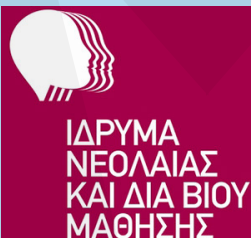


INFO PACK



MENTAL HEALTH

YOUTH EXCHANGE ACTIVITY



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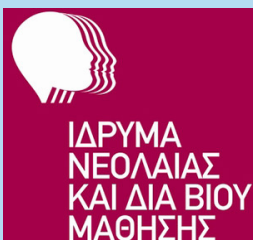
ABOUT THE PROJECT

This Youth Exchange, focusing on young people who have been mentally affected by the pandemic, aims to raise awareness towards this group of people and role of communities to support them.

During the days of the Exchange, young participants will work together on exploring the impact of the pandemic in young people's mental health, identify several expressions of these breakdowns and any fears that youngsters have concerning their future in several aspects of their life (socio, educational, professional etc.).

Another aspect that will be analysed within the project, is the interconnection between the mental health of the people and the overall well-being of the community. Therefore, best cases and successful stories of campaigns and initiatives in various EU countries for supporting these vulnerable people will be shared with the participating group and official guests so that they can brainstorm and generate new, more efficient ideas for the benefit of these people.

The participating group of young people will come from different European countries, at the origin of the sending organisations and will meet the following criteria as set by the consortium. They will be young people who have experienced or witnessed mental breakdown during the COVID-19 lockdowns, aged between 18-28 years old and meet social, geographical and economic obstacles. No special education background is a prerequisite rather than basic knowledge of English language since the activities will be carried out in this language.



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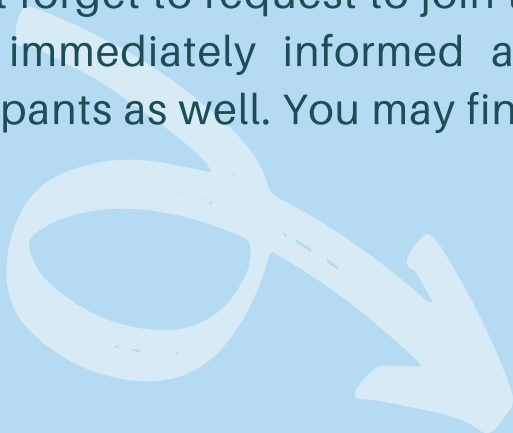


COORDINATOR



"Change Your Life Now"- CYLN, is the coordinator of the Project. You may find more information on <https://change-your-life-now.gr>. For any further information do not hesitate to contact us via e-mail: info@gefyradiamesolavisi.com.

Do not forget to request to join the Facebook group of the Project so as to immediately informed about its details and contact other participants as well. You may find the Facebook Group here:



A FEW WORDS ABOUT CRETE

Crete (Greek: Κρήτη Kṛíti; [kɾiti]) is the largest and most populous of the Greek islands, the fifth-largest island in the Mediterranean Sea, and one of the thirteen administrative regions of Greece. It forms a significant part of the economy and cultural heritage of Greece while retaining its own local cultural traits (such as its own poetry, and music). Crete was once the center of the Minoan civilization (c. 2700- 1420 BC), which is currently regarded as the earliest recorded civilization in Europe.



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A FEW WORDS ABOUT CHANIA

Chania (Greek: Χανιά, [xa'ɲa]) is the second largest city of Crete and the capital of the Chania regional unit and it lies along the north coast of the island.

The city of Chania is located on the north-east part of the Prefecture of Chania. It is the capital of the prefecture and its administrative, economic, commercial and transportation center. It has a population of over 60.000 residents and is built over the ruins of the ancient city of Kydonia. The beautiful city of Chania managed to preserve its original colors and historical character, despite the fast-growing tourist industry. It is considered as one of the most beautiful cities of Greece and the most picturesque city of Crete. The city of Chania is, also, characterized by a rich cultural life. A lot of cultural events are organized every year (exhibitions, festivals, theatrical and musical performances, ect.)

