



RISE AND SHINE

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

DECEMBER 2024

NEWSLETTER 3

ABOUT OUR PROJECT

Recognizing the crucial role youth workers play in supporting young people's mental health, this project prioritizes their well-being.

Through partnerships, we will provide comprehensive training, resources, and support programs designed to build their resilience and enhance their own mental health. Join us as we work together to empower youth workers and create a positive impact on the lives of young people.

Stay connected to learn more about our progress, upcoming events, and how we're making a difference!



Partner meeting in Dublin

The project partners convened for their inaugural face-to-face meeting in Dublin on the 16th of October 2024. The meeting was hosted by the Irish organization, WeLearn. During this gathering, partners presented and tested all prototypes of the developed learning resources. Furthermore, they collaboratively discussed and defined the subsequent steps and milestones of the project.

Our first resources are ready!

The Youth Worker Well-being Planner and Reflective Practice Journal is now **complete in English!**

This phase marks a significant milestone as the package is now ready for **testing and validation** across all participating countries.

Following successful testing, these materials will be **translated into the respective languages** of each partner country to ensure its accessibility and effectiveness for all youth workers involved.



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Winter online meetings

Partners held **two online meetings**, one on November 20th and another on December 16th, to discuss the development of a comprehensive Well-being and Resilience Toolkit for Youth Workers.

This toolkit will include **12 hours of professional development training** covering important topics like understanding young people's mental health and how to work with them in a trauma-aware way.

The toolkit will also feature **18 engaging activities** designed to help youth workers and young people to build their own resilience and learn skills like managing their emotions. Each partner will train 12 youth workers using this toolkit.

The Rise & Shine project recognizes the crucial role youth workers play in supporting young people's mental well-being.

By providing them with the knowledge, skills, and resources they need to thrive, Rise & Shine empowers youth workers to create a brighter future for young people.



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)



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