

just do it

PARTICIPATING ORGANISATIONS

Wise Veer
Fjarðabyggð
DA in der Region
Volontoreski Centar Bitola
Zdruzenie za volonterizam
Tarptautinis bendradarbiavimo centras

NOTES



practical info

DATES

Arrival 13.05.2018

Start day 14.05.2018

End day 20.05.2018

Departure 21.05.2018

ACTIVITY DURATION

7 days

VENUE

City Graz

Country Austria



HOW TO GET TO GRAZ FROM THE AIRPORT

From Graz airport

Take the S Bahn line 5 to Graz Hauptbahnhof. Switch to tram lines 1,3,6 or 7 and get off on the main square.

From Vienna airport

Take a Flixbus from the airport to Graz Giar- digasse.

Duration: 2:35 hours

Price: 12,50-17,50€

More information at shop.flixbus.com.

PUBLIC TRANSPORTATION IN GRAZ

On the day of your arrival we will supply you with a one-week ticket, so you can get from your accommodation to the seminar venue and back. The ticket can be used on any public transport service around the city center.

CURRENCY IN AUSTRIA

Euro - EUR - €

There are plenty of ATMs in Graz, so cash withdrawal should not be a big concern. Many shops and restaurants also accept debit or credit cards for payment.

Please don't forget to keep your ORIGINAL tickets and boarding passes for reimbursement. Copies or printed tickets may not be accepted by our national agency.

the project

The main impact of the project is to equip the participating youth workers and youth leaders with new skills and competences dealing with the mental and physical health effects of social or cultural isolation.

The participants will learn how to identify and counteract some of these effects through a variety of tools and methods acquired during the training course.

Moreover, they are encouraged to make use of their newly gained skills within their communities and to share the gathered tools and methods with other organisations on a national and international level.

The project **Just do it** will consist of a 7 days training course, which will be held in Graz, Austria from 14 - 20 May 2018.

It will gather 26 youth workers and youth leaders from the following program countries: Austria, Iceland, Estonia, Lithuania and Macedonia. Apart from youth workers it will also include young asylum seekers from Austria.

The aim of the project is to develop tools and methods for youth workers who work with young people suffering from health related issues due to social or cultural isolation. The participants will learn how to address and evaluate various causes of isolation and develop tools and methods to prevent young people from developing serious mental or physical health problems.

Furthermore, they will learn how to overcome these causes through an exchange of methods/exercises presented by the various organisations participating in the project.

In a number of **interactive workshops** and seminars we will tackle the **following issues**:

_Dangers/effects of social/cultural isolation.

_Bore-Out

What is it and what can you do against it?

_A healthy mind in a healthy body

How our body affects our mind and vice versa (physical/mental excersises).

_You are what you eat

Raising awareness on the health aspects of food.

_Feeling trapped

How our social and cultural environment affects our health (with a particular focus on migrants/asylum seekers in Austria).

the programme

Day 1

AM

- _Getting to know each other
- _Introduction to the Training Course and ERASMUS+: aims and objectives

PM

- _Fears and expectations
- _Team building

Day 2

AM

- _Theatre: „In the shoes of...“
- _Feeling trapped: problems concerning health and motivation faced by migrants/asylum seekers in Austria

PM

- _Dangers/effects of social isolation
- _Bored out: What is it?
What can you do against it?

Day 3

AM

- _A healthy mind in a healthy body: how your body affects your mind and vice versa

PM

- _You are what you eat: food and health
- _Preparing dinner together

Day 4

AM

- _Interviewing migrants/asylum seekers: identifying problems and solutions

PM

- _Group evaluation of the interviews
- _Presentation of evaluation results

Day 5

AM

- _In field activity:
workshops led by national teams

PM

- _In field activity:
workshops led by national teams

Day 6

AM

- _Group reflection on in-field activity
- _Group work: gathering methods

PM

- _Group work: gathering methods

Day 7

AM

- _Presentation of group work results

PM

- _Final evaluation and Youth Pass
- _Wrap-up & Farewell Party