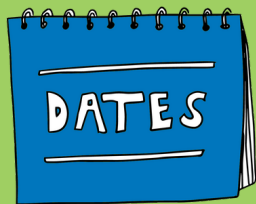


# MIND! YOUR OWN BUSINESS?

## YOUTH EXCHANGE



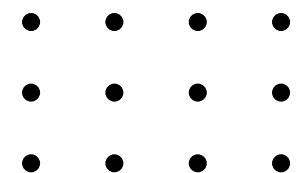
5 AUGUST – 13 AUGUST  
2023

ERASMUS+ YOUTH EXCHANGE,  
VERESEGYHÁZ, HUNGARY

**CALL FOR PARTNERS**



Erasmus+



# ABOUT THE PROJECT

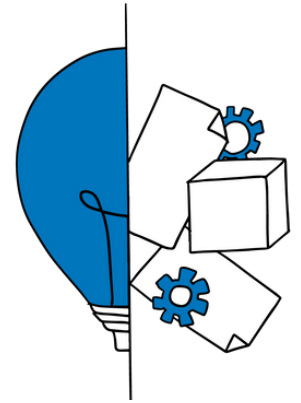
"Mind! Your own business?" is an Erasmus+ Youth Exchange which will be held in Veresegyház, Hungary from the 5th of August (arrival day) to the 13th of August (departure day).

The project will gather 30 participants (5 from each country + 1 group leader) from Hungary and 4 other countries: partners are to be confirmed.

Target group: young people (between the age of 16-25) interested in mental health and 1 group leader (with no age limit, but 18+).

According to the WHO "Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community." In the project our aim is to raise awareness about mental health and help young people to explore new ways to cope with everyday life.

The APV meeting will be held online on the **26th of June**, where 1 leader from each group will participate.



# THE OBJECTIVES OF THE PROJECT ARE:



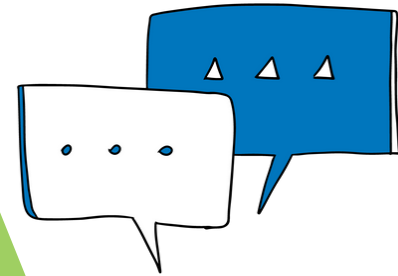
- **To raise awareness about the importance of mental health**
- **To promote exchange, understanding and intercultural learning through talking about mental health and well-being**
- **To improve self-awareness and equip young people with skills to help them recognize their own needs**
- **To discover new tools and methods to cope with stress and maintain a positive state of well-being**
- **To learn strategies how to support each other effectively in order to improve our communities**
- **Overcoming the stigma of mental health issues**

# WORKING METHODS

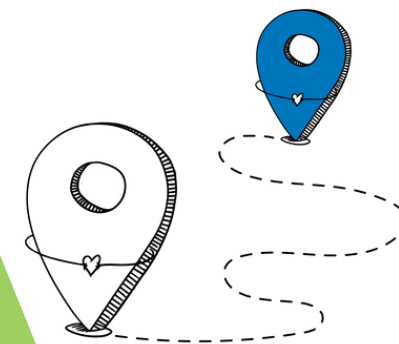
All workshops and activities involved in the youth exchange will be based on non-formal education methods. A "learning by doing" approach will be proposed where each activity has specific learning objectives.

The project activities will include group and individual activities, team building, discussions groups, relaxation, roleplay, art, different group games, energizers, ice breakers and many others.

It's crucial for us to create a safe space where young people can express themselves freely to others in the group.



# TRAVEL SUPPORT



**Let's be green as much as possible!**

**Travel distance will be calculated according to the main office location of partner organizations and to the Travel Distance calculator of the Erasmus+.**

**Participants will be refunded after the end of the activity upon the presentation of their travel documents.**

**The refund process will be done directly to the sending organizations bank account, not to the participants' bank accounts.**

TRAVEL DISTANCE	STANDARD TRAVEL	GREEN TRAVEL
10 - 99 KM	23 €	-
100 - 499 KM	180,00 €	210,00 €
500 - 1999 KM	275,00 €	320,00 €
2000 - 2999 KM	360,00€	410,00 €

# ACCOMODATION AND VENUE



**We will stay in Veresegyház (25km from Budapest), in a building complex of a local kindergarten called: Kéz a Kézben Kindergarten. The venue is close to the town center yet it is located in