

A ŚWIAT ROZPĘDU
ERASMUS + PROJECT



JOURNEY OF UNITY

EMPOWERING YOUTH THROUGH THE HERO'S PATH

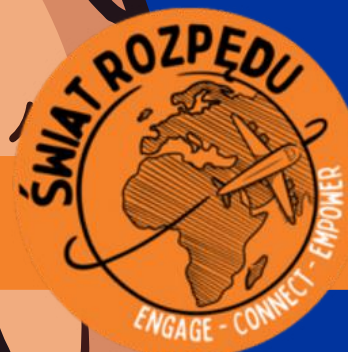


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-Empowering Youth Through the Hero's Path-



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COME WITH US AS WE TAKE
YOU THROUGH THE PROJECT
"JOURNEY OF UNITY"



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ABOUT THIS GUIDE

JOURNEY OF UNITY: A HANDBOOK OF STORIES AND TRANSFORMATION

THIS HANDBOOK IS A **GUIDE** TO THE **STORIES** OF THE JOURNEY OF UNITY PROJECT. IT SHOWCASES THE **PARTICIPANTS**, THE JOURNEY THEY EMBARKED ON TOGETHER, AND THE **KEY THEMES** THAT SHAPED THEIR EXPERIENCE.

MORE THAN JUST A **RECORD** OF THE PROJECT, THIS HANDBOOK SERVES AS AN **INSPIRATIONAL** RESOURCE FOR **FACILITATORS**, **EDUCATORS**, AND **YOUTH WORKERS**. IT HIGHLIGHTS THE LEARNING, GROWTH, AND SHARED EXPERIENCES OF THOSE WHO TOOK PART, PROVIDING INSIGHTS INTO THE **METHODOLOGIES** AND **APPROACHES** EXPLORED THROUGHOUT THE JOURNEY OF UNITY TRAINING COURSE.

THROUGH THIS GUIDE, YOU WILL DISCOVER:

- THE **KEY THEMES** OF THE PROJECT AND THEIR IMPACT
- STORIES AND **REFLECTIONS** FROM PARTICIPANTS
- PRACTICAL FACILITATION METHODS AND NON-FORMAL EDUCATION APPROACHES

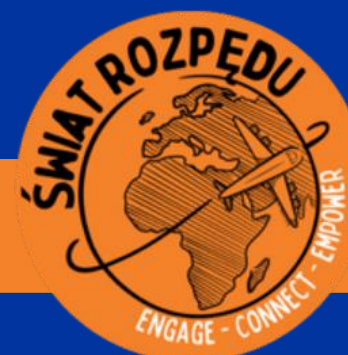
DESIGNED AS BOTH A **REFLECTION** ON THE JOURNEY AND A **TOOL** FOR FUTURE FACILITATION, THIS HANDBOOK INVITES YOU TO DRAW FROM THE EXPERIENCES WITHIN, ADAPT THE IDEAS TO YOUR OWN WORK, AND CONTINUE THE **SPIRIT OF JOURNEY OF UNITY** IN YOUR OWN EDUCATIONAL AND COMMUNITY SETTINGS.



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INTRODUCTION

MY NAME IS
FREYA - ILL HELP
GUIDE YOU
THROUGH THIS
JOURNEY



THE **JOURNEY OF UNITY** IS AN ERASMUS+ KA1 TRAINING COURSE DESIGNED TO EQUIP EDUCATORS, YOUTH WORKERS, AND CHANGE-MAKERS WITH TOOLS FOR **LEADERSHIP, STORYTELLING, AND MENTAL WELL-BEING**. ROOTED IN THE **HERO'S JOURNEY** METHODOLOGY, THIS IMMERSIVE EXPERIENCE EMPOWERS PARTICIPANTS TO GUIDE YOUNG PEOPLE THROUGH PERSONAL AND COLLECTIVE **TRANSFORMATION**. THROUGH INTERACTIVE WORKSHOPS, CREATIVE ACTIVITIES, AND SHARED **STORYTELLING**, WE FOSTER **RESILIENCE, SELF-AWARENESS, AND COMMUNITY BUILDING**. THE TRAINING PROVIDES HANDS-ON METHODS AND **INNOVATIVE** APPROACHES TO HELP EDUCATORS SUPPORT YOUNG PEOPLE IN NAVIGATING CHALLENGES, DEVELOPING **CONFIDENCE**, AND SHAPING THEIR OWN **NARRATIVES**.

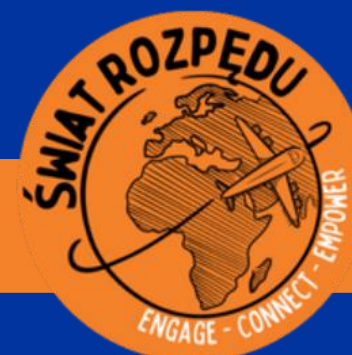
A YOUNG FACILITATOR, FREYA, FELT A STIRRING DEEP INSIDE—A CALL TO GUIDE OTHERS. ONE DAY, AN INVITATION ARRIVED: THE JOURNEY OF UNITY. THE PATH WAS UNCERTAIN, BUT SOMETHING WITHIN HER KNEW—THIS WAS THE BEGINNING OF SOMETHING GREATER.

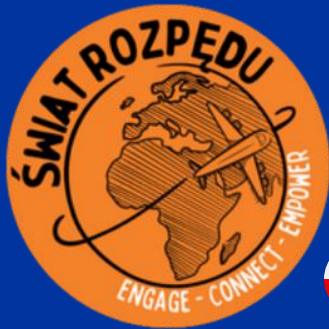


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ŚWIAT ROZPĘDU IS A FOUNDATION BASED IN LUBLIN, POLAND. WE ARE A DEDICATED TEAM DRIVEN BY A SHARED PASSION FOR YOUTH WORK, INTERCULTURAL LEARNING, AND CREATING MEANINGFUL OPPORTUNITIES FOR BOTH YOUNG PEOPLE AND ADULTS. WE ARE ALSO THE HOST AND ORGANISER OF THE PROJECT JOURNEY OF UNITY

WWW.SWIATROZPEDU.ORG

CONNECT 4 IS BASED IN AARHUS, DENMARK. THE MISSION OF CONNECT 4 IS DEDICATED TO DRIVE POSITIVE CHANGE BOTH LOCALLY AND GLOBALLY BY COORDINATING INNOVATIVE EUROPEAN UNION PROJECTS, IMPACTFUL TRAINING PROGRAMS AND E-LEARNING COURSES. THEY WORK ON WOMEN EMPOWERMENT PROGRAMMES ALONGSIDE FILM AND MEDIA LED PROJECTS.



WWW.CONNECT4.DK



DREAMING OPENLY E.V. IS A YOUTH-ORGANIZATION BASED IN LEIPZIG, GERMANY, FOCUSED ON OFFERING DEVELOPMENTAL EXPERIENCES BASED ON NON-FORMAL LEARNING APPROACHES AND MOBILITY OPPORTUNITIES TO YOUNG PEOPLE IN GERMANY AND ABROAD. OUR MISSION IS TO FACILITATE TRANSFORMATIVE CHANGE THROUGH NON-FORMAL EDUCATION, CRITICAL THINKING AND ARTISTIC EXPRESSION.

WWW.DREAMINGOPENLY.COM



MEET THE
ORGANISATIONS



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ASOCIACIÓN BRÚJULA INTERCULTURAL, IS BASED IN BURGOS, SPAIN AND THEY PROMOTE YOUTH MOBILITY AND LEARNING OPPORTUNITIES. THEY OFFER EDUCATIONAL EXPERIENCES SUCH AS YOUTH EXCHANGES, ESC, AND TRAINING COURSES UNDER THE ERASMUS+ PROGRAMME. THEIR MISSION IS TO FOSTER A SUSTAINABLE SOCIETY THROUGH YOUTH EDUCATION AND ACTIVE CITIZENSHIP.

WWW.ASOCIACIONBRUJULA.ES/EN/


ŠIAULIAI DIDŽDVARIS GYMNASIUM, ESTABLISHED IN 1898, IS A SECONDARY SCHOOL IN ŠIAULIAI, LITHUANIA. IT OFFERS BASIC AND SECONDARY EDUCATION PROGRAMS, INCLUDING THE INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME. THE SCHOOL EMPHASIZES PERSONAL DEVELOPMENT, SOCIAL SKILLS, AND MULTICULTURAL COLLABORATION.

WWW.DIDZDVARIS.LT



PROPÓSITO INADIÁVEL IS BASED IN CASTELO DE VIDE, PORTUGAL AND IS A NON-PROFIT ORGANIZATION WHOSE AIM IS THE PROMOTION OF THE DEVELOPMENT OF THE INDIVIDUAL AND LOCAL/REGIONAL COMMUNITY THROUGH EDUCATION, NON-FORMAL LEARNING, TRAINING, AND INTERNATIONAL COOPERATION

WWW.FACEBOOK.COM/PROPOSITOINADIÁVEL/



DOUBTS CREPT IN. AM I READY? WHAT IF I FAIL?
THE WEIGHT OF RESPONSIBILITY LOOMED LARGE.
FREYA HESITATED, TORN BETWEEN COMFORT AND THE
UNKNOWN. BUT A WHISPER IN THE WIND REMINDED
HER—GROWTH ONLY COMES FROM STEPPING BEYOND
FEAR.

