**Application Form:**

**Training - Psychological First Aid**

Learning & Support Program

| **Key information*** The deadline for applications is **23:50 (ICT time) April 14th 2025**
* Applications should be submitted by email to jennifer@mekongculturalhub.org
* An online Q&A session is open to join **at 5pm ICT time on March 18th 2025**:Register to get Zoom link: <https://us02web.zoom.us/meeting/register/5VW2xS-gQi2ftbdP-2xUhA>
* Applications should be submitted in English, but please note that spelling, grammar or style will not be part of the decision making
* For further details please refer to the [**Program Overview**](https://www.mekongculturalhub.org/wp-content/uploads/2025/02/2.-Program-Overview-PFA-Training-Program-2025.docx.pdf)
 |
| --- |

**PART ONE: ABOUT YOU**

**1.1 Your details**

Please fill the following information:

| **Family name:** |  |
| --- | --- |
| **Given name:** |  |
| **What you like to be called:** |  |
| **Gender / pronouns:** |  |
| **Nationality:** |  |
| **City of residence:** |  |
| **Email address:** |  |

**2. Please briefly describe your work in the intersection of art/culture and society**

**Guideline length: 200 words**

|  |
| --- |

**PART TWO: ELIGIBILITY**

**3. Please confirm you meet the following criteria:**

| **Criteria** | **Please writeYES or NO** |
| --- | --- |
| Citizen of an Asian country |  |
| Able to attend all the program dates listed in the Program Overview  |  |
| Confirm to fully participate all sessions and practice the given assignments |  |
| Comfortable to communicate in English during the training |  |

**PART THREE: WHAT IS YOUR MOTIVATION TO TAKE PART IN THIS WORKSHOP**

**4. Please tell us what inspires you want to join this program and/or how you find this topic relevant to you or your experiences**

Please give us an idea of what is your motivation to join this training or how you find this topic relevant to your work or experiences. You might share something about how your role as an artist or organiser puts you in a position where you are responsible in some way for supporting mental health and wellbeing of others, and what are the circumstances causing you to encounter people who are experiencing challenging situations which are impacting them emotionally.

If there is anything related to your personal situation or wellbeing that feels relevant to share with us in this answer, please do so.

We do not seek good or right answers here but we would like to understand how this topic and space is related to you.

**Guideline length: 200 words**

|  |
| --- |

**5. How do you expect this training workshop to help you?**

Please tell us briefly what expectations you have from this workshop. For example, any specific theme or issue that you are wanting to get support on in relation to psychological first aid or emotional wellbeing.

For example, have you worked with people who are experiencing some emotional impacts from some crisis or challenging moments and you would like to know how you could be supportive and help them to feel safe and stable? Or have you tried to support the people you work with to deal with some emotion caused by the process of work and you would like to look at what you have done was helpful or how to be a safe person for your working partners or community?

If there is anything related to your personal situation or wellbeing that feels relevant to share with us in this answer, please do so.

**Guideline length: 100 words**

|  |
| --- |

**PART FOUR: A RECENT OR CURRENT SITUATION WHERE YOU NEEDED TO OFFER SUPPORT**

**6. Please briefly share one situation you have involved that you needed to support others’ emotions while you were working with them?**

Guidelines

You may write up the situation in the way you like to, the format does not matter, but we do suggest you consider to contain:

* What the situation and context was, who was involved, what happened briefly.
* What your role was in the situation.
* What you said or did/ did not do to help those who were emotionally affected. If you did do something, please share what you said or did briefly. If you did not act or react, share what your thoughts were and what factors stopped you from reacting.
* How this experience has impacted you.

Please note:

This is for us to understand some of your experiences and also for the trainer to prepare the space of training. You do not need to write details and you do not need to share anything you do not feel comfortable or ready to share. We respect your privacy and readiness.

We suggest you use some pseudonyms or general terms (e.g. rather than naming an organisation or individual you might just say 'local NGO' or 'community organiser' or 'independent artist' or “one colleague of my’...) when you need to mention others, so you also protect others’ privacy.

**Guideline length: 200-300 words**

|  |
| --- |

**PART FIVE: ANY OTHER BUSINESS**

**7. Anything else you would like to tell us?**

|  |
| --- |

**Thank you very much for your interest in the program 🙂**