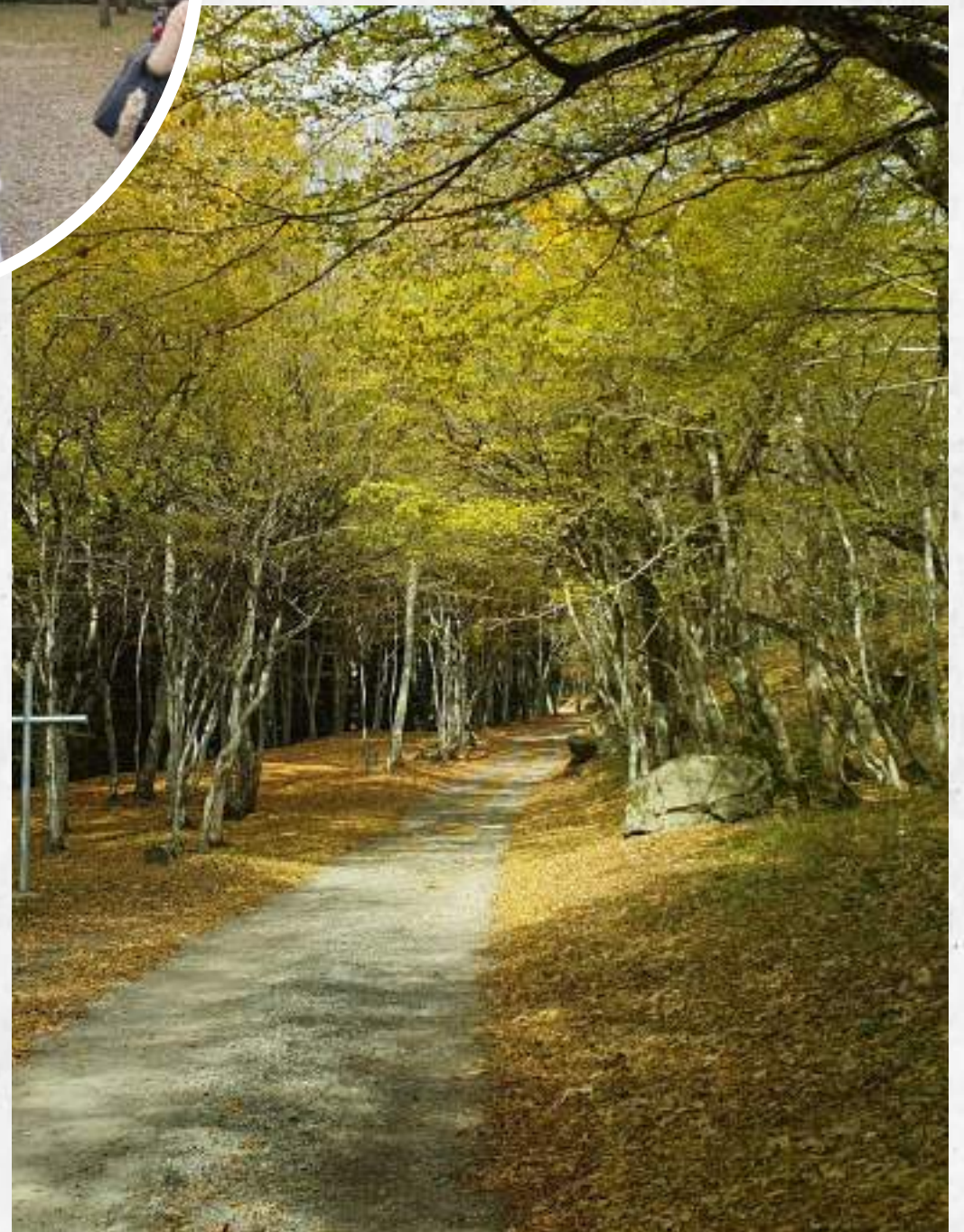
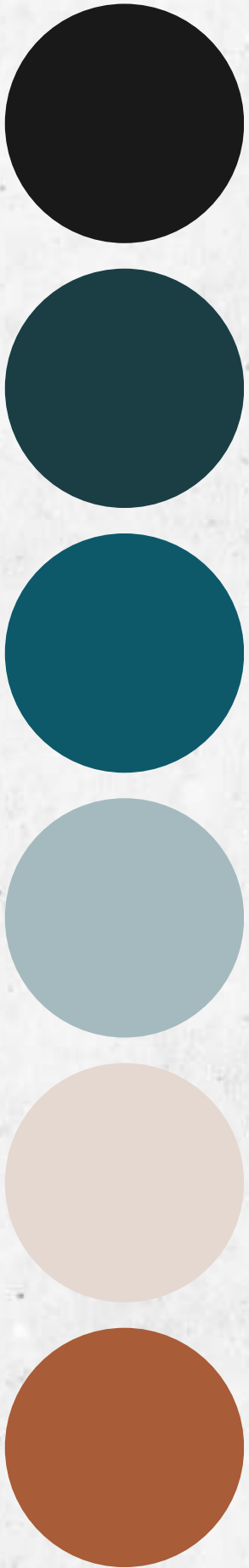