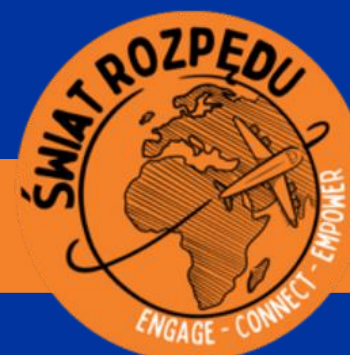


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THE TRAINING BROUGHT TOGETHER A DIVERSE GROUP OF 26 EDUCATORS, FACILITATORS, AND YOUTH WORKERS FROM SIX COUNTRIES: POLAND, DENMARK, SPAIN, PORTUGAL, GERMANY, AND LITHUANIA. EACH PARTICIPANT BROUGHT UNIQUE PERSPECTIVES, EXPERIENCES, AND EXPERTISE, ENRICHING THE COLLABORATIVE LEARNING ENVIRONMENT. THE GROUP'S DIVERSITY ALLOWED FOR INTERCULTURAL EXCHANGE, CREATIVE PROBLEM-SOLVING, AND THE CO-CREATION OF EDUCATIONAL TOOLS THAT COULD BE ADAPTED TO DIFFERENT LOCAL CONTEXTS. PARTICIPANTS WERE ENCOURAGED TO SHARE THEIR OWN STORIES AND EXPERIENCES, FOSTERING A DEEPER UNDERSTANDING OF HOW STORYTELLING AND LEADERSHIP CAN EMPOWER YOUNG PEOPLE.



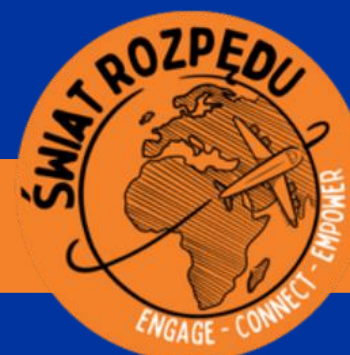
MEET THE
PARTICIPANTS



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I COULDN'T BELIEVE THAT IN JUST ONE WEEK WE HAVE BECOME FRIENDS LIKE FAMILY. I THINK THIS IS INSEPARABLE FROM THE TOPIC OF THIS PROJECT. THE DEDICATION OF THE FACILITATORS AND THE FRIENDLINESS AND OPENNESS OF ALL THE PARTICIPANTS. THANKS FOR EVERYTHING!

"IT WAS SOMETHING NEW AND INNOVATIVE, GENERALLY NOT ONE OF THOSE STANDARD TRAININGS THAT ARE ALL USING THE SAME STUFF STARTING WITH THE SAME TEAM BUILDING GAMES VERY WELL-STRUCTURED TRAINING WITH A LOT OF NEW IDEAS, VERY NICE ATMOSPHERE, OVERALL A GREAT EXPERIENCE!"

"THE WORKSHOPS WERE REALLY EFFECTIVE IN HELPING ME CONNECT WITH THE PROJECT'S THEMES. THE HERO'S JOURNEY METHODOLOGY MADE STORYTELLING FEEL MORE PRACTICAL AND ENGAGING, AND THE INTERACTIVE ACTIVITIES HELPED ME UNDERSTAND HOW IT CAN BE USED FOR PERSONAL GROWTH AND WORKING WITH YOUTH. PLUS, LEARNING FROM AN INTERNATIONAL GROUP MADE THE EXPERIENCE EVEN MORE ENRICHING."

"THE WORKSHOPS WERE EFFECTIVE IN HELPING UNDERSTAND AND ENGAGE WITH THE THEMES OF A PROJECT, AS THEY ALLOWED FOR THE EXCHANGE OF IDEAS, MOTIVATION AND IMMEDIATE FEEDBACK."

"I DECIDED TO PARTICIPATE IN THIS TRAINING BECAUSE MY SENDING ASSOCIATION (BRUJULA INTERCULTURAL) HAD TOLD ME WONDERFUL THINGS ABOUT BEN, THE FACILITATOR OF THE PROJECT. HOWEVER, WHAT HAPPENED IN LUBLIN EXCEEDED ALL MY EXPECTATIONS: ON THE ONE HAND, THE IDEAS AND PROPOSALS PRESENTED BY THE ORGANIZERS WERE A SOURCE OF INSPIRATION FOR MY FUTURE PROJECTS AND, MORE IMPORTANTLY, ALL THE PARTICIPANTS FORMED A BIG FAMILY THAT WILL CERTAINLY MEET AGAIN SOON."

I DEVELOPED... STRONG CONNECTIONS. DEEPER UNDERSTANDING OF THE RECURSES FOR MENTAL HEALTH. BETTER OVERVIEW OF STORY TELLING. A COMPLETELY NEW KIND OF COMFORT AROUND PEOPLE I HAD NEVER MET

TESTIMONIES FROM PARTICIPANTS



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"IT HAS BEEN A TRANSFORMATIVE JOURNEY. ON THE ONE HAND, IT HELPED ME TO DEVELOP SKILLS SUCH AS LEADERSHIP, EMPATHY, TEAMWORK, COMMUNICATION... IN A VERY PRACTICAL WAY. ON THE OTHER HAND, I HAVE DISCOVERED NEW SIDES OF MYSELF AND I HAVE GOT RID OF CERTAIN PRECONCEPTIONS I HAD ABOUT MYSELF. IT WAS A VERY BEAUTIFUL WEEK SPENT WITH SUCH A SPECIAL PEOPLE THAT I WILL NEVER FORGET."

"THE MOST INTERESTING FOR ME WAS.... TO CREATE FILMS IN TEAMS AND MEET GERMAN PARTICIPANTS. IT WAS DIFFICULT FOR ME TO... EXPRESS MYSELF AT THE BEGINNING AND BEING UNDERSTOOD. IT WAS IMPORTANT FOR ME THAT... I HAVE FOUND GROUP OF FRIENDS THAT I FIT IN I DEVELOPED... TEAMWORK AND CREATIVE SKILLS. IN THE FUTURE I AM GOING TO... TO BE A BETTER LISTENER, AND ADAPT IN NEWLY MET COMPANY BETTER."

"IT WAS AN AMAZING EXPERIENCE. THE WAY HOW YOU PUSHED US TO INVESTIGATE THE CITY, AS WELL AS GETTING TO KNOW EACH OTHER BY COLLABORATING OVER THE TASKS WE WERE GIVEN. ANY TOUR GUIDE WOULD'T DO A BETTER JOB FILM CHALLENGES WERE AMAZING, IN MY HUMBLE OPINION. WE HAD SOME GOOD TIME MAKING OUR MOVIES. ALSO, WE'VE GOT TO KNOW EACH OTHER EVEN BETTER."

"THE WORKSHOPS WERE VERY ENRICHING IN TERMS OF MATERIAL AND HOW WE CAN USE IT IN OUR DAILY LIVES AND IN OUR COMMUNITY. THE MOST INTERESTING FOR ME WAS.... THE HERO'S JOURNEY AND KNOWING THAT THERE ARE FIRST AID COURSES FOR MENTAL HEALTH"

"THANK YOU FOR THIS WEEK. YOU ARE AMAZING"

TESTIMONIES FROM PARTICIPANTS



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YOU'RE THE SAME PERSON AS WHEN YOU LEFT HOME, BUT NOTHING IS QUITE THE SAME WHEN YOU ARE A HERO!



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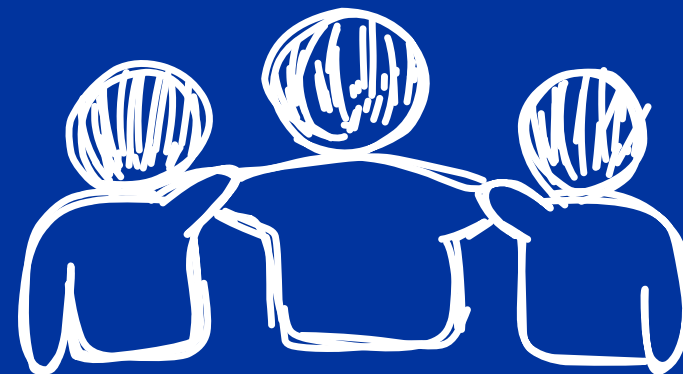


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MEET THE TRAINERS



BEN HOLLAND

BEN WAS PREVIOUSLY A PARTICIPANT ON MANY YOUTH IN ACTION AND ERASMUS+ PROJECTS AND A FORMER EVS VOLUNTEER. HE WAS A UK BASED YOUTH WORKER FOR MANY YEARS, NOW WORKING FULL TIME IN THE INTERNATIONAL YOUTH FIELD AS A TRAINER WITH OVER 20 YEARS OF EXPERIENCE. HE IS PART OF THE INTERNATIONAL EUROPEERS TRAINERS POOL AND HAS ALSO BEEN EMPLOYED BY SEVERAL NATIONAL AGENCIES AS A TRAINER.



