

# TABER

**Tackling Alexithymia to  
Build Emotional Resilience**

Project no. 2022-1-IT03-KA220-YOU-000085580



Co-funded by  
the European Union

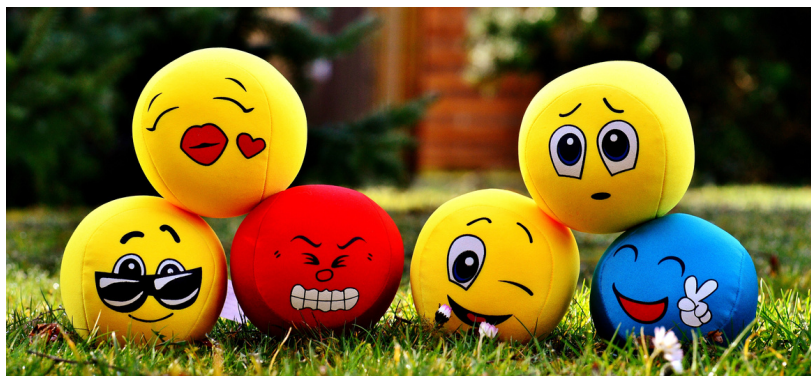


## Facts about Alexithymia

Alexithymia is when a person has difficulty experiencing, identifying, and expressing emotions. It is not a mental health disorder but has links with post-traumatic stress disorder (PTSD), eating disorders, and various other conditions. It can occur with autism.

People with alexithymia may have problems maintaining relationships and taking part in social situations. They may have a co-occurring mental health condition, such as depression.

Up to 13% of the population experience alexithymia, and it is more common in males than females (source: [www.pubmed.ncbi.nlm.nih.gov/10088984](http://www.pubmed.ncbi.nlm.nih.gov/10088984)).



## OUR WEBSITE & SOCIAL MEDIA

[www.taber-project.eu](http://www.taber-project.eu)

Project's website where you can find information about the project, it's partners, valuable resources or contact us.

[www.facebook.com/  
TABERproject](https://www.facebook.com/TABERproject)

We also encourage you to visit the project's Facebook profile where all updates and interesting information related to the topic of the project appear.



## PROJECT MEETING

### Steering Committee

The third face-to-face meeting within the Erasmus+ project TABER, hosted and organized by our Romanian partner Bucovina Institute, took place in Suceava, Romania on 27th-29th June 2023. First day was devoted to administrative and management issues.

### Learning, Teaching and Training Activity

Trainers and teachers from Italy, Lithuania, Poland, Romania, Slovenia and Turkey had the opportunity to delve into the depths of their emotions, connect with others, and gain valuable insights through a variety of engaging techniques. They were also exploring colours and emotions to understand the symbolic meaning behind each colour as well as the connection between emotions and the captivating world of colours.

Finally, last workshops aimed to foster cultural understanding, empathy, and emotional resilience among the attendees. During the "silent walking" activity each participant was assigned a new identity. With that in mind, the workshop enabled to cultivate empathy by encouraging participants to experience life from someone else's perspective.



### Study visits

During a visit to the Psychiatric Hospital from Burdujeni our discussions revolved around the health systems in each country involved in the project and the various support services provided to beneficiaries. The second visit was to the ROUA Info Hub, one of Bucovina Institute's structures, born at the beginning of 2023. It is a vibrant and empowering hub dedicated to supporting Ukrainian refugee mothers.







## PARTNERS

We would like to present the first two organizations forming the project consortium:

### Duemilauno Agenzia Sociale

TABER Project Coordinator and Social Cooperative for multiple purposes: type A + B, Non-Profit Organization of Social Utility, which through its staff offers since 30 years social services, education and rehabilitation in favour of the citizens, public and private entities. Over the years, DMLAS has extended its activities into other sectors of social, educational and health services, expanding the territories and the type of intervention.



Website: [www.2001agsoc.it](http://www.2001agsoc.it)

Facebook:

[www.facebook.com/duemilaunoagenzia\\_socialecidr](https://www.facebook.com/duemilaunoagenzia_socialecidr)

Mail: [cidr@2001agsoc.it](mailto:cidr@2001agsoc.it)

Localization: Trieste, Italy

### Bucovina Institute

NGO founded in 2011, non-profit, with aims to support the sustainable development of communities in the North East of Romania, South-West of Ukraine and entire Republic of Moldova through learning partnerships projects and organizing continuing training programs for adults. Currently they are implementing several VET training programs for NEETS, mostly youngsters between 16 and 29 years old, within the project SEPAL by promoting the apprenticeship model.



Website: [www.bucovinainstitute.org](http://www.bucovinainstitute.org)

Facebook: [www.facebook.com/i.bucovina](https://www.facebook.com/i.bucovina)

Mail: [info@bucovinainstitute.org](mailto:info@bucovinainstitute.org)

Localization: Suceava, Romania

PROJECT CONSORTIUM:



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