

MANUAL FOR VR RESILIENT APPLICATION



MANUAL FOR VR RESILIENT APPLICATION



Authors:

Darina Čierniková * Martin Šturek * Ivana Gabrišová * Peter Kantor * Eva Klusová
* Marianna Heřmánková * Dorota Balalová * Marina Horvat * Adrijana Al-Nidawi *
Collective of creators from SPACE s.r.o.

Organisations:

Rada mládeže Žilinského kraja (Slovakia)
www.rmzk.sk

*

SIRIUS - Centar za psihološko savjetovanje, edukaciju i istraživanje (Croatia)

*

SPACE s.r.o. (Czech Republic)

*

IPčko (Slovakia)

*

Petrklíč help, z.s. (Czech Republic)

Year of creation

2023 - 2024

Co-funded by the
Erasmus+ Programme
of the European Union



CONTENTS

MANUAL	4
Setup of the Meta Quest 2 VR headset	5
App Instalation	14
ACTIVITIES IN VR RESILIENT APP	18
1.Activity Choosing	19
2.Painting	25
3.Lead Practice	33
4.Week Harmonogram	37
ABOUT THE AUTHORS	42
ABOUT THE PROJECT	45

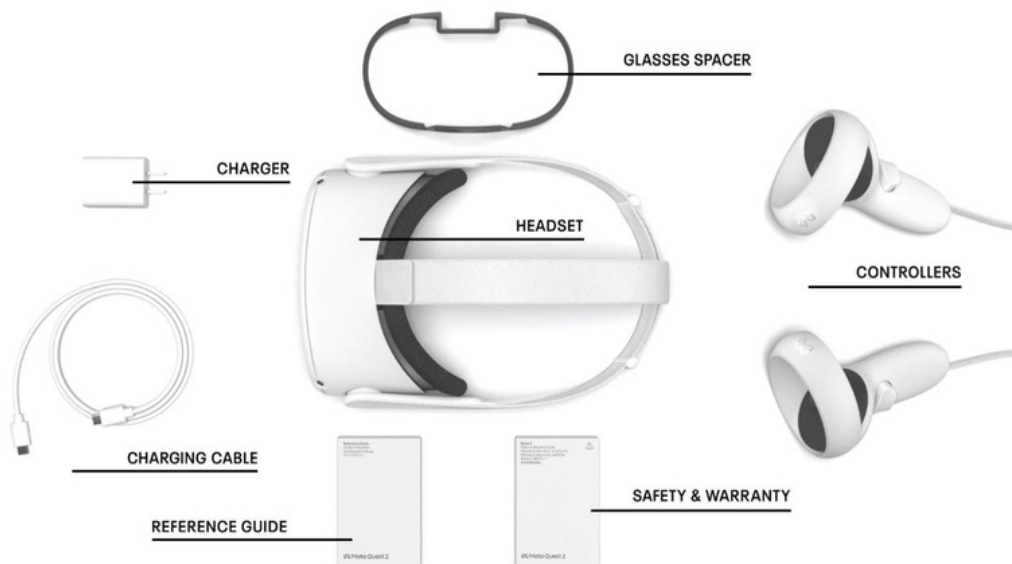
MANUAL



Setup of the Meta Quest 2 VR headset

Inside the box, you will find:

the headset, a pair of controllers, a charger, a charging cable, a glasses spacer, a reference guide, and a safety guide.



Starting the headset:

To turn on the headset, press and hold the button on the side of the headset.



For the best experience:

Make sure your headset is fully charged. There is an LED that indicates the battery status. White means all is good, and red/orange means it's almost depleted.



If the headset needs to be charged, please use the provided power cable and adapter.



Important note about wearing the headset:

For a clear image and comfortable fit, gently adjust the lenses by sliding them left and right until they click into place where the image is clearest. There are three lens spacing settings.



Adjusting the straps:

First, adjust the side straps by sliding the buckles forward or backward.



Then, put on the headset and adjust the top strap. By gently moving the solid parts on the sides of the headset up and down, you can further improve sharpness by adjusting the angle of the headset to your face. You will know you are wearing it correctly when the headset sits lightly on your face and the image appears clear.



Meta Quest 2 allows you to enjoy VR without the limitations of a cable:

Your space and preferences will decide which mode best suits your needs. You can play games with a boundary for moving around the room, allowing you to walk across the game area.



Or with a stationary boundary for sitting or standing in place. Spatial play works best with a space of 2x2 meters or larger.



Evaluating your space:

First, determine which mode best suits your needs. Remove any obstacles you might bump into while in the virtual environment, and pay attention to any overhead hazards.



Setting up Guardian:

The first step in setting up Guardian is to calibrate tracking by setting the floor height. Gently place the controller on the ground and look at it. You should see a virtual grid near the floor. Once the grid is correctly locked at floor level, proceed by tapping.

**Using the Pass Through feature:**

When setting up Guardian for the first time, you will see what we call pass-through. Pass-through is a feature that allows you to quickly look at the outside world to orient yourself in space while wearing the device.



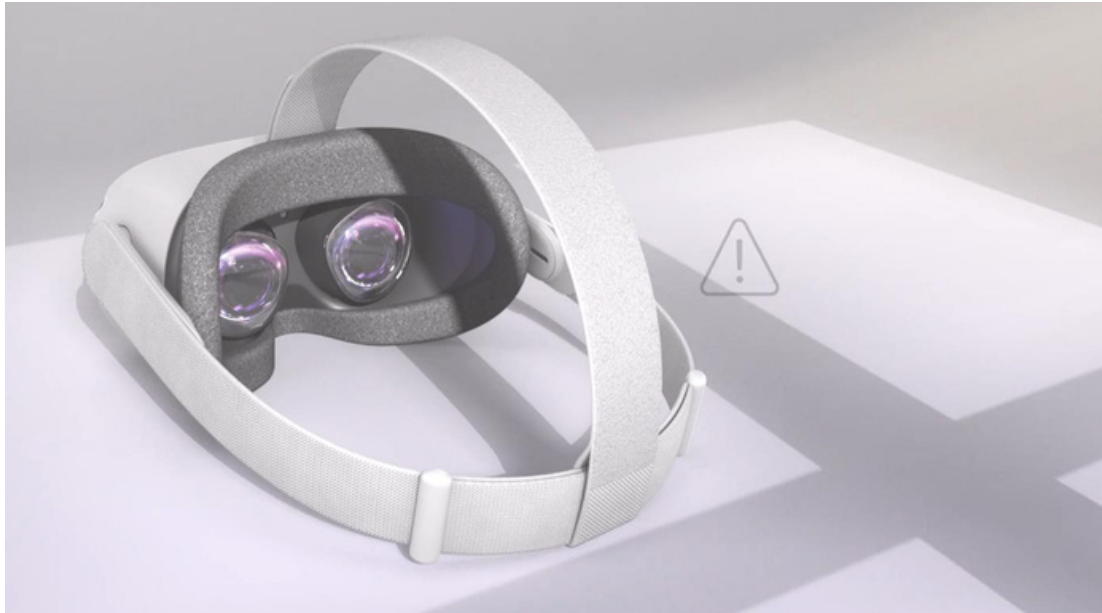
Defining your play area:

Defining your play area will help Guardian alert you if you start to leave this area. Use the trigger button on the controller to define your play area.



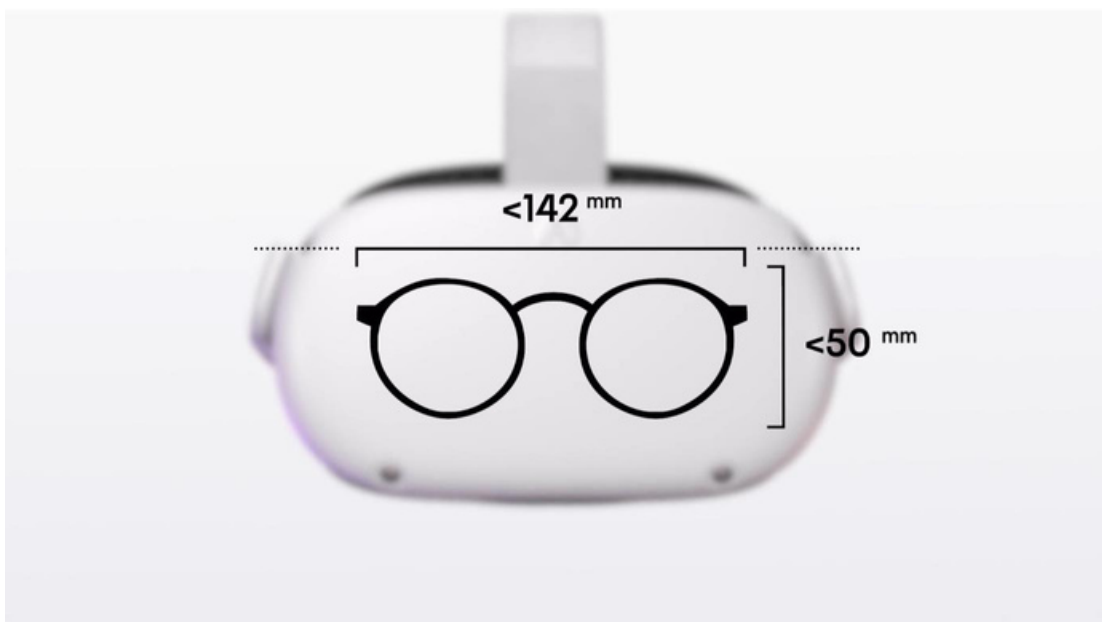
Keeping Meta Quest 2 in top condition:

It is important to keep direct sunlight away from the headset, as the sun's rays can cause permanent damage to the lenses and the screen inside. Use a dry optical microfiber cloth to clean the lenses. Use non-abrasive antibacterial wipes to clean the headset.



