



Co-funded by  
the European Union

# MENTAL HEALTH AWARENESS IN THE DIGITAL AGE

**-YOUTH EXCHANGE-**

**31 AUGUST - 07 SEPTEMBER, LISA,  
BRAȘOV COUNTY, ROMANIA**

*\*PLEASE NOTE THAT 31.08 & 7.09. ARE TRAVEL DAYS*





# HELLO GUYS AND WELCOME

This is an infopack where you can find all the relevant information for our youth exchange.

The project will take place in Lisa area, in Brasov county, Romania between 31 August - 07 September (31 & 7 are travel days).

The participant countries are: **Romania, Croatia, Czechia, North Macedonia**, and **Poland**.

**LET'S FIND OUT ABOUT THE PROJECT**

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# 1.1 ABOUT THE PROJECT

This youth exchange is about addressing **mental health challenges faced by young people in Europe**, particularly related to **stress, anxiety**, and **depression** caused by **social media** and **digital pressures**. It's run by the following organizations: Asociatia Lumira in Romania, Udruga za mlade "Sintagora" in Croatia, Mindful.nest CZ in Czechia, Forum for Educational Change in North Macedonia, and Stowarzyszenie Proaktywne in Poland.

We created this project because we observed a concerning trend in the rise of mental health issues among young people. We aim to promote mental health and teach 30 young participants effective strategies for coping with stress, managing screen time, and seeking support for mental health concerns. By the end of our project, we hope our participants will feel more confident and equipped to manage their mental health effectively.

Throughout our project, we'll also work on improving communication skills and overall well-being. We want our participants to become better at managing their mental health and supporting others in their communities.



# 1.2 THIS PROJECT IS FOR YOU IF...

## **Socio-demographic part:**

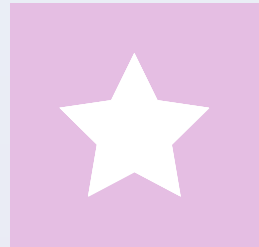
- You have between 21-28 years old.
- You are from **Romania, Croatia, Czechia, North Macedonia, or Poland**, or have an official residence permit there which you need to provide prior to the project. Every country will have 6 participants + 1 group leader.

## **Motivation for the theme of the project part:**

- You're interested in learning effective strategies for coping with stress, managing screen time, and seeking support for mental health concerns.
- You're comfortable discussing your feelings, especially related to mental health and digital pressures.
- You're willing to dedicate time to our project and stay focused during our sessions.
- You can envision how you will apply the learning in your own context and disseminate the information.
- You want to learn about other cultures and build meaningful connections with others.

Please note that gender balance is important when choosing the participants, as well as their declared willingness and motivation to participate in all workshops. Each group will have a designated group leader to guide and support the participants throughout the project

# 1.3 OBJECTIVES



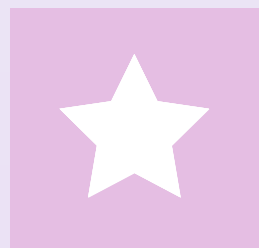
## OBJECTIVE 1

**To Promote Mental Health Awareness:** Equip 30 participants with knowledge and strategies for managing stress and negative emotions.



## OBJECTIVE 2

**To Improve Communication Skills:** Help participants develop better communication skills for expressing their needs and seeking support.



## OBJECTIVE 3

**To Manage Screen Time:** Encourage participants to maintain a healthy balance between online and offline activities.

## 2.1 ABOUT OUR NGO

### ASOCIATIA LUMIRA

ASOCIATIA LUMIRA Lumira is an organization dedicated to facilitating events that bring nature and people together. We focus on personal development practices and aim to help young participants discover effective strategies for managing their mental health.







**BOGDAN RACASAN**

**PSYCHOLOGIST & ORGANIZER**

"I organize events for around 9 years now and support spaces for people for around 5 years. I love to be around people for multiple days with similar intentions and I do my best to support others in their growth process. I organize & facilitate Playfight events, I hold spaces for transformation spaces and I dedicate myself in building a better world."



**ALINA HAIDAU**

**PSYCHOTERAPIST & FACILITATOR**

She is a psychotherapist in emotion-focused therapy (EFT) and has studied psychology for over 8 years. She has 6 years of experience in organizing national projects in the area of personal development. She loves Erasmus + as she participated in numerous projects and now it's her time to give back everything she learned. She loves people, nurturing healthy relationships and creating a safe space for everyone to feel comfortable with sharing.

