

VALUE FOR MONEY!

In these premises you can find an **EU-financed project** in action.

And not just any project, but a good and interesting one.

Today's EU projects want you to know what they are all about, so please read on!



The project Rethink:

Addressing the challenge posed by the social and economic exclusion of youngsters with a history of mental unhealthy, through the joint development and delivery of a holistic approach. The project will include a range of tools and interventions to promote social inclusion which can be tailored to individual needs. The training programme will be piloted on 40 young people, 20 in Sweden and 20 in Latvia.

The project Rethink will result in:

- Mapping of the needs/barriers faced by youngsters in 2 regions;
- Establishment of crossborder network and regional networks;
- Development of a joint training programme with a range of options such as taking care of your health by learning to cook healthy food and by sporting; taking care of your economy by doing a budget; taking care of yourself by having a structure of your life through making daily routines such as a schedule; taking care of your spirit by doing creative activities such as painting etc.; taking care of your “job-career” by writing CV; making training in a working place or as volunteer and finally empowerment through drama-activities and speaking in front of others.
- Piloting this with 40 young people and 20 mentors

The project is a joint cooperation venture of:

Research and Development Centre of Municipality of Linköping, SWEDEN

Zemgale planning region, LATVIA

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