



Erasmus+

An international perspective on youth mental health



24.9 - 29.9.2023

Oščadnica Slovakia

DESCRIPTION & OBJECTIVES

Our goals:

- raise awareness of the importance of mental health
- learn how to manage stressful situations, and negative feelings and how to deal with difficult life events
- promote a lifestyle that respects the physical & mental well-being
- understand people who are going through difficult life events and learn how to help them
- to learn how to ask for help when having a problem and to confide in people about what we are going through



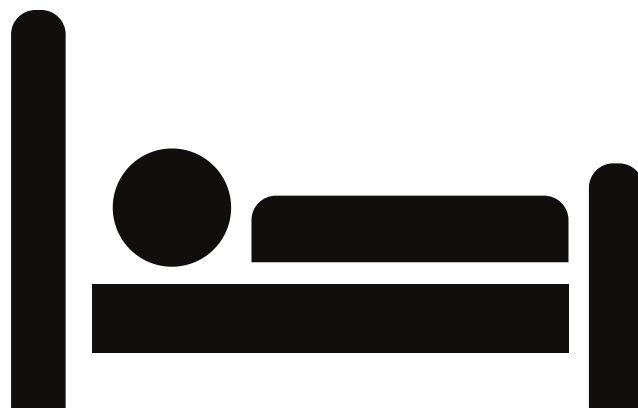


FOOD & ACCOMMODATION

Hotel Marlene is situated in the village of Oščadnica in northwestern Slovakia. The location gives us the required facilities for workshops and group sessions and for both indoor and outdoor activities.

Address of the hotel: **Oščadnica Dedovka 1799, 023 01 Oščadnica**

- private bathroom in all rooms
- workshop area
- wellness and swimming pool inside of hotel
- great cuisine - three delicious meals during the day including breakfast, lunch and dinner
- we will take into account food restrictions and allergies
- snacks during the coffee breaks





Before the project

The purchase of travel tickets:

Each participant will purchase a travel ticket with the **approval of the hosting organization**. It is recommended to travel green - by bus or train if it is possible.

In order to get the reimbursement of the travel costs, you must send **the original boarding passes and other required documents** (tickets, invoices) online or via post.

IMPORTANT!!! Please **CHECK IN ONLINE** through the **website of airlines and generate every boarding pass in a PDF file**. DO NOT create boarding passes through the phone app - this option does not allow to generate PDF file, and such boarding passes won't allow us to proceed with the reimbursement

IMPORTANTE

COSTI E RIMBORSI!

Condizioni • Vitto (colazione-pranzo-ecena) e alloggio sono coperti al 100% dall'associazione ospitante.

non dovrete pagare nulla è TUTTO GRATIS

I trasporti acquistati dai partecipanti verranno rimborsati al 100% su un massimale di spesa di 275 euro (la percentuale è calcolata su un massimale di spesa di 275 euro (la percentuale è calcolata su quel massimale. Spese superiori sono a carico del partecipante)

• Quota gestione progetto: 40 euro, comprensiva di tesseramento associativo, e spese di gestione. Chi è già tesserato dovrà pagare solo 20 euro

La quota va pagata SOLO dopo essere stati selezionati

Participant profile

- Youth **18-25 years old** from partner's countries
- Willing to learn and raise awareness about mental
- Showing motivation to learn how to take care of own well-being
- Willingness to contribute to the activities
- Young people with **fewer opportunities** (disability, health problems, educational difficulties, cultural differences, economic obstacles)

24 participants from

- **Slovakia(5+1 leader)**
- **Sicily (5+1 leader)**
- **Ukraine(5+1 leader)**
- **Lithuania (5+1 leader)**



TRANSPORT

Travel days: Please note that you can NOT arrive later than the **24th of September 2023** (the arrival day) and leave sooner than the **29th of September 2023** (the departure day)

It is allowed to travel within 2 extra days (ex. you can arrive in Slovakia one or two days before the project **OR** leave two after the official dates noted above) at your own expense!!!.

Every ticket must have the project's dates on it. After your return, you must send your departure boarding passes too.

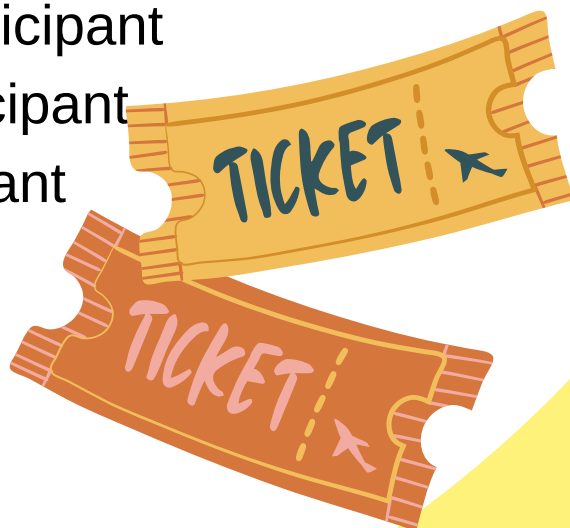
* TICKETS REIMBURSEMENT up to:

Lithuania - 275 € per participant

Ukraine - 275 € per participant

Sicily - 275 € per participant

Slovakia -



WHAT TO BRING?

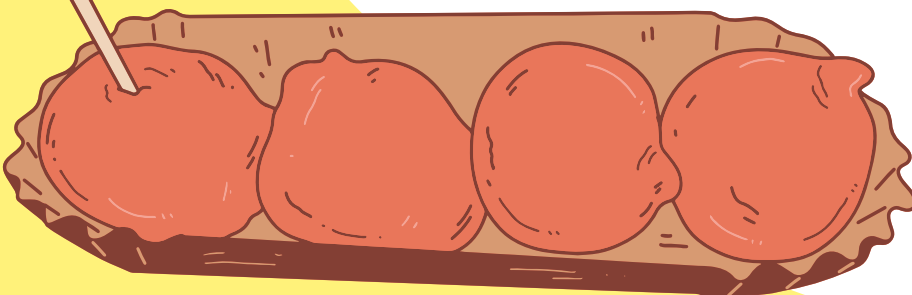


PERSONAL STUFF

- Your Health European Card - Insurance
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Sporty clothes and proper shoes, a jacket, cap, etc. The weather in Slovakia is changing quickly
- Swimsuit
- Good energy ;)

FOOD AND DRINKS FOR CULTURAL NIGHT

- we kindly invite you to bring something **sweet, salty and hard** from your culture
- If you have some other cultural examples such as **music, dance or stories to share** it would really be appreciated and would make the event even more magical!



ADDITIONAL INFORMATION

Health and travel insurance: each participant will provide at his own expense the health insurance for the stay. We highly recommend insuring before arrival.

HOPE TO SEE YOU SOON! Contact information:

europalmenteproject@hotmail.it

telegram: europalmente

