



## Review

The “Free Your Mind” project, implemented through a trilateral partnership between Poland, Macedonia and Portugal, aims to address the social maladjustment and exclusion faced by young people. Through the development and introduction of modern tools with European application, the project sought to enhance the soft skills and interpersonal skills of these young people, thus increasing their motivation to pursue their professional and educational activities, leading to social and professional inclusion.

The partnership attached great importance to overcoming these challenges and creating a comprehensive educational offer that responded to the needs of the second target group, consisting of trainers. The "Free Your Mind" Development Programme, made up of three closely interlinked and complementary results, formed the core of this initiative:

- TOOLBOOK FOR TRAINERS;
- A BOARD GAME FOR YOUNG PEOPLE "MILESTONE CARDS"
- TOOLBOOK FOR YOUNG PEOPLE

After analyzing the Toolbook for Trainers, it is possible to conclude that this material provides valuable resources and guidance for trainers involved in this issue, as it allows them to adopt an authentic, engaging approach centered on acceptance and autonomy, and emotions of young people.

The Board Game for Young People - "Milestone Cards" is a very successful board game, which aims to involve young people in an interactive and playful way. This game allows young people to explore important topics and develop key social skills, which helps to raise awareness of relevant issues, overcome stereotypes and facilitate the development of positive communication skills, self-esteem and harnessing their own emotions.

After analyzing the Toolbook for Young People, I can also say that it is a very well achieved and relevant result for the project.

Overall, the results of this project have contributed to combating the social maladjustment and exclusion faced by young people by providing resources, strategies and support for both trainers and young people themselves. These tools aimed to enable young people to develop social, emotional and personal skills, which are fundamental for their social and professional inclusion. By creating an inclusive learning environment, offering playful resources and promoting personal development, the "Free Your Mind" project has the potential to positively impact the lives of at-risk youth, helping them overcome challenges and become active members and society participants.

From my point of view, as a trainer; I can assume that the use of very useful, educational (for each individual and age group) young people, especially in beneficial touches to the

educational life of adolescents, and the use of tools produced for educators in the project process and as a result, will play a major role during education.

During the project process, I believe that there are positive feedbacks about how the workshop activities held with young students progressed and how the feedback was, and it was supported in the same way in the reports. In the process, the activity, which is the result of the "Board Game - Milestone Cards" project played, is very beneficial for the students in which they practice their socialization skills, self-expression skills, and communication and exchange of emotions among themselves as a group.

Once that the main purpose of the project is to increase the professional potential of trainers and youth workers by working with an innovative development program, enabling young people at risk of social maladjustment. From the beginning to the end, the project has achieved its purpose.

Barcelos, Portugal

Trainer;

Herculano Andrade

A handwritten signature in blue ink that reads "Herculano Andrade". The signature is written in a cursive style with a large initial 'H'.