Healthy mind Healthy body



21.10. – 29.10

2023



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THE OBJECTIVES OF THE PROJECT

- To bring together youth workers from diverse backgrounds to expose them to different viewpoints, to reinforce the EU motto "unity in diversity."
- To provide youth workers with opportunities to engage and participate in their communities through youth activism.
- To address the challenges brought by the COVID-19 pandemic, its impact on the mental health, and ways to overcome them;
- To enhance awareness of mental health issues among youth workers, and to eliminate the stigma attached to mental illness;
- To encourage participants to seek help when needed, and to promote practices that improve emotional well-being;
- To encourage participation in sports and physical activity, during and after the project;
- To enhance the sense of initiative and motivation among youth workers to effect change towards a more inclusive society.
- To foster the personal development of young participants by promoting their ability to adapt to new situations and build self-confidence.
- To raise awareness of the +Erasmus program and its opportunities for young people;
- To promote and develop youth work in general.
- To support the development of professional networks throughout Europe.

GENERAL OVERVIEW

The project - Mobility of youth workers “Healthy Mind Healthy Body” organized by Masterpeace Georgia between 21 and 29 of November 2023 hosted 29 participants from 7 countries, Georgia, Armenia, Slovakia, Netherlands, Ukraine, Romania and Germany to enhance awareness of mental health issues among youth workers, and to eliminate the stigma attached to mental illness.



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DAY 1ST



Speed dating ice-breaking
speed dating icebreaker where they have two minutes to share their interests, hobbies, or a fun fact with a partner before moving on to the next. This quick and dynamic activity fosters rapid connections and breaks the ice in a fun and interactive way.

Getting to know each other activities

EXTRA OUTDOOR ACTIVITY - EXPLORING BAKURIANI

An additional outdoor activity was incorporated into the program, offering participants the chance to explore Bakuriani Bakuriani. this activity included creating a map of Bakuriani starting from our hotel, interacting with Bakuriani residents to learn about the city's history, and engaging in the enjoyable task of capturing funny and creative group photos.



