

LITHUANIA  
TURKEY  
SPAIN  
BULGARIA  
GREECE  
MALTA

MALTA  
2021



# BE KIND TO YOUR MIND

ERASMUS+  
YOUTH EXCHANGE



*PROJECT NAME*

**BKYM: Be Kind to Your Mind**



*TYPE OF ACTIVITY*

**ERASMUS+ Youth Exchange**



*DURATION*

**7+2 travel days (November 25 - 3 December, 2021)**



*PARTICIPATING COUNTRIES*

**Malta, Lithuania, Turkey, Greece, Spain and Bulgaria**



*NUMBER OF PARTICIPANTS*

**6 per country (36 in total)**



*AGE OF PARTICIPANTS*

**18 – 29 (No age limit for team leader)**

# SUMMARY

**Mental health** plays an important role in everyone's life. A mentally healthy person works more productively, and is capable of contributing more to his/her surroundings. It is clear that mental disorders could lead to serious problems and wasted human potential.

A mental disorder is a health condition involving changes in thinking, emotions or behaviours (e.g. depression). According to the World Health Organization (WHO), more than a quarter of the European adult population has experienced at least one mental disorder during the past year, e.g. depression or anxiety. Yet, only a fraction of them sought professional help. Mental disorders have a significant impact, which consequences affect not only the individual, but also the economic sector. Thus, it is important to bring the issues to light and reduce the stigma surrounding mental health.

The core goal of the current project "Be Kind to Your Mind" is to increase knowledge about mental health between youngsters and the general public. In order to reach this goal, the following objectives have been set:

- Raising awareness about the existing mental health situation;
- Reducing prejudices towards the mentally ill;
- Defining what is mental health and why it's important;
- Explaining how mental disorders are diagnosed and treated;
- Advising youth how to live a healthier lifestyle and cope with the surrounding stress;
- Finding ways of communicating with people having a mental disorder and ways to support them.

Besides, the project will allow the participating youngsters to develop their:

1) communication and 2) intercultural skills; 3) analytical and 4) education skills through a range of workshops and exercises. After completing this program, the participants will acquire the following competencies: 1) knowledge about mental health and related issues, 2) ways to cope with surrounding stress and maintain/improve mental well-being; and 3) awareness on how to help themselves and people who suffer from a mental disorder.

## ACTIVITY PROGRAMME FOR A YOUTH EXCHANGE - "Be Kind to Your Mind"

Participating organisations	Venue		Duration							
	City	Country	Start date	End date						
Creative Youth (Malta), Jóvenes sin fronteras (Spain), European Integration Group (Turkey), Asociaciija "Aktyvus jaunimas" (Lithuania), Tsampa (Greece), SDRUZENIE AKTIVNO BALGARSKO OESHTESTVO (Bulgaria)										
	Msida	Malta	2024.11.25	2024.12.03						
	Arrival Day (25th Nov)	Day 1 (26th Nov)	Day 2 (27th Nov)	Day 3 (28th Nov)	Day 4 (29th Nov)	Day 5 (30th Nov)	Day 6 (1st Dec)	Day 7 (2nd Dec)	Departure Day (3rd Dec)	Travel days
7:30-9:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-10:00		Interactive energy booster	Energizers (Lithuania)   Reflection Journal	Energizers (Greece)   Reflection Journal	Energizers (Turkey)   Reflection Journal	Energizers (Bulgaria)   Reflection Journal	Energizers (Spain)   Reflection Journal	Energizers (Malta)   Reflection Journal		
10:00-11:30		Introduction to the project   Getting to know each other	Exploring and Bonding Time	World Caf� Discussion about Mental Health	Positive Habits	Public activity (at the same time - filming, taking photos for dissemination)	Conducting Survey about Mental Health	Creating posters for well-being		
11:30-12:00		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
12:00-13:30	Arrival, check-in, free time / getting acquainted with the project's venue	Team Building Activity	Mind full or Mindful?	Myth-Fact about mental disorders	Mandala drawing as a way to express emotions and release stress		Finalisation and presentation of survey results	Making digital social campaign & dissemination plan		
13:30-15:30		LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	LUNCH/FREE TIME	Saying good bye / socialising / free time / departure
15:30 - 16:30		Creating Special Games	Mindfulness Afternoon / Free Time	Videos on the topic of Mental Health	Preparing for the public activity	Art as a therapy		Final Project Evaluation		
16:30-17:00		COFFEE BREAK		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK		COFFEE BREAK		
17:00 - 18:00		Active Listening		Team quiz on the topic	Preparing for the public activity	Mental health in Creative Way	Exploring the island / Free Time			
18:00-18:30		Introduction to feedback & reflections		Feedback & Reflections	Feedback & Reflections	Feedback & Reflections		Project wrap-up and special awards ceremony		
19:00 - 21:00	DINNER	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	DINNER/FREE TIME	
21:00 - --	Socialising Evening	Socialising Evening	Cultural Evening (Greece & Bulgaria)	Games Night	Cultural Evening (Turkey & Spain)	Cultural Evening (Lithuania & Malta )	Free Evening	Goodbye Evening...		

