



COMUSYC NEWSLETTER

JUNE 2023

E-MANUAL

In the past few months, the project partnership created the project result - E-Manual. It aims to enrich the skills of coaches, trainers and peer mentors in the implementation of music and other arts-based activities so that they have more resources to support marginalised young people to develop their soft skills, increase their self-esteem and their ability to be part of the group and society.

Objective of the Electronic Manual:

This document is designed as a comprehensive set of instructions for coaches, trainers, and peer mentors. It serves as an integral component of the COMUSYC Interactive Resource for the Electronic Manual. The primary objectives of these guidelines include:

- Engaging marginalized youth in music and arts-based activities, thereby enhancing their self-esteem and developing essential life skills, such as teamwork.
- Offering detailed directions to coaches, trainers, and peer mentors on conducting specific activities during project workshops.
- Establishing a model for the participation of disadvantaged young individuals in the framework of a European initiative.

E-MANUAL

Connections through comics and music for the social integration of the disadvantaged Youth

 7 Lessons Cognitive and emotional difficulties	 10 Lessons Intrapersonal and interpersonal...	 10 Lessons Self-confidence issues	 12 Lessons Trauma and abuse and their consequences
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Cognitive and emotional difficulties

Comusyc - June 12, 2023

Start Course

Open Source

Course Includes

- 7 Scenarios of activation

Activities:

- Hakuna Matata
- Drum circle
- Focus on the rhythm
- Artistic opinion making
- Breathing and muscle relaxation in singing
- Creating music with signs
- Make your own mandala

About Instructor

Comusyc
Comusyc project aims to develop a comprehensive and cross-sectoral strategy that will

The E-Manual is divided into 4 sections, each addressing one scenario of activation identified during the initial workshops. For each of the scenario of activation, different activities are included to help develop specific skills and qualities in young people to deal with the challenges of their daily lives.



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WORKSHOP NATIONAL COMUSYC TEAMS

During the past period, partners conducted workshops to support the validation of the E-manual and Toolkit. The aim of the workshops was also:

- The exchange of ideas, views and knowledge among young people on the significance of creativity in everyday life;
- The discussion of the ways in which being involved in music or art activities helps young people overcome obstacles, gain confidence and become more engaged in social and political life;
- To discuss the improvement each individual will gain after taking part in Comusyc pathways;
- Collecting feedback regarding the E-manual and making changes where needed;
- Proposing a series of activities developed using an art-based methodology to cope with the 4 scenarios of the Toolkit
- Collecting 10 brief videos per each NCT filmed during the workshop activities to then integrate them in the E-manual.



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