

YouthFirst: Fostering Mental Health and Well-Being in Youth work

Timetable

	Day 1	Day 2	Day 3	Day 4	Day 5
Morning	Arrivals	Opening Getting to know each other & creating a group atmosphere	Full-day immersion in mental health and well-being tools: self-directed learning	Study visit: opening the dialogue with young people: challenges and inspiration	Departures after breakfast
		Mental health in youth work: exploring the field			
Afternoon		Creating brave spaces here and now		Integration Personalized toolkit	
			Next steps Closing		
Dinnertime	Welcome & getting to know each other with a reception		Dinner in Luxembourg City		