



# SEA AND COAST, LAKE AND SHORES

Takelontmoeting

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# PROJECT SEA & COAST

## Partners

Malta (organization)

Slovakia

Italy

# PROJECT SEA & COAST

## Goals of the project

Youth workers: gain knowledge and competence about themes  
*Anxiety, stress, loss, grief, loneliness*

Try out 3 activities

Develop toolkit for youth workers

Organize a seminar to share experiences

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## Process

Theoretical background

Develop different activities

Discuss challenges and improvements

Training for youth workers

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## Why do we participate?

Our youngsters cope with these kind of themes

Improvement of mental health

Learn how to use our sea & coast

International exchange

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## Team involvement

Inspire us on the topics, help brainstorm

Participate with activities

Try out seminar for colleagues

Share knowledge and experiences

Explanation toolkit: individual help + group projects

Share international exchange

LET'S START!

