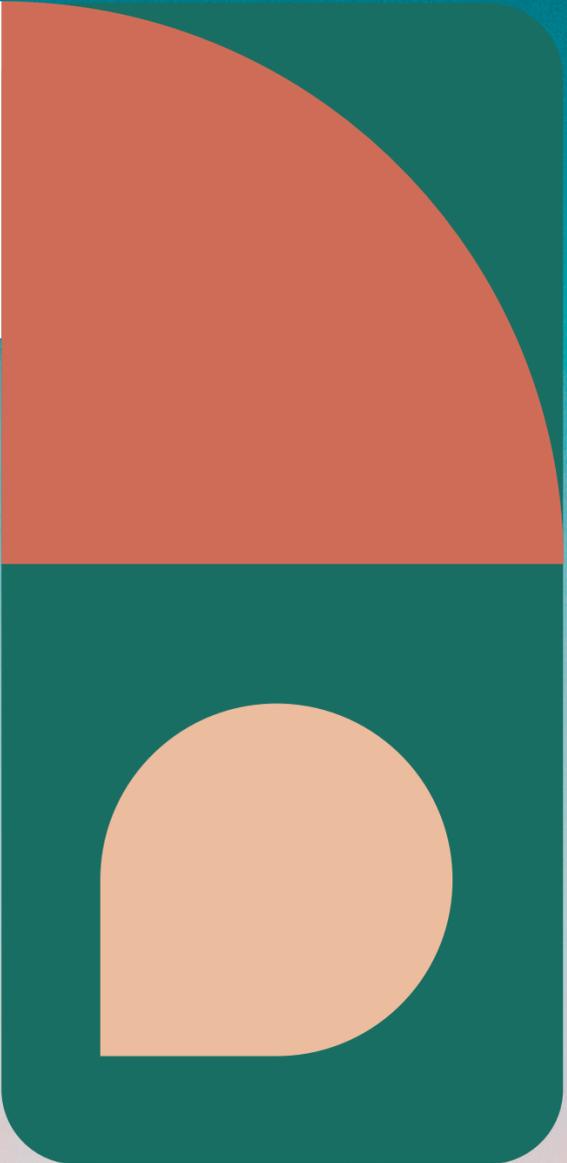
A stylized smiley face logo consisting of a light pink upper half with a white circle for an eye and a dark red lower half with a white curved line for a smile.

Stay Sane

Erasmus + Training course
13. - 22.8.2021
Šaštín-Stráže, Slovakia
ADEL Slovakia

A stylized smiley face logo consisting of a dark green upper half with a white circle for an eye and a dark green lower half with a light orange curved line for a smile.

Topic of Mental health issues

Our health is one of the most important things in our lives.

We should take care of

Anxiety

up to 33.7% of the population is affected by anxiety during their lifetime, starting already in a young age (7 years), peaking in the 18- to 34-year age group

Burnout

How to prevent this modern issue that has a rising tendency?

Depression

more than 264 million people of all ages suffer from it

Stress

Emotions

Mindfulness

Aim of the project

Especially in current times the topic of mental health is crucial to be targeted.

The main aim of "Stay Sane" is to help youth workers to really stay sane, prevent occupational burnout and its effects in forms of depression or anxiety. Our aim is to show youth workers how to care about themselves, their mental health, how to prioritise their health from other tasks and how to teach it to the youth they work with.

You will have the opportunity to develop

- Mindfulness techniques
- Communication skills
- Personal development skills
- Emotional and Stress management techniques
- Movement and contact improvisation
- Connection between the body & mind
- Organisation and planning skills
- ... and much more!