AT THE CROSSROADS, FREYA MET A WISE TRAVELER—A MENTOR WHO HAD WALKED THIS PATH BEFORE. WITH WORDS OF ENCOURAGEMENT AND A MAP FILLED WITH ANCIENT WISDOM, THE MENTOR ASSURED HER, YOU ARE NEVER ALONE ON THIS JOURNEY.

BARBARA JASKMANICKA-HOLLAND

BARBARA HAS MANY YEARS OF EXPERIENCE IN CREATIVE FIELDS ESPECIALLY MUSIC, THEATRE AND DANCE, LEADING WORKSHOPS AND CLASSES ACROSS POLAND. SHE HAS WORKED AS AN INTERNATIONAL PROJECT COORDINATOR WITHIN THE ERASMUS PLUS YOUTH FIELD, RESPONSIBLE FOR THE PLANNING AND IMPLEMENTATION OF NUMEROUS INTERNATIONAL PROJECTS.



PAUL OXBOROUGH

PAUL 'OXO' OXBOROUGH IS A YOUTH WORKER AND TRAINER WITH EXPERIENCE OF OVER 200 INTERNATIONAL PROJECTS. HE IS ALSO THE CO-FOUNDER AND CHAIRPERSON OF MENTAL HEALTH MOTORBIKE. MOTIVATED BY PERSONAL LOSS, HE DEDICATES HIMSELF TO ENHANCING MENTAL HEALTH SUPPORT WITHIN THE MOTORCYCLING COMMUNITY.



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THE THEMES AND ACTIVITIES

THE TRAINING WAS STRUCTURED AROUND SEVERAL CORE THEMES:

THE HERO'S JOURNEY: A FRAMEWORK THAT MIRRORS PERSONAL AND PROFESSIONAL TRANSFORMATION, HELPING PARTICIPANTS AND YOUNG PEOPLE NAVIGATE CHANGE AND GROWTH.

STORYTELLING: EXPLORING HOW STORIES SHAPE IDENTITIES, CONNECT COMMUNITIES, AND FOSTER RESILIENCE IN YOUTH WORK AND EDUCATION.

LEADERSHIP AND SELF-DEVELOPMENT: ENCOURAGING PARTICIPANTS TO STEP INTO LEADERSHIP ROLES, DEVELOP CONFIDENCE, AND SUPPORT YOUNG PEOPLE IN THEIR OWN JOURNEYS.

MENTAL WELL-BEING: INTEGRATING TECHNIQUES THAT PROMOTE EMOTIONAL RESILIENCE, SELF-AWARENESS, AND POSITIVE MENTAL HEALTH.

NON-FORMAL EDUCATION: APPLYING EXPERIENTIAL LEARNING TECHNIQUES THAT ENGAGE AND EMPOWER LEARNERS IN INNOVATIVE WAYS.

WITH A DEEP BREATH, FREYA TOOK HER FIRST STEP INTO THE UNKNOWN. THE FAMILIAR WORLD FADED AS SHE ENTERED A SPACE OF LEARNING, FILLED WITH FELLOW TRAVELERS— EDUCATORS AND DREAMERS FROM DISTANT LANDS, ALL SEEKING TRANSFORMATION.



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THE HERO'S JOURNEY AND STORYTELLING

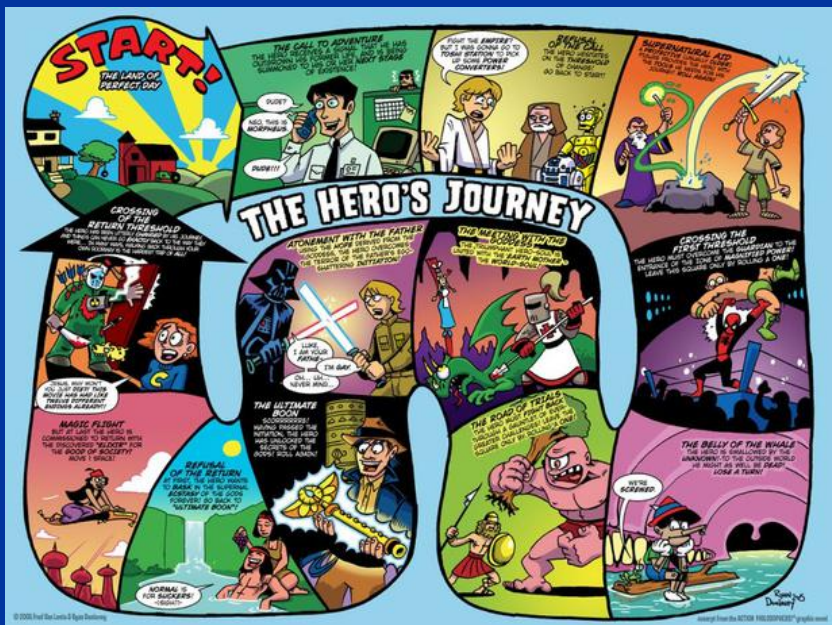


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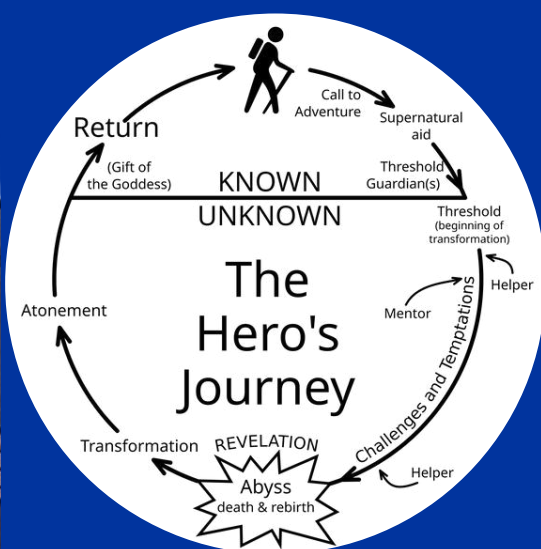




WHAT IS THE HERO'S JOURNEY



THE HERO'S JOURNEY IS A NARRATIVE FRAMEWORK USED IN STORYTELLING, WHERE THE PROTAGONIST EMBARKS ON AN ADVENTURE, FACES **CHALLENGES**, AND ULTIMATELY RETURNS TRANSFORMED. THIS JOURNEY TYPICALLY INVOLVES STAGES LIKE THE **CALL TO ADVENTURE**, ENCOUNTERING MENTORS AND ALLIES, OVERCOMING TRIALS, AND GAINING WISDOM OR STRENGTH. IT SYMBOLISES **PERSONAL GROWTH** AND THE PROCESS OF CONFRONTING AND OVERCOMING LIFE'S OBSTACLES, OFTEN LEADING TO A DEEPER UNDERSTANDING OF ONESELF AND THE WORLD. THIS STRUCTURE IS FOUND IN MANY **MYTHS, LEGENDS, AND MODERN STORIES**.



JOSEPH CAMPBELL, IN **THE HERO WITH A THOUSAND FACES** (1949), INTRODUCED THE CONCEPT OF THE HERO'S JOURNEY—A UNIVERSAL NARRATIVE STRUCTURE FOUND IN MYTHS ACROSS CULTURES. IT DESCRIBES A HERO'S ADVENTURE, CHALLENGES, TRANSFORMATION, AND RETURN, REFLECTING PERSONAL GROWTH AND THE HUMAN EXPERIENCE, INFLUENCING MODERN STORYTELLING.

EXAMPLES IN FILMS
 LION KING
 SHREK
 HARRY POTTER
 LORD OF THE RINGS
 STAR WARS

WHO IS JOSEPH CAMPBELL?



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HOW DO WE CREATE STORIES WITH MYSTERIOUS OBJECTS? WHAT STORIES DO THEY TELL?

THE MAGICAL HEROS JOURNEY QUEST ITEMS:
STONE EGG
GOLDEN ELEPHANT MASK
SANDS OF TIME
HERO'S HELMET
MYSTERIOUS JEWEL

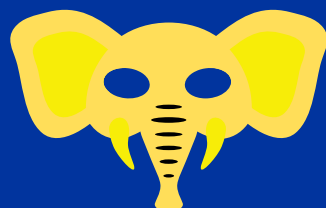
LEGENDS AND MYTHS

HOW CAN WE USE THE HEROS JOURNEY?

PARTICIPANTS EMBARKED ON AN INTERACTIVE STORYTELLING ADVENTURE, USING THE HERO'S JOURNEY FRAMEWORK TO BRING THEIR MYSTERIOUS ITEMS TO LIFE. EACH OBJECT CARRIED A HIDDEN STORY—WAS IT A RELIC FROM AN ANCIENT QUEST, A KEY TO UNLOCKING A FORGOTTEN PAST, OR A TOOL FOR A FUTURE MISSION?

THE CHALLENGE WAS TO DECIDE HOW THEIR HERO WOULD USE IT, SHAPING THEIR JOURNEY THROUGH TRIALS, DISCOVERIES, AND TRANSFORMATIONS.

