



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