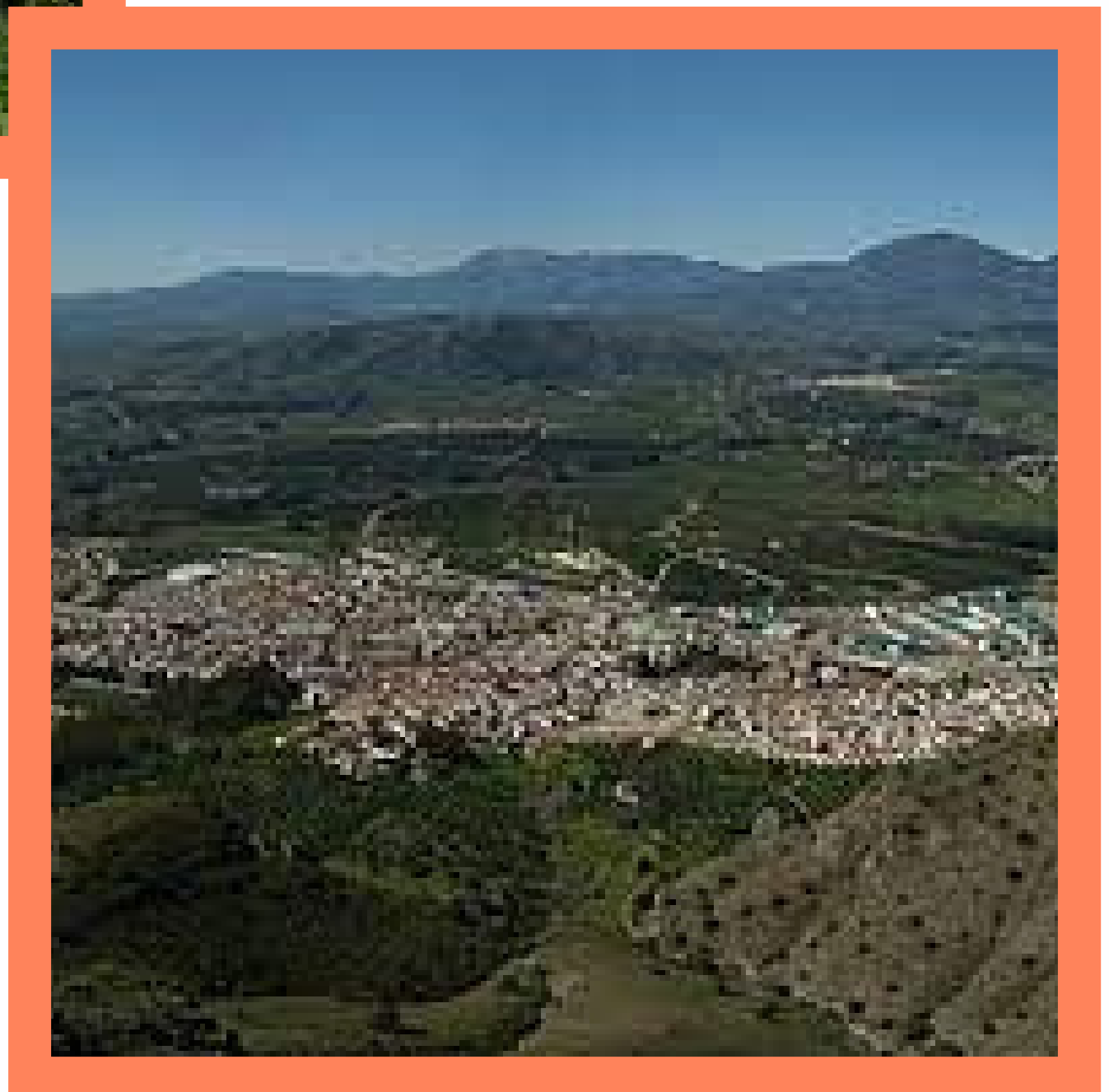
The activities will be divided (as a general rule) into four sessions of one and a half hours, two in the morning and two in the afternoon with a coffee break in the middle.

There will be debates and group activities in which we will learn from each other. Also we will work on different skills through games and challenges that will be useful for our daily life and for our work as youth workers, with the main goal of raising awareness about mental health in young people and offering a safe space for youngsters in our communities.



THE VENUE

The venue will be in PIZARRA, a little town near Málaga in the Guadalhorce Valley. It's a town with around 9,000 inhabitants, small but it has a beautiful nature and the possibility of doing different activities (hiking, museums, bars, etc.).



How To Arrive

Málaga has one of the biggest airports in Spain, so hopefully you will find direct flights to Málaga.