NOW, WE INVITE YOU TO TAKE ON THE SAME CHALLENGE: IF YOU WERE GIVEN A MYSTERIOUS ITEM, HOW WOULD IT BECOME PART OF YOUR OWN HEROIC STORY?



THE HERO'S JOURNEY: A STORYTELLING CHALLENGE

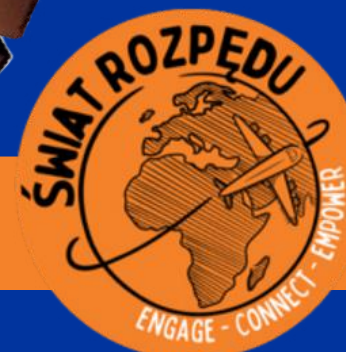


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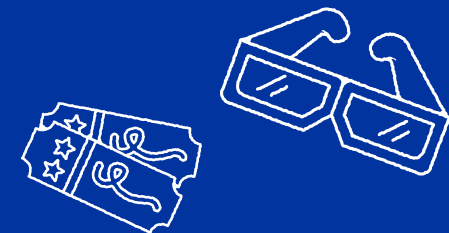
STORYTELLING WITH FILM AND MEDIA?



USING FILM AND MEDIA TO TELL A STORY INVOLVES VARIOUS TECHNIQUES THAT COMBINE VISUALS, SOUND, AND NARRATIVE TO ENGAGE THE AUDIENCE. HERE ARE A FEW WAYS TO DO THIS:

1. **CINEMATOGRAPHY:** THROUGH LIGHTING, CAMERA ANGLES, AND SHOT COMPOSITION, FILMMAKERS CONVEY MOOD, THEMES, AND CHARACTER PERSPECTIVES WITHOUT USING WORDS.
2. **EDITING:** THE WAY SCENES ARE CUT AND ARRANGED CAN CREATE TENSION, REVEAL CHARACTER GROWTH, OR MANIPULATE TIME, HELPING TO BUILD THE STORY'S FLOW AND PACE.
3. **SOUND DESIGN:** SOUND EFFECTS, MUSIC, AND SILENCE CAN SIGNIFICANTLY ENHANCE THE EMOTIONAL IMPACT OF A SCENE, PROVIDING ATMOSPHERE AND GUIDING THE AUDIENCE'S EMOTIONAL RESPONSE.
4. **VISUAL EFFECTS (VFX):** SPECIAL EFFECTS AND CGI CAN CREATE WORLDS, CREATURES, OR SITUATIONS THAT WOULDN'T BE POSSIBLE IN REAL LIFE, HELPING TO TELL IMAGINATIVE OR FANTASTICAL STORIES.
5. **VOICEOVERS AND NARRATION:** A CHARACTER OR OMNISCIENT VOICE CAN PROVIDE BACKSTORY, INSIGHT, OR COMMENTARY, DEEPENING THE AUDIENCE'S UNDERSTANDING OF THE NARRATIVE.
6. **SYMBOLISM:** FILMMAKERS USE RECURRING IMAGERY, COLORS, OR OBJECTS TO SYMBOLIZE DEEPER MEANINGS, THEMES, OR EMOTIONAL STATES, ENRICHING THE STORYTELLING.
7. **MONTAGE:** A SERIES OF SHOTS OR QUICK CUTS TO SHOW THE PASSAGE OF TIME, DEVELOPMENT OF CHARACTERS, OR PROGRESSION OF EVENTS, OFTEN USED TO CONVEY A LOT OF INFORMATION IN A SHORT AMOUNT OF TIME.
8. **INTERACTIVE MEDIA:** VIDEO GAMES, APPS, AND IMMERSIVE STORYTELLING EXPERIENCES ALLOW THE AUDIENCE TO MAKE CHOICES THAT INFLUENCE THE NARRATIVE, CREATING A PERSONALIZED STORY JOURNEY.
9. **DOCUMENTARY AND REAL FOOTAGE:** USING REAL-LIFE FOOTAGE OR INTERVIEWS TO TELL A TRUE OR FACTUAL STORY, OFFERING AUTHENTICITY AND EMOTIONAL WEIGHT.
10. **ANIMATION:** THROUGH STYLIZED VISUALS AND CREATIVE STORYTELLING, ANIMATION ALLOWS FOR LIMITLESS IMAGINATION, IDEAL FOR STORIES THAT CAN'T BE TOLD WITH LIVE-ACTION METHODS.

10 GOLDEN RULES
OF FILMMAKING:
10 X 10 METHOD
HELPS TO UTILISE
SMARTPHONE
FILMING



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AS PART OF THE FILM CHALLENGE, PARTICIPANTS WORKED IN SMALL TEAMS TO CREATE A SHORT FILM BASED ON ONE OF THE PROJECT THEMES. GUIDED BY THE 10 GOLDEN RULES, THEY HAD TO THINK CREATIVELY, COLLABORATE EFFECTIVELY, AND BRING THEIR IDEAS TO LIFE THROUGH STORYTELLING AND CINEMATOGRAPHY

FROM SCRIPTING TO FILMING AND EDITING, EACH TEAM HAD TO ENSURE THEIR FILM FOLLOWED THE SET GUIDELINES WHILE EXPRESSING THEIR UNIQUE PERSPECTIVE. THE CHALLENGE WAS NOT ONLY ABOUT TECHNICAL SKILLS BUT ALSO ABOUT TEAMWORK, PROBLEM-SOLVING, AND CONVEYING A MEANINGFUL MESSAGE THROUGH THE POWER OF FILM.



VIEW THE FILMS AT WWW.SWIATROZPEDU.ORG/JOURNEY-OF-UNITY-OUTPUTS



DIRECTOR

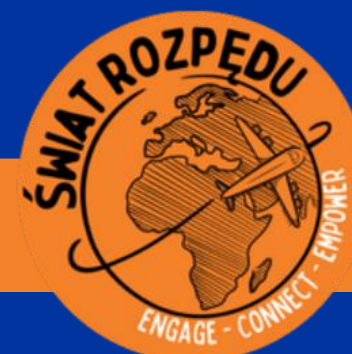
FILM CHALLENGE:
CREATIVITY IN ACTION



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LEADERSHIP



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LUBLIN CITY CHALLENGE



CHALLENGES AROSE—COMPLEX GROUP DYNAMICS, SELF-DOUBT, MOMENTS OF EXHAUSTION. YET, FREYA FOUND ALLIES AMONG THE PARTICIPANTS, EACH BRINGING THEIR OWN WISDOM. TOGETHER, THEY FACED OBSTACLES, LEARNING THE POWER OF COLLABORATION AND RESILIENCE.

TO START TO EXPLORE THE THEMES OF THE PROJECT (LEADERSHIP, MENTAL HEALTH AND STORYTELLING) PARTICIPANTS TOOK PART IN THE LUBLIN CITY CHALLENGE - WHERE IN MIXED GROUPS THEY EXPLORED THE CITY, GOT TO KNOW LUBLIN, EACH OTHER, THE LEGENDS OF THE CITY AND COMPLETED TASKS RELATED TO THE MAIN THEMES.

WE EXPLORED THE OLD TOWN OF LUBLIN - INCLUDING THE: CASTLE, GRODZKA GATE, KRAKOWSKA GATE, CATHEDRAL, TRINITY TOWER, TRYBUNAL, PLAC PO FARZE, OLD TOWN HALL, LITEWSKI SQUARE AND THE MISFORTUNE STONE. THEY UNCOVERED THE LEGENDS OF LESEK THE BLACK, THE DEVILS HANDPRINT, THE MISFORTUNE STONE AND WHY THE SYMBOL OF LUBLIN IS THE GOAT.



WWW.SWIATROZPEDU.ORG/
WELCOME-TO-LUBLIN



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LAISSEZ-FAIRE LEADERSHIP:

DESCRIPTION: THE LEADER TAKES A HANDS-OFF APPROACH, ALLOWING THE TEAM TO MAKE DECISIONS AND MANAGE THEIR TASKS INDEPENDENTLY.

USEFUL IN: WHEN TEAM MEMBERS ARE HIGHLY SKILLED AND MOTIVATED, AND TASKS REQUIRE INDIVIDUAL EXPERTISE.

DEMOCRATIC LEADERSHIP:

DESCRIPTION: DECISION-MAKING IS SHARED AMONG THE TEAM, AND INPUT FROM MEMBERS IS VALUED. COLLABORATION AND COMMUNICATION ARE KEY.

USEFUL IN: CREATIVE PROJECTS, PROBLEM-SOLVING, AND WHEN TEAM ENGAGEMENT IS IMPORTANT.

AUTOCRATIC LEADERSHIP:

DESCRIPTION: THE LEADER MAKES DECISIONS WITHOUT INPUT FROM TEAM MEMBERS. INSTRUCTIONS ARE CLEAR, AND AUTHORITY IS CENTRALISED.

USEFUL IN: CRISIS SITUATIONS OR WHEN QUICK DECISIONS ARE REQUIRED.



TRANSFORMATIONAL LEADERSHIP:

DESCRIPTION: FOCUSES ON INSPIRING AND MOTIVATING THE TEAM TO ACHIEVE A SHARED VISION. EMPHASISES INDIVIDUAL GROWTH AND DEVELOPMENT.