Modifying the headset for use with glasses:

Using the provided glasses spacer is easy. Your glasses frames are compatible if they are smaller than 142 mm in width and 50 mm in height.



Tips for using the controller:

To make a selection in VR, place the cursor over the selection and press the A button. To reorient your play area, hold the Meta button on the right controller for three seconds.

**Sharing your VR experiences:**

Meta Quest 2 gives you the option to share what you see in the headset with a friend. You can cast your VR experiences to a mobile phone, compatible TV, or casting-enabled device. If you want to take a screenshot, simply open the "share" function in the main menu, which you bring up by pressing the oval button on the right controller, and then one of the options is "Take a photo". Here you will find more options for sharing what you see with others.

App Installation

1. Downloading Meta Quest Developer Hub

- Visit the link: <https://developer.oculus.com/downloads/package/oculus-developer-hub-win/>
- Download the Meta Quest Developer Hub installation package for Windows.

2. Downloading our app

- Open the link: https://drive.google.com/file/d/1bligDh_CfFe87x1Mb-JbWCzKhHFfaScFT/view?usp=drivesdk
- Download the app file to your computer.

3. Unzipping downloaded files

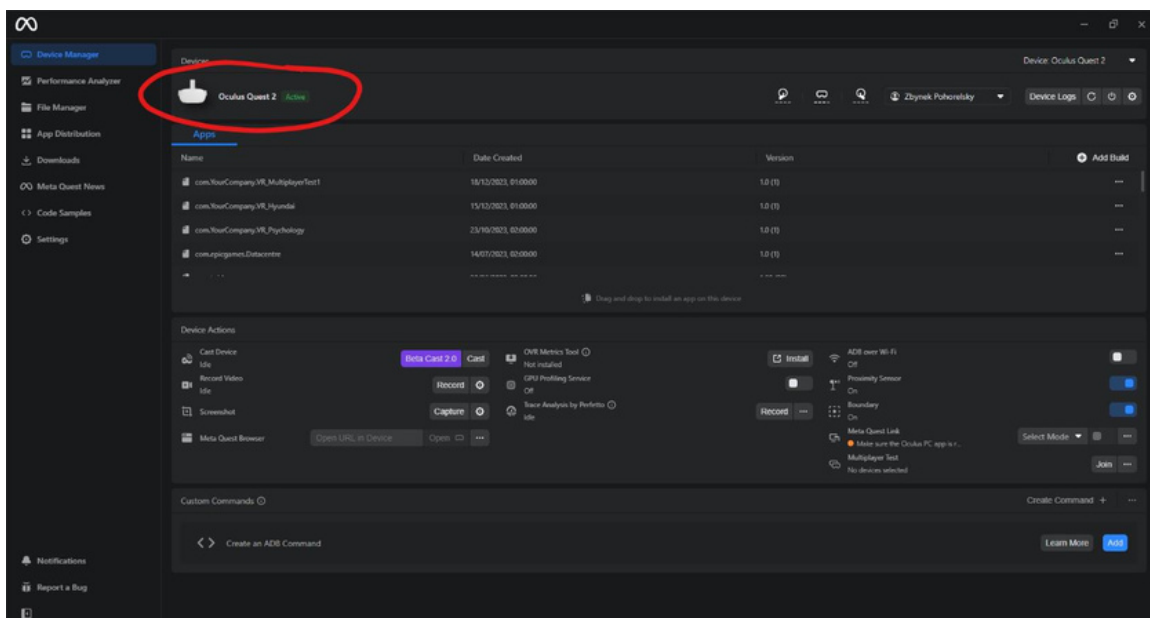
- Use 7zip or WinRAR to unzip the downloaded files to a chosen location on your computer where you can easily find them.

4. Preparing the VR headset

- Turn on your VR headset and wait for it to fully load.
- Connect the VR headset to the computer using a USB C cable. A confirmation notification will appear in the headset asking if you want to allow the connection – select YES. Then you can place the headset on the table; it is not necessary to wear it.

5. Opening Meta Quest Developer Hub

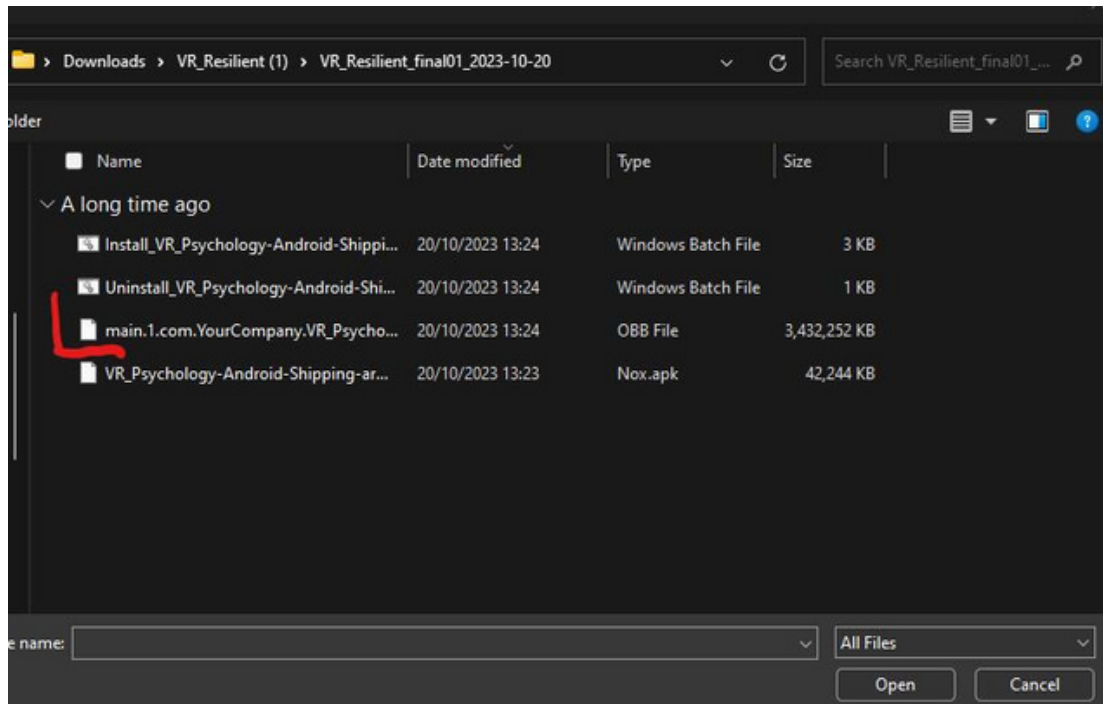
- Launch the Meta Quest Developer Hub (MQDH) application you installed in the first step.



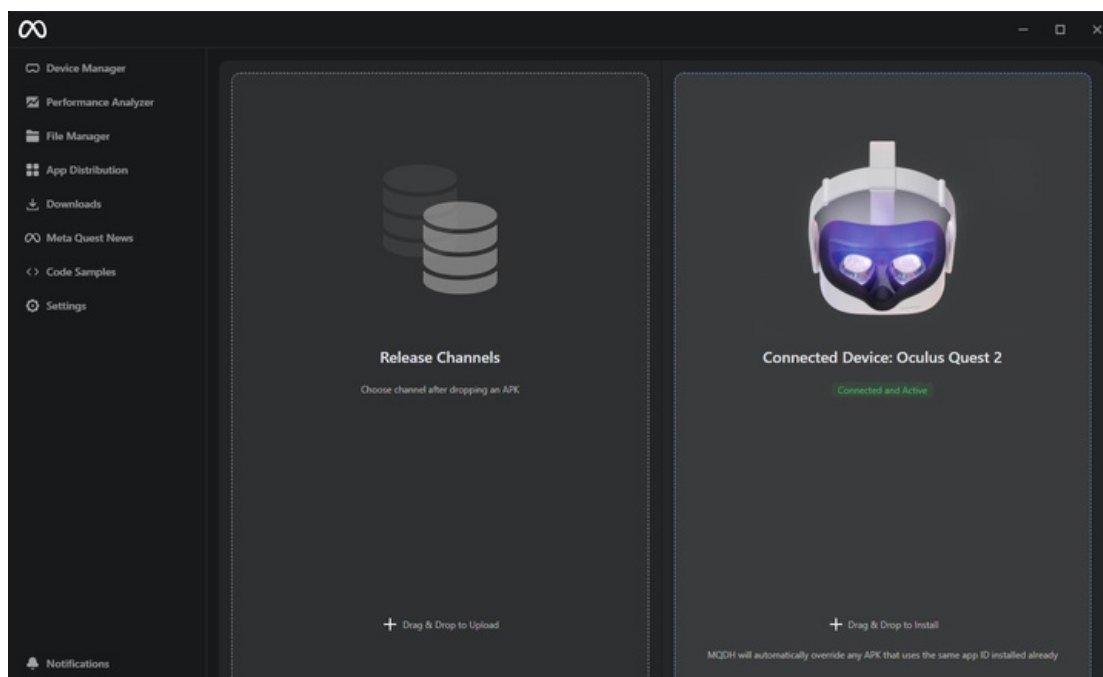
6. Installing the app

- a. In the MQDH application, follow the instructions shown below, images 1 to 4, to install our app. This process requires the headset to be set in developer mode (settings in the mobile app).

