



NOMO FOMO

Positive Mental Health for GEN Z

NO MORE Fear Of Missing Out

NEWSLETTER 3

July 2022

What's new?

The partners of the NOMO FOMO project are working to promote positive mental health for young people with the production of training materials and resources – all of which can be accessed on their smartphones.

12 interactive infographics – each one addressing one of the key themes associated with FOMO – have been finalised in English and will soon be available in all partners' languages online.

The In-service Training Programme has been developed. It aims at supporting youth educators to 'unpack' the concept of FOMO and to better understand the underlying issues, maximise the potential of the new resources and to build skills so that educators can create further resources.

The Peer-Leadership Training Programme is currently being developed and it aims to be finalised in September. This programme will work to empower young people to develop positive behaviours and habits that will support their positive mental health. It will then be translated in all partner languages.

The Smartfeed Training Programme that comprises interactive videos and tip sheets has been finalized and is now available in all partner languages.

Finally, the NOMO FOMO MOOC offers all resources in English and will soon be available in Greek, German, French, Portuguese, Polish and Spanish.

If you want to test the resources of the project, please get in touch with your local partner!

C1 training activity in Paredes, Portugal

From the 28th to 30th March 2022, youth educators from partner countries were invited to join the 3-day event organized by Embaixada Juventude to test the In-Service Training Programme.



Participants got the chance to discover the NOMO FOMO resources and to learn how to implement them in their youth work!

Please check our Facebook page to know more about the project:

www.facebook.com/NOMO-FOMO-Project-106445284977426

<http://nomo-fomo.eu/>