# FINANCES & TRAVEL BUDGET LIMITS

- ▶ Accommodation, living and other project related expenses 100% funded by the EU.
- ▶ 100 % of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.

<b>Travel distances</b>	<b>Amount</b>
Between 10 and 99 KM	20 € per participant
Between 100 and 499 KM	180 € per participant
Between 500 and 1999 KM	275 € per participant
Between 2000 and 2999 KM	360 € per participant
Between 3000 and 3999 KM	530 € per participant
Between 4000 and 7999 KM	820 € per participant
8000 KM or more	1300 € per participant

Travel distances must be calculated using the distance calculator supported by the European Commission. The distance of a one-way travel must be used to calculate the amount of the EU grant that will support the round trip.

We will reimburse the travel expenses after the mobility by bank transfer, in accordance with the Erasmus+ framework. In order to make the reimbursement, it is compulsory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you. For plane travel, the original documents that we need are:

## **1) Tickets and Boarding Passes**

## **2) Invoice / Receipt**

**Keep your bus / train tickets as well! Travel by cars / taxis is not reimbursed.**

# MONEY

The official currency in Malta is **Euro**. The prices in Malta are not high as well (e.g. bus ride - 1,5 EUR, pizza – 9 EUR). You can check **cost of living** in Malta.

# GETTING TO MALTA

Flying to **Malta** is easy. Malta is comfortably be reached within a few hours from many cities worldwide. All arrive at **Malta's** one international airport, which is no more than 45 minutes by car from anywhere on the main island, or a little longer by bus.

Arriving to Malta by ferry can be a **way of exploring other countries** along the journey and experiencing other cultures. Apart from **cruise liners**, Malta is served by several major ferries lines.

# TRANSPORTATION

Firstly, you should find a flight to Malta (MLA) airport. The arrival day is **25th of November** and the departure day is **3rd of December**. Try to find a suitable option for the flights on these days.

# ACCOMMODATION & FOOD

Participants will stay in the **NSTS Campus Residence & Hostel**. This Student Residence is a modern and minimalistic hostel in Msida. It is not only located in a central, safe, quiet residential location by the University of Malta. Furthermore it is flanking Sliema and St Julian's.



The Main Activity Room is located at the same building. WiFi internet connection is available (however, might be a bit limited). Organizers will provide participants with three meals per day and two coffee breaks. Food will be served at the hostel. We strongly recommend each participant to inform the organizers about any special dietary needs in advance.

**BASIC RULES:** All the participants will be expected to be present and active in all the activities, unless being ill. Unauthorized absence from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the guest house levies a fine of 50 EUR), thus all the smokers will have to go outside or to specially designated smoking areas. Any damages to the property of the guest house or the organizers will be deducted from the travel reimbursements of the ones responsible

# ADDITIONAL STAY

The hosting organization is covering the accommodation **ONLY** for the stay during the mobility. In case of earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets 2 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your ticket. Otherwise, we cannot guarantee your reimbursement. Please note any indirect routes taken for personal travel will not be reimbursed.



# ABOUT MALTA

Check the following websites to get to know more about our lovely Malta:

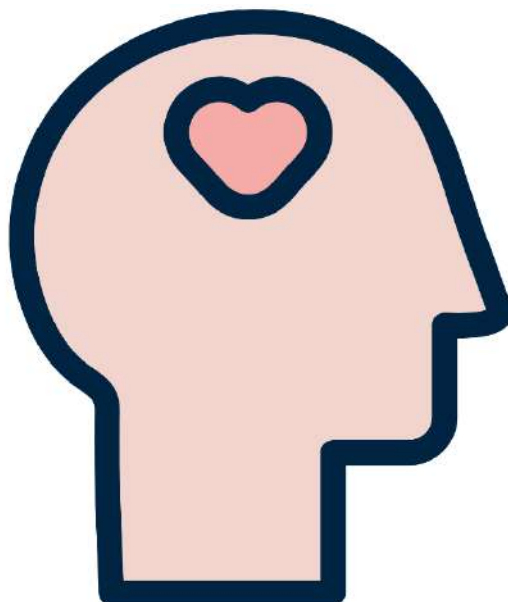
- [Visit Malta](#)
- [Things to do in Malta](#)
- [Malta travel guide](#)