27 participants

Sharing the experiences, lives, struggles and motivation

3 per country

Ensuring the interculturality and variety

9 countries

Finding the connections and similarities in differences - Slovakia, Romania, Italy, Czech Republic, Germany, Greece, Lithuania, Serbia, Croatia

Structure

9 days long program in a beautiful nature during the summer of 2021 in Slovakia

**13th - 22nd August
2021**

Participant's Profile

Apply if:

- You are 18+ years old
- You are a resident of: Slovakia, Romania, Italy, Czech Republic, Germany, Greece, Lithuania, Serbia, Croatia
- You are a youth worker / mentor / coach/ trainer / volunteer working with specific target groups of young people
- You are dedicated, interested in the topic, ready to support other participants and fully participate in preliminary preparation + training course + follow-up (dissemination of the project outcomes locally)



Program

Day 0 - Arrival of the participants, Welcome introductory evening

Day 1 - Thoughts & Words

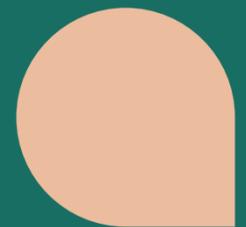
Why do we need them, how they are connected and how do they influence us? How are they connected to our bodies?

Day 2 - Emotions

Why are they important? How to accept and work with them?

Day 3 - Stress & Mindfulness

How does stress influence our body and mind and how can we fight it via Mindfulness?



Program

Getting deeper into topic and ourselves

Day 4 - Feelings & Needs

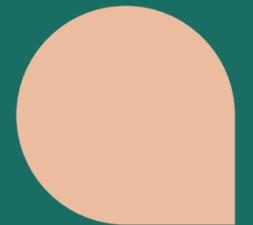
The very core of everything we do.

Day 5 - Taking what is

How to welcome challenges and enjoy the present moment?

Day 6 - Sharing is caring

How can we effectively learn from each other? How to give and take through movement?



Program

Implementing and planning

Day 7 - Connecting the dots

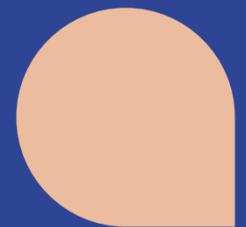
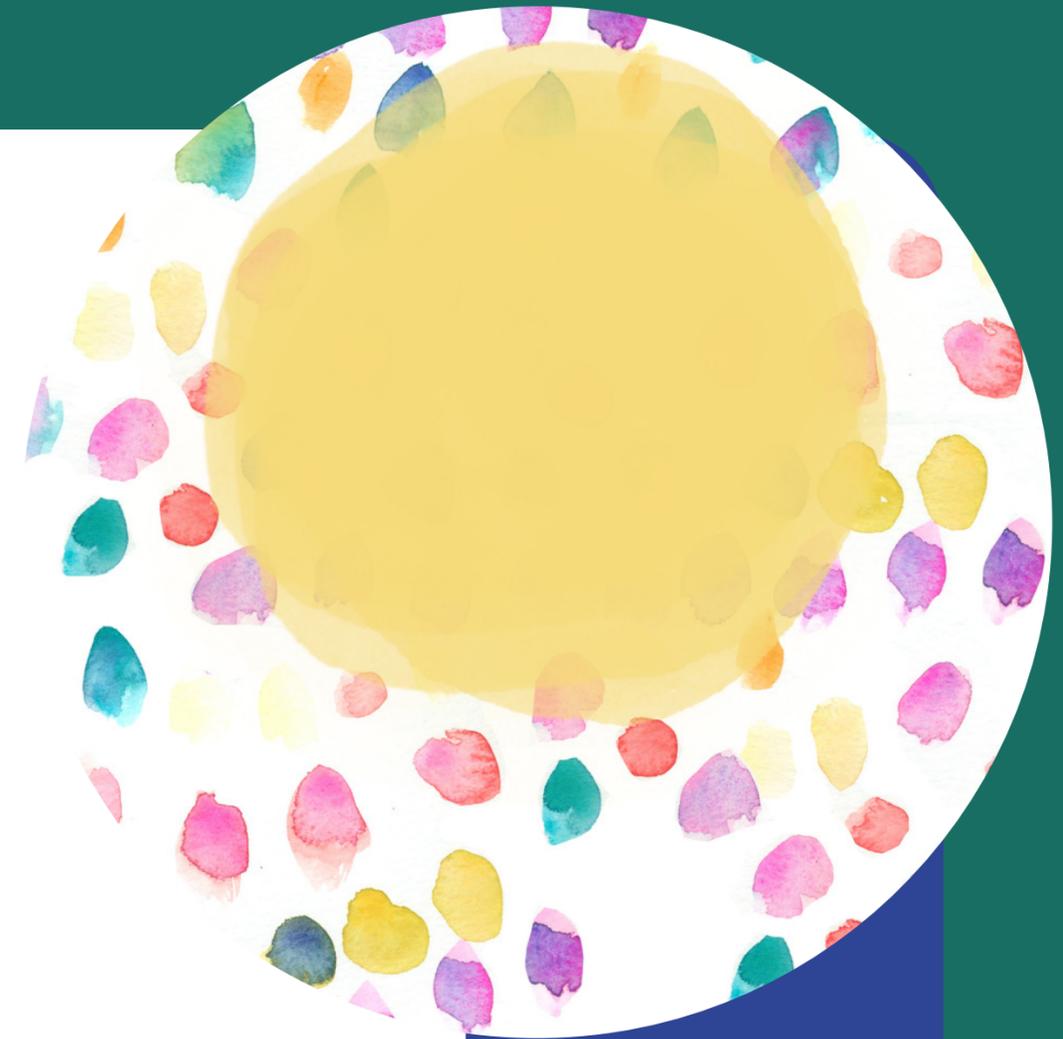
When it all clicks together.

