

## Health E+Motions – International Seminar on Mental Health in short and long-term international mobility projects

### MAIN INFO

<b>SALTO E&amp;T link:</b>	<a href="https://salto-et.net/events/show/PL01_0647_THO_2023">https://salto-et.net/events/show/PL01_0647_THO_2023</a>		
<b>Sector:</b>	<div>SE</div> <div>VET</div> <div>HE</div> <div>AE</div> <div>YH</div>	<b>Priority:</b>	Inclusion and Diversity (2021-27)
<b>Scope:</b>	Transnational		
<b>Type of presence:</b>	Face-to-Face	<b>Venue country:</b>	Poland
<b>Venue city:</b>	Warsaw	<b>Working language:</b>	English
<b>Key Action:</b>	KA1	<b>TCA documents:</b>	Health E+Motions programme info pack.pdf, Health Program A4.pdf
<b>Postponed:</b>	No	<b>E+ Academy:</b>	No
<b>Start date:</b>	15.10.2024	<b>End date:</b>	18.10.2024
<b>Subtopic:</b>	<div>mobility awareness</div> <div>networking</div> <div>interactive</div> <div>equal opportunities</div> <div>raising</div>		

### TCA DESCRIPTION

<b>Themes and goals:</b>	<p>The Health E+motions Seminar is an informative and interactive programme that brings together individuals who have participated in and facilitated, short and long-term international mobility projects under the Erasmus+ and European Solidarity Corps Programme. The seminar serves as a tool for mapping mental health-related challenges that emerge during projects. It offers participants a space to share their experiences, gain new insights, and explore innovative solutions to overcome these challenges while equipping participants with the knowledge and inspiration needed to respond effectively to mental health issues that may arise during their international mobility projects. The Health E+motions Seminar is an opportunity for organisations and project leaders from various sectors to come together and collaborate on the topic of mental health in mobility learning. Participants will engage in group discussions, workshops, and expert talks to share knowledge and best practices for promoting well-being. The seminar also offers networking opportunities for potential partnership-building collaborations. Overall, the event aims to empower attendees to take positive steps toward improving mental health practices within mobility projects in their respective fields. The program will prioritize the mental health of beneficiaries involved in long and short-term mobilities across all sectors of the Erasmus+ and European Solidarity Corps programs. It will also provide participants with a space to develop their well-being practice through experiential activities.</p>
<b>Expected results:</b>	Health E+motions Seminar will bring together newcomers and experienced coordinators, teachers, and mentors of short and long-term international

mobilities in various sectors of Erasmus+ Programme as well as European Solidarity Corps Volunteering Projects to: Share and discuss their experiences regarding mental health-related challenges Become inspired with new knowledge and skills needed to respond to these challenges Share mental health-related tools and best practices Explore self-care techniques Network on potential future projects

### Additional information:

The different features of the Health E+motions Seminar allow the participants - through innovative approaches and practices - to explore the mental health mobility theme through various perspectives. Community of practice Involving in-depth group dialogue on mental health-related challenges that occur in both short and long-term international mobility projects organised in the frame of Erasmus+ and European Solidarity Corps Programme. Expert Talk An inspirational expert will share their perspectives on the pertinent topics related to the seminar. Practical workshops A series of user-friendly workshops delivered by experienced practitioners in the field. Study visits A short study visit of participants' choice to a sectorial organisation or institution to observe and learn from mental health best practices. Daily well-being practices Encouraging participants to develop and expand their self-care practices through taking part in morning yoga practice (optional), culinary workshops, meditation sessions, and dance. Informal networking The seminar encourages cross-partnership on best practices and connecting with other organisations on future project opportunities. Tools Market An opportunity to share a broader range of tools, publications, and ideas brought by the participants - a showcase of sharing established best practice methods between the participant organisations. **IMPORTANT:** Costs covered by the PL NA3 nights: 15-18 October 3 breakfast: 16, 17 and 18 October, 3 lunches (buffet): 16, 17 and 18 October. Please note that lunch on the 15 October (arrival) is at your own expense 3 dinners : 15, 16 (outside the venue) and 17 October.

## PARTNERS AND PARTICIPANTS

**Organiser NA:** PL01 - Foundation for the Development of the Education System

**Number of participants:** 50

**Target group:** Teachers | Trainers | Volunteers | Education professionals | Experts  
Representatives of non-governmental institutions

**Erasmus+ Programme experience level:** Newcomers and Experienced beneficiaries

**Profile of participants:** The Health E+Motions Seminar is aimed at a maximum of 80 participants (including Youth and ESC - project coordinators, teachers, mentors) with experience in organising and leading various short and long-term international mobility projects through Erasmus+ and European Solidarity Corps programmes. We expect the equal number of participants from all the sectors (SE, VET, HE, ADU, YOU, ESC) Criteria for participants' selections: · Able to communicate in English · Committed to actively engaging throughout the entire activity · Demonstrates enthusiasm and creative ideas for applying newfound knowledge in their work · Develop skills in line with the activity's objectives

**Participants per**

country:

**Sending partner(s) -  
Booked places:**

ES01 - 4	NL01 - 4	SK01 - 2	IS01 - 3	IE01 - 4	TR01 - 3	DE03 - 3
DE02 - 2	IT01 - 3	UA01 - 11	SE01 - 4	FI01 - 3	AT01 - 5	PL01 - -
BE01 - 1	LT01 - 3	LB01 - 3	SI01 - -	CZ01 - -		

**Pending Sending  
partner application(s)  
- Booked places:**

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**Accepted Sending  
partner(s) - Accepted  
places:**

ES01 - 4	NL01 - 4	SK01 - 2	IS01 - 3	IE01 - 4	TR01 - 3	DE03 - 3
DE02 - 2	IT01 - 3	UA01 - 6	SE01 - 4	FI01 - 3	AT01 - 5	PL01 - 8
BE01 - 1	LT01 - 3	LB01 - 3	SI01 - 4	CZ01 - 3		

**Pending booked  
places:** 0

**Accepted places:** 68

## TCA PARTICIPANT APPLICATION

**Start date of TCA  
Participant  
Application:** 23.05.2024

**Application deadline:** 23.06.2024

**Confirmation deadline  
for Sending NAs:** 02.07.2024

**Confirmation deadline  
for Organiser NAs:** 12.07.2024

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