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**Diversity of forms
and international cooperation
as a way to effectively support
the well-being of young people**

**Aleksandra Kulik,
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Sempre a Frente Foundation

- Since 2010, we have been supporting children and youth in their development through mental health care, education, social inclusion, and the promotion of civic engagement.
- We take a holistic approach – combining professional psychological and therapeutic support with non-formal education.
- We believe that youth well-being is a collective responsibility, not just a clinical issue.
- Young people are a highly diverse group, yet they face strikingly similar challenges. That's why our work goes beyond local impact and extends to international cooperation.



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Youth Development Groups

Connection and Growth for wellbeing

- **Practice-based support program** dedicated for youth centers, day care centres for 10-18y.o.
- Focuses on **social and personal growth during adolescence**, covering topics of communication, cooperation, emotions and stress, struggles, future, goal-setting or local engagement
- **Provides safe space** to build self-awareness, responsibility, life skills and nurturing relationships
- Organized in school year cycle in stable peer groups that meet once every week



2015

Co-created in cooperation
with Irish Foróige within
Erasmus+ partnership

2022

Updated thanks to EEA
and Norway Grants

350+

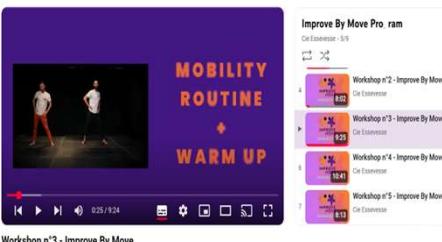
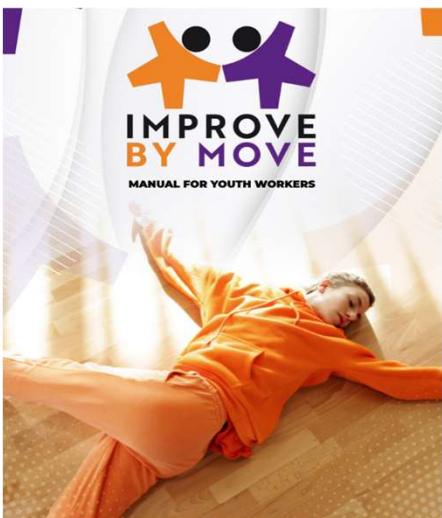
Supported young
participants of groups





Improve by move

Expression and Movement for wellbeing



- Support program for all youth workers (regardless their professional background) working with youth aged 13+ y.o.
- Program develops psychosocial skills of teenagers through dance and movement methods
- Focuses on self-awareness, expression, tolerance, goal-setting and supports autonomy, self-acceptance, and emotional resilience
- Includes a manual and video guides, available in 3 languages: English, polish and french
- Created with psychologists, youthworkers and Dance/Movement Therapist from Poland, France, and the UK in the frames of Erasmus+



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Mind the Gap & Competent

Tools and research for wellbeing

- Mind the Gap: Research on mental health needs of young people during the time of transition between education and work in 5 countries (PL, DE, IT, ES, SLO)
 - 69.8% of youth report stress and worries, 58.2% experience anxiety
 - Low socio-economic status and dropping out of school are the 2 main factors worsening young people's mental and emotional health
 - "future" is associated mostly with "change" (68%), "opportunity" (61%), "hope" (58%)
- Competent App: Supports youth in creating CVs based on validated soft skills, confirmed by professionals who know them well, co-created by partnership between NGOs and Higher Education Institution (PL, ES, BG, MK)
- Solutions focused on real needs voiced by youth, tailor made and tested in cooperation with youth and youth workers



Competent



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Together, we can make youth mental health and well-being a shared, sustained priority – and build lasting solutions across borders, sectors, and generations.

www.sempre.org.pl
aleksandra.kulik@sempre.org.pl