USEFUL IN: TIMES OF CHANGE, FOSTERING INNOVATION, AND BUILDING A STRONG ORGANISATIONAL CULTURE.

WHAT TYPES OF LEADERSHIP ARE THERE?

TRANSACTIONAL LEADERSHIP:

DESCRIPTION: FOCUSES ON TASKS AND USES REWARDS AND PUNISHMENTS TO MOTIVATE TEAM MEMBERS. EMPHASISES CLEAR ROLES AND RESPONSIBILITIES.

USEFUL IN: STRUCTURED ENVIRONMENTS WHERE TASKS ARE WELL-DEFINED AND REQUIRE COMPLIANCE.



COACHING LEADERSHIP:

DESCRIPTION: FOCUSES ON DEVELOPING INDIVIDUAL TEAM MEMBERS' SKILLS AND CAPABILITIES THROUGH MENTORSHIP AND GUIDANCE.

USEFUL IN: BUILDING A SKILLED AND ADAPTABLE TEAM, ESPECIALLY IN ROLES REQUIRING ONGOING LEARNING.



SUCCESS



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WHEN ASSESSING WHAT MAKES A STRONG LEADER AND AN EFFECTIVE TEAM, WE MUST REFLECT ON BOTH OURSELVES AND THE GROUP AS A WHOLE.

WHAT SKILLS DO WE BRING AS A LEADER? AS A TEAM MEMBER? AND IN TURN,

WHAT DO WE NEED FROM A LEADER AND FROM OUR FELLOW TEAM MEMBERS TO SUCCEED?

CREATIVITY

ORGANISATION

IDEAS

EMPATHY

TAKING ACTION

WHAT DO I
CONTRIBUTE
TO A TEAM?

WHAT DO I
NEED FROM
A TEAM?

OUR
LEADERSHIP
SHIELD

STRUCTURE

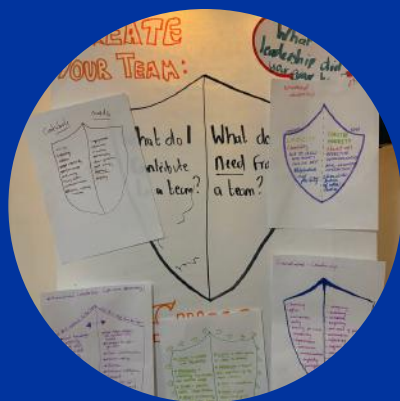
FEEDBACK

RESPECT

CLEAR
COMMUNICATION

MOTIVATION

PERSONAL LEADERSHIP
AND COLLECTIVE
LEADERSHIP



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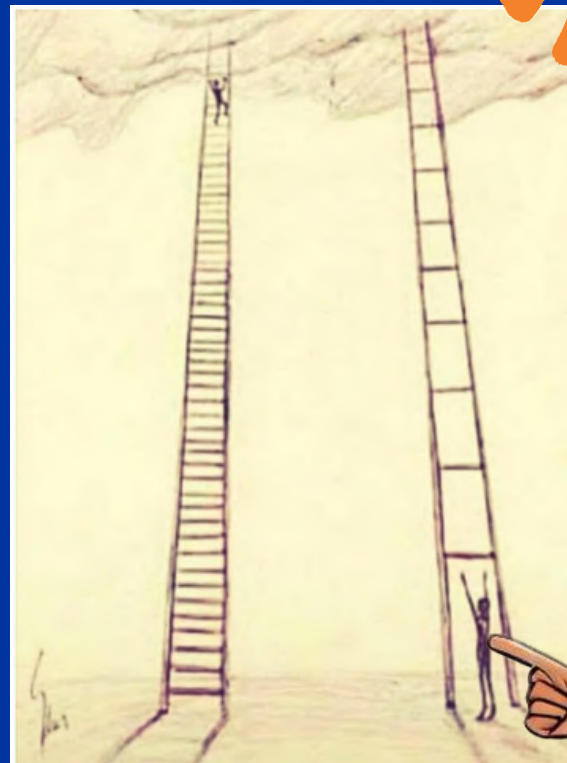


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SMALL STEPS

THIS ACTIVITY HELPS BUILD CONFIDENCE IN TAKING ACTION TOWARD A GOAL BY FOCUSING ON THE IMPORTANCE OF SMALL, **ACHIEVABLE** STEPS. OFTEN, THE HARDEST PART IS GETTING STARTED, SO PARTICIPANTS PRACTICE IDENTIFYING **IMMEDIATE ACTIONS** THAT REQUIRE NO PERMISSION OR SIGNIFICANT RESOURCES. THROUGH **REAL-LIFE EXAMPLES AND GROUP BRAINSTORMING**, THEY EXPLORE WHAT ENABLES AND HINDERS PROGRESS, LEARNING HOW **SMALL BEGINNINGS** CAN LEAD TO MEANINGFUL CHANGE.



WISDOM CIRCLES

WISDOM CIRCLES ENCOURAGE **COLLABORATIVE PROBLEM-SOLVING** BY DRAWING ON THE COLLECTIVE KNOWLEDGE OF THE GROUP. PARTICIPANTS SHARE THEIR **GOALS** IN PAIRS, RECEIVING RAPID FEEDBACK ON POSSIBLE SMALL STEPS TO TAKE. ROTATING THROUGH MULTIPLE CONVERSATIONS, THEY GATHER **DIVERSE PERSPECTIVES AND PRACTICAL IDEAS**, MAKING IT A VALUABLE TOOL FOR BOTH **PERSONAL AND SOCIAL ACTION PROJECTS**.



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THE JOURNEY TO LEADERSHIP

THE JOURNEY TO LEADERSHIP IS AN **INTERACTIVE TEAM-BASED ACTIVITY** INSPIRED BY THE HERO'S JOURNEY METHODOLOGY. IT CHALLENGES PARTICIPANTS TO EXPLORE **LEADERSHIP, THE QUALITIES OF EFFECTIVE TEAMS, MORAL DECISION-MAKING, TEAMWORK, AND PROFESSIONALISM.** THE EXPERIENCE CONCLUDES WITH AN **IMMERSIVE REFLECTION** SESSION, ALLOWING PARTICIPANTS TO EVALUATE THEIR ROLE, TEAM DYNAMICS, AND **PERSONAL LEADERSHIP QUALITIES.**

THE JOURNEY LED TEAMS FROM A **SINKING SHIP** TO A **DESERTED ISLAND**, THROUGH THE **MYSTERIOUS DESERT**, THE **FOREST OF WISDOM**, AND UP THE **CLIFFS OF RESILIENCE**, ULTIMATELY REACHING THE **CAVE OF LEADERSHIP.** ALONG THE WAY, PARTICIPANTS FACED VARIOUS TEAM CHALLENGES CENTERED ON LEADERSHIP.

HOWEVER, THEY WERE NOT ALONE. ARMED WITH USEFUL '**WEAPONS**', THEY HAD TO CONFRONT AND '**BATTLE**' DIFFERENT **GUARDIANS**—EACH REPRESENTING PERSONALITIES AND CHARACTERS WE ENCOUNTER IN LIFE. TO PROGRESS, TEAMS HAD TO **CHOOSE** THEIR ACTIONS **WISELY**, NAVIGATING THE CHALLENGES WITH STRATEGY AND **TEAMWORK.**



A MOMENT OF CRISIS STRUCK — A BATTLE, FRUSTRATION AND UNCERTAINTY THREATENED TO DERAIL HER. BUT IN THE SILENCE OF THE FOREST OF WISDOM, FREYA REFLECTED: EVERY HERO FACES SETBACKS. THE KEY IS TO ADAPT AND GROW.





Świat Rozpędu



Świat Rozpędu



Świat Rozpędu

"GUARDIANS BLOCK THE WAY TO YOUR GOAL"

"HOW DO YOU DEAL WITH THESE GUARDIANS?"



MEET THE GUARDIANS



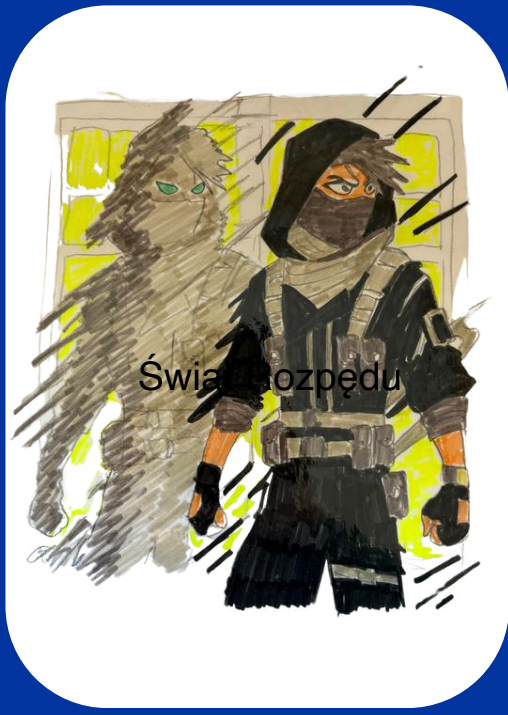
Świat Rozpędu



Świat Rozpędu



Świat Rozpędu



Świat Rozpędu

"CAN YOU USE YOUR LEADERSHIP SKILLS?"