Make sure the headset is connected (green ACTIVE).

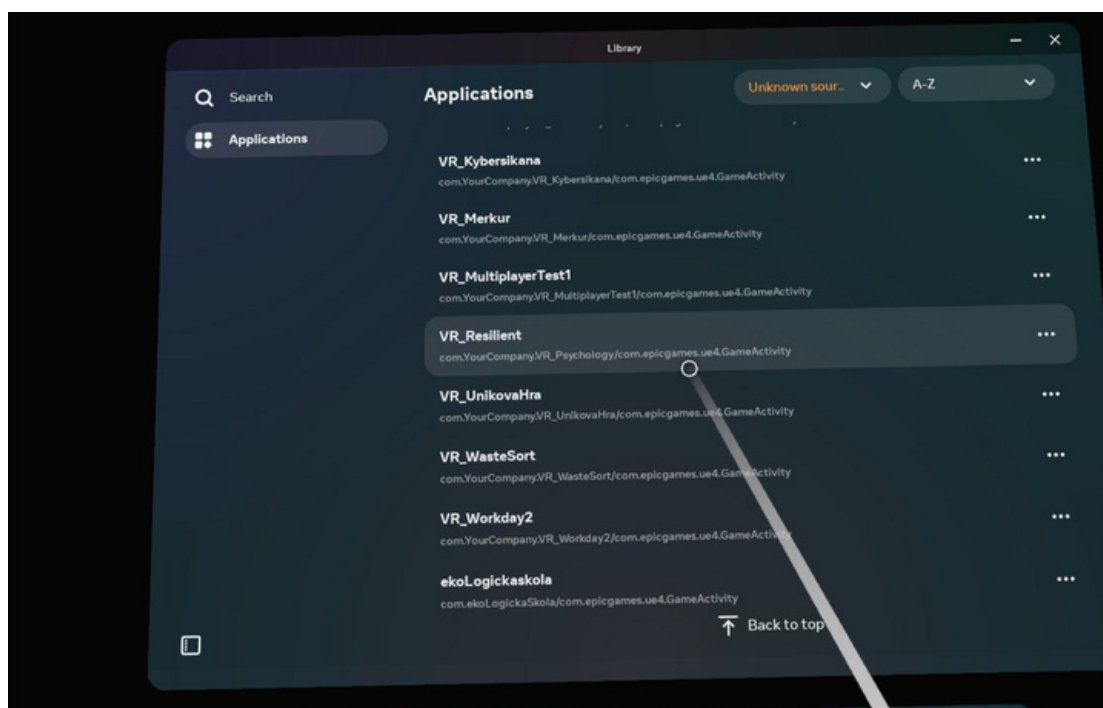
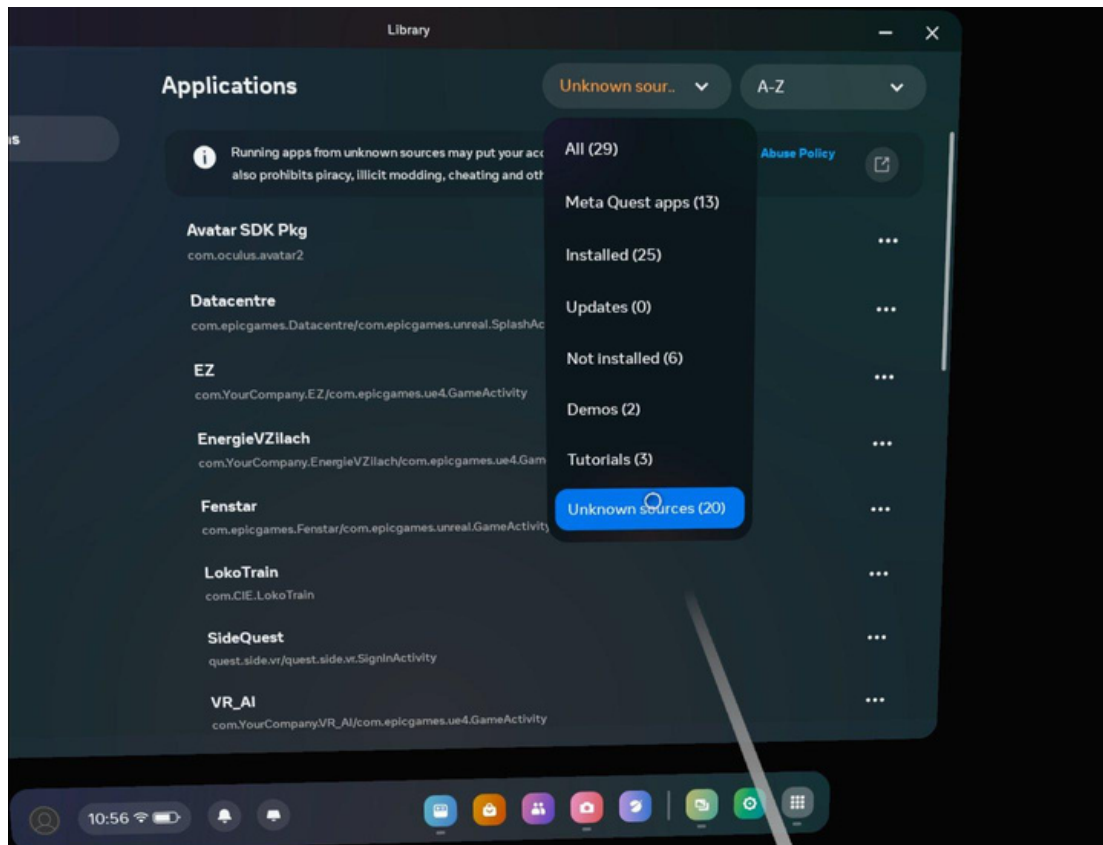


Then drag and drop the downloaded installation file into this program on the right side. The installation file is the largest one. After dragging, VR glasses will appear on this image – this is where the file needs to be dragged. A notification of successful installation will then appear.



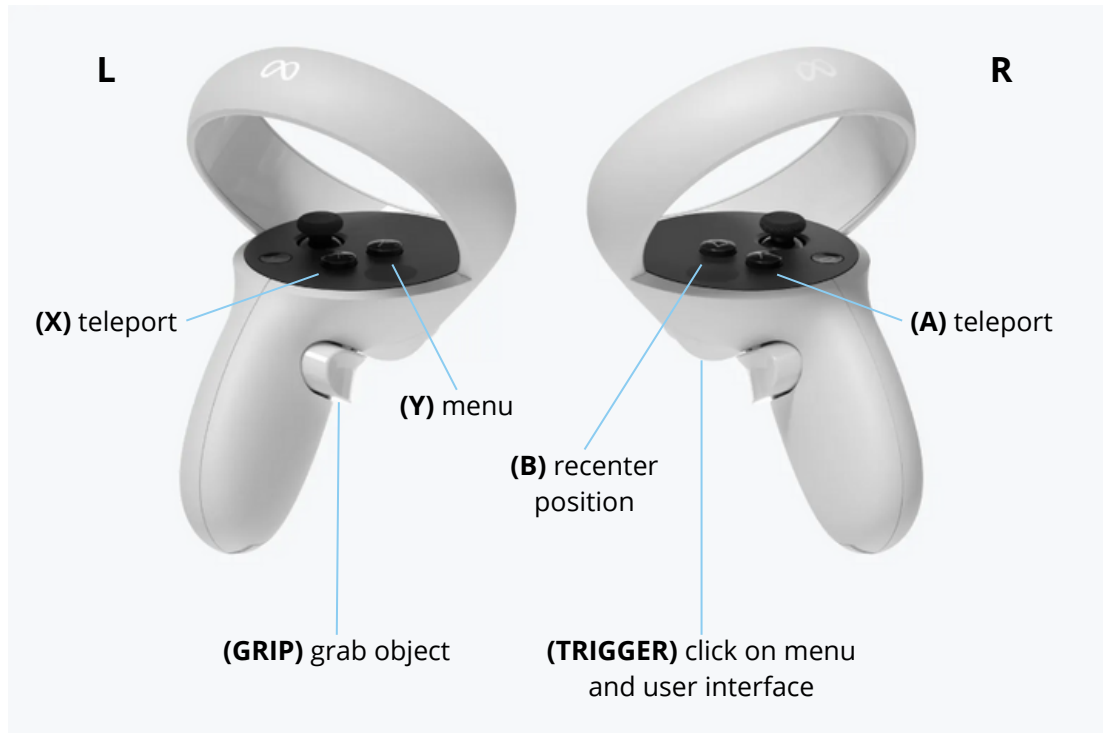
7.Launching the app

- After installation, you will find our app in the "unknown sources" section of the Meta Quest app menu.
- To access this section in the app menu, use the filter in the top right corner and select "unknown sources".
- Then you will see the VR_Resilient app listed in the applications.

