



RISE AND SHINE

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

JULY 2025

NEWSLETTER 4

ABOUT OUR PROJECT

We know how important youth workers are for young people's mental health, which is why this project is focused on supporting them.

Together with our partners, we're putting together training, resources, and support programs that will help them stay resilient and take care of their own well-being.

By looking after youth workers, we can make an even bigger difference in the lives of the young people they work with every day.

Keep an eye out for updates, upcoming events, and new ways to get involved!



Online platform in development

Our Romanian partner T4E has developed the **online platform** that will bring together all the resources from our project.

Right now, we are in the process of uploading the **materials in English**, so that everyone can soon access and use them in one place through a free account.

Translations in progress

All of our educational resources are now complete in English!

Over the summer, partners will be busy testing and validating the materials, making sure they are practical and useful for youth workers. Once this phase is complete, the resources will be translated into **each partner language**, so they are accessible and relevant.



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Events in the Czech Republic

This October, partners will gather in Ostrava and Opava in the Czech Republic for a full and exciting week. The program will kick off on Monday with the final **Transnational Project Meeting**, followed by a **Peer Support Networking Event** from Tuesday to Wednesday, bringing together youth workers from all involved partner countries.

To wrap up the week, a **public event with a panel discussion** will take place on Friday, offering a space to share insights, experiences, and project outcomes with the wider community.

The Rise & Shine project values the important role youth workers have in supporting the mental well-being of young people. By offering practical knowledge, useful skills, and accessible resources, the project helps youth workers take care of themselves and, in turn, create a more positive and supportive future for the young people they work with.



Partner organizations from six European countries participate in this project:

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

We invite you to join us on this exciting journey!

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



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