"HOW CAN YOUR TEAM HELP YOU?"



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"A FOREST GROWS THROUGH SHARED ROOTS AND RISING BRANCHES—JUST LIKE TRUE LEADERSHIP, STRENGTHENED BY WISDOM AND CHALLENGE."

THE FOREST OF WISDOM



AS THE JOURNEY NEARED ITS END, FREYA PREPARED TO RETURN HOME. SHE CARRIED NOT JUST LESSONS, BUT A NEWFOUND SENSE OF PURPOSE. SHE KNEW HIS MISSION WASN'T OVER—IT WAS JUST BEGINNING.



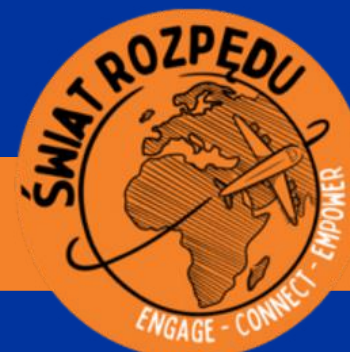
THE **FOREST OF WISDOM** ACTIVITY IS A REFLECTIVE AND CREATIVE JOURNEY WHERE PARTICIPANTS USE THEIR **ARTISTIC SKILLS TO PAINT OR DRAW** THEIR OWN TREE OF LEADERSHIP. EACH TREE REPRESENTS THEIR PERSONAL LEADERSHIP **PATH**, ILLUSTRATING WHAT THEY ARE **PROUD** OF, THE EXPERIENCES AND PEOPLE WHO SUPPORTED THEM, THE **CONDITIONS** THAT HELPED THEM **GROW**, THE **CHALLENGES** THEY FACED, AND THE **IMPACT** THEY HAVE MADE. AS PARTICIPANTS SHARE THEIR TREES, THESE **INDIVIDUAL STORIES COME TOGETHER TO FORM A FOREST OF WISDOM**—A COLLECTIVE SPACE WHERE LEADERSHIP LESSONS ARE EXCHANGED, AND DEEPER LEARNING EMERGES FROM THE **DIVERSE EXPERIENCES** OF THE GROUP.



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MENTAL HEALTH AND WELLBEING



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5 WAYS TO WELLBEING

STEP 1 – CONNECT


CONNECTING WITH OTHERS CAN HELP US FEEL CLOSE TO PEOPLE, AND VALUED FOR WHO WE ARE. BEING SOCIAL MEANS DIFFERENT THINGS FOR DIFFERENT PEOPLE – YOU MIGHT PREFER BEING IN QUIETER SITUATIONS WITH ONE OTHER PERSON, OR YOU MIGHT LIKE BEING IN BIG GROUPS. YOU MIGHT LIKE TO CONNECT WITH PEOPLE ONLINE, OR YOU MIGHT ENJOY PHONE CALLS OR SENDING LETTERS.

HOW COULD YOU MAKE A CONNECTION TODAY?

STEP 4 – LEARN

WE'RE ALWAYS LEARNING NEW THINGS – OFTEN WITHOUT REALISING IT. FEELING LIKE YOU'RE LEARNING AND DEVELOPING CAN BOOST YOUR SELF-ESTEEM. AND SOMETIMES, SETTING GOALS CAN HELP YOU TO FEEL MORE PRODUCTIVE AND MORE IN CONTROL OF YOUR LIFE.

WHAT CAN YOU LEARN TODAY?



BOOSTING MENTAL HEALTH IS CHALLENGING, BUT THE 5 WAYS TO WELLBEING PROVIDE SIMPLE DAILY STEPS TO HELP.

STEP 2 – GET ACTIVE

MANY PEOPLE FIND THAT PHYSICAL ACTIVITY HELPS THEM MAINTAIN POSITIVE MENTAL HEALTH. THIS DOESN'T HAVE TO MEAN RUNNING MARATHONS OR TRAINING EVERY DAY AT THE GYM. THERE ARE LOTS OF DIFFERENT THINGS YOU CAN DO TO BE A BIT MORE ACTIVE.

STUDIES HAVE SHOWN THAT GETTING ACTIVE CAN HELP YOU SLEEP BETTER, HAVE HAPPIER MOODS, AND REDUCE FEELINGS OF STRESS, ANXIETY AND RACING THOUGHTS.

HOW CAN YOU GET MORE ACTIVE TODAY?

STEP 3 – TAKE NOTICE

REMINDING YOURSELF TO TAKE NOTICE CAN HELP YOU TO BE AWARE OF HOW YOU'RE FEELING. IT CAN HELP YOU UNDERSTAND WHAT TRIGGERS YOUR FEELINGS OF STRESS OR ANXIETY.

SOME STUDIES HAVE SHOWN THAT SAVOURING 'THE MOMENT' CAN ALSO HELP YOU TO FEEL MORE POSITIVE ABOUT LIFE. TAKE SOME TIME TO ENJOY THE MOMENT AND THE ENVIRONMENT AROUND YOU.

STEP 5 – GIVE

THERE'S BEEN LOTS OF RESEARCH ABOUT THE EFFECTS OF TAKING PART IN SOCIAL AND COMMUNITY LIFE. SOME STUDIES HAVE SHOWN THAT PEOPLE WHO HELP OTHERS ARE MORE LIKELY TO RATE THEMSELVES AS HAPPY.

IS THERE ANYTHING YOU CAN DO TODAY, TO BE KIND OR HELPFUL TO SOMEONE ELSE?

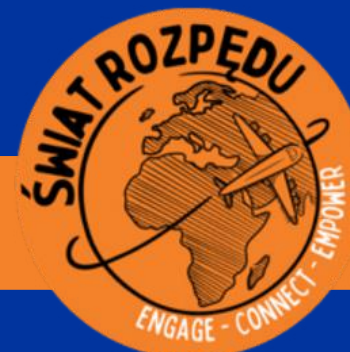


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MENTAL HEALTH FIRST AID® (MHFA®) COURSES ARE INTERNATIONALLY ACCLAIMED AND EVIDENCE-BASED, ACCREDITED TRAINING PROGRAMS THAT EMPOWER AND EQUIP INDIVIDUALS WITH THE KNOWLEDGE, SKILLS AND CONFIDENCE NEEDED TO SUPPORT A FRIEND, FAMILY MEMBER OR CO-WORKER EXPERIENCING A MENTAL HEALTH PROBLEM OR EXPERIENCING A CRISIS SUCH AS BEING SUICIDAL.



Mental Health First Aid International

We are working towards a world where everyone has the first aid skills to support people with ment...

 Mental Health First Aid International /



MENTAL HEALTH FIRST AID AND ALGEE



THE MHFA ACTION PLAN (ALGEE) HAS FIVE STEPS, WHICH CAN BE USED IN ANY ORDER.

1. **A - APPROACH, ASSESS FOR RISK OF SUICIDE OR HARM.** TRY TO FIND A SUITABLE TIME OR PLACE TO START THE CONVERSATION WITH THE PERSON, KEEPING THEIR PRIVACY AND CONFIDENTIALITY IN MIND. IF THE PERSON DOES NOT WANT TO CONFIDE IN YOU, ENCOURAGE THEM TO TALK TO SOMEONE THEY TRUST.
2. **L - LISTEN NONJUDGMENTALLY.** MANY PEOPLE EXPERIENCING A CHALLENGE OR DISTRESS WANT TO BE HEARD FIRST, SO LET THE PERSON SHARE WITHOUT INTERRUPTING THEM. TRY TO HAVE EMPATHY FOR THEIR SITUATION. YOU CAN GET THE CONVERSATION STARTED BY SAYING SOMETHING LIKE, "I NOTICED THAT ..." TRY TO BE ACCEPTING, EVEN IF YOU DON'T AGREE WITH WHAT THEY ARE SAYING.
3. **G - GIVE REASSURANCE AND INFORMATION.** AFTER SOMEONE HAS SHARED THEIR EXPERIENCES AND EMOTIONS WITH YOU, BE READY TO PROVIDE HOPE AND USEFUL FACTS.
4. **E - ENCOURAGE APPROPRIATE PROFESSIONAL HELP.** THE EARLIER SOMEONE GETS HELP, THE BETTER THEIR CHANCES OF RECOVERY. SO, IT'S IMPORTANT TO OFFER TO HELP THIS PERSON LEARN MORE ABOUT THE OPTIONS AVAILABLE TO THEM.
5. **E - ENCOURAGE SELF-HELP AND OTHER SUPPORT STRATEGIES.** THIS INCLUDES HELPING THEM IDENTIFY THEIR SUPPORT NETWORK, PROGRAMS WITHIN THE COMMUNITY, AND CREATING A PERSONALISED EMOTIONAL AND PHYSICAL SELF-CARE PLAN.

IT IS IMPORTANT TO REMEMBER THAT THERE IS NO ONE-SIZE-FITS-ALL APPROACH TO EXECUTING THE MHFA ACTION PLAN — YOU DON'T EVEN HAVE TO USE EVERY SINGLE STEP TO PROVIDE SUPPORT — AND EVERY SITUATION WILL BE DIFFERENT.

