



Co-funded by
the European Union

Agenda of the training course:

“Through RAIN-how to BE emotionally intelligent in support of young people”

	14.05.2025.	15.05.2025.	16.05.2025.	17.05.2025.	18.05.2025.	19.05.2025.	20.05.2025	
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
8:00 – 9:30	A R R I V A L	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:30 – 11:00		Building closeness and safety	NFE as EI setting Vulnerability and emotional literacy	RAIN Joy and Happiness Emotional-body-cognitive based regulation techniques	Social skills-empathy and conflict management Experiential learning-reflection cycle	Applying MH educational activities	D E E P A R T U R E	
11.00-11.30 Coffee Break		Building the group and learning alliance	RAIN Sadness		Intro to design			
11.30-13.00								
13:00 – 14:30		Lunch	Lunch	Lunch	Lunch	Lunch		
14:30 – 16.00		Country realities of MH support programs European Youth Goal 5 and Positive Mental Health Approach	RAIN Fear RAIN Anger	Active (SELF) self	Workshop designing teams	3 level reflection and evaluation YOUTHPASS CEREMONY		
16.30 – 17:00 Coffee break								
17.00-18.30		Welcome circle. Inviting curiosity and gratitude.						
19:00 – 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
21:00 – 00:00		INTERCULTURAL EVENING	NGO Fair (?)					