



WELLHOODY

PARTNERS

RESOURCES

**Welcome to the
WELLHOODY
Connector Guide**

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Wellhoody
Wellbeing in Diverse Youth Communities

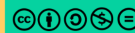
**CONNECTOR
CLUB**

The Network Guide



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Welcome to

WELLHOODY Connector Club!

Join the Wellhoody Connector Club Network!

Our 5 WELLHOODY Connectors created (France, Spain, Germany, Sweden and Ireland), engage 150 young people, in inclusive environments that foster equity and equality, and that are responsive to the needs of the wider community, building youth participation, social ties and thus the wellbeing

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Wellhoody Connector Club France, was organised at the Bottom Théâtre à Tulle, by our partners [LE LABA](#). The aim of this workshop was to encourage reflection and exchanges on diversity and well-being through fun and participatory activities. Each participant shared a personal experience where he or she experienced a feeling of being welcomed and accepted, or conversely, being rejected. These testimonies, sometimes harsh, highlighted the importance of their theatrical practice as a possibility of freeing themselves from certain difficult experiences.



Our partners [Dramblys](#) organised a Club in Albacete Spain, and named it: Young Voice, focusing on empowering youth voices, while in Sweden (partner [Folkuniversitetet](#)) and Ireland ([Momentum Educate + Innovate](#)) our partners focused on building youth resilience and stress management while utilising the power of diversity.

There are different objectives depending on who is reading this guide:

DIVERSE YOUTH

The Connector Clubs will cultivate a supportive, safe environment where members can gain confidence in new life skills: civic participation, future planning, socializing, communication, self—care, mindfulness, increased level of meaningful digital participation and socialization.

YOUTH WORKERS

More assured responsiveness to diversity, more active participation in society.

YOUTH EDUCATORS

Will get firsthand knowledge of understanding the target groups, their wellbeing needs and objectives, intercultural communication. Strategies and techniques that enable effective skills development in collaborative learning approaches. New ways of facilitating peer-to-peer interaction.

- **The STRUCTURES & ORGANISATION** – Cooperation, networking (including network creation and strategies) and peer-learning activities.
- **SOCIETY** in general will benefit from great cohesion of youth communities, from knowledgeable members & inclusive communities.

The STRUCTURES & ORGANISATION

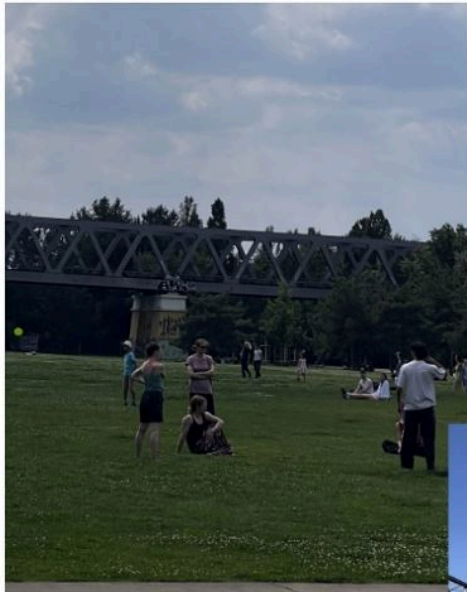
Cooperation, networking (including network creation and strategies) and peer-learning activities.

The SOCIETY

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In Germany, our partner **Youth Power** with their youth participants decided to name their Connecotr Club a **Brunch Hub**. As part of their Youth Club activity, they held the workshop “Oxygen Body” with Darwin Díaz! They received many inputs on how to ease day-to-day life through small actions and exercises to increase their well-being, body awareness, and longevity.

BRUNCHHUB TALKS #2



OXYGEN BODY



YOUTH POWER
Germany

BODY AWARENESS + WELLBEING



Also in Germany, [Outside Media and Knowlegde](#) organised WELLHOODY young participants around peer support and knowledge exchange.



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