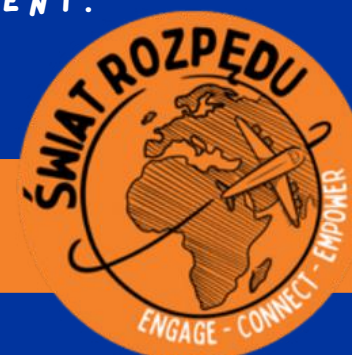


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MENTAL HEALTH MOTORBIKE IS A FREE FACE TO FACE AND ONLINE MENTAL HEALTH FIRST AID SUPPORT CHARITY FOR THE BIKER COMMUNITY THROUGHOUT THE UK. THEY EXIST TO CREATE MEANINGFUL AND PURPOSEFUL OPPORTUNITIES, FOR ALL BIKERS, SO THAT TOGETHER THEY GROW THE WELLBEING OF THE BIKER COMMUNITY. THEY DO THIS THROUGH 1 TO 1 AND PEER SUPPORT, EVENTS, TRAINING ACTIVITIES AND PROJECTS, WORKING IN PARTNERSHIP WITH OTHER ORGANISATIONS AND CLUBS.

WWW.MHMOTORBIKE.COM

THEY EXIST TO :
PROMOTE THE WELLBEING BENEFITS OF MOTORCYCLING
PROVIDE A NETWORK OF SUPPORT FOR BIKERS, BY BIKERS
IMPROVE WELLBEING WITHIN THE MOTORCYCLING COMMUNITY



MEET PAUL
THE CHARITIES
FOUNDER



LETS SEE A
GOOD
PRACTICE

MENTAL HEALTH MOTORBIKE AIMS

- AIM 1
HAVE A MENTAL HEALTH FIRST AIDER IN EVERY TOWN & CITY IN THE UK
- AIM 2
CREATE A GREATER AWARENESS OF MENTAL HEALTH AND NORMALISE THE DISCUSSION AROUND MENTAL HEALTH
- AIM 3
REDUCE SUICIDE AMONGST BIKERS
- AIM 4
RUN MENTAL HEALTH AWARENESS ACTIVITIES ACROSS THE UK
- AIM 5
WORK IN PARTNERSHIP WITHIN THE BIKE INDUSTRY, CLUBS, CAFES, SPONSORS AND BIKE SHOPS
- AIM 6
RUN AN ACTIVE PROGRAMME OF LIFE CHANGING MENTAL HEALTH PROGRAMMES AND ACTIVITIES

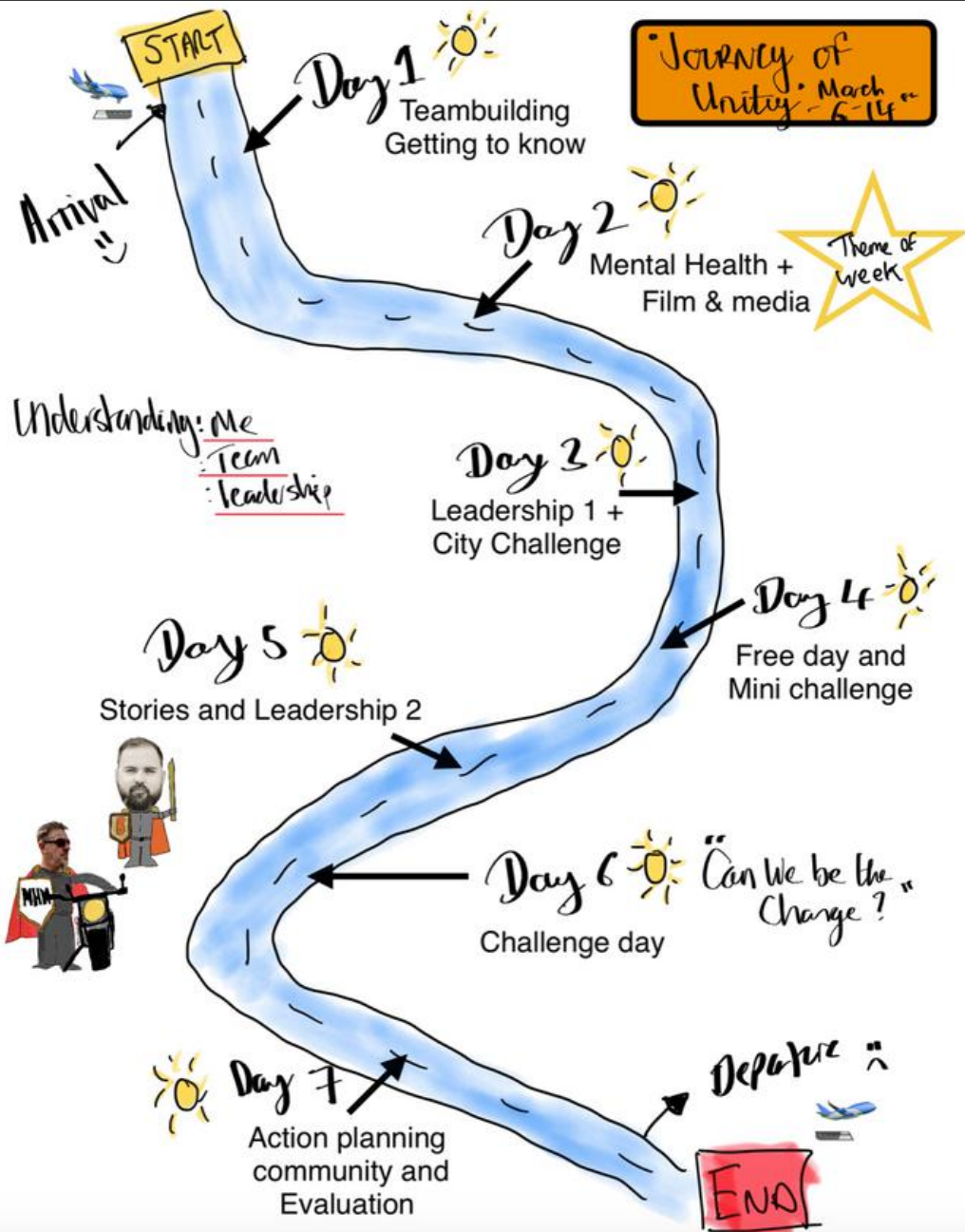


WHAT IS A BIKER?





THE PATHWAY



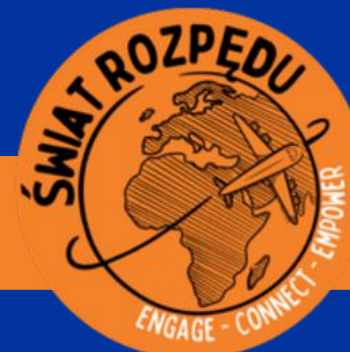
THROUGH STRUGGLE, INSIGHT EMERGED. FREYA MASTERED NEW METHODS, DISCOVERED THE POWER OF STORYTELLING, AND EMBRACED LEADERSHIP WITH CONFIDENCE. THE REAL TREASURE WASN'T JUST KNOWLEDGE—IT WAS THE BELIEF IN HER OWN ABILITY TO INSPIRE CHANGE.



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SEVERAL KEY **RESOURCES** WERE DEVELOPED AS PART OF
THE **TRAINING**:

THIS FACILITATOR'S GUIDE: A HANDBOOK TELLING THE
STORY OF THE JOURNEY OF UNITY

INTERACTIVE LEARNING ACTIVITIES: A SET OF
EXERCISES AND METHODS DESIGNED TO FOSTER
STORYTELLING, LEADERSHIP, AND WELL-BEING.

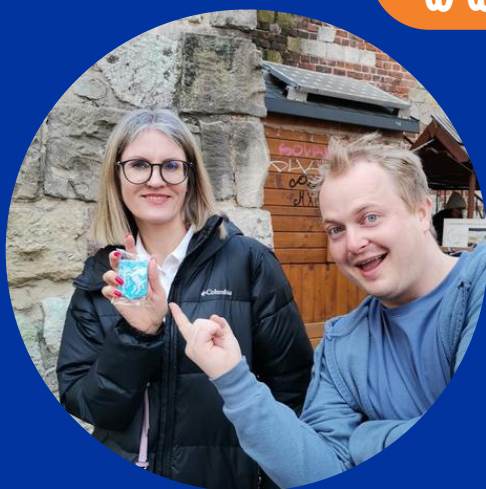
PROJECT WEBSITE: HIGHLIGHTING THE PROJECT, THE
PARTICIPANTS, THE STORIES AND ALL THE OUTPUTS

KUULA 360 PLATFORM: A VIRTUAL SHOWCASE
FEATURING A DIGITAL TOUR OF THE TRAINING,
INSIGHTS INTO THE PROCESS, PARTICIPANT-CREATED
VIDEOS, AND POWERFUL STORIES.

A COMMUNITY OF PRACTICE: A NETWORK OF EDUCATORS
AND YOUTH WORKERS WHO CONTINUE TO EXCHANGE
IDEAS AND COLLABORATE BEYOND THE TRAINING.