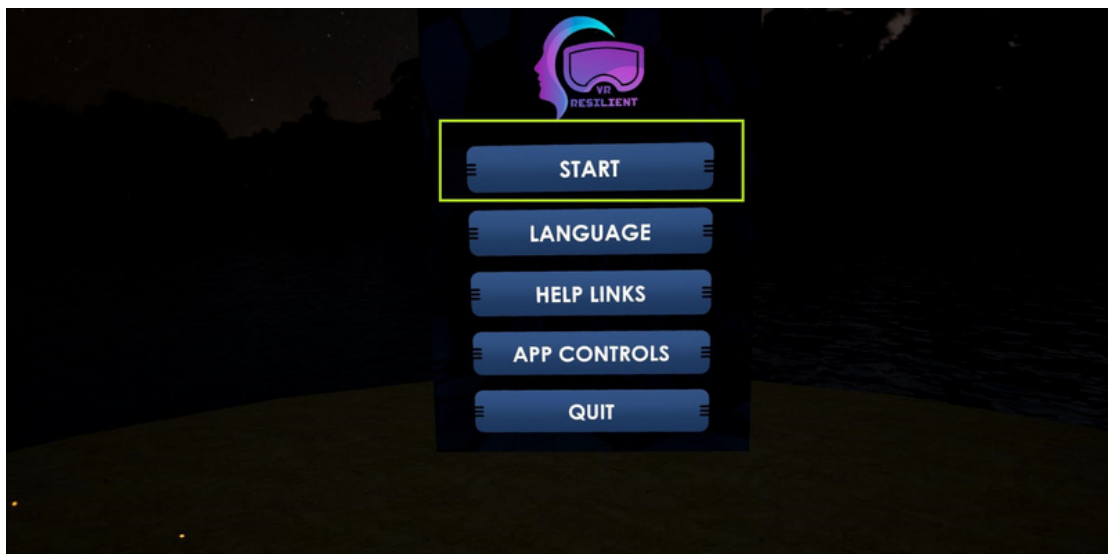


8. Controlling the app

The app is controlled using the controllers. The controllers have many buttons, so we have prepared an interactive manual in the app where you can try out all the buttons. Here in the pictures, you can see all their functions.



Launch VR Resilience on your VR headset. From the main menu, select START.



ACTIVITIES IN VR RESILIENT APP



1. Activity Choosing

Short description of activity:

This VR activity provides a broad overview of strategies that can be used to reduce stress levels and prevent and alleviate the symptoms of burnout syndrome. The goal of the activity is to explore the options, and to choose several strategies that will help us alleviate the symptoms (if we practice them regularly). The strategies are divided into the following categories:

1. Belief strategies
2. Affective strategies
3. Social strategies
4. Creative strategies
5. Cognitive strategies
6. Physical strategies

Benefits:

By practicing the previously mentioned 6 strategies, we ground ourselves, we reduce stress symptoms, we bring our life back into balance, and we improve our health.

Beliefs, values, faith and religion represent ways of coping that are shaped by our inner values towards ourselves and the world. They often point to the meaning and mobilize our motivation. By practicing these strategies, we develop a sense of gratitude that has been scientifically proven to have many benefits for our psychophysical health. Some of these activities are meditation, asking for feedback, thinking about three things that were good today, three things you are thankful for today, three things you are proud of, your three strengths, participation in a religious ceremony, prayer, participation in religious meetings, participation in philosophical discussions.

Affective strategies are aimed at the focused expression of emotions and feelings that every person experiences every day. These include ways to get in touch with what one is experiencing, to be aware of emotions and to express these feelings. It is very important to practice being in touch with our own emotions and to understand that emotions are not permanent, but come and go - like rain and sun. Some of these activities are getting in touch with emotions, viewing photo albums, recalling your last success, writing a letter about what makes you happy, writing a letter about what bothers you, petting your pet, reading your journal, telling a loved one how you feel, call the psychological counseling line, see a mental health professional.

People are social beings, regardless of whether they are extroverted or introverted. By spending time with loved ones and incorporating more social strategies into our everyday lives, we improve our ability to deal with difficult and demanding situations. Some of these activities are socializing with family, hanging out with friends, calling the person you can't meet right now, spending the evening with your partner, talking to someone new, social networks, courses, associations, interest groups, writing a public blog, community events.

The goal of imaginative strategies is to manage challenging life situations through creativity and to find a space to express new thoughts and feelings in a creative way. Practicing creativity is crucial as it fosters innovation, enabling individuals to generate novel ideas and solutions that drive progress in various fields. It also enhances adaptability by encouraging a mindset that embraces change and challenges, ultimately leading to more resilient and resourceful individuals. Some of these activities are playing an instrument, drawing or doodling, painting, singing or karaoke, dancing, taking pictures, writing a poetry or prose, imagining your favourite place, imagining your ideal day, finding a new way to work / school / shop.

The benefit of cognitive strategies is to bring order, boundaries and control over various life situations in which a person creates security. By regular planning, framing, scheduling and organizing individuals learn to prioritize tasks, manage their time effectively, and create a balanced routine, contributing to improved mental health by promoting a sense of accomplishment, order, and overall well-being. Some of these activities are weekly schedules, daily to-do lists, cleaning your workspace, cleaning up your personal space, learning a new language, determining your time to work, making time for yourself, making time for family and friends, getting SMART goals, creating daily rituals.

We believe that we don't need to explain much about how physical activity affects a person's mental health. Even in the time of ancient Rome, it was common knowledge that the health of the body affects the health of the mind, and vice versa. By including physical strategies in everyday life, we allow emotions to come out and we can redirect our attention from stress to body movements even when walking (if we increase the pace just a little bit). Some of these activities are taking a walk, jogging, touristics, wintersports, ballsports, watersports, massage, bath or shower, sex, fitness, yoga, gardening or flower care, selfcare.

When to use this activity:

This VR app activity is beneficial for individuals experiencing heightened stress levels or showing early signs of burnout. Users should engage with the activity when feeling overwhelmed by professional or personal challenges, seeking effective coping mechanisms. It becomes particularly relevant during periods of sustained stress or when individuals recognize symptoms of burnout, such as fatigue, emotional exhaustion, or reduced performance. The activity serves as a proactive measure, allowing users to explore and select strategies across various categories tailored to their preferences and needs. Regular use of this activity is recommended to bring awareness to what can be done for stress management and prevention of burnout symptoms from escalating.

This activity is applicable in:

This activity is applicable to all blocks from Methodology as it addresses different dimensions of well-being, adapting to the different needs of participants. Its comprehensive approach, encompassing belief, affective, social, creative, cognitive and physical strategies, ensures relevance and adaptability to different individual situations.

We recommend carrying out this activity whenever necessary, in order to remind the person of the wide range of possibilities that contribute to reducing stress levels, preventing burnout and general mental health improvement.

Whether the activity is used as part of educational blocks or on its own, it should be used as a closing activity.

How to use this activity:

To find this activity, begin in the MAIN MENU by pressing START. In the EXPERIENCE SELECTION MENU, choose the activity labelled ACTIVITY CHOOSING coloured in a yellow colour.



After choosing the activity, you will see a pop-up window with a short description of its benefits and meaning. Press CONTINUE to start the experience.

You will find yourself surrounded by 6 categories of strategies that reduce stress levels and prevent burnout. You can look around your axis and see a lot of icons divided in 6 categories - Belief strategies, Affective strategies, Social strategies, Creative strategies, Cognitive strategies, Physical strategies.



When you move your hand to the icon, you will see what it represents. This way you can explore what each strategy has to offer.

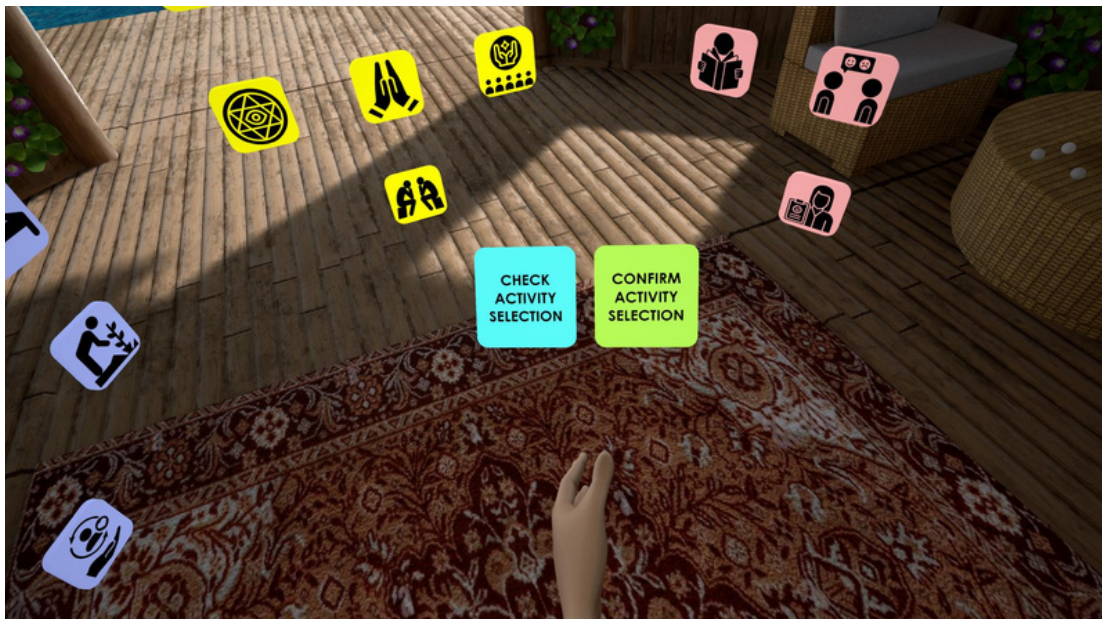


To pick an icon, move your hand to the desired icon and pick it up by pressing the Grip button with your middle finger. You can see if your hand is close enough to pick up an icon by looking at the fingers of your hand.

