International Seminar

Health E+Motions Mental Health in short and long-term

international mobility projects

15-18 October 2024 Warsaw, Poland

Programme

15.10.2024 Tuesday

- 18:00 | Arrivals and check-in | Reception
- 18:00–19:00 Dinner | Hotel restaurant
- 19:00–20:00 Getting to know each other | Opera
- 20:30–21:15 Evening yoga session (optional for 20 people) | Oratorio



Training and Cooperation Activities Szkolenia międzynarodowe Erasmus+



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Health E+Motions **Programme**

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16.10.2024 Wednesday

6:30-10:00	Breakfast Hotel restaurant				
8:00-8:30	Morning yoga session (optional for 20 people) Oratorio				
9:30-10:00	Official start: Introduction Opera				
10:00–11:00	 Opening ceremony Opera Tomasz Krześniak, Deputy Director of PL National Agency for Erasmus+ and European Solidarity Corps Zuzanna Lewandowska, President and CEO of TVN Foundation Klaudia Gołębiowska, PhD, Assistant Professor at the Faculty of Political Science and Journalism of Adam Mickiewicz University, Poznań 				
11:00-12:00	O-12:00 Consensus mapping – a collaborative mapping of the needs of the participants Opera				
	 Justyna Fidrocka, Erasmus+ coordinator, Perfect Project Sp. z o.o. Anna Modrzejewska, Head of International Relations Office, Gdańsk University of Technology Dorota Merecz-Kot, Phd, Director of Scientific Affairs in the Institute of Psychology, University of Łódź Magdalena Przybyłowicz, Kindergarten no. 32 with Integration Departments in Konin Magdalena Paszkowska, psychologist, psychotherapist, Erasmus+ Youth expert 				
12:00-12:30	Coffee break Hall				
12:30-14:00	SNAPSHOT Workshops of participants' choice				
	Depression prevention and mindfulness training techniques Polonaise Expert: Katarzyna Sawicka, Mindfullness Education	How to support the mental resilience of young people in educational mobility projects Opera Expert: Magdalena Paszkowska, psychologist, psychologist, psychotherapist, Erasmus+ Youth expert	Nonviolent Communication in youth work. Recognising feelings and needs for self- regulation Oratorio Expert: Marta Skorczyńska, psychologist, non- formal education trainer, youth worker	Mental health challenges of participants coming from conflict affected zone Concerto 2 Expert: Anna Biloshapka	
14:00-15:00	Lunch break Hotel restaurant				
15:00–16:00	Power speech: Mental health difficulties treat everyone equal. How to support yourself and others during a mental health crisis? Opera Speaker: Janina Bąk, JaninaDaily.com, science influencer, activist, author				
16:00-16:30	Coffee break Hall				
17:00-21:00	Outside activity: Team-building culinary workshops at Foodie City Warsaw				

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17.10.2024 Thursday Breakfast | Hotel restaurant 6:30-10:00 8:00-8:30 Morning yoga session (optional for 20 people) | Oratorio 9:30-10:00 Intro to the Day | Opera LONG SHOT Workshops - parallel sessions of participants' choice 10:00-11:30 (1st round) **Being on-line** Mentor Care: SAD -Support for Sport and and offline -Fostering Stigmatisation social groups physical 11:30-12:00 Alienation how to keep mental health at risk of activity as **Coffee break** the balance? in Erasmus+ Discrimination exclusion a tool for | Hall | Oratorio and ESC - working for case studies improving & standing wellbeing, | Concerto 1 examples Facilitator: with people in | Polonaise inclusion and Edyta Facilitator: 12:00-13:30 mental crisis integration Daszkowska, Kaja Prystupa-Facilitator: (2nd round) | Concerto 2 | Opera Digital -Rządca, PhD, loanna Kirov&Partners Citizenship Facilitator: Talewicz, PhD, Facilitator: Institute Michał Foudation Jakub Foundation Towards Bomastyk, Kalinowski, CEO, V4SPORT **PhD**, Institute Dialogue Foundation for Prevention of Exclusions 13:30-14:30 Lunch break | Hotel restaurant 14:30-17:30 **Outside study visits** 2. The Psychological and 1. The Children's Aid **3. Foundation Towards Center of the Empowering Counselling Services** Dialogue **Children Foundation Centre of the University** Fundacja w Stronę Dialogu, Fundacja Dajemy fundacjawstronedialogu. of Warsaw pl/en/home/ Dzieciom Siłę, Centrum Pomocy https://fdds.pl/en Psychologicznej UW, cpp.uw.edu.pl/en/ 18:00-19:00 **Evening wellness (optional)**

Mindfulness session Concerto 1	Stress relief session Oratorio	Zumba Opera Facilitator: Michał	
Facilitator: Katarzyna Sawicka	Facilitator: Dorota Merecz-Kot	Seget	

19:30–21:30 **Farewell dinner** | Symfonia

Guided meditation session | Concerto 2

Facilitator: Abdel Fattah Al Habchi

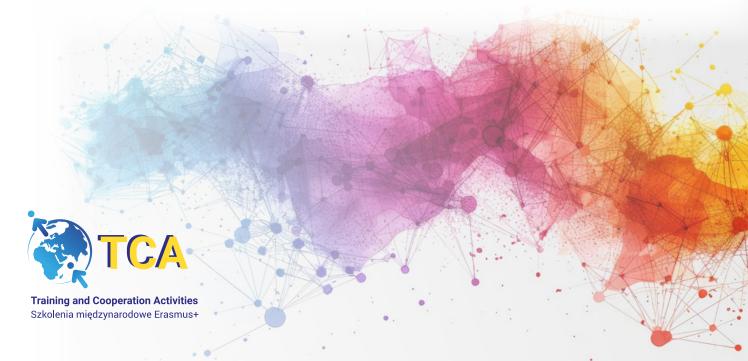
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18.10.2024 Friday

- 6:30–10:00 Breakfast | Hotel restaurant
- 9:00–9:30 Intro to the Day | Concerto 1 & 2
- 9:30–10:30 Tool Market (1st round) | Opera
- 10:30–11:00 Coffee break | Hall
- 11:00–12:00 Tool Market (2nd round) | Opera
- 12:00–13:00 Final evaluation | Concerto 1 & 2
- 13:00–14:00 Lunch | Hotel restaurant
 - 14:00 Departures





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