

Escape to Happiness



TORINO Mobility 26.-30.11.2024
Team Lapinlahden Lähde, Finland

Project number: 2022-1-SI01-KA220-ADU-000088108

Purpose of the mobility

1. Piloting the Escape to happiness training (workshops)
2. Adding knowledge and skills to improve our everyday wellbeing (happiness)
3. Cultural exchange among European countries
4. Eating pasta and pizza..!! Get to know the city of Turin <3



Day 1; getting to know and starting the workshops



Escape to happiness training modules

1. **Module 1: Understanding Mental Health and Well-being**
2. **Module 2: Self-care Strategies**
3. **Module 3: Digital Literacy for Well-being**
4. **Module 4: Introduction to Mental Health First Aid**
5. **Module 5: Implementing Mindfulness Practices**
6. **Module 6: Enhancing Communication Skills**
7. **Module 7: Fostering Emotional Intelligence and Resilience**



Workshop photos



Our Partners

1. Host: [HumaCapiAct](#), Italy Turin
2. Koordinator: [Zasavska ljudska univerza](#) (ZLU), Slovenia, Zaborje ab Savi
3. [Aspira](#), Slovenia, Trbovlje
4. [EduKopro](#), Bosnia-Herzegovina, Sarajevo
5. [JumpINHub](#), Portugal, Porto
6. [LCEducational](#), Cyprus, Limassol
7. [Pučko otvoreno učilište Koprivnica](#), Croatia, Koprivnica
8. [Pro Lapinlahti mental health association](#), Finland, Helsinki





TURIN
27-28-29
NOVEMBER 2024



In the end..!



NEXT in our project:

1. Multiplier events
2. E-learning platform
3. Dissemination of outcomes
4. Project end in Sarajevo spring 2025



Freetime?

That's another story of happiness!