DAY 2ND



Writing down our values and classifying them



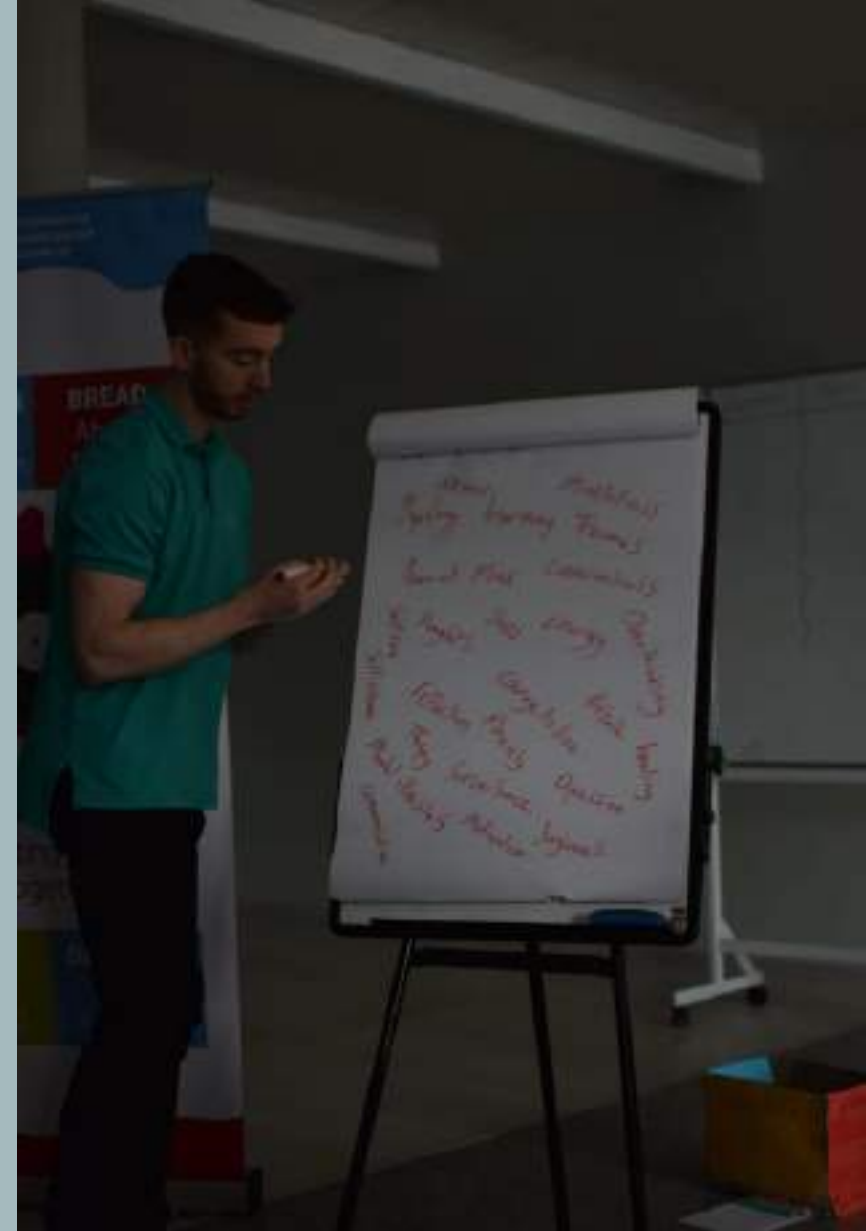
Mental health introduction



In the ice-breaker activity, participants quickly jotted down their initial impressions or thoughts about each other, creating a spontaneous and engaging way to kick off interactions. This exercise encouraged rapid connection and provided a lighthearted introduction to the group dynamic.



