



ERASMUS+
Funded by UE



20th January– 29th January 2025

(including travel days)

PARTNERS:

Maison du Monde

Asociacija Tavo Europa

Democracy and Law Youth Community

WHERE: Sant'Agata de' Goti ITALY



SUMMARY

Mind Care wants to take a deeper look at stress. During the 8-day youth exchange (plus 2 days of travel), the project will provide the young participants with a set of tools on how to deal with negative stress and encourage them to take better care of their own minds and a set of tools on how to deal with negative stress and encourage them to take better care of their own mental well-being. The project will also provide participants with basic tools and knowledge in their own language to be successful in everyday and working life, regarding fluctuating stress levels and their management. Another aim is to provide each participating country with local contact information to get help. Furthermore, during the project young people will be encouraged to use social media to practise face-to-face communication and to see the difference it can make to their personal well-being after having done without it for a while. Furthermore, during the project young people will analyse the effects of social media on self-esteem and self-image.

The Mind Care exchange will be held in a quiet area, away from city life. Each day's activity will focus on a more specific factor that can lead to negative stress (such as self-confidence, self-image, relationships with others, etc.). As an additional factor, participants (with prior agreement) will try not to use social media during the youth exchange, in order to analyse the possible influence of social media on their stress levels afterwards.

MAIN GOALS

- discredit stereotypes and prejudices about mental health.
- encourage participants to take more care of their mental health. -encourage participants to take more time away from social media. Participants:
- Understand what stress is and what its different causes are.
- Describe the different factors that can influence a person's stress level.
- Learn and experiment with various techniques for dealing with stress. -Have a self-assessment tool to monitor one's mental well-being in the future.
- Be aware of specific websites and organisations to find help for mental health in their countries.
- Be able to recognise stress in themselves and choose the most suitable techniques for stress relief.
- Improve their English skills and vocabulary related to mental health. -
- Understand and experience how social media can affect mental well-being.

PARTICIPANT PROFILE

- interest in taking part in a multicultural experience (give priority to people who have had few or no opportunities to live experiences of this type and/or experience intercultural learning activities);
- interest in the topic of the youth exchange;
- a basic level of English;
- age range 18 to 30 years old;
- group leader no age limit, with previous experiences in Erasmus+ projects and a good knowledge of English.

Each group must consist of

9 young people + 1 group leader.

Please note: in order to be eligible, the group must consist of a minimum of 4 young participants + the group leader.

All participants will receive a YOUTH PASS at the end of the mobility action.

Youthpass

PREPARATORY VISIT

There will be a Preparatory Visit on 19 and 22 November 2024 (including travel days). Participation in the Preparatory Visit is for the group leader + 1 young participant. **Both will then have to take part in the YE in January in order to be reimbursed.**

Travel costs for the VP will be reimbursed up to a maximum of 275€ for Bulgaria, Lithuania and Turkey and up to a maximum of 360€ for Estonia. In addition, board and lodging costs and anti-covid testing (if necessary) will be covered by host organisation.

Costs related to travel in Italy (Napoli airport/Caserta station-Sant'Agata) and those related to food and accommodation, are entirely covered by the host organisation.

Travel costs are refundable for participants who attend all the sessions, commit themselves fully to the activities of the project.

Travel expenses will be covered after collecting travel documents on condition that the participants use the cheapest ways of transportation and submitted original invoices for plane tickets, boarding passes, train and bus tickets.

Private cars, Taxi and first-class tickets will not be reimbursed! Please book the cheapest mean of transport.

Please note: as stated in the 2023 Programme Guide, travel days are ONE for arrival and ONE for return, up to FOUR travel days are allowed ONLY if environmentally friendly means are used for the journey.

Any variation must be communicated in good time to the organising association and approved by the NA.

ACCOMODATION

Participating groups will be hosted by the B&B "orretta San Giovanni"

Participants will be divided by gender into rooms of three. Each room has a private bathroom. We recommend that you bring personal towels in compliance with the anti-Covid regulations, as well as personal hygiene products.

WHAT TO PREPARE

- two ice breaking and two energizer game;
- Video presentation covering one or more of the following topics: mental stress, influence of social media on self-confidence, physical and mental well-being.
- intercultural evening: presenting your country through typical food, games, dances.

HEALTH:

All the participants coming from the EU should bring their European Health Card. They can use the free European Health Insurance Card (EHIC) to allow you access to public hospital treatment.



Please be aware

that the EHIC is NOT a travel insurance policy, it will not cover private health care, non-emergency health costs, or being flown back to your home country.

We highly recommend you to make a health and travel insurance for the full duration of your time in Italy.

If you have any allergies or you need to take regular medications, please arrange these things by yourself as we are unable to provide them for you. Likewise, if you have any health conditions, disabilities or mobility issues that you feel we need to be aware of or that may affect your participation in the youth exchanges activities, then please let us know what they are and how best to assist you.

DEADLINES

We kindly ask you to select your participants by 1st May 2022 and to send us possible travel options.

Once we have agreed on the best travel option, you can proceed to purchase your tickets. We recommend that you send us an email confirming your ticket purchase. **No later than 12th September 2024.**

For more projects:

Explore the world and learn together with the help of Tavo Europa. Join the group with more opportunities: <https://www.facebook.com/groups/186132221744993>

The Learning Pass 2024

You are welcome to join our new educational programme for 2024! Dive into non-formal learning exploration for a 50 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year! Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not. Bear in mind that Tavo Europa keeps the right to send most suitable and motivated participants to all of our projects.