When you pick an icon, on your right side will pop 4 windows. Now you can decide what you want to do with an icon that you are holding by keeping the Grip button pressed. You can place the icon in the window of your choice by moving your hand to the desired window and releasing the middle finger, i.e. the Grip button.



You can do that with all the icons around you. It would be good if you choose icons from all 6 strategies, and when you choose them and classify them into categories, you can look towards your left hand and Select CHECK ACTIVITY SELECTION or CONFIRM ACTIVITY SELECTION.



When you Select CHECK ACTIVITY SELECTION, new window will open to show activities that you have selected.



When you Select CONFIRM ACTIVITY SELECTION a new window will open to show activities that you have selected. If you have chosen icons from all 6 strategies, the activity is well done, and if you have not, a warning will be displayed stating that it would be good to choose icons from all 6 strategies.



When you finally choose the activities you like from all 6 strategies, you can CONFIRM your choice and exit the virtual world and try all the selected activities in your life in order to reduce your stress level and prevent burnout.

2.Painting

Short description of activity:

In this relaxing activity, you can let your creativity run wild and calm your mind by working on your very own painting. Whether you challenge yourself by creating your art piece by freehand drawing or using the guidance of prepared blank pictures to colour in, you will engage your motor skills while having a quiet moment to yourself. So enjoy the new environment of a tranquil painting atelier and let your mind sink into the world of brush strokes and vibrant paint. Let your creativity speak for itself and your inner colourful world.

Benefits:

- Stress Reduction

Painting can activate the relaxation response, reducing stress and promoting a sense of calm.

- Emotional Expression

Painting allows individuals to express emotions, thoughts, and experiences nonverbally, providing a healthy outlet for self-expression.

- Improved Focus and Concentration

The process of painting requires concentration, which can enhance focus and attention to detail.

- Enhanced Creativity

Painting encourages creativity and imagination, fostering the development of new ideas and perspectives.

- Mindfulness and Presence

Painting can be a mindful activity, helping individuals stay present in the moment and immerse themselves in the creative process.

- Self-Esteem and Confidence

Accomplishing a painting, regardless of skill level, can boost self-esteem and confidence.

- Therapeutic Benefits

Art therapy often utilizes painting to address psychological and emotional challenges, promoting healing and self-discovery.

- Fine Motor Skills

Painting involves the use of fine motor skills, contributing to their development, especially in children.

- Sense of Achievement

Completing a painting provides a tangible sense of achievement and satisfaction.

- Infinite Canvas

Virtual reality (VR) painting provides a limitless canvas, enabling the user to explore large-scale and intricate creations without physical constraints.

- Accessibility

VR painting can be more accessible for individuals with physical limitations, as it doesn't require traditional art supplies and can be done using VR controllers.

When to use this activity:

Painting can be an excellent and versatile form of creative and relaxing activity that is convenient to use in various situations. Painting is an excellent outlet for personal expression and can help individuals explore their thoughts and emotions. It can be used as a reflective practice, allowing people to document their feelings and experiences visually. Engaging in painting can be a therapeutic way to reduce stress and anxiety. The act of creating art can promote mindfulness and relaxation. Painting is an enjoyable hobby that people can pursue during leisure, providing a break from routine activities and offering a sense of accomplishment. Art therapy often incorporates painting as a means of self-discovery and healing. It is used in therapeutic settings to address various mental health issues. Painting is an excellent way to develop artistic skills and techniques. It allows individuals to experiment with different mediums, styles, and subjects. Regardless of skill level, painting can be a source of joy and personal satisfaction. The process itself is fulfilling. It embodies the saying, "The Journey Is More Important Than The Destination".

This activity is applicable in:

- Burnout Syndrome - Activity 5: Future me

Participants may use Painting in VR to create an image of their desired future on a blank canvas. Instead of closing their eyes, selected or willing participants may put their thoughts into the canvas

- Resilient Waves - Activity 6: "Looking forward"

Selected or willing participants may express what they look forward to enjoying in the near future by painting it on a blank canvas.

- Ability to establish relationships - Activity 3: Active listening

The five people chosen to wait outside the door may use this time to calm their minds by painting. It will help them avoid wondering what transpires behind closed doors and can soothe any possible stressful feelings about the unknown factor of this activity.

- The art of relaxation - Activity 5: Demonstration of relaxation techniques and how to use them

While discussing technique II., the Art Therapy, selected or willing participants may draw Task 1: "Draw a memory of a time when you felt most relaxed" in VR. The trainer may also mention the benefits of painting in VR, such as mentioned above (Infinite Canvas and Better Accessibility).

- On breaks between any activity or waiting periods

The participants can access this activity and immerse themselves in it during any break periods between training or other activities or when waiting for other participants to finish their individual/group work.

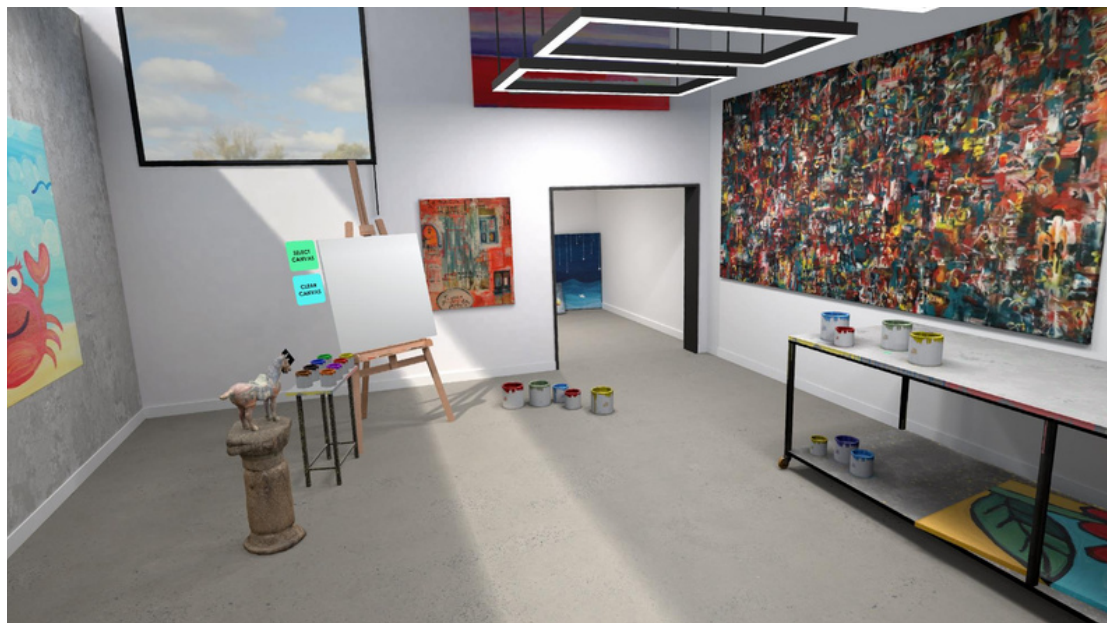
How to use this activity:

To find this activity, begin in the MAIN MENU by pressing START. In the EXPERIENCE SELECTION MENU, choose the activity labelled PAINTING in the left-down corner, coloured in a lilac colour.



After choosing the activity, you will see a pop-up window with a short description of its benefits and meaning. Press CONTINUE to start the experience.

You will find yourself in a new environment; the former surroundings of a cottage will change into that of a painting atelier.



Feel free to explore the tranquil environment using the teleport function (to teleport, aim your right controller at where you want to teleport and press the Select button (button labelled as A).



In this new environment, the atelier, you can interact with the painting easel and its brushes. The rest of the environment serves as a nice new change of scenery meant to emulate soothing vibes with its subdued colours and quiet background sounds.

To truly begin the experience, please teleport to the front of the painting easel.



Before you start creating your very own masterpiece, you have two options. You can either paint on a clear canvas, unleash your inner artist and relish in the creative freedom or colour in a prepared outline and use its guidance. Select the SELECT CANVAS Icon to make your choice.