DAY 3RD



Calm: A Workshop on Stress Management



Mental Health: An Action Plan for Community work

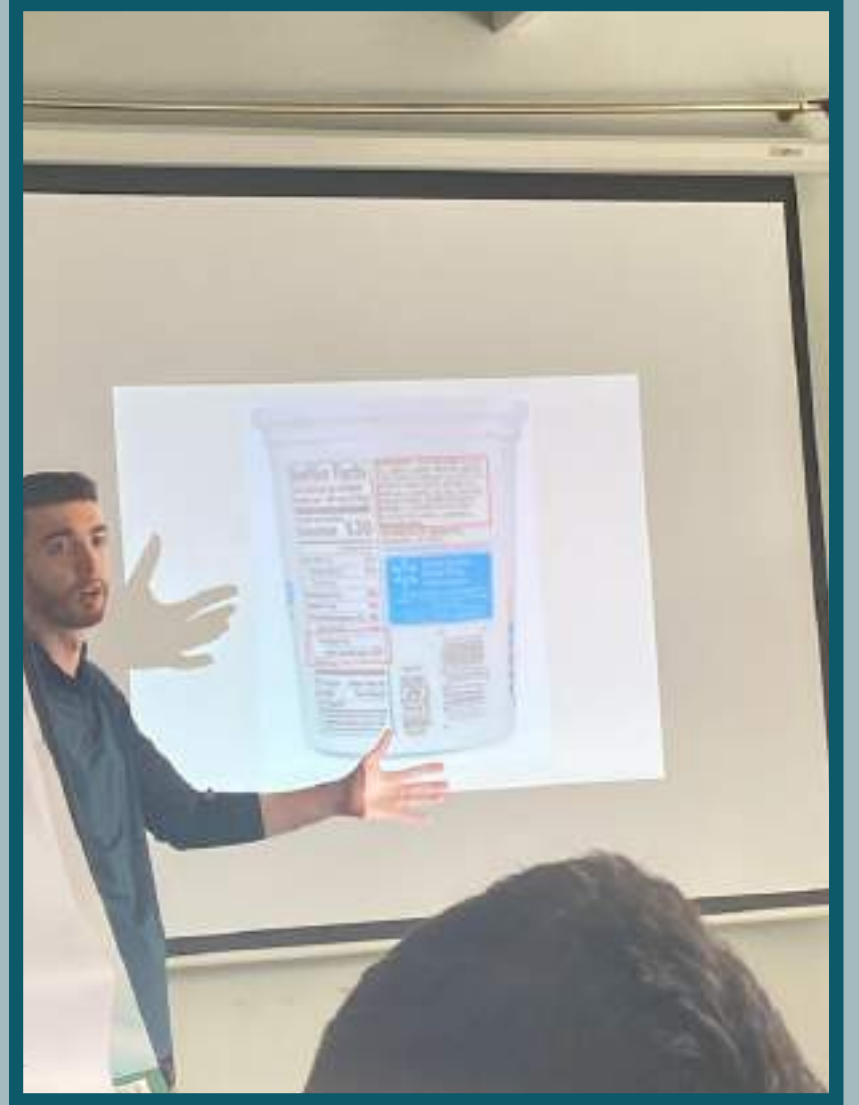


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DAY 4TH



Food for Thought: Exploring Nutrition



The journey of tranquility and self-awareness with the "Mindfulness in Motion: Yoga Activity Workshop." This immersive experience blends the benefits of mindfulness and yoga, creating a harmonious space for participants to cultivate both physical and mental well-being.