## **2.2 MEET OUR TEAM**





# 3. THE SCHEDULE

- **31<sup>st</sup> of August- travel day (coming from home)**
- 1<sup>st</sup> of September - 06<sup>th</sup> of September - workshop days (you can't arrive in these days)
- 5<sup>th</sup> of September - exploring the surroundings
- **7<sup>th</sup> of September - travel day (leaving home)**

	Sunday-31	Monday-1	Tuesday-2	Wednesday-3	Thursday-4	Friday -5	Saturday -6	Sunday-7
09:00	Arriving at the venue	Breakfast						
10:00		Morning circle - get to know each other	Scavenger Hunt – Reconnecting with the Real World  Problem Solving with Best Solutions	Workshop with Local Psychologist on Mental Health	Workshop: "The Power of I" – Assertiveness and Boundaries  Conflict Management	Action in the Local Community – Sharing Mental Health Tips	Meditation & Workshop on Gratitude and Reframing	Departure
14:00		Lunch						
15:00		Introduction to Mental Health & balancing screen time	Creating a "Calm Kit" and Healthy Habits  Mandala Art for Relaxation	Activity to be prepared by you	Campaign Content Creation  Paint Pouring for Relaxation	Visit the surroundings	Activity to be prepared by you	Departure
18.30		Reflection Time						
19:00	Dinner							
20:30	Get to know each other	Theather night	Movie night	Board Games Night	Intercultural night	Movie Night	Closing ceremony	



# 4.1 TRANSPORT

The project location is near “Lisa”, Brasov county, link [here](#).

## BY PLANE

You can secure a flight to the nearest airposts in **Bucharest**.

\*When you reach Bucharest airport take the train in the airport which takes you directly to the Bucharest North Train Station. It's the cheapest and safest version (works during night as well).

## BY TRAIN

From Bucharest you can take a train to “Voila” using: <https://www.cfrcalatori.ro/>. You will have to change the train, and from Voila we will take you by car to the project location.

## BY BUS

From Bucharest you can take the bus to “Sambata de Jos”. To find the buses you can use: <https://www.autogari.ro/> but usually the bus tickets you can buy in the bus station/or in the bus (please be aware that you need to be early at the station as tickets might not be available). From “Sambata de Jos” we will take you by car to the project location.

**Very Important:** Don't forget to keep all your physical and online receipts otherwise we can't reimburse you!





## 4.2 ACCOMMODATION

### LISA, ROMANIA

The venue of the project is near Lisa, a village in Brasov County, in a mountain area of Romania, not so far from Dracula's castle.

### CASA PADURARULUI

Participants will be accommodated in Casa Padurarului, an accomodation perfect for projects like this one, in internationally mixed rooms (rooms of 6/8) with indoor toilet.

The cabins are surrounded by nature and has space to have activities indoord and outdoor. The location has limited access to network but wi-fi will be available.

Google Maps:

<https://maps.app.goo.gl/XYfGb8YAUijMnaZf6>





## 4.3 FOOD

Please keep in mind, that the project offers 3 meals per day to all participants.

The meals will be based on traditional Romanian cuisine, that might be different from the food you are used to. The food will be **VEGETARIAN**, to have a more minimal impact on the climate.

- **The breakfast** will be a buffet where you can choose whatever you want to eat.
- **The lunch** is the most consistent meal of the day containing a soup and/or a second course.
- **The dinner** will be a regular dish (e.g. potatoes and vegetables) for every participant.

Water, tea & coffee will be available in the breaks.

We will provide meals according to your diet, if necessary (please fill the details in the form).

Check out Romanian traditional food:

[https://en.wikipedia.org/wiki/Romanian\\_cuisine](https://en.wikipedia.org/wiki/Romanian_cuisine)







## 4.4 WEATHER & CURRENCY

### WEATHER

In September is chilly in Romania, but the location is next to the mountains. We expect **30-32** degrees during the day and **10-12** degrees during the nights. There could be rainy days too, but won't rely on them. Don't forget your sun cream! Check the weather forecast before leaving and prepare your clothes.

### CURRENCY

In Romania the currency is RON (1 EUR = 5.10 RON).

Usually in Romania you can pay by card almost everywhere. But, please be aware, that the project takes place next to a small village without ATM or money exchange office and in the local shops you can most likely have to pay by cash.



## 4.5 WHAT TO BRING

- Towel and slippers
- Comfy clothes according to the weather (warm clothes for the night & rain jacket)
- Sport clothes
- Medicines according to your health and needs
- Personal hygiene supplies
- Mosquitos spray
- Sun cream & a hat
- **Health Insurance** (we suggest European Health Insurance Card) - is optional but in case of a problem we can't cover the expenses
- **A mug from your country** (as we will do a mug exchange)

We will organize an international evening where you will have to make a presentation about your country and **bring traditional food and beverages.**



# 5. REIMBURSEMENT 1/3

EU offers the participants of Erasmus+ the possibility to travel to other countries for such projects and reimburse part of the sum that would be spent.