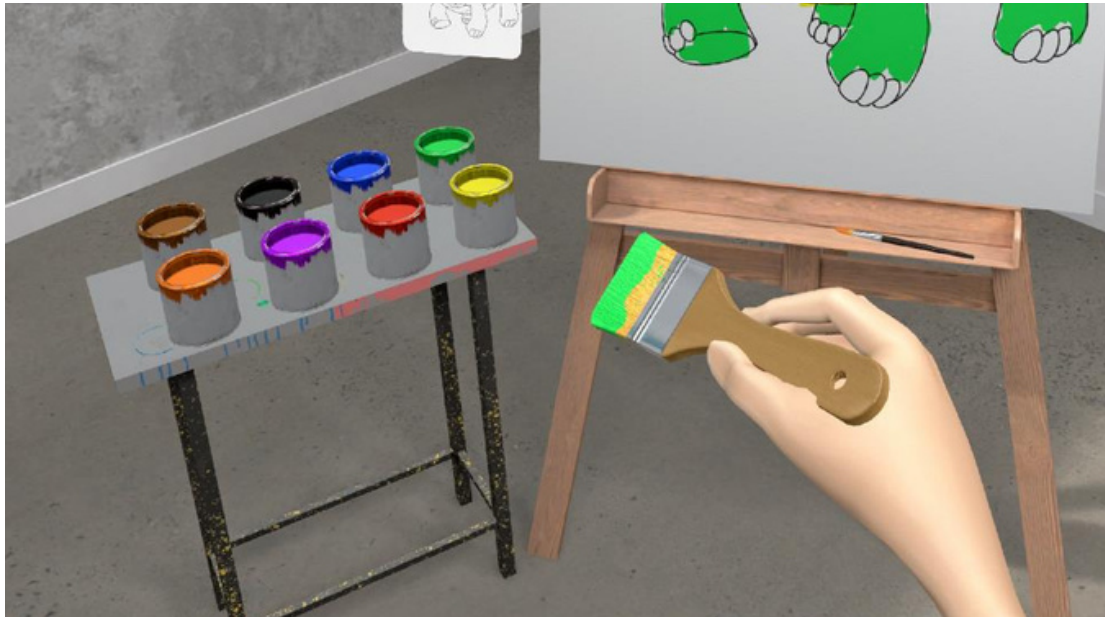
After selecting either one of the prepared stencils (a cartoon turtle or a more abstract butterfly) or continuing with the clear canvas, it is time to choose a brush. On the easel in front of you, you can choose between two brushes: a detailing brush with a smaller surface area or a broader brush that can cover a bigger surface with one stroke.



To pick a brush, move your hand before the desired brush and pick it up by pressing the Grip button with your middle finger. You can see if your hand is close enough to pick up the brush by looking at the fingers of your hand; when ready, your pinky and ring finger will bend slightly inwards. To keep holding the brush, you must keep the Grip button pressed (the same way you would a real brush). Now, you can move your hand, as well as the rest of your fingers, however you wish. Now, you can choose one of the eight colours, which are situated in paint cans on the table to your left.



Dip your brush into the desired paint can to choose a colour. There is no need to press any additional buttons. To change colour, repeat the same process; simply dip your brush into a different can.



Now, you are ready to let your creativity and artistic soul run free. To paint the canvas, trace your desired path with the brush by moving your hand from side to side (no need to press additional buttons). The paint will leave a trail following the path of your brush strokes.



In the picture below, you can see markings left by the brushes on a clear canvas.



Select the Clear Canvas option to clear your canvas and start anew.



Now relax and feel free to create your masterpiece without the trouble of dirtying your hands with actual paint.

To save your images feel free to follow the guide on how to create print screens available in the first part of this manual.

To end the experience, put your hand with the left controller before you and push the Y button. Select the option to go into the MAIN MENU or the cottage to choose another activity.

3. Lead practice

Short description of activity:

Lead practice is suitable for everyday relaxation and getting closer to the state of meditation. It helps us get to know our body and learn to gradually release the tension in different parts of the body that accumulates during everyday activities or when we feel stressed or under pressure.

Benefits:

For many of us, stress not only has mental and emotional symptoms, it has physical symptoms too such as headaches, back pain, heartburn,... In fact, sometimes we are so caught up in our stress, we don't even realise our physical discomfort is connected to our emotional state. That's when a body scan meditation can be particularly useful and effective, allowing us to check in with our bodies by mentally scanning ourselves from head to toe.

Progressive muscle relaxation is a relaxation technique that helps you release the tension you're holding in your body and feel more relaxed and calm. The technique is simple: working through the body, tense one muscle group at a time and then release the tension and notice the contrasting feeling of relaxation.

Part of the lead practice is also training and working with the breath, which proves to be very useful, not only during exercise or meditation, but also when coping with the difficulties of everyday life. The breath is always present, always with us and without exception. In difficult situations, focusing on the breath can help us cope with a difficult situation, experiencing stress, anxiety or just pressure from everyday life. The average breath tends to be shallow but during diaphragmatic breathing, a person consciously engages their diaphragm in order to take deeper breaths that reduce levels of the stress hormone cortisol in the body.

When to use this activity:

This activity can be used by anyone (no age limit) who wants to know more about themselves and learn to relax more. They say that relaxation is an art and we all find our own way in life. Lead practice includes proven types of psychological relaxation, especially work with the body and muscles and breath, which do not necessarily belong exclusively to psychological counselling.

Lead practice and its audio instructions are in English.

The use of relaxation techniques in a virtual reality environment can bring a more attractive experience and the possibility to subsequently share the experience in a group and look for ways to transfer it to everyday life.

This activity is applicable in:

- Art of relaxation
- Stress management
- Resilient Waves

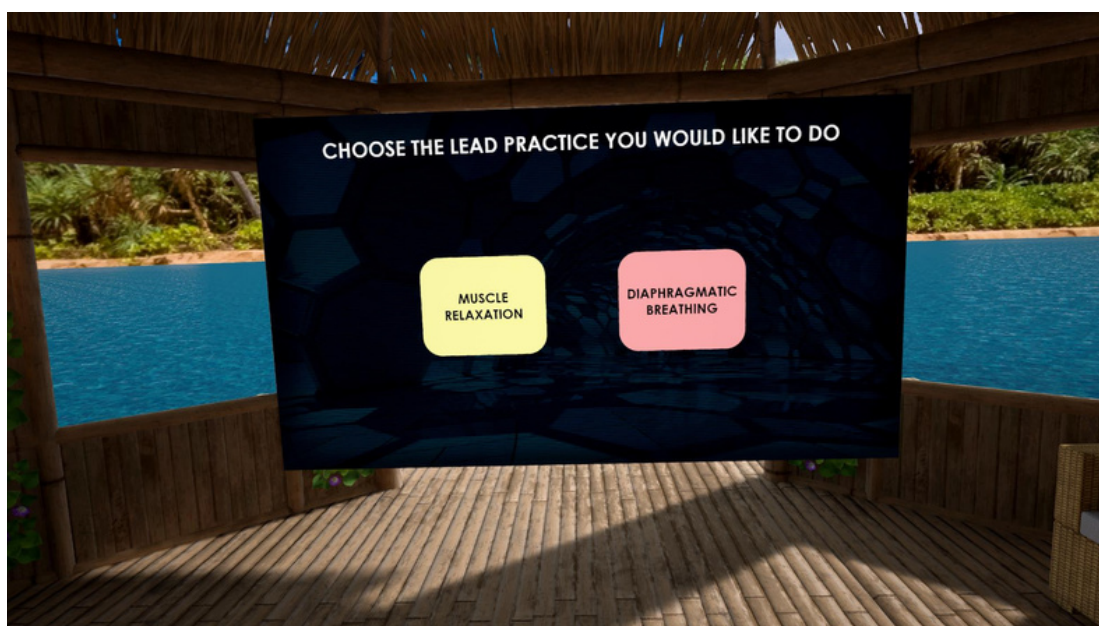
The VR experience can be used in any part of these educational blocks. However, for organizational reasons, we recommend using lead practice activities at the end of the blocks, therefore it can also support and enhance the experience from individual blocks.

How to use this activity:

To begin the experience of guided practice, in the EXPERIENCE SELECTION MENU, choose the activity labelled GUIDED PRACTICE press the right “trigger controller”.



Then continue by choosing the activity of your preference either “MUSCLE RELAXATION” or “DIAPHRAGMATIC BREATHING”. Point on one of the icons and then press the right “trigger controller” to confirm the selection.



According to the instructions on the screen and voice commands of the application. In LEAD PRACTICE activities as the only part of the VR Resilient application, the position is stabilised - lay down or sit down and lean against a hard mat. Therefore, we recommend that you find a safe and comfortable space to try relaxation techniques before choosing this part of the application.



We gently follow the voice or visual instructions. During lead practices, it is possible to store the controllers next to the body, there is no need to hold them in the hands.

Muscle relaxation:



Diaphragmatic breathing:



4. Week Harmonogram

Short description of activity:

The "Week Harmonogram" activity in VR Resilience is an exciting feature that enables you to plan your weekly schedule within an immersive virtual reality environment. Using an intuitive drag-and-drop interface, you can effortlessly arrange your activities to create a well-balanced and visually appealing schedule. This tool encourages you to reflect on the reasons for choosing each activity and the benefits it brings to your life, promoting a more mindful and purpose-driven approach to your weekly routine. Whether you're aiming to enhance your well-being, boost productivity, or simply find more enjoyment in your daily life, the Week Harmonogram activity in VR Resilience empowers you to craft a harmonious and personalized schedule that aligns with your unique needs and preferences.

