

**This exciting two-year transnational project is designed to train Community Educators who will be helping groups recognised as facing loneliness.**

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**CATLID**

**Cultural Ambassadors  
Target Loneliness through  
Intercultural Dialogue**

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**Working together the six European partners, from the UK, Spain, France, Poland, Austria and Sweden will create and develop a training course, which will be tested and refined. This will be used to train members of the community /migrants /refugees to become Community Educators. Knowledge Parties led by Community Educators will foster community engagement and create opportunities to network and socialise and help the fight against loneliness. Tools will include:**

- *Video and audio training guides*
- *A Techniques Handbook will include ideas to creatively tackle Loneliness*
- *The materials will be a resource to develop new ideas and approaches to creative engagement with hard to reach communities and individuals.*
- *The course materials and tools will be available online*

**PROJECT  
HIGHLIGHTS  
1<sup>st</sup> EDITION**

**CULTURAL AMBASSADORS**

## PANDEMIC VERSUS EPIDEMIC!

Current issues during this unprecedented time of lock down, physical distancing and social isolation are highlighting more so the issues of loneliness. Emotional health and wellbeing are severely compromised during this time with the risk of increasing the negative feelings, resulting in negative health outcomes not only mentally but physically too.

### [Read article about loneliness epidemic](#)

*"Loneliness does not come from having no people around you, but from being unable to communicate things that seem important to you."*

*Carl Jung*

## PROJECT CONSORTIUM



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