According to the guidelines of Erasmus+ Programme we can only refund travel costs, if following points are fulfilled:

- 1) You have timely provided tickets, invoices, boarding passes & filled reimbursement form
- 2) Your travel route is from the country of sending NGO to the venue and back
- 3) You have chosen the cheapest means of transportation (**no taxi, no excess luggage, priority** etc.)
- 4) Your travel dates are according to the programme –**arrival 31 August July, departure 7 September**. You can have max 2 days (1 day prior & 1 day after the event) at your own expenses.
- 5) You have received sending NGOs approval before purchasing the tickets
- 6) You, right after the event, have submitted Youthpass form, EC survey form and performed dissemination tasks;
- 7) **You have participated in all the workshops during the event** and respected the culture.

The amounts that get over the maximum budget can NOT be reimbursed.

## 5. REIMBURSEMENT 2/3

**You should keep all invoices and proof of travel, including boarding passes, tickets etc. and submit them to us in original format as requested in a timely fashion.**

We will reimburse your travel costs from your home city to Lisa, Romania and back, according to Erasmus+ funding rules.

Reimbursement will be done to your bank account once we collect all your original tickets, boarding passes and reports from dissemination activities. This may take some time based on how fast EU send us the money.

If you bought your ticket in your local currency, different than EUR, we will calculate your travel costs according to the exchange rates from official EU web-site:

[www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en](http://www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en)

**Please DO NOT BUY any tickets before our approval!**



## 5. REIMBURSEMENT 3/3

Romania	180 €
Croatia	275 €
Czechia	275 €
North Macedonia	275 €
Poland	275 €

**Please, send us your preferable travel details as soon we confirm your place in the participant list. After you receive the confirmation you will have to book your tickets in max 5 days. Always use public transports in order to ensure their eligibility of the travels by Erasmus+ programme and the Romanian National Agency.**

## 6. PARTNER ORGANIZATIONS

### UDRUGA ZA MLADE "SINTAGORA" (CROATIA)

A youth-focused NGO that promotes mental health, social inclusion, and active citizenship. They bring valuable experience in working with young people through creative and participatory methods.

### MINDFUL.NEST CZ (CZECH REPUBLIC)

This organization specializes in mindfulness, emotional intelligence, and mental health education. They contribute expertise in stress management and digital well-being.

### FORUM FOR EDUCATIONAL CHANGE (NORTH MACEDONIA)

A dynamic organization that supports youth empowerment through education, innovation, and intercultural dialogue. They are active in promoting mental health awareness and youth participation.

### STOWARZYSZENIE PROAKTYWNE (POLAND)

A proactive association that works with young people on topics such as emotional resilience, digital literacy, and social responsibility. They are experienced in Erasmus+ projects and community engagement.





PICTURES FROM PREVIOUS PROJECTS

## 7. THINGS YOU SHOULD KNOW

We are taking these projects seriously, so expect to participate in an experience where you will truly learn about the topic, will be challenged and will experience everything the Erasmus+ project has to offer.

The trainers & organizers are good friends, used to work together, psychologists, focused on creating meaningful experiences. We have zero tolerance to discrimination, substance-abuse, aggressivity, hate speech.

**For participating in this YE your need to respect the following points:**

- arrive and leave by the schedule
- provide all the necessary documents
- participate to all activities
- prepare some activities ahead
- participate in 2 get-to-know each other preparatory online meetings



**HAVE ANY QUESTIONS?  
CONTACT US!**

**RACASAN BOGDAN  
(PROJECT COORDINATOR)**

Phone: +40744810259

Email : lumira.ae.office@gmail.com

**PICTURES FROM PREVIOUS PROJECTS**





**SO YOU LIKED THE PROJECT  
IDEA AND YOU WANT TO JOIN  
THE PROJECT?**

**THEN, PLEASE FILL THE  
APPLICATION FORM BY 30 JULY.**

**HERE**

**THE SELECTION PROCESS ALSO INCLUDES  
AN INTERVIEW. WE RECOMMEND YOU TO  
COMPLETE THE REGISTRATION FORM AS  
SOON AS POSSIBLE.**

**FOR ANY QUESTION, DON'T HESITATE TO  
CONTACT US!**

**SEE YOU IN ROMANIA :)**

