



**2022-2-PL01-KA220-YOU-000095782**

***PRESERVING YOUTH MENTAL WELLBEING IN WARTIME MIGRATION CRISIS (MentUwell)***

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***Project Start Date*** 2023-04-02

***Project End Date*** 2025-12-01

***Project budget*** 400 000,00 €

The project mentUwell is implemented within the framework of the Erasmus + Cooperation partnerships in youth program. It brings together experts from countries that have faced migration for many years and have experience in preserving youth mental well-being during the migration crisis.

The project is developing a methodology to help educators working with youth and young war migrants, as well as a universal toolkit for educators, NGOs, volunteers and others tasked with preserving the mental well-being of youth during the wartime migration crisis.

# Partners

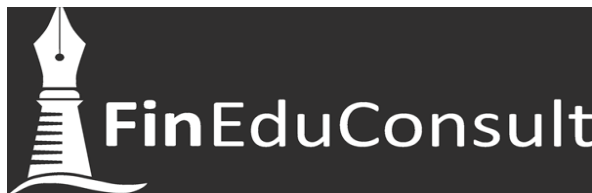
## Akademia WSB

Dąbrowa Górnicza, Kraków, Cieszyn, Żywiec, Olkusz, Gliwice, Tychy

## WSB University



MYKOLO ROMERIO  
UNIVERSITETAS



### Applicant organisation

OID	Legal name	Country	Region	City	Website
E10109230	AKADEMIA WSB	Poland	Śląskie	DABROWA GORNICZA	<a href="http://www.wsb.edu.pl">www.wsb.edu.pl</a>

### Partner organisations

OID	Legal name	Country	Region	City	Website
E10191520	MYKOLO ROMERIO UNIVERSITETAS	Lithuania	Vilniaus apskritis	VILNIUS	<a href="http://www.mruni.eu">www.mruni.eu</a>
E10261648	Fin Edu Consult Oy	Finland	Helsinki-Uusimaa	Espoo	<a href="http://www.fineduconsult.com">www.fineduconsult.com</a>
E10088869	UNIVERSITATEA DE ARTA SI DESIGN DIN CLUJ-NAPOCA ENAIP VENETO	Romania	Nord-Vest	CLUJ NAPOCA	<a href="http://www.uad.ro">www.uad.ro</a>
E10102095	IMPRESA SOCIALE	Italy	Veneto	PADOVA	<a href="http://www.enaip.veneto.it">www.enaip.veneto.it</a>
E10213309	Vasyl Stefanyk PreCarpathian National University	Ukraine	Ukraine	Ivano-Frankivsk	
E10111424	STUDIO PROGETTO SOCIETA COOPERATIVASOCIALE	Italy	Veneto	CORNEDO VICENTINO VI	<a href="http://www.studioprogetto.org">www.studioprogetto.org</a>
E10155642	European Center of Entrepreneurship Competence & Excellence	Austria	Kärnten	Karnburg - Maria Saal	<a href="http://www.ecece.org">www.ecece.org</a>



# *Work package 2 - Methodology, tools and good practices*



Under mentUwell project partners will prepare set of tools and methodology for educators working with youth war migrants in Poland, Lithuania and Romania. Those countries were chosen because biggest number of migrants from Ukraine entered these countries within last 6 months.

The main objective is to prepare those documents, based on joint work of all project partners. The document will be prepared after learning visit in Austria, Finland and Italy.

The crucial part of the WP will be workshops in expert countries (merged with learning visits) where all project partners and representatives of expert countries stakeholders will be work on main assumptions of those documents and crucial points that have to be taken into strong consideration during documents preparation. Improved documents will be used in pilot activities under WP 3.

After the pilot activities the documents will be revised and adjusted to pilot participants remarks. The adjusted documents will be disseminated and promoted among European stakeholders like education insitutions, secondary schools, Higher Education Institutions, Local anf Regional authorities, students, lecturers, NGOs and SMEs. What will be the main results of this work package?

The work package is focused of delivering following results:

- 1.a methodology for educators focused on Preserving youth mental wellbeing in wartime migration crisis,***
- 2.universal tools which can be used by teachers but also by students, local authorities, educators, NGOs and all those who work on preserving youth mental wellbeing in wartime migration crisis***
- 3. three described good practices on preserving youth mental wellbeing in wartime migration crisis from Austria, Italy and Finland.***

The tools, methodology and good practices will be prepared in English and in all languages of the consortium and can be implemented in all education organisations in the world, regardless of the specialities of the staff. These tools can also be used by secondary school teachers, municipal educators and NGOs. These tools will be implementable anywhere in the world, in all types of regions, cities, towns and small communities. Such universal tools will be very difficult to create, so a broad consortium with experts is needed for successful implementation.

All universities involved, supported by expert partners, will work together on the content and form of the project results. The results will be able to be used in the curricula of the universities, but firstly in the training of educators and in work with youth migrants and youth from hosting countries. It can be used also by local authority representatives or to be used by secondary school teachers in their work with young people and in teaching them the importance of responsible citizenship, social inclusion and value of preserving youth mental wellbeing in wartime migration crisis

## *Work package 3 - Pilot of Methodology and Tools*

*The main objective is to test all results of WP2 – Metodology and Tools All results will be piloted in three countries: Lithuania, Poland and Romania.*

Evaluation survey will be taken among wide group of participants in pilot actions in Poland, Romania and Lithuania. We will gather around 300 responses related to the feedback on usage of mentUwell results as Methodology and Tools. Among others we will also evaluate youth and teachers on the usage of proposed materials.