ALL CAN BE FOUND HERE:

WWW.SWIATROZPEDU.ORG/JOURNEY-OF-UNITY



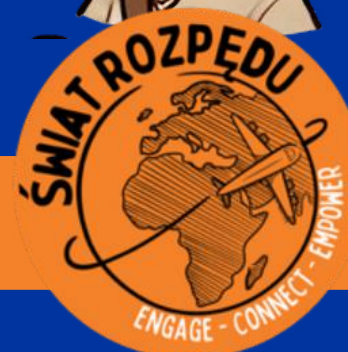
THE OUTPUTS



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WELCOME TO THE **RESOURCES AND LINKS** PAGE! HERE, YOU'LL FIND A COLLECTION OF VALUABLE MATERIALS, TOOLS, AND HELPFUL LINKS TO SUPPORT YOUR **LEARNING AND DEVELOPMENT**. WHETHER YOU'RE LOOKING FOR FURTHER **READING**, USEFUL **WEBSITES**, OR PRACTICAL RESOURCES, THIS PAGE IS DESIGNED TO GUIDE YOU IN DEEPENING YOUR UNDERSTANDING AND **ENHANCING YOUR EXPERIENCE**.

HERO'S JOURNEY:

JOSEPH CAMPBELL FOUNDATION
WWW.JCF.ORG

EXPLORE RESOURCES ON THE HERO'S JOURNEY FRAMEWORK, INCLUDING ARTICLES, BOOKS, AND LECTURES BY JOSEPH CAMPBELL.

THE HERO'S JOURNEY (YOUTUBE)
[HTTPS://YOUTU.BE/REL3R794_0Q?SI=8708LI-WUSQXI08G](https://youtu.be/REL3R794_0Q?si=8708LI-WUSQXI08G)

A VIDEO SERIES EXPLAINING THE STAGES OF THE HERO'S JOURNEY

ANIMATED VIDEO AROUND THE HEROS JOURNEY

[HTTPS://ED.TED.COM/LESSONS/W-HAT-MAKES-A-HERO-MATTHEW-WINKLER](https://ed.ted.com/lessons/w-hat-makes-a-hero-matthew-winkler)

MENTAL HEALTH:

MENTAL HEALTH MOTORBIKE CHARITY

WWW.MHMOTORBIKE.COM

MENTAL HEALTH FIRST AID (INTERNATIONAL)

WWW.MHFAINTERNATIONAL.ORG

UK MENTAL HEALTH CHARITY AND 5 WAYS TO WELLBEING
WWW.MIND.ORG.UK

MENTAL HEALTH EUROPE
WWW.MENTALHEALTHEUROPE.ORG

WORKING PACKAGE: THE JOINT ACTION ON MENTAL HEALTH AND WELL-BEING

WWW.MENTALHEALTHANDWELLBEING.EU

LEADERSHIP:

THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE IS A BUSINESS AND SELF-HELP BOOK WRITTEN BY STEPHEN R. COVEY.
WWW.FRANKLINCOVEY.COM

"LEADERS EAT LAST" BY SIMON SINEK. IT'S GREAT FOR TEAM DYNAMICS AND BUILDING STRONG CONNECTIONS.

THE LEARY ROSE, DEVELOPED BY PSYCHOLOGIST TIMOTHY LEARY, HELPS YOU UNDERSTAND HOW YOUR BEHAVIOUR INFLUENCES OTHER PEOPLE'S BEHAVIOUR.

WWW.VAN-HAAFTEN.NL/COMMUNICATION/ROSE-OF-LEARY

THESE TED TALKS - SHARE HARD-WON WISDOM ON LEADERSHIP
WWW.TED.COM/TOPICS/LEADERSHIP

RESOURCES



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Take care of your mind just
as you would your body.
Prioritize mental health and
live a happier life.



Mental Health SUPPORT Lines



"Journey of Unity" an erasmus+
project focused on mental health and
the hero's journey



Portugal

SOS Voz Amiga 213 544 545
Conversa Amiga 808 237 327
Voz de Apoio 225 506 070



Germany

Telefonseelsorg 0 800 111 0 111
our 0 800 111 0 222
Nummer Gegen Kummer 0 800 111 0 333
Hilfetelefon 0 800 116 0 16



Spain

Asociación Internacional del Telefono de la
Esperanza 717 003 717
Psicologos Sin Fronteras España 658 712 646
Telefono Contra el Suicidio 911 385 385



Denmark

Livslinien +45 702 012 01
SIND 702 327 50



Poland

Anonimny Przjaciel 999
Polish Psychological 116 123



Lithuania

Vilties Linija 116 123
Jaunimo Linija 880 028 888
Sidabrinė Linija 080 080 020



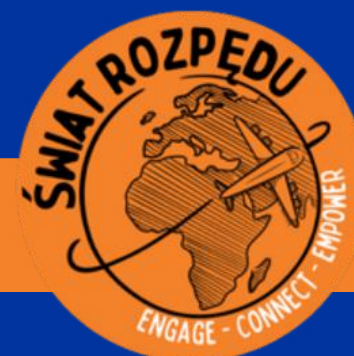
WHERE CAN YOU
GET HELP?



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FINAL WORDS: CLOSING THE JOURNEY OF UNITY



AS WE REACH THE **END** OF THIS JOURNEY, IT'S IMPORTANT TO **REMEMBER** THAT EVERY HERO'S PATH DOESN'T END WITH THE FINAL **STEP**. THE **LESSONS** LEARNED, THE **COURAGE** DISCOVERED, AND THE **TRANSFORMATION** UNDERGONE DURING THIS TRAINING ARE JUST THE BEGINNING OF THE NEXT **CHAPTER**. YOU ARE **ALL HEROES**, NOT BECAUSE OF THE CHALLENGES YOU FACED, BUT BECAUSE OF THE WAY YOU'VE EMBRACED THEM—GROWING **STRONGER**, MORE **RESILIENT**, AND MORE CONNECTED TO YOUR **PURPOSE**.

EACH ONE OF YOU HOLDS THE POTENTIAL TO INSPIRE **CHANGE** IN YOUR **COMMUNITIES**, TO LEAD WITH **EMPATHY**, AND TO MAKE A DIFFERENCE IN THE WORLD. THE WISDOM, TOOLS, AND EXPERIENCES YOU'VE GAINED HERE ARE YOURS TO CARRY FORWARD, AND IT IS NOW YOUR TIME TO SHARE YOUR **LIGHT** AND CONTINUE YOUR JOURNEY AS **LEADERS**, **MENTORS**, AND **AGENTS OF POSITIVE TRANSFORMATION**.

REMEMBER, THE **HERO'S JOURNEY** IS NOT ONE TAKEN ALONE. IT IS SHAPED BY THE **SUPPORT**, **ENCOURAGEMENT**, AND **COLLABORATION** OF OTHERS. THE GROWTH YOU'VE EXPERIENCED HERE IS A REFLECTION OF YOUR OWN **DEDICATION** AND THE **STRENGTH** YOU'VE FOUND WITHIN EACH OTHER. EVERY **HERO** NEEDS A **TEAM**, AND **TOGETHER, WE ARE STRONGER**.



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WE WANT TO EXPRESS OUR DEEPEST GRATITUDE TO EACH OF YOU FOR YOUR **OPENNESS, COMMITMENT, AND ENERGY**. TO THE PARTICIPANTS—YOUR WILLINGNESS TO EMBRACE VULNERABILITY AND CHALLENGE YOURSELVES HAS BEEN TRULY INSPIRING. YOU ARE THE **REAL HEROES OF THIS JOURNEY**. AND TO THE TEAM—THANK YOU FOR YOUR **UNWAVERING SUPPORT, FOR GUIDING AND NURTURING** EVERY STEP OF THIS ADVENTURE. YOUR DEDICATION HAS BEEN VITAL IN MAKING **THIS JOURNEY A SUCCESS**.

BACK IN HER OWN LAND, FREYA STOOD BEFORE HER FIRST GROUP OF YOUNG LEARNERS. WITH STORIES, TOOLS, AND PASSION, SHE STEPPED FORWARD, READY TO GUIDE OTHERS ON THEIR OWN TRANSFORMATIVE JOURNEYS. THE CYCLE CONTINUES—**EVERY LEARNER, A FUTURE HERO. LET THE JOURNEY BEGIN.**

NOW, AS YOU LEAVE THIS TRAINING, CARRY WITH YOU THE KNOWLEDGE THAT YOU HAVE ALREADY MADE A **PROFOUND IMPACT**. THE FUTURE IS IN YOUR HANDS—GO FORWARD WITH **COURAGE, PASSION, AND AN UNSHAKABLE BELIEF** IN THE POWER OF POSITIVE CHANGE. **THE WORLD IS WAITING FOR YOUR STORY.**

THANK YOU FOR BEING PART OF THIS INCREDIBLE JOURNEY. THE ADVENTURE CONTINUES, AND **YOU ARE THE HEROES WHO WILL SHAPE WHAT COMES NEXT. ONWARD, TO NEW BEGINNINGS AND ENDLESS POSSIBILITIES!**



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