Benefits:

The "Week Harmonogram" function within VR Resilience offers a unique set of advantages that can greatly improve users' lives. It's not just a scheduling tool; it's a catalyst for positive lifestyle changes.

Firstly, this feature helps users take charge of their time efficiently. By allowing them to visually organize their weekly activities within a virtual reality environment, it simplifies the often complex task of planning. This, in turn, boosts productivity as individuals gain a clearer overview of their commitments and can better allocate their energy and resources.

Moreover, the "Week Harmonogram" promotes a more balanced and harmonious life. It encourages users to allocate time not just for work or obligations but also for personal and recreational activities. This can lead to a healthier work-life balance and significantly reduce stress levels as individuals find moments for relaxation and rejuvenation.

One of the most compelling aspects of this feature is its emphasis on mindfulness. It prompts users to think deeply about the reasons behind their selected activities and the benefits they hope to derive from them. This reflective process encourages individuals to make more intentional choices in their daily lives, aligning their actions with their values and aspirations.

Incorporating a diverse range of activities into one's schedule, as facilitated by the "Week Harmonogram," can have a substantial impact on overall well-being. Activities such as exercise, social interactions, and self-improvement are essential for physical and mental health. By allocating time for these activities, users are more likely to lead healthier, happier lives.

Furthermore, this tool provides an ongoing source of motivation. Users can see their weekly plans visually, complete with descriptions and expected benefits for each activity. This sense of clarity and purpose makes it easier to stick to the schedule and stay committed to personal goals and growth.

As users continue to refine their schedules over time, the "Week Harmonogram" becomes a valuable instrument for personal development. It encourages individuals to adapt their routines to evolving priorities and objectives. This continuous refinement fosters personal growth and self-improvement.

The Week Harmonogram function in VR Resilience is designed to provide you with personalized suggestions and opportunities to improve your lifestyle. By incorporating a diverse range of activities into your schedule, you can enhance your overall well-being, manage stress, and lead a more balanced life.

When to use this activity:

The "Week Harmonogram" activity in VR Resilience can be used in various situations. It's beneficial when you need to manage your time effectively, enhance your productivity, or improve your overall well-being. You can turn to it if you're struggling to balance your work and personal life or if you're working towards personal growth and achievement.

If you're feeling stressed, this tool can help you incorporate relaxation activities into your schedule. It's also handy for those seeking to increase their productivity by structuring their workday more efficiently. Finally, if you're focused on your health and wellness, the "Week Harmonogram" can assist in scheduling exercise, healthy meals, and self-care activities to lead a healthier lifestyle.

In any of these situations, the "Week Harmonogram" in VR Resilience can be a valuable resource to create a customized schedule that aligns with your needs and goals, ultimately enhancing your overall quality of life.

This activity is applicable in:

The "Week Harmonogram" can be applied across multiple methodologies and contexts that involve planning, time management, and personal optimization. It is versatile and can assist with personal development, professional growth, health and wellness, education, stress management, productivity workshops, corporate training, and wellness programs. Its flexibility makes it a valuable tool in a wide range of settings to help individuals and organizations achieve their goals and improve their overall well-being.

The "Week Harmonogram" applies specifically to the following blocks within various methodologies:

- **Stress Management:** By allocating time for relaxation, self-care, and stress-relief activities in the "Week Harmonogram," individuals can effectively manage stress and promote overall well-being.
- **Ability to Establish Relationships:** Creating a balanced schedule that includes time for social interactions and relationship-building activities can contribute to better interpersonal connections.
- **Ability to Establish Your Level of Self-Esteem:** The "Week Harmonogram" can help individuals prioritize self-care and self-improvement activities, which in turn can boost self-esteem and self-worth.
- **Ability to Value Yourself and Others:** By dedicating time to activities that nurture personal growth and relationships, individuals can enhance their sense of self-worth and appreciation for others.
- **Strategic Time Management:** The activity is a powerful tool for strategic time management, helping individuals allocate time for different tasks and priorities effectively.
- **Ability to Identify Your Priorities:** Users can use the "Week Harmonogram" to identify and prioritize activities that align with their values and goals, ensuring that their most important tasks are addressed.
- **Ability to Manage Your Perfectionism:** By creating realistic schedules that accommodate imperfections and self-care, individuals can manage perfectionism and reduce unnecessary stress.
- **Ability to Effectively Communicate and Share:** The "Week Harmonogram" indirectly supports effective communication and sharing by promoting a well-balanced and organized schedule, reducing potential conflicts due to time mismanagement.

How to use this activity:

In the EXPERIENCE SELECTION MENU, choose the activity labelled WEEK HARMONOGRAM and press the right “trigger controller”.

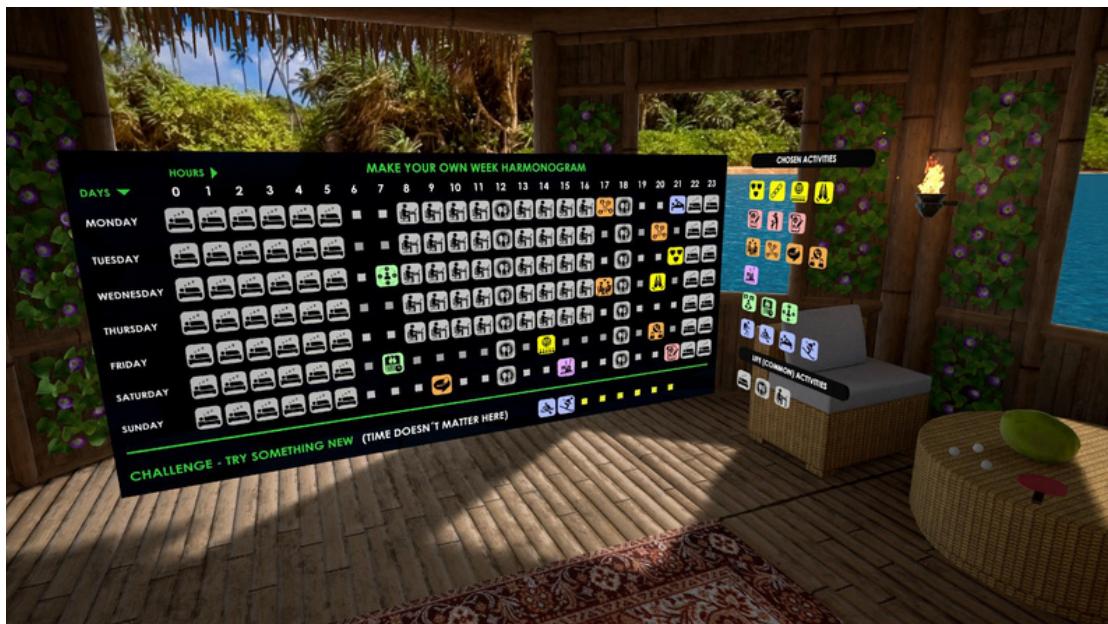


You will enter a virtual environment where you can start building your weekly schedule.

Activity Selection: Begin by selecting an activity from the available options. VR Resilience offers a variety of activities, such as running, gardening, getting a massage, and more. Choose activities that align with your goals, interests, and lifestyle.



Drag and Arrange Blocks: Once you've selected an activity, drag the corresponding activity block onto your virtual scheduling sheet. Place the blocks on different days and times to create your weekly schedule. You can adjust the duration and timing of each activity block according to your preferences.

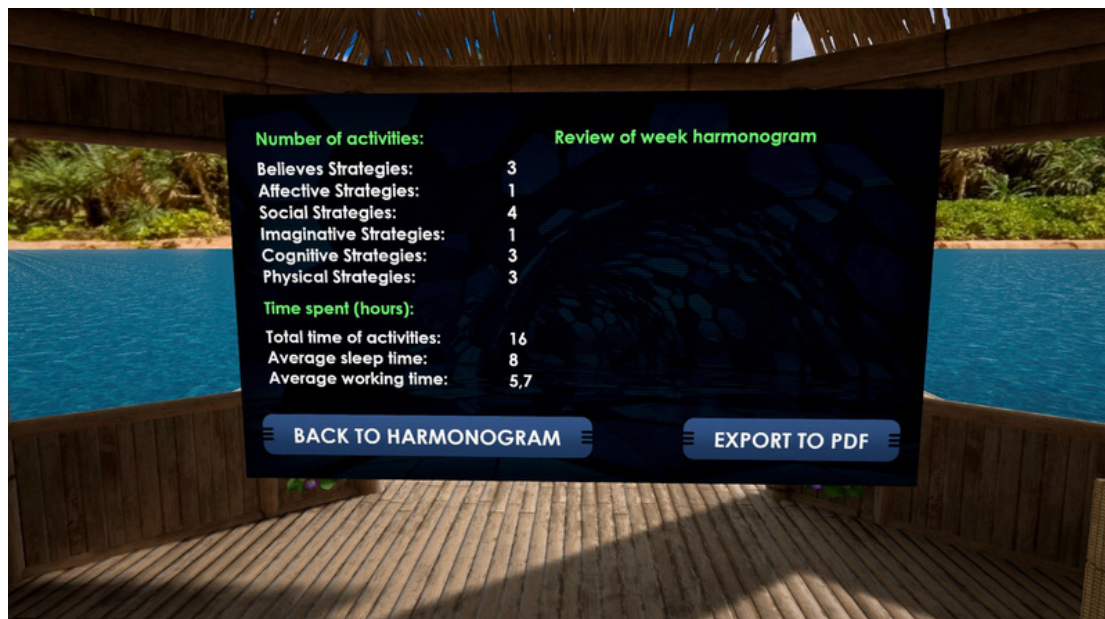


Short Description of Activity: For each activity block, you can see a description of the activity itself.