Day 8 - Closure

What am I taking? How can I implement it to my life?

Day 9 - Departure day

The stage is yours!



Trainers

Who will be taking care of the program and you



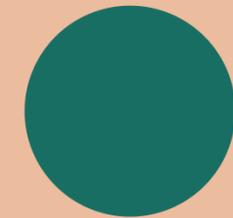
Filip Kňáček

trainer, facilitator, lecturer, volunteer already 6 years in non-formal education environment. Focuses on topics of personal development, communication, self-love, trust, emotions and behavioural patterns



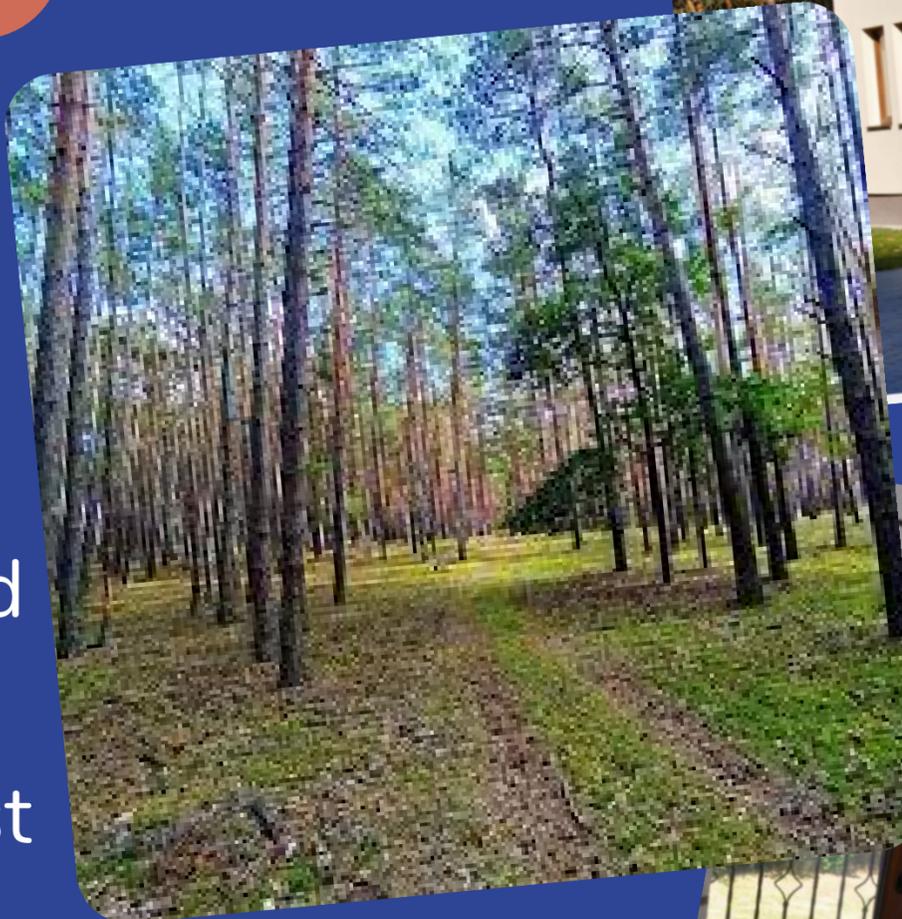
Monika Zajíčková

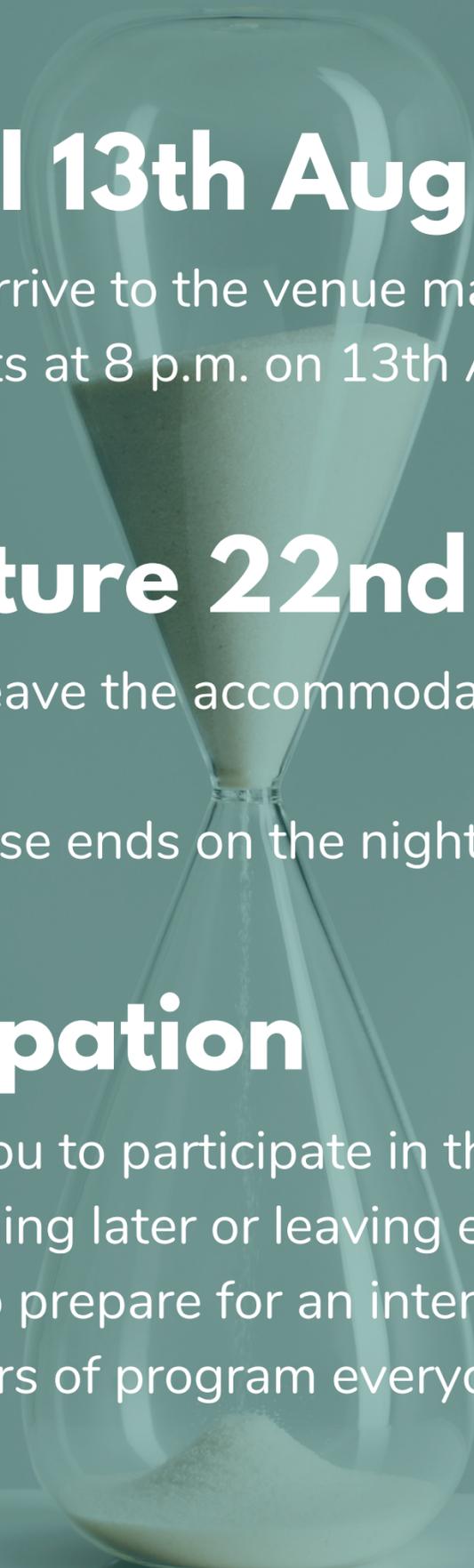
journalist, volunteer, mindfulness coach, events coordinator, writer and project manager.
topics of personal development, mindfulness, meditation, stress management, self-love and inner power



Accommodation & its surroundings

- 3* Penzion Gazarka
<https://www.penziongazarka.sk/>
- 3-4 bed suites (rooms)
- Natural protected areas Jubilee forest and Záhorie
- 5 natural lakes with beaches & pine forest all around you
- City of Šaštín-Stráže nearby famous for its basilica





Arrival 13th August

You should arrive to the venue maximum by 7 p.m.
Training starts at 8 p.m. on 13th August.

Departure 22nd August

You should leave the accommodation by 10 a.m. on
this day.
Training course ends on the night of 21st August.