The itinerary that you should follow is:

1. Go Terminal T3 in airport to take the train. There is just a line, called C1 RENFE CERCANIAS.
2. Buy a ticket at the vending machine to PIZARRA - just a single ticket.
3. Take the train from the airport (Terminal T3) towards MÁLAGA CENTRO-ALAMEDA.
4. Promptly get off the train at the stop VICTORIA KENT, and change the train destination to ALORA. Line 2 (C2).
5. You will be on this train around 20 minutes and then you have to get off the train at the stop PIZARRA.
6. We will pick you up in PIZARRA and take you to the place:

More information in the official train page:

<https://www.renfe.com/es/es/cercanias/cercanias-malaga/horarios>

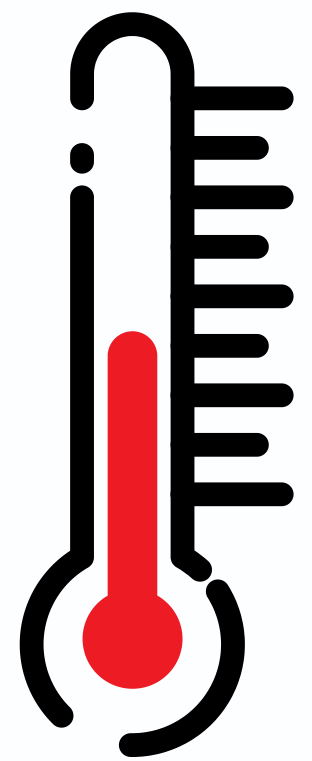
In any case, when we know your flight schedule we can help you to find the easiest way to get the place.



THE WEATHER

In October, we have warm weather, with sunny days and temperatures that go from a maximum of 30°C to a minimum of 15°C. But weather can be changeable. Rain could be possible in these dates.

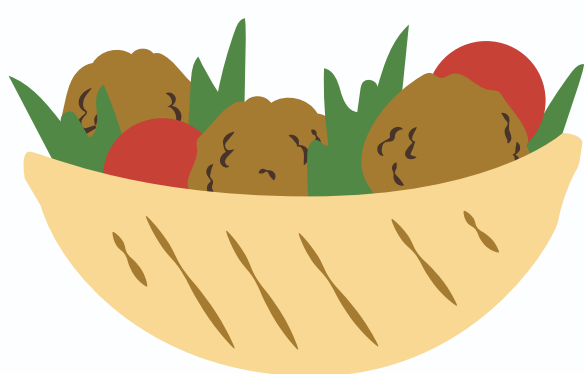
Sunscreen is very recommended, as well as fresh clothes, but not only, also some warm clothes just in case of lower temperatures, especially during the night.



FOOD

Breakfast, lunch and dinner will be provided by a restaurant from the town.

We will try to offer you the most possible healthy and varied diet and will take into account allergies, food intolerances as well as vegetarian and vegan diets. Also we will try to offer mostly spanish typical dishes so you can have the total spanish experience. At the same time, we ask you to be flexible, tolerant and open to new dishes and tastes.



During the workshop time we will also have some breaks with tea, coffee, fruit and other snacks.

THE TEAM



Ana Hevilla Ordóñez

Project coordinator



Salud González Guillén

Facilitator



Paula García Guzmán

Facilitator



Laura Bernal Galiano

Trainer (psychologist)

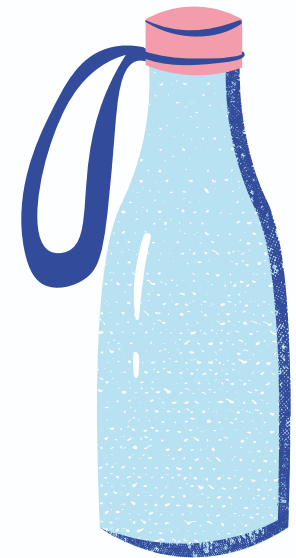
WHAT TO BRING



Comfortable clothes



ID and insurance documents



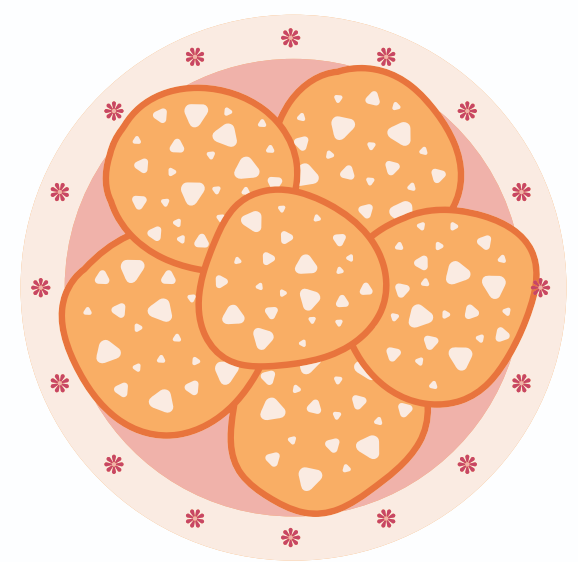
A bottle of water



Sunscreen



Ice breaking activities



Stuff for intercultural evenings



Good Mood!

INTERCULTURAL NIGHTS

During the training week we will have different intercultural nights. So it will be nice that you contribute to it with little presentation of your country and/or your area.

Do not forget to bring typical products of your region or country to share with the rest of the participants.

Please, keep in mind that we won't have many resources to cook in the accomodation, so please bring mostly cold or already cooked food. In any case, if you have any special request, you can talk to us and we will let you know if it is possible to manage.