Benefits and Reasons: Understanding the benefits and reasons will help you stay motivated and committed to your schedule.

Review and Edit: Take a moment to review your completed schedule. Ensure that it aligns with your goals and priorities. Make any necessary adjustments to optimize your weekly plan.

Generate PDF Output: Once you are satisfied with your schedule, you can generate a PDF output. The PDF will provide a visual representation of your weekly plan, including the activities, descriptions, benefits, and reasons.



ABOUT THE AUTHORS

Marina Horvat (HR)

She graduated in political science from the Faculty of Political Sciences in Zagreb in 2019. After graduation, she interned at Sirius, working on project activities and coordinating volunteers. After the internship, she got a job at Sirius as an associate for projects and programs. Some of her tasks are writing and managing projects, coordinating project activities, managing the organization's social networks, and youth working. She received professional training at the Centre for Peace Studies, where she received a diploma in Peace Studies. Her main areas of interest are youth work, active citizenship, climate change and environmental sustainability, and gender equality.

Adrijana Al-Nidawi (HR)

She graduated in social work from the Faculty of Law in Zagreb in 2015. Since graduation, Adrijana has worked with various vulnerable groups of users (children and youth from alternative care, foster parents, homeless people, drug addicts, women victims of violence, people with hearing impairments, etc.) and has gained a wealth of work experience in the field of social work. Today, she works as an associate for projects and programs, and some of the tasks she performs are designing, writing and implementing project activities and psychological counselling with beneficiaries.

She completed the first degree in Solution-focused brief therapy and training for the Manager in preparing and implementing EU projects at the EU PROJECTS School, Zagreb Educational Institution. She is currently undergoing professional training at the IGW Centre for Gestalt psychotherapists. Her main areas of interest are stress and solving crisis situations, trauma and recovery, social work in the field of mental health, poverty and social exclusion, and the protection and well-being of families, children and young people.

Darina Čierniková (SK)

The author has many years of experience in formal and non-formal education. In the field of non-formal education, she has been a creator of methodologies and a guarantor of several accredited educational programmes aimed at supporting youth work since 2011. Since 2003 she has been a trainer of young leaders and youth workers. Her specific educational focus is soft skills, youth participation and the promotion of human rights and mental health development.

Since 1995 she has been active in DOMKA - Salesian Youth Association, and since 2002 she has been the President of the Regional Youth Council of Žilina. In 2013 she became the Director and Project Manager of the Project Management Office of the Regional Youth Council of Žilina and Manager of the Association of Regional Youth Councils. In Erasmus+ programmes she works as an application evaluator and project manager. She has extensive experience in youth policy making at local, regional and national level.

Ivana Gabrišová (SK)

She is currently studying at the University of Žilina, at the Faculty of Management and Informatics. There she graduated in 2020 with a bachelor's degree in Management. She also studied in Finland at the University of Vaasa, focusing on project management and business English.

Since 2020 she has been coordinating the activities of the Project Management Office for the Regional Youth Council of Žilina. Among other things, she is involved in the coordination of project activities, grammar proofreading and translation work. Her main areas of interest are focused on active youth participation, educational activities in the field of non-formal education and strategic partnerships.

Martin Šturek (SK)

He has been working with youth for more than 15 years. Within the activities of the Regional Youth Council of Žilina he has experience in training members and coordinators of school parliaments and youth parliaments, in facilitating discussion meetings between young people and representatives of local governments, in preparing strategic documents in the field of youth work at the local level. He is a trainer and creator of various methodologies and methodology of accredited training programmes: 'Leader of educational activities for youth participation' and 'Leader of school parliament', where he also acts as an accredited trainer.

Marianna Heřmánková (SK)

She is a psychologist who works at the Crisis Helpline telephone counselling service. She is also the head of the crisis intervention centre Káčko Žilina, which is a project of the civic association IPčko. During her university and psychology studies, she volunteered as a counsellor at the chat line IPčko.sk and as an employee of an association focused on helping victims of violence. As part of her work, she provides counselling and support to people in difficult situations free of charge, anonymously and non-stop. Since high school, she has been active in the non-profit sector as a volunteer and later as a youth worker. She is very familiar with topics such as motivation, working with stress and time management.

Dorota Balalová (SK)

She works as a psychologist at the IPčko civic association, where she has worked since her university studies. Back then, she helped as a volunteer in the Online Fieldwork Project with colleagues to educate young people on the topic of mental health in online environments. Currently, she works in the Káčko project in Žilina, where she meets, works with and supports people seeking help and support in challenging situations.

Petr Kantor (CZ)

Since 2003 he has been professionally engaged in lecturing, coaching and consulting activities for the commercial sector, public administration and non-profit organizations. In the field of youth he has been active since 1996 in the Association of Secondary School Clubs of the Czech Republic as an event organizer for unorganized youth. Since 2005 he has been active in Petrklíč help, as a networker supporting the growth of individuals and companies, and since 2013 in the Association of Non-Formal Education as a promoter of non-formal education, which he sees as an opportunity to learn voluntarily, intentionally and from experience.

He is the author of several college textbooks on crisis communication, teamwork, and game theory in educational practice. He was involved in the founding of several non-profit organizations in the Czech Republic, Poland and Belgium.

Eva Klusová (CZ)

She graduated in Political Science and European Studies at Palacký University. Her interests focus on the areas of human rights and social engagement, both in a political context and within the human rights framework. Due to her long experience, she has a wide range of experience in the field of education of youth, seniors and company employees, both through formal and informal methods. She develops her professional skills not only through traditional education, but also through active participation in volunteer projects and studies abroad. As of 2018, she has been working mainly in the field of disinformation, where she is involved in training, monitoring and developing methodologies to combat it. Recently, her interest has been focused on vulnerable groups in the online space and working with them, reflecting the growing issues related to the digital sphere and the protection of these groups.

Collective of creators from SPACE s.r.o. (CZ)

VR SPACE is an entrepreneurial entity that creates virtual and augmented reality environments and visualization with the overlap of using real-time programs to develop additional tools and configurators for mobile and virtual devices. Due to the broad scope of the working team, they have worked in construction, healthcare, and engineering, created simulations of various situations, and educated employees and students in schools using virtual and augmented reality. They have developed over 80 different virtual reality applications.

ABOUT THE PROJECT

Project background information:

The project Virtual reality as support for burnout protection through non-formal education is carried out thanks to the support of the ERASMUS+ programme, K2 Cooperative Partnerships under No. 2021-2-SK02-KA220-YOU-000050550 in the timeframe 05/2022 - 07/2024.

The project follows the Erasmus+ Youth priority: increasing digitalisation and enhancing learning with digital tools of virtual reality.

The main issues addressed by the project:

- 1.Young people lack developed psychological resilience to the stresses, responsibilities and problems that occur.
- 2.Youth workers lack methodological support in mentoring and training young leaders.
- 3.Youth workers lack modern technologies that will enable them to support the guidance of young leaders in better quality.

Project objectives:

- 1.Improve non-formal education by introducing the method of using virtual reality.
- 2.Increase methodological support for youth workers for the work with young leaders from different groupings.
- 3.To support the implementation of educational blocks with the application of virtual reality in education in youth work.

Project target groups:

The primary target group is youth workers dedicated to working with and supporting young leaders preparing to take on the role of youth leader and youth worker.

The secondary target group is young leaders of organisations and various youth groups. Young people in different interest groups are also targeted.

Expected project outputs:

- 1.A set of simulation activities in virtual reality focused on the prevention of stress and burnout when working with young people with case studies.
- 2.Methodology of non-formal education of youth workers aimed at preventing stress and burnout in young leaders using virtual reality simulation activities.
- 3.Manual for youth workers how to implement educational blocks, methodology with simulation activities of virtual reality to work with young leaders.

Part of the project activities are also educational activities: a pilot training to validate the developed methodology and a multiplication event to disseminate the project's results - the final conference.

Impact of the project results:

In the long term, the project's results will contribute to changing attitudes towards working with young people so that they can sustain quality value creation over time without frustration, stress and burnout. They will enable an increase in the quality of youth work and their personal and professional growth. They will support young people's mental health.

Partner organisations:

Rada mládeže Žilinského kraja (SK)

SPACE s.r.o. (CZ)

Sirius - Centar za psihološko savjetovanje, edukaciju i istraživanje (HR)

IPčko, o.z. (SK)

Petrklíč help, z.s. (CZ)



Co-funded by the
Erasmus+ Programme
of the European Union



2021-2-SK02-KA220-YOU-000050550 : 05/2022 - 07/2024



rada mládeže
žilinského kraja

Sirius*



IPčko
sociálna sieť



VRISPACE