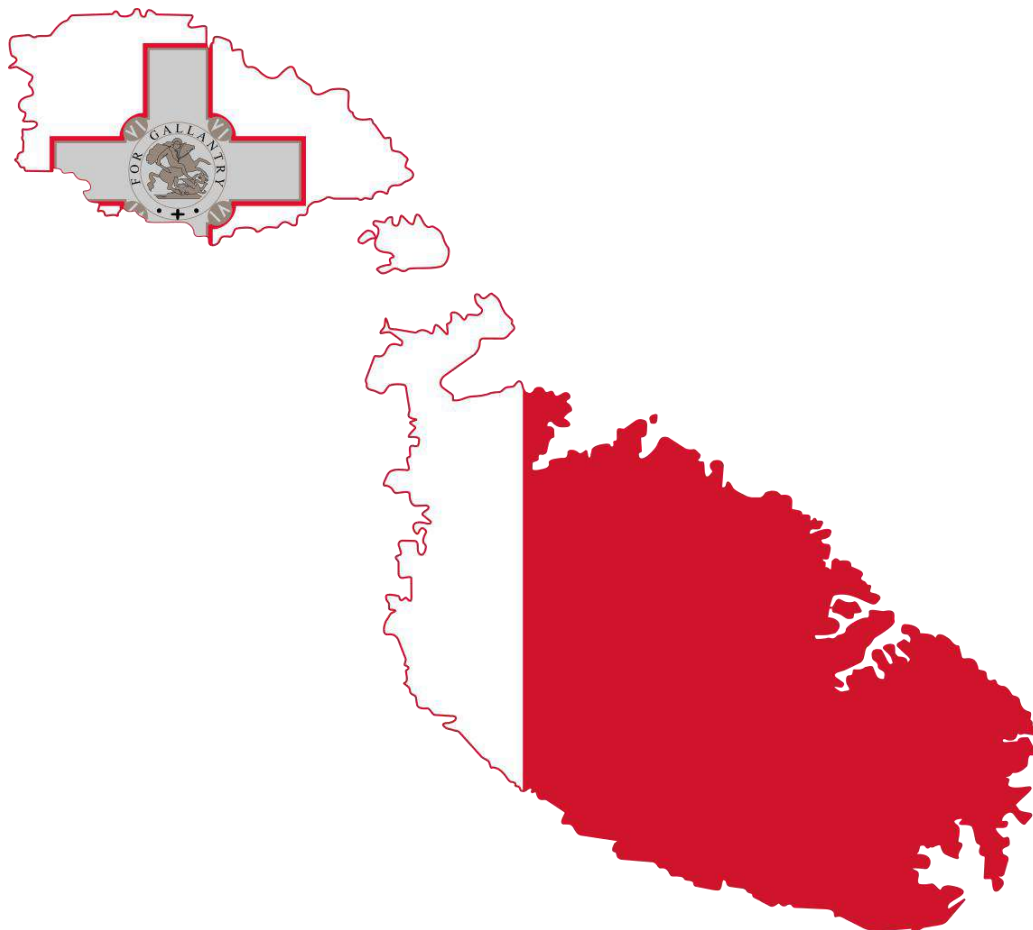
# PROJECT'S FACILITATORS

**Samanta Tumpyte** is an experienced youth worker. She has been working as a youth worker and facilitating local and international projects on different topics for 3 years. Furthermore, she finished her Bachelor Degree in Psychology and Spanish Philology. Following her studies, she continued her traineeship as a psychologist's assistant in Malta and had meaningful experiences during her work with people from different culture and who were facing various psychological problems. She will guide and support the participants in their personal, social and educational development to help them reach their full potential.

**Christian Briffa** is a warranted educator who has years of experience in youth work and addressing multicultural audiences. Christian's main profession is that of an architect and civil engineer. Through his skills in design, our youths will be mentored on film, photography, use of digital tools and leaflet/poster design for dissemination purposes in the YE activity section. He also works as a coach and player with Mellieha Basketball Club, equipping him with ample experience in training young athletes with mixed abilities. His organizational skills and experience in Erasmus+ projects left Briffa with an everlasting passion to share his knowledge with youth from other countries.



# SEE YOU ALL IN MALTA!



**If you have any questions, please do not hesitate to contact us!**



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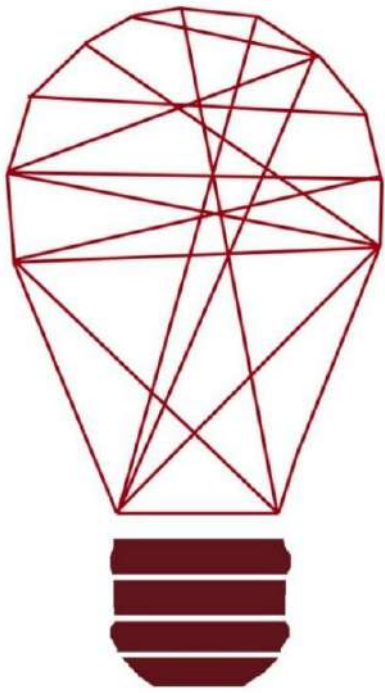
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Creative Youth Malta



[creativyouth.mt](https://www.instagram.com/creativyouth.mt)



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