Participation

We expect you to participate in the whole program.
It means coming later or leaving earlier is not
allowed. Also prepare for an intensive experience
with 6-8 hours of program everyday!

**Training
course
time
frame**

**13th - 22nd August
2021**

Travel costs

depend on the place you are travelling from and its distance from the venue

More info on reimbursement on the next slide

275€ - Italy, Germany, Greece, Lithuania

180€ - Czech Republic, Croatia, Serbia, Romania, Slovakia

After you get confirmation letter that you were selected, please send first your travel proposal (nearest airports are in Bratislava, Vienna, Budapest and Brno) to email apply@adelslovakia.org. Keep in mind, that your travel should be as cost-effective and eco-friendly as possible. Only after approval, you can book your tickets. We will not accept flight tickets booked through travel agencies and the tickets that were not approved by us.

Reimbursement conditions



According to the rules of the Erasmus+ programme you can get your travel costs reimbursed up to amount stated in the slide before, depending on the place you are travelling from and its distance. **If your travel costs are lower or same as this amount, you can get reimbursement of 100% of your real travel costs.** If your travel costs are higher than the maximum reimbursable amount, the difference is covered by you. We recommend to look for your tickets as soon as you receive the confirmation letter, since they are often much cheaper when bought in advance. Though **we need to approve them before you pay for them** (see slide above).

To be eligible for reimbursement, we ask you to **keep all your tickets, boarding passes and invoices (originals).** **ONLY if you have the travel tickets, boarding passes and invoices we are able to reimburse your travel costs!**

We will only reimburse your travel cost if you participate in the all parts of the training course (preliminary part, training course, follow-up).

Covid-19 measures

**current situation
regarding the
Covid pandemic to
31st May 2021**

**We will update you with
the newest restrictions
regularly**

You can enter Slovak Republic without testing, if you apply to one of these conditions:

- you are vaccinated with a **second dose of mRNA vaccine** (Pfizer-BioNTech, Moderna) covid-19 vaccine and **more than 14 days** have passed since this event,
- you are vaccinated with **the first dose of the covid-19 vector vaccine** (AstraZeneca, Johnson & Johnson) and more than 4 weeks have passed since this event,
- you are **more than 14 days after the 1st dose** of vaccination against covid-19 (mRNA or vector vaccine), if the first dose of vaccination was given **within 180 days of overcoming** from covid-19,
- you **overcame covid-19 no more than 180 days ago**,

In all other cases you need to prove yourself with negative PCR (max. 72 hours old) or antigen (max 24 hours old) test (only if asked at the borders).

Partner organisations

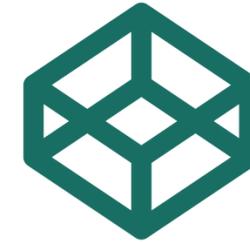
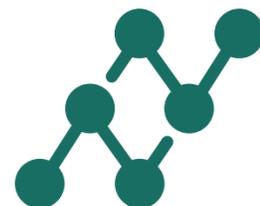
Slovakia - ADEL Slovakia
info@adelslovakia.sk

Czech Republic - Brno Connected
brnoconnected@gmail.com

Romania - Dare 2 Succeed
hello@erasmus-training.eu

Lithuania - Unique projects
info@uniqueprojects.eu

Italy - YOUth Connect
arianna-impinna@libero.it



Croatia - Lota's box (Lotina kutija)
info@lotina-kutija.hr

Germany - Jugend, Bildung und Kultur EV (JuBuK)
nataseriakova@yahoo.de

Serbia - EDUFONS - Centar za celozivotno
obrazovanje
edufons.centar@gmail.com

Greece - United societies of Balkan
placements@usbngo.gr

9 European countries

Would you like to "Stay Sane" ?

Contact your sending organisation and apply till 21 st June 2021!

Do
Mental

You
Health

really
is

care?
important!

All of the participants have to fill in (apart from other national forms) our application form! [click here](#)

Contact us

info@adelslovakia.org

filip.knazek@gmail.com

+421915433320

<https://www.adelslovakia.org/>

