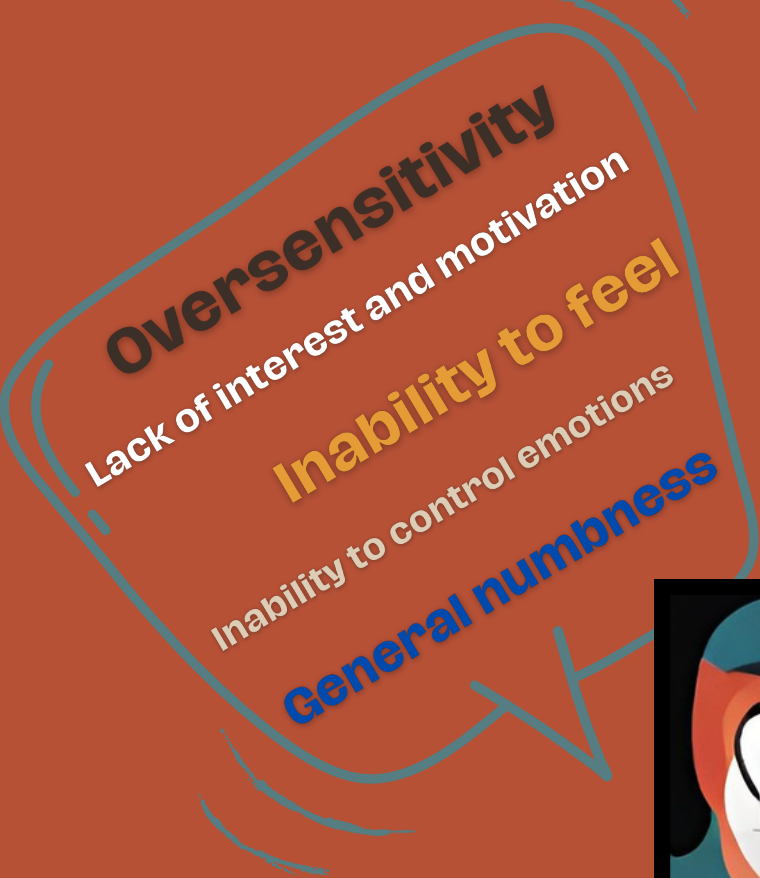




UNCOVER

Emotional Wellbeing
through art and creativity

Training Course
16 April – 22 April 2024
Balestrand, Norway



Have you noticed this in the youth you work with? Maybe in yourself?

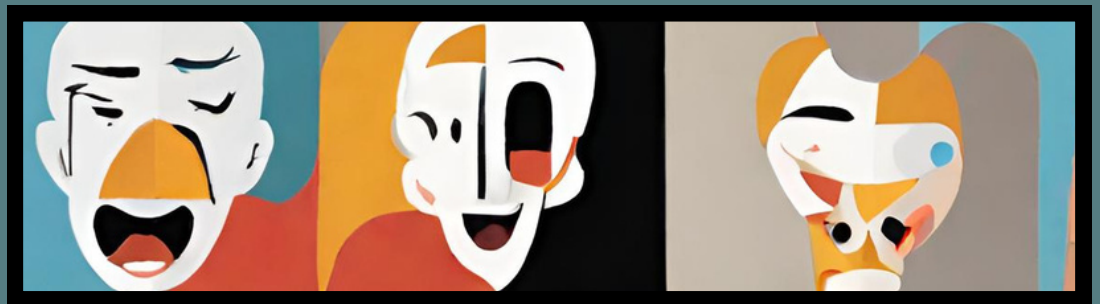
The aim of **UNCOVER** is to increase **youth workers' competences** to support the **emotional well-being** of young people through **creative methods**.

We invite **people working with youth** to explore the range of emotions and learn about how to read and face them. Through connecting with emotions, we will **explore** how we foster the emotional well-being of ourselves and the young people we work with.



Why should you participate in it?

We do not dedicate enough time to understand and name emotions in daily life. Busy work, social media, and society push us to focus on fast-food performances by numbing what we feel instead of taking time to process and reflect on what we experience.



UNCOVER is a journey to understand the complexity of emotions and to communicate them through creativity and art methods.

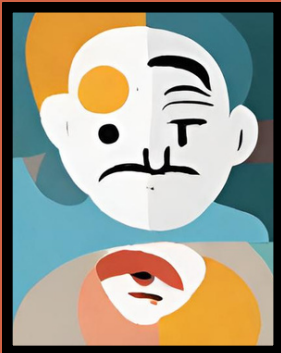
The course provides theoretical input on emotions, practical workshops, and reflection sessions about emotional wellbeing.

It is designed to provide participants with hands-on experience that can be implemented in their daily work with youth.

What is the methodology?



Based on a non-formal education approach we will work with visual and performative arts, embodiment, and creative writing methods to reach our objectives.



What are the objectives?

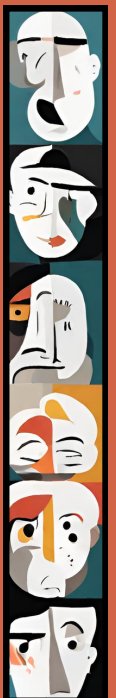
- To explore the relationship between emotions and creative/artistic methods and their influence on well-being.
- To bridge the experiences and theories of emotional wellbeing to participants' local realities in youth work.
- To develop competences (knowledge, skills, attitudes, behaviours) regarding emotional wellbeing within youth work.



What are the target groups?

The invitation to apply to this training course is for you if you are:

- professionally and/or voluntary working directly with young people on a regular basis (youth workers, social workers, mentors, support persons etc.);
- at least 18 years old;
- comfortable to communicate and learn in English;
- able to participate fully in all project days;
- willing to start using what you learn in the training in your everyday work.





Flow of the Course

The detailed agenda will be provided to selected participants

16-22 April 2024

DAY 1: Arrival day

DAY 2: Landing, getting to know each other and the youth work we do, building the group, and creating a safe learning space

DAY 3: Explore the concepts and theories of emotions, emotional wellbeing, and how these relate to mental health in youth work

DAY 4 and 5: Workshops: Explore emotions through creativity and art methods for connection, experience, extracting and applying to reality in youth work

DAY 6: Evaluation, networking and closure

DAY 7: Departure day

UNCOVER is organised within “**Mental Health in Youth Work**”, which is a long term cooperation between National Agencies in Erasmus+ with the aim to put mental health higher on the youth work agenda.

The training course will be held in Balestrand, a lovely art village nestled by the main Sognefjord nicknamed the King of the Fjords, is the largest and deepest fjord in Norway. Here you will find high mountains, deep fjords and peace and quiet. This setting will enable deep reflection, foster general well-being, and inspire participants to appreciate the role of nature in impacting emotional well-being.

The training course will be held in the apple farm called Ciderhuset (<https://www.ciderhuset.no/en/english>) and the participants will be accommodated in Balestrand Hotel. It's worth mentioning that Balestrand is not so close to international airports, so participants should be ready for a long journey.

Venue & Travel

Team of Trainers



The training will be led by Tuba Ardic (Norway-Turkey), Svenja Urke (Germany), Linda Ulāne (Latvia), and Anna Maria Avella (Italy). [SALTO's Training of Trainers cohort 2023/2024]



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