

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



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Programme

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 Krzeńskiak**, 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** | **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 Merez-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**
- | | | | |
|---|---|--|---|
| <p>Depression prevention and mindfulness training techniques
 Polonaise
Expert: Katarzyna Sawicka, Mindfulness Education</p> | <p>How to support the mental resilience of young people in educational mobility projects
 Opera
Expert: Magdalena Paszkowska, psychologist, psychotherapist, Erasmus+ Youth expert</p> | <p>Nonviolent Communication in youth work. Recognising feelings and needs for self-regulation
 Oratorio
Expert: Marta Skorczyńska, psychologist, non-formal education trainer, youth worker</p> | <p>Mental health challenges of participants coming from conflict affected zone Concerto 2
Expert: Anna Biloshapka</p> |
|---|---|--|---|
- 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

Programme

17.10.2024 Thursday

6:30–10:00 | **Breakfast** | Hotel restaurant

8:00–8:30 | Morning yoga session (optional for 20 people) | Oratorio

9:30–10:00 | **Intro to the Day** | Opera

10:00–11:30 | **LONG SHOT Workshops – parallel sessions of participants’ choice**

(1st round)

11:30–12:00
Coffee break
| Hall

12:00–13:30
(2nd round)

Being on-line and offline – how to keep the balance?

| Oratorio

Facilitator:

Edyta Daszkowska,
Digital
Citizenship
Institute
Foundation

Mentor Care: Fostering mental health in Erasmus+ and ESC

| Concerto 1

Facilitator:

Kaja Prystupa-Rządca, PhD,
Kirov&Partners

SAD – Stigmatisation Alienation Discrimination – working for & standing with people in mental crisis

| Concerto 2

Facilitator:

Michał Bomastyk, PhD, Institute
for Prevention
of Exclusions

Support for social groups at risk of exclusion – case studies examples

| Polonaise

Facilitator:

Joanna Talewicz, PhD,
Foudation
Towards
Dialogue

Sport and physical activity as a tool for improving wellbeing, inclusion and integration

| Opera

Facilitator:

Jakub Kalinowski,
CEO, V4SPORT
Foundation

13:30–14:30 | **Lunch break** | Hotel restaurant

14:30–17:30 | **Outside study visits**

1. The Children’s Aid Center of the Empowering Children Foundation

Fundacja Dajemy
Dzieciom Siłę,
<https://fdds.pl/en>

2. The Psychological and Counselling Services Centre of the University of Warsaw

Centrum Pomocy
Psychologicznej UW,
cpp.uw.edu.pl/en/

3. Foundation Towards Dialogue

Fundacja w Stronę Dialogu,
fundacjawstronedialogu.pl/en/home/

18:00–19:00 | **Evening wellness (optional)**

Mindfulness session

| Concerto 1

Facilitator:

Katarzyna Sawicka

Stress relief session

| Oratorio

Facilitator: **Dorota Merez-Kot**

Zumba | Opera

Facilitator: **Michał Seget**

Guided meditation session

| Concerto 2

Facilitator: **Abdel Fattah Al Habchi**

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

Programme

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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