

Agenda of the training course “From stressed OUT to stress LESS”

	DAY 1 12.05.2024. Sunday	DAY 2 13.05.2024. Monday	DAY 3 14.05.2024. Tuesday	DAY 4 15.05.2024. Wednesday	DAY 5 16.05.2024. Thursday	DAY 6 17.05.2024. Friday	DAY 7 18.05.2024. Saturday	DAY 8 19.05.2024. Sunday	DAY 9 20.05.2024. Monday	DAY 10 21.05.2024. Tuesday	DAY 11 22.05.2024. Wednesday	
8:00 – 9:30		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:30 – 11:00	A R R I V A L	Introduction to TC and getting to know each other	What is stress??!!	Stress management and essentials of supportive relationship	Stress management and strategies based on emotional intelligence I	Experiential learning cycle and designing principles for NFE activities	Developing NFE activities about stress management	Implementing NFE activities and practice facilitation I	Individual and team work evaluation -raising self awareness of personal strengths and growing edges	Youth work competencies needed for promotion of mental health	D E P A R T U R E	
11:00 – 11:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break		Coffee break	Coffee break	Coffee break		Coffee break
11:30 – 13:00		Building the group belonging and celebrating diversity	Stressors in life	Personal coping styles	Stress management and strategies based on emotional intelligence II	Market of ideas and setting up groups		Implementing NFE activities and practice facilitation II	Adaptation of NFE activities for stress regulation in digital environment	Resources and opportunities for development of competences needed to support young people’s mental health		
13:00 – 14:00		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch		
14:00 – 15:30		Our realities: mental health programs for young people in our work and communities	Body says : I AM STRESSED!!	Body-based practices for relaxation and stress regulation I	Stress management and cognitive-based strategies I	Exploring local realities, projects, and organisations in Zadar	Developing NFE activities about Stress Management	Implementing NFE activities and practice facilitation III	Open space--EU youth programs and activities toward building resilience of young people	TC learning outcomes and key competences		
15:30 – 16:00		Coffee break	Coffee break	Coffee break	Coffee break			Coffee break		Coffee break		Coffee break
16:00 – 17:30		Welcome evening and team introduction	Positive mental health on youth work agenda	Walk and talk: Stress young people face in the 21 st century	Body-based practices for relaxation and stress regulation II			Stress management and cognitive-based strategies II		Implementing NFE activities and practice facilitation IV		Evaluation of the Training Course and Youthpass Ceremony
17:30 – 18:00			Daily reflection	Daily reflection	Daily reflection	Daily reflection	Daily reflection	Daily reflection				
19:00 – 20:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
21:00 – 00:00		INTERCULTURAL EVENING		NGO FAIR			KARAOKE/MOVIE NIGHT			“SEE YOU AGAIN” PARTY		