



Здружение за културен и едукативен развој
МЛАДИНСКИ БОРД – ШТИП

New proposed plan of Youth on Board that aims to help youngsters cope with COVID-19 in the following 5 months

Dear youngsters, supporters and partners,

In addition to everyday steps to prevent COVID-19, physical or social distancing is one of the best tools we have to avoid being exposed to the virus and to slow its spread. However, having to physically distance from someone you love – like friends, boyfriend or girlfriend, family or your worship community – can be hard. Adolescents may struggle when asked to change their social routines – from choosing to skip in-person gatherings, to consistently wear masks in public settings. Adults need to help adolescents take personal responsibility to protect themselves and others, as well as support them in safely taking time to connect with friends and family remotely.

To support youngsters and their families, Youth On Board organization design a new program that will help our community to cope with this new normal. Our future activities will evoke social inclusion through outdoor activities, online courses, and training. By this approach, we would like to engage youngsters in establishing a routine and ensuring continuity in their mental health.

Our program will propose activities for the next 5 months starting from November 1st, 2020 until March 31st, 2021 and will provide daily support for the youngsters that need extra work and attention.

The program is designed by our youth workers, University professors, and educators who will also participate in the implementation of the proposed activities.

Our focus groups are **youngsters, young adults, graduate students, and parents.**

Time table of activities:

Youth on Board together with supporters and our Creative Station sub-organization will organize at least 2 activities each month starting from November 2020 till March 2021.

The main focus will be on:

- Improving mental health and wellbeing of youngsters by organizing creative activities and classes such as storytelling, art therapy and improv theatre;
- To support youngster's personal development through organizing different skills workshops;
- To promote outdoor activities for social inclusion and physical health;
- To support youngsters and parents by organizing professional lectures about online learning, creative brakes, and ITC;



Здружение за културен и едукативен развој
МЛАДИНСКИ БОРД – ШТИП

· To organize online podcasts where youngsters will have the chance to create their shows and propose topics for discussion;

All activities will be promoted timely to reach our target group. We will use our website and social media channels for promotion and dissemination.

The physical activities will be organized according to the government recommendations and health protocols.

Youth on Board will create third party agreements with other relevant institutions and stakeholders that can support us in making our program more friendly and creative.

Youth on Board will collect data from each activity to analyze the changes in youth behavior during this process. After completing the program YOB will publish the final report with results and recommendations.

Sanja Stefanova, MSc
President-Manager at Youth on Board

Sanja Stefanova

Kiril Jordanov
President-Coordinator at Youth on Board

Kiril Jordanov

