

CALL FOR PARTICIPANTS

K1 – Mobility of Young People

Youth Exchanges

13th April – 20th April 2022

Coimbra, Portugal

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Cofinanciado por:



Project Summary

Emotional intelligence is one of the main modern topics that are leading education around the world to change, and nowadays we can count on new approaches of non-formal education to bring positive and long-lasting changes and effects. Especially in uncertain times, like the one we are facing due to the COVID-10 pandemic, attention to mental health issues and emotional balance is essential. The pandemic has underlined the importance of life skills and our capacity to adapt, manage change, and care for each other as a community.

According to New Skills Agenda (2016), promoting the right skills will lead to employability and prosperity. People, especially young people, will then be equipped for good-quality jobs and fulfil their potential as confident and powerful active citizens. Yoga and Non-Violent Communication are the main tools that help us to provide Youth well-fare and emotional intelligence, social skills, personal development, enhance metacognition, enhance abilities to cope with stress, improve self-esteem and prepare them to cope with challenges.

The project presents Yoga and Non-Violent Communication as guidelines to theory and practice in the programme to develop the competences of the future's labour market, easing the journey of young people in professional life.

Objectives:

- Provide Youth basic knowledge about Yoga and Non-violent Communication that can be easily used in daily life situations developing better cognitive and emotional behaviours.

- Enhance employability and improve career prospects through the development of self-conscious youngsters
- Increase self-empowerment and self-esteem from participants
- Promote peaceful environments and pacific communities through non-violent communication
- Encourage youngsters to broaden self-knowledge and recognize their potential impact on society
- Stimulate a sense of initiative and empowerment
- Promote and disseminate the outcomes of the project as means to communicate the practices and experiences and share the knowledge with more young people and institutions.

Participants Profile:

- 4 participants + 1 team leader (per organization);
- No age limit to team leader;
- Participants preferably between 18 and 25 years old;
- Ability and flexibility to participate at the youth mobility in Coimbra from 13th April – 20th April 2022 in a multi-cultural environment;
- Interested and motivated on the topic of the project.

Notes:

- Gender balance has to be followed as much as possible (2 male and 2 female participants per organization). They can also be gender undefined.

- At least two participants from each national group should be youngsters with fewer opportunities. Preferably, these participants should be NEET (not in education, employment or training).