The pilot project activities will result in 3 described case studies. The Pilot in Poland will be organised in April 2024 to verify methodology and tools. Pilot will last 3 days. All Partners representative will attend and work on pilot activities.

The Pilot in Lithuania will be organised in June 2024 to verify methodology and tools. Pilot will last 3 days. All Partners representative will attend and work on pilot activities. The Pilot in Romania will be organised in June 2024 to verify methodology and tools. Pilot will last 3 days. All Partners representative will attend and work on pilot activities.

Europe is changing not only because of the Covid-19 pandemic, but also because of the Russian invasion of Ukraine, which will lead to a large number of Ukrainian migrants in the pilot area. The objective is to involve in testing phase (pilot activities) different youth migrants' educators from Poland, Lithuania and Romania.

Also, stakeholders, NGOs, SMEs, local authorities' representatives will attend the pilot activities. The activities will be co-organized by students from MRU, WSB and UAD. After all pilots wide survey will be conducted. Participants will take part in the survey – educators, youth, students, citizens, stakeholders and also project partners and representatives of hosting local authorities. The results will be use to improve Methodology and Tools according to participant's feedback.

### *The pilot will result in:*

1. 3 pilot activities in Poland, Lithuania and Romania
2. 3 described case studies from Poland Romania and Lithuania. These case studies will prove the use of the tools.
3. Described Austrian, Italian and Finnish example will be widely promoted as a good practice that was the basis for the mentUwell products.
4. Results of 3 surveys taken during pilot in different locations will be promoted in the form of written reports

The main objective of WP4 is to promote results of mentUwell project among widest audience and most divers group of stakeholders.

Promotion of project results will provide tools to educators, youth, HEIs, local/regional authorities and NGOs to preserve youth mental wellbeing in wartime migration crisis Project webpage will be a place where all project results will be published and uploaded in open access.

Final conference will promote Metodology and Tools, case studies and good practices among wide group of educational and cultural organisations, educators, local authorities' representatives, higher education institutions and citizens. Direct promotion has to be applied.

Project partners will also choose most suitable public open events worldwide, participate in them and promote project results among key stakeholders and potential users – researchers, manager, teachers, educators, local and regional authorities, but also among people involved in inclusive actions and those who want to contribute to preserving youth mental wellbeing in wartime migration crisis.

MentUwell project results will be also promoted among people involved in improvement of responsible citizenship.

The Dissemination Plan objectives are the following:

- Delivering a communication strategy able to properly reach all the Target Groups with specific and relevant messages tailored to each target audience
- Implement the appropriate actions and initiatives to disseminate the project outcomes and outputs among the different target groups
- To disseminate the project outcomes and outputs as widely as possible within the furniture sector stakeholders at local, national and European level All partners will contribute to the project dissemination activities allowing reaching as many targets as possible. Moreover, in each participating country, a partner from the consortium will be appointed as responsible for the dissemination activities at local and national level.

The main WP 4 results will be:

1. Project website. All partners will bring the content to the webpage. It will be a place to communicate about project progress, project results, partnerships, piloted actions, good practices from Vietnam, case studies etc.
2. Final conference in Dąbrowa Górnicza It will be international event. Around 70 participants will appear. All project partners will attend. It will be one day meeting. The participants will be educators, youth support organisations, institutions working on preserving youth mental wellbeing in wartime migration crisis, HEIs representatives, students, local authorities representatives etc.
3. Promotion of projects results among educators, HEIs, local authorities, institutions focused on preserving youth mental wellbeing in wartime migration crisis on sectoral meetings and conferences.

Each partner will send 2 representatives to scientific conferences, sectoral meetings, events for local authorities, events for HEIs. The crucial activities to involve wide network of stakeholders is to promote project results in tailored events. Partners representatives will attend public events of different kind. They will promote project results on events and conferences related to preserving youth mental wellbeing in wartime migration crisis, but also at events designed to cooperation and internationalization of local authorities, regional authorities and public bodies.

To promote results among educators, higher education institutions, teachers, lecturers and researchers, project partners will present project results on international scientific conferences or international networking meetings designed to wide audience but with main Focus on Higher Education sector.

The events and conferences will take place in different places in the Europe and world, so partners representative will join events which are mostly related to mentUwell objectives. Some of the participations possibly will be on the online meetings/conferences/events.

## ***Methodology and tools***

- ✓ Handbook for educators: The mental well-being of young people during the war
- ✓ Practical Guide on how to support teenagers in a crisis situation. Recommendations for teachers and parents
- ✓ Practical guide on how to cope with stress. Recommendations for teenagers
- ✓ How Can Art Help. Handbook for parents and educators
- ✓ Creative Toolkit. Collaborative Artistic Activities Scenarios
- ✓ Recipe of Me. Tool for Self-Expression and Integrative Activity
- ✓ Working with Children from vulnerable groups. Guidelines for teachers
- ✓ SCENARIO. Children and adolescents in the migration crisis
- ✓ Culturall sensitivity workshop and social drama

## *Study visits*



**Study visit to Padua**  
(17-19 October 2023)



**Study visit to Helsinki**  
(11-15 December 2023)

**Study visit to Klagenfurt (5-9 February 2024)**



## *Study visits*



**Study visit to Vilnius**  
(7-9 October 2024)

**Study visit to Katowice**  
(16-18 September 2024)

