



# FREE YOUR MIND

## START NEW LIFE

**Name of the Project:** Free Your Mind - Start New Life

2021-1-PL01-KA220-YOU-000029164

**Leading Organization:** Foundation Spread Your Wings

**Partners:** Youth on Board – North Macedonia, Foundation Spread Your Wings – Poland, and ASSOCIACAO INTERCULTURAL AMIGOS DA MOBILIDADE – Portugal

**Duration:** 19 months (01-11-2021 - 01-06-2023)

About the project:

As part of the "Free Your Mind - Start New Life" project, the organizations comprising the international partnership will develop a comprehensive educational program for young people at risk of social exclusion. The program will use tools selected to work with young people in the place of their first job, as well as for self-development.

Work with the created educational program is expected to last about three months. Its task is to lead to the acquisition by young people, key social competencies useful for learning, work and personal development. The materials will focus on the area of: dealing with stress and strong emotions, overcoming stereotypes, becoming independent, positive communication, building self-esteem, unleashing one's own potential, and engaging in social initiatives.

### PROJECT GOALS AND MAIN PROJECT RESULTS

Activities increasing motivation to undertake further professional and educational activity, for the purpose of social and professional inclusion of young people.

Development of soft and interpersonal skills in at-risk youth.

As part of the FYM project, we will develop an educational program lasting approximately 3 months (30 workshop meetings).

The project involves the creation of educational materials to support the change

The project involves the creation of educational materials to support the change in the attitude of the participating young people, protection against marginalization and social maladjustment, acquisition of key social competencies useful in learning, future work and personal development.

Main Project Outcomes:

- TOOLBOOK FOR TRAINERS
- TRAINER'S DIGITAL LIBRARY "BODY AND MOVEMENT IN WORKING WITH EMOTIONS"
- BOARD GAME FOR YOUNG PEOPLE - "MILESTONE CARDS"
- TOOLBOOK FOR YOUNG PEOPLE
- IMPLEMENTING KNOWLEDGE PILLS ON YOUR MOVE PLATFORM