



TC "THOR"

WHAT: Erasmus+, Mobility of youth workers

WHERE: Čiovo–Okrug Gornji <https://goo.gl/maps/tpdL2gKP4CmCSyWi7>

WHO: CROATIA, BELGIUM, SLOVENIA, SERBIA, FINLAND, ROMANIA

HOW MANY?: 4 PARTICIPANTS (18 years old +)

WHEN: 12-19.11.2022

TOPIC: THOR – self-reflection / mental health

1. **Personal development and capacity building** in order to empower individuals to become active promoters of positive changes in modern society
 - the need for knowledge and skills of responsible functioning in modern society, on personal and professional level
 - raise awareness of problems/ideas, personal stability
 - transversal and "soft-skill" skills for active participation in the social and business segment
 - the need to find a direction / occupation in life
 - the need for a sustainable way of life and business / green Erasmus
 - master the elements of the THOR tool, learn how to use it on a personal and business level
 - learn how to use THOR for reflection on completed tasks/events and for future planning



Summery

The idea of TC THOR arose during the realization of a strategic partnership in the creation of tools for reflection. The THOR training has so far seen over 10 online editions with over 100 participants. On-line trainings were created due to the Corona situation, and this is the first physical THOR training.

With this training, we want to share examples of good practice from both the formal and informal sectors. About 30 participants are expected.

Training has a modular approach. The modules will be realized with the active participation of the participants and the main learning methods will be: learning by doing, practical learning. Special focus will be on realistic and life goals and tasks.

On this project, there are partner organizations coming from four countries that are participating:

Croatia (Posejdon, Primary school city Solin, Slovenia, Belgium, Serbia, Finland, Romania. Every organization will pick up 4 participants and Posejdon 2 and 8 from primary school.

In order to be as ready and proactive as possible in working in the local community and working with young people, youth workers must be aware of the need to prevent burnout as well as mental health care. Therefore, this training is designed to provide participants with the necessary methods and tools for everyday work with young people.

By completing the entire training, participants will complete the entire round of acquiring knowledge related to the prevention of reflection.

A Youthpass will also be awarded for the TC.

The project is also supported by other civil society organizations at the local level (GDCK Solin), media (Solin Chronicle, TV Jadran, Radio Sunce).

Tasks of participants:

- active participation and sharing of good practice
- develop a dissemination plan
- actively promote the dynamics of TC implementation and dissemination results through social networks