



**12-17 MAY
2023**

**Milówka, "u Kubiców"
Guest House**



CHEER TRAINING COURSE

T R A I N I N G C O U R S E



**Co-funded by
the European Union**

About the CHEER project:

The "CHEER" project is a strategic partnership project implemented as part of the KA2 action of the Erasmus+ Programme. The partners of the project are: Bulsport from Bulgaria, Ljudska Univerza Ormoz from Slovenia and Teatro Metaphora from Madeira (Portugal).

The main objective of the project is to equalize opportunities for young people weakened by mental health problems. These problems arise from civilization changes as well as the COVID-19 crisis.

The accompanying goal is to improve the well-being of young people, both their mental, physical and social condition. The project responds to the post-pandemic reality of young people. The innovativeness of the project is based on the combination of two areas: health and creativity. These spheres are only seemingly distant from each other. In fact, there is a direct link to mental health and creative thinking. This synergy is the starting point for creating a set of innovative educational tools

About the CHEER TC:

The CHEER Training Course is dedicated to youth workers, teachers and educators (18+) who are the heart of the envisioned changes in health education of youth. By relying on a multiplier model, training people from local organizations who will transfer their knowledge to direct work with young people, we want to create a real impact on the young people's mental health and wellbeing.

Our training aims to:

- full implementation of the Cheer Cards - testing how they work and evaluating their effect;
- support education of people working with youth by using non-formal, pro-health and intercultural methods;
- collecting information on the situation of young people with mental health issues in different countries and different sectors (scale, causes, good practices);
- building an international network of educators and organizations;
- learning how to create innovative, educational tools, how to work with them and how to promote them;
- using methods and approaches that will boost your performance as a youth worker and will positively influence your personal wellbeing.

About the CHEER TC:

Throughout the program, the participating youth workers will:

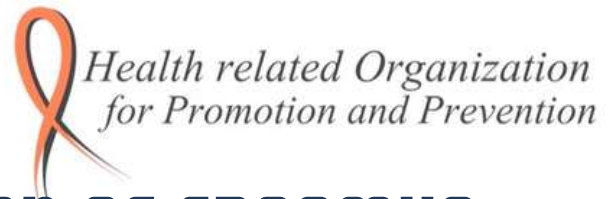
- Gain theoretical input which they can put into practice and reflect upon throughout the sessions, as well as in the reflection groups;
- Develop cooperative skills, learn different educational activities and bring new innovative activities to their organization;
- Gain more confidence in their attitude as a youth worker by fully emerging into training process;
- Learn how to create educational activities, using research and technological background, getting to acquire new insights into how to recreate events and activities throughout their organization and shape them in a way that is supporting the non-formal education



[cheer.education](https://www.instagram.com/cheer.education)

VISIT OUR WEBSITE: [cheer.education](https://www.cheer.education)

ABOUT US



WE HAVE ACCREDITATION OF ERASMUS+

HEALTH RELATED ORGANIZATION FOR PROMOTION AND PREVENTION "HOPP" WAS FOUNDED IN 2012 IN OPOLE. THE AIM OF THE ASSOCIATION IS TO PROMOTE A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE, THEREFORE WE WOULD LIKE TO ACHIEVE THIS GOAL BY STRENGTHENING NON-FORMAL EDUCATIONAL PATHS. THE ADDRESSEE OF OUR ACTIVITIES IS BOTH THE YOUTH AND THE LEADERS WORKING WITH THEM. DUE TO THE INCREASED NEED TO EDUCATE PEOPLE WITH FEWER OPPORTUNITIES, WHO OFTEN HAVE POORER ACCESS TO KNOWLEDGE IN THE FIELD OF PUBLIC HEALTH, AND THUS HAVE POORER HEALTH ATTITUDES, WE TRY TO COVER YOUNG PEOPLE OF ALL AGES AND STATUS. WE MADE MANY PROJECT IN THE PAST, THAT BROUGHT US TO THE PLACE WHERE WE ARE NOW, MOST IMPORTANT PROJECT ARE:

"START NOW !: - STRATEGIC PARTNERSHIP FOR HEALTH PROMOTION AMONG YOUTH" IS A STRATEGIC PARTNERSHIP PROJECT UNDER KA2 OF THE "ERASMUS +" PROGRAM. THE MAIN GOAL OF THE PROJECT WAS TO PROMOTE A HEALTHY LIFESTYLE AMONG YOUNG PEOPLE OF ALL AGES. [VISIT THE WEBSITE OF THE PROJECT.](#)

"START NOW +" - A PARTNERSHIP PROJECT IMPLEMENTED UNDER THE "EDUCATION" PROGRAM - EEA FUNDS. THE PROJECT PARTNER IS FURIM INSTITUTT FROM NORWAY - THE PROJECT FOCUSED ON THE AREA OF YOUTH HEALTH. [VISIT THE WEBSITE OF THE PROJECT.](#)



[@StowarzyszenieHOPP](#)



[@stowarzyszenie_hopp](#)



ACCOMODATION

ACCOMMODATION INCLUDES:

- PENSION LOCATED IN MOUNTAINS,
- DOUBLE OR TRIPLE ROOMS,
- CLOSE TO THE WOODS AND NATURE
- CUISINE BASED ON POLISH TRADITIONAL CUISINE,
- DIETS AVAILABLE ON REQUEST ONLY FOR TYPICAL ONES (VEGETARIAN, VEGAN, OTHER BASED ON MEDICAL PURPOSES).
- MILÓWKA IS LOCATED IN UPPER SILESIAN REGION WHICH IS ONE OF THE FASTEST DEVELOPING REGIONS IN POLAND. THIS PART OF SILESIA IS A PERFECT PLACE FOR CHILL, WORK AND ACTION, BECAUSE OF BEAUTIFUL NATURE AND MOUNTAINS.



"U KUBICÓW" GUEST HOUSE
SZARE 23
34-360 MILÓWKA

[HTTP://WWW.UKUBICOW.PL](http://www.ukubicow.pl)





SCHEDULE:

12.05. - Arrival

13.05. - Welcome to the TC - Group bonding;
Project frames

14.05. - Introduction to health education; CHEER
cards in practice vol.I

15.05. - CHEER cards in practice vol.II, Evaluation of
the tool, Creative LAB - my own CHEER card

16.05. - Field trip to Bielsko Biała, Final Evaluation

17.05. - Departure

*Might differ from the proposed form

CONTACT

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TIPS

PLN (ZLOTY) 1 EUR = 4,72 PLN

WEATHER IN MAY

DUE TO THE CLIMATE IN POLAND, PLEASE REMEMBER TO TAKE VARIOUS TYPES OF CLOTHES. THE WEATHER IN MAY SHOULD BE MOSTLY SUNNY WITH OCCASIONAL RAIN

HEALTHCARE

PLEASE TAKE WITH YOU EUROPEAN HEALTH INSURANCE CARD WHICH ALLOWS YOU TO USE HEALTHCARE SERVICES IN POLAND FOR FREE IN CASE OF EMERGENCY

WE KINDLY ASK YOU TO BRING SNACKS FOR INTERCULTURAL EVENING WHICH WILL BE HELD DURING TC