



RISE AND SHINE

Supporting train-the-youth workers and youth educators to manage their well-being, and to continue to support young people

IT IS TIME TO RISE AND SHINE!

Our project is dedicated to **enhancing the well-being of youth workers** and, in turn, improving the support provided to young people's mental health.

By fostering collaboration among our partners, we aim to deliver **comprehensive training, resources, and support** focused on the well-being and resilience of youth workers. Stay tuned to learn more about our initiatives, progress, and upcoming events.



APRIL NEWSLETTER 1

In today's world, where mental health challenges are on the rise, the Rise & Shine project is crucial in empowering youth workers to better support the well-being of young people.



During the project, we will produce:

- **Youth Worker Well-being Planner and Journal:** Available in multiple languages to facilitate widespread use among youth workers.
- **Well-being and Resilience Toolkit:** Developed in 5 languages to provide comprehensive resources for supporting youth worker well-being.

Towards the end of the project, ALK will host a **Transnational Peer Support Event**, where 12 youth workers will take place in the Czech Republic, providing an opportunity for cross-border collaboration and knowledge sharing among participants.

Our target groups are:

- **Youth Workers:** These individuals play a pivotal role in supporting young people and are the primary focus of the project. They include both professional and volunteer youth workers who engage with young people in various settings.
- **Young People:** The project aims to indirectly benefit young people through the interventions and support provided to youth workers. Ultimately, the goal is to improve the well-being and resilience of young people by enhancing the capabilities of their youth workers.
- **Youth Work Educators and Policymakers:** This group is involved in the project to promote the sustainability and transferability of the resources developed. They contribute to ensuring that the project's outcomes have a lasting impact beyond the duration of the project.



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First online meetings

The partners of the project met online in March 2024 for the first time and will meet again in June 2024.

29th of March 2024

The project partners met online for the first time on the 29th of March 2024. This meeting gave all partners the opportunity to get to know the project and each other's organizations a bit better. During this online meeting, we completed a thorough review of the project and planned our initial work on project setup. We also established collaboration tools so that all partners could cooperate throughout the project.

21st of June 2024

The second meeting will take place in June 2024 where all partners will discuss the production of learning resources which will be developed over the summer. The partners will also plan the first transnational partner meeting in Dublin, which will take place in October 2024.



We invite you to join us on this exciting journey!

Stay tuned for updates on our progress, upcoming events, and opportunities to get involved!

Partner organizations from six European countries participate in this project:

- ALK (Czech Republic)
- WeLearn (Ireland)
- T4E (Romania)
- ARPIS (Spain)
- SEAL (Cyprus)
- 50/50 (Greece)