

About the life project



In the residential care facility where I am living they are talking about me having a life project. But what is a life project?

Don't worry a life project is like an **orientation for a future life outsider the institution**. It is also a way of knowing your options. The life project is a way to prepare you for being independent. It is also a way of knowing your options. The life project is a way to prepare you for being independent.

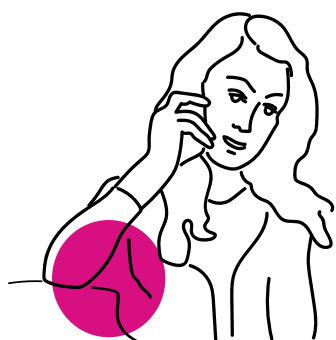
But how can I ever be independent?

Well, a life project is going to help you **to discover your abilities and qualities** as human being. I will also help you to develop some competencies in order for you to make your own decisions with responsibility: it is going to help you overcome difficulties and understand what it means to be independent and how to cope with it.

This will never be possible. The difficulties are many...

You have to be confident in yourself. Do not forget, for instance, that school is important for being independent in adulthood. You should value school and get a degree or a training course- Also, think about who you would like to be as an adult.

Still, I do not understand this idea of a life project.



From my experience, a life project is a way of thinking about your needs in several areas such as: **health, education, work and housing**. It is also a tool for getting to know better our dreams and fears; the way you interact with others... The life project is going to help you to be better in some aspects; it is going to help you to see the future and to take the right steps to reach your dreams.



What do
you want to
achieve?

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SUPPORTS SUPPORTS - Supporting children in the delicate phase between adolescence and adulthood while leaving alternative care facilities.

SUPPORTS is a transnational project involving a partnership of 3 countries from the European Union - Bulgaria, Portugal and Italy - which join forces in order to develop comprehensive care for children leaving residential institutions. The main goal of the project is to create skills in teams of professionals working in the protection system and the CRC for holistic approach to child as a preliminary step towards the development and implementation of sustainable follow-up plans. The project focusses to promote the participation of children hosted in residential care facilities regarding decisions about their actual and future conditions.

If you need more information about your rights as a child you can contact:



BULGARIA
PULSE Foundation
www.pulsfoundation.org



ITALY
Defence for Children
International Italia
www.defenceforchildren.it



PORTIGAL
CESIS
www.cesis.org



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