DAY 5TH



EXCURSION

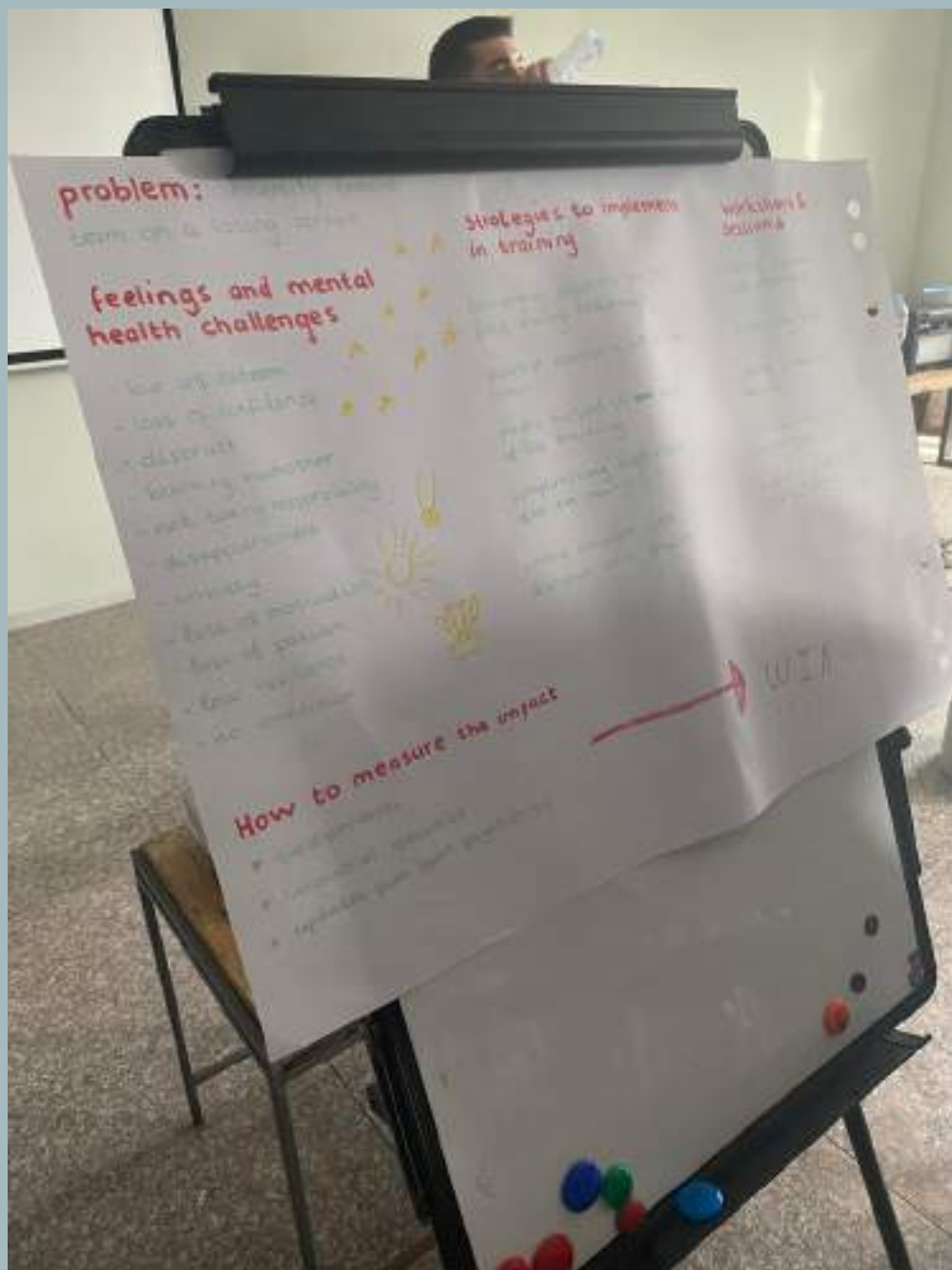
PARTICIPANTS HAD AN OPPORTUNITY TO EXPLORE BEAUTIFUL SIGHTS OF GEORGIA- GREEN MONASTERY, BORJOMI AND ENJOY TRADITIONAL GEORGIAN DINNER



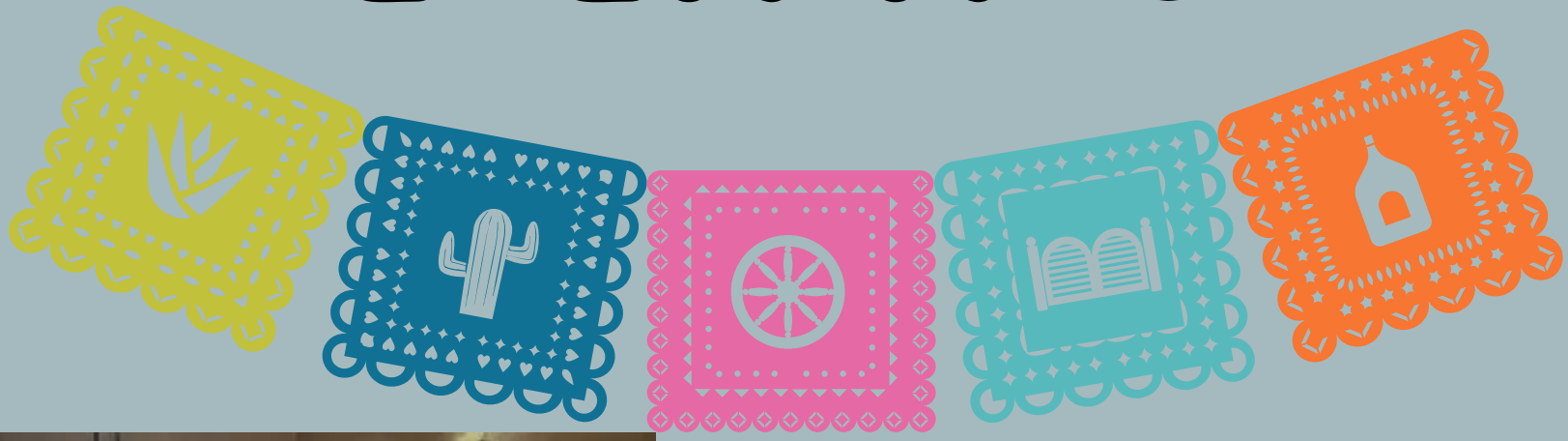
DAY 6TH



Project writing activity and erasmus + specificities



CULTURAL EVENINGS

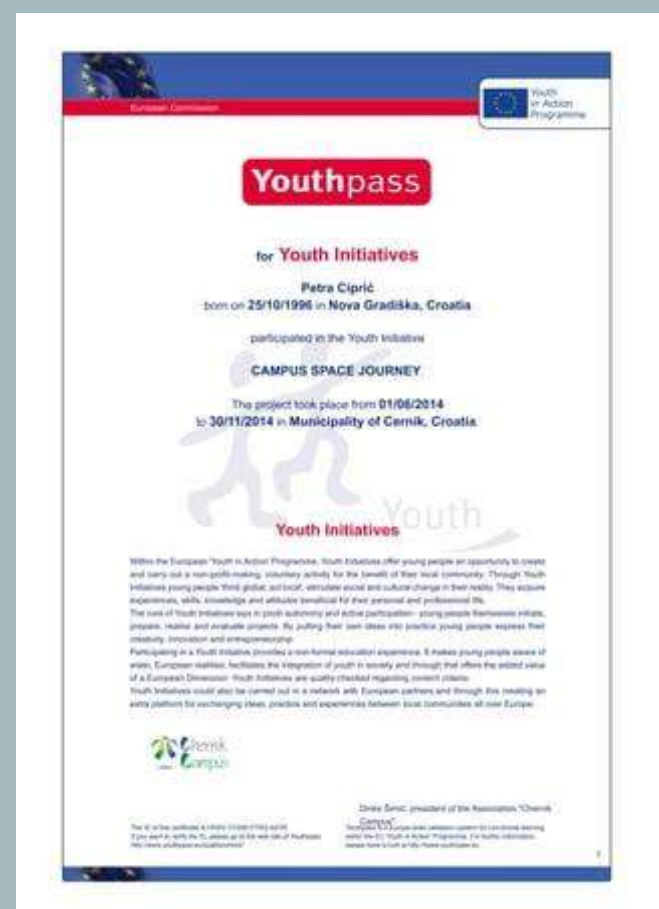


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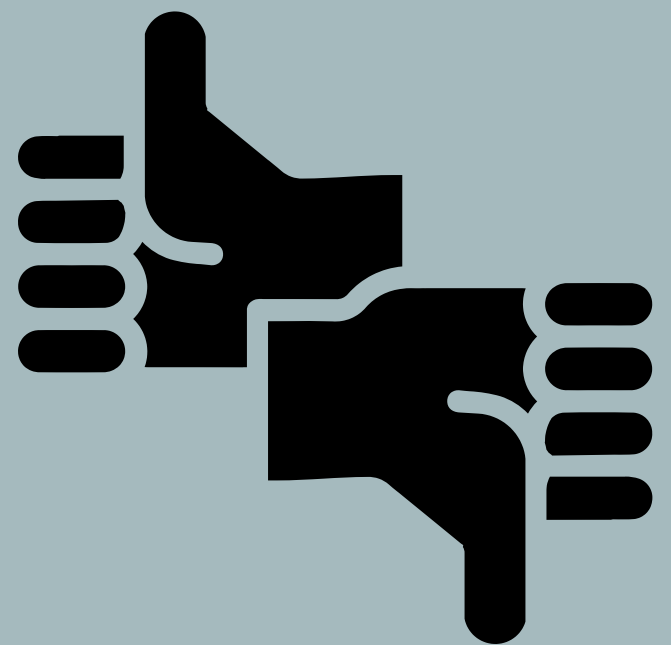


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GOODBYE AND YOUTHPASS CEREMONY



Feedbacks from the participants



Lieve Hoorn



“Every day we had interesting workshops about mental health, nutrition, stress, sports, and other subjects. And the information and activities that we did can I use for my future work in health care. I study Social Work in the Netherlands so the skills that had to be used in activities such as communication strategies, different ways of listening, and debating were very helpful to me as a future social worker.”



Feedbacks from the participants



“Regarding my expectations, the sessions were highly engaging, fostering great friendships among us. Mark, our lead facilitator, was instrumental in guiding us through enlightening workshops. Topics like the nuances between mindfulness and meditation, along with yoga and breathwork sessions, became not only very interesting for me, but I already started to include them into my routine.”



Dominik Minarik

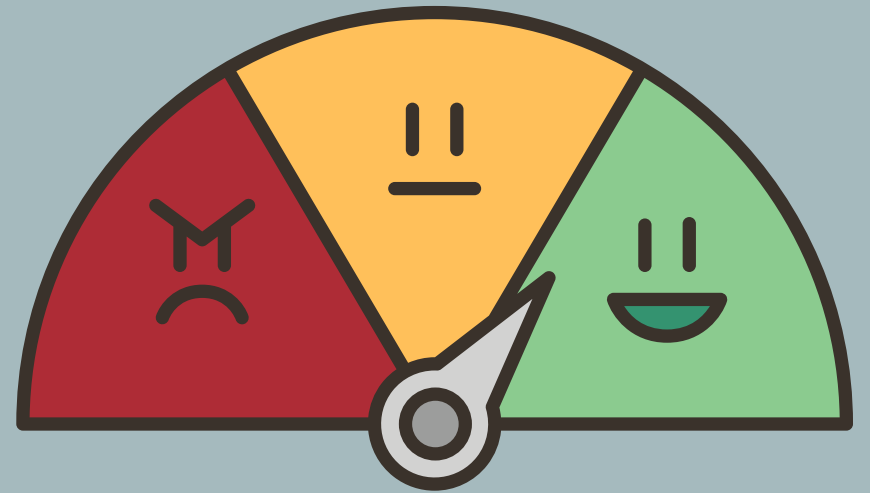


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Feedbacks from the participants



Svetlana Tarposhyan

“As I look back, I can honestly say that I’m leaving Bakuriani with a head full of knowledge, a network of incredible individuals, and a motivated heart, ready to effect positive change and promote well-being in my community. The “Healthy Mind, Healthy Body” training has been more than just a professional development opportunity; it has been a journey of growth, learning, and connection, for which I am profoundly grateful.”

THANKS TO OUR PARTNER ORGANIZATIONS!

- **STICHTING MASTERPEACE Libertas Center for interconfessional and interreligious dialogue UA**
- **Growunited e.V DE** 
- **EDU 4 U SK**
- **International Centre for Youth Empowerment & Cooperation IC-YEC AM**
- **Asociatia MasterPeace Ro RO**
- **MASTERPEACE GEORGIA GE**



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