

# RESILIENCE IN GREECE



## WHAT'S UP?

The Greek multiplier event took place on the 25th of August 2022 in Amfissa Greece.

The objective of the event was to disseminate in a wider public the concept of Resilience and the activities undertaken during the program.

The event began with the presentation of the participants and an unformal discussion.

The Greek project coordinator presented the Erasmus+ Program in general and he mentioned in particular the Adult Education Strategic Partnerships sub-program.

The use of these tools with the EKPS population (people with mental health problems) were particularly discussed. Possible difficulties and obstacles have been pointed out.

Afterwards, followed the presentation of the "Breakthrough for Resilience Handbook". Explanations have been given were needed and a demonstration on how to download the document from the platform took place.

Small relevant parts of all 8 videos were demonstrated followed by comments, questions and reflections!

# RESILIENCE IN TURIN



## WHAT'S UP?

The Italian multiplier event was held in Turin on the 26th of May 2022 at Madonna Del Pilone ASD (Viale Suor Giovanna Francesca Michelotti, 102/A, 10132 Turin)

The central theme of this event was the dissemination and sharing of results about of the Breakthrough for Resilience project.

A total of 38 people participated,

After getting registered, the participants were welcomed by Gerardo Gatto, the president of Vol.To, who gave a short but warm speech.

From 4.00 PM to 4.45 PM Davide Prette, the Italian project coordinator, made a presentation about the Erasmus+ program, focusing on Strategic Partnerships in Adult Education.

From 4.45 PM to 5.25 PM Clarissa Amateis, the Italian junior project coordinator presented the Resilience Programme. More specifically, she made an overview of resilience tools related to people, places and communities, the relation between the three aspects, and the use of these tools to become more resilient.

From 5.45 PM to 7.15 PM, following a short break, the two coordinators illustrated the activities carried out and the outputs produced during the project, in particular:

- Workshops (O1);
- Facilitator's guide (O2);
- Videos (O3);
- Manual & Summary (O4).

This way participants could learn about resilience in general and about the importance of overcoming difficulties by using the "resilience tools".

The last 15 minutes of the event were left for feedback and questions from the audience.

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# RESILIENCE IN SWEDEN



## WHAT'S UP?

For Sweden we had two multiplier events one was held in Lund Sweden and the other was held in Malmo Sweden. The First one was held on the 27th of May 2022 and the second one was held on the 26th of August 2022.

The central theme of this event was the dissemination and sharing of results about the Breakthrough for Resilience project.

. A total of 40 persons attended the first event and a total 26 persons participated in the second event.

After getting registered, the participants were welcomed by members of our organization, We then presented our organization and the Erasmus + program focusing on Strategic Partnerships in Adult Education.

We then did some icebreaker activities to help to the participants to feel welcomed, comfortable, and active.

The next was to introduce the Resilience Programme. More specifically, an overview of the resilience tools related to people, places and communities, the relation between the three aspects, and the use of these tools to become more resilient.

Following a short break, Mexpert team carried out the activities and showed the various outputs produced during the project, in particular:

- Workshops (O1);
- Facilitator's guide (O2);
- Videos (O3);
- Manual & Summary (O4).

This way participants could learn about resilience in general and about the importance of

overcoming difficulties by using the "resilience tools".

The last 15 minutes of the event were left for feedback and questions from the audience.