

# Media pressure how to perceive it and balance it

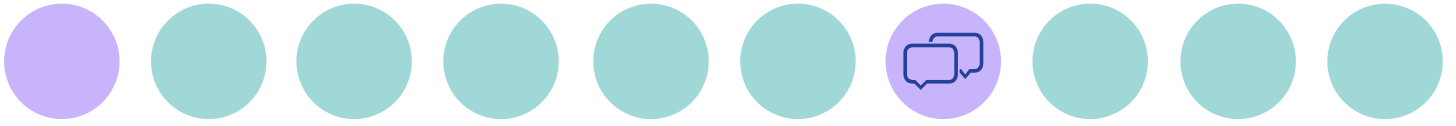
Training course

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For you.**



# Short intro

Internet and social media are available everywhere and are often used by teenagers since the age of twelve and even younger. Research on Social Media and its Effects on Mental Health and Impact of Social Media on Self-Esteem published in the European Scientific Journal by the European Scientific Institute found that social media use directly affects and has a very strong impact on the self-esteem of young people who use these social networks not only to find information, communication and relationship building but also often use them to compare themselves to others, feelings of inadequacy and inferiority.

During this training course, youth workers will be introduced to the topic of social networks and media and their influence and pressure on each of us, especially on youngsters, who are still in the phase of finding themselves and building their self-esteem, and therefore may be more prone to mental health issues if they do not fulfill expectations of the society. Youth workers will also learn about the current and most urgent problems and pressures in each country by looking at the topic from a more global perspective. Youth workers will be actively participating on creation of an **outcome** (games, cards...) that will help them to open this topic with their youth.





## Where?

**Moravec, Czechia**

(arrival spot is Křižanov where we will pick you up)



## When?

**11. – 20. 9. 2023**

(including arrival and departure day)



## Who?

There will be 3 youth workers (18+) from each country who are involved in youth work in participating organisation or organisations that regularly work with young people at local level. We are able to include disadvantage participants and participants with special needs.

Participants involved should be motivated to actively participate in sharing their experiences, bring their own ideas and insights from their country, their work, the way of thinking of young people in their country, their problems and experiences with social networks. They should be willing to work together on innovative tools that will help us to open up and communicate the topic of media pressure and balancing the identity in this "perfect" world with teenagers.



# Practicalities

## Travel costs

Travel expenses will be covered up to

- 180 € Czech republic
- 275 € Ukraine, Bosnia and Herzegovina, Estonia, Malta, Romania
- 360 € Portugal
- 1 500 € Aruba and Curacao

Please keep all of your travel documents so we can reimburse the travel expenses!

## Accommodation

For the training course, you will be accommodated in the guest house called Penzion u Výletů. The venue is situated in the village Moravec. The toilets and the showers are shared ([link for the website](#)).



## What to bring?

You will need enough comfortable clothes for indoor and outdoor activities during the week. Also take all of your daily medication (if you take some) and your health insurance card. Don't forget to arrange travel insurance. All materials needed for the program will be provided. If you like to take photos and you have your camera, you can take it too, it can be useful at this project.

## Formalities

Don't forget to fill out an application form and sign a Learning Agreement which commits you to certain rules. We take these rules, active participation and learning element seriously.

By signing the documents you consent to the storage of your personal data and taking of photos and video recordings for promotional use.



# Contact us!



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