The city has an airport and the port of Souda, the largest natural port of the Mediterranean.

The Venetian port provides pleasant promenades through picturesque streets and attracts many visitors throughout the year. There are also many bars and restaurants by the seaside for every taste. The districts of the city outside the walls still preserve their Venetian nobility. Narrow passages surrounded by elegant houses built in different historical periods offer visitors pleasant routes to discover.



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YOUR ACCOMMODATION

The project activities will be held in Chania, Crete. The participants will be accommodated in the “Camping Chania”, where the activities will be held as well. All the participants will be accommodated in fully equipped bungalows that host 4 participants.

Camping Chania is situated in a local beauty spot known as Ag. Apostoli. There are four small sandy beaches all within walking distance, the closest one being 100m away and the most far 300m away from the camping.

There is also a large natural park offering shaded picnic areas. Approximately 5 Kilometers from the city of Chania, the campsite is easily reached by road and accessed by local public transport.

You may find out more details about the camping in: <http://www.camping-chania.gr>

! Don't forget to bring your own towels and sunscreen (you will, also, need them for the beach)!



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Nutrition

As far as your nutrition is concerned, it is 100% covered by the Programme. Breakfast, lunch and dinner will be served in the camping. (in Greece you do as Greeks do, so exceptionally traditional Greek food is on the menu).

The participants that have any specific nutrition needs (e.g. allergies, intolerance) need to notify their leader in order to make the necessary arrangements.

Insurance cover

The participants that are citizens of EU member states are obligated to have their European Health Card. As far as the non-EU member states' citizens, the receiving organization will provide them private insurance.



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ARRIVAL & DEPARTURE

Travel Days: The participants need to arrive at Chania on Tuesday, 31th of May 2022 and depart on Tuesday, 7th of June 2022.

Training: The activities of the Project will be held from Wednesday, 1st of June 2022 to Monday, 6th of June 2022.

The tickets will be booked by the participant (we would like to remind you that the flight tickets need to be economy class) and the ticket cost will be refunded to the participant as soon as you arrive at your country and send us all the boarding passes. If the ticket cost exceeds the maximum travel budget (see below) the participant should cover the difference.



ATTENTION!



ALL PARTICIPANTS NEED TO BRING AND SUBMIT THE ORIGINAL TICKETS, INVOICES WHERE THE PRICE IS SHOWN AS WELL AS THE BOARDING PASSES IN ORDER TO GET THEIR REFUND.

Invoices should be in **EUR** and your **names** should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be refundable.
Max budget per participant/country:

PORTUGAL	360 EUR
LATVIA	360 EUR
ROMANIA	320 EUR
POLAND	275 EUR
ITALY	275 EUR
GREECE	180 EUR



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Your way from the Airport to the Camping

- For those who arrive at Chania airport, you take the KTEL bus outside of the airport to the city centre of Chania. The ticket costs 2,30 EUR. Next to the final stop there is square called 1866 and from there you have to take the bus 21 and ask the driver to get off at the camping Chania.

- For those who arrive at Heraklion airport, you need to take a 2,5 hour bus to Chania city centre. Next to the final stop there is square 1866 and from there you have to take the bus 21 and ask the driver get off at the camping Chania.

PS.: For any question you may have you may ask the bus drivers, other passengers or people that work at the airport in order to help you out

Inter Cultural Evening

A special evening will be dedicated in presenting each participating country to the other participants.

Please prepare a short presentation about your country focused on culture and bring along traditional music, food or anything else you would like to show and share with the other participants. Each delegation will have 5 minutes in total. After all presentations we will hold a small party.



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Weather

The average temperature, during the days of the Project in Crete, it will be between 14oC and 23oC degrees, while the weather will be sunny most of the days, but with some rain as well. You can check the weather forecast in <http://www.gismeteo.com> before your arrival.

Do not forget to take a warm jacket for the evenings as well as your swimming suit as a marvelous beach will be waiting for us!

Useful contact information

- National Emergency Number: 100
- National Hospital number: 166
- European Emergency Number: 112
- IRTEA's Office Number: 0030 213 0250217
- Antonakakis George: 0030 6973594182
- Despina Papadaki: 0030 6981747424
- Ioanna Chatziantoniou: 0030 6940623778
- Stella Theologidou: 0030 6951520955



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JOIN OUR GROUPS



FACEBOOK GROUP:
MENTAL HEALTH - KAI YOUTH EXCHANGE

<https://www.facebook.com/groups/698126971536133>

WHATSAPP GROUP:
MENTAL HEALTH - KAI

<https://chat.whatsapp.com/K6VOYmlgbak4DJFHgl2XF5>



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“Mental Health” project, Chania, 31 – 7 June 2022 – Indicative timetable

DAY 1	
10:00-10:30	Welcome
10.30-11.30	Ice - breaking activity: "Sorting out names " and "Room Scale"
11.30-13.00	Setting up the youth exchange days
13.00-15.00	Lunch break
15.00-16.30	Workshop: Getting to know mental breakdown (Part I)
16:30- 17:00	Coffee Break
17:00-17:30	Workshop: Getting to know stigmatization in pandemia (Part II)
17:30-18:30	Reflection
18:30- 19:30	Free time
20:00	Dinner
DAY 2	
09:00-09:30	Registration
9:30-10:00	Horse Racing wake up activity
10:00-11:00	Interactive Workshop "Shoe Wall"
11:00-11:30	Coffee Break
11:30-13:00	Case study/Role- play: Breakdowns during COVID-19
13:00-15:00	Lunch
15:00-16:30	Workshop: Campaigns and initiatives at national level
16:30-17:00	Coffee Break
17:00-18:30	Round Tables/Group activity: Personal Fears about the future
18:30- 19:30	Reflection
19:30-20:00	Free time





20:00	Dinner
DAY 3	
09:00-09:30	Registration
9:30-10:00	Life Highlight game building activity
10.00-11.30	Discussion with expert
11:30-12:00	Coffee Break
12:00-13:30	Workshop: Setting up the digital panflet
13.30-15.00	Lunch
15:00-16:30	Workshop: Setting up the digital panflet (II)
16:30-17:00	Coffee Break
17:00-18:30	Healthy life, healthy mind
18:30-19:30	Reflection
20:00	Dinner
DAY 4	
09:00-09:30	Registration
9:30-10:00	Energizer
10:00-11:00	Workshop with local decision makers: The importance of people's well- being. How can communities can support people at psychological level
11:00-11:30	Coffee Break
11:30-13:00	Artistic Workshop: Brainstorm & Create a campaign on the results of the workshop
13:00-15:00	Lunch
15:00-17:30	Artistic Workshop: Create a campaign on the results of the workshop II
17:30-18:00	Coffee Break
18:00-19:00	Reflection
19:00-20:00	Presentation of the campaign and preparation of the outdoor activity





20:00	Dinner
DAY 5	
09.00-09.30	Registration
9:30-10:00	Transfer to the city center
10:00-11:30	Free time at CHANIA
11:30-14:30	Outdoor activity
14:30-17:00	Lunch, relax
17:00-18:00	Preperation of the survey results
18:00- 19:00	Presentation of the results
18:00-20:00	Dinner
DAY 6	
09.00-09.30	Registration
9:30-11:00	Reflection on the previous day activities & work on dissemination strategy of the developed materials (digital panflet, artistic creations)
11.00-11.30	Coffee Break
11.30-13.00	YouthPass Presentation/ Erasmus+/ESC
13.00-14.30	Lunch
14.30- 16:00	Final Reflexion- Completion of the assessment forms- Discussion on the previous days
16:00-16:30	Coffee Break
16:30-18:30	Generate ideas and networking on future plans
18:30-19:30	Free time
20:00	Dinner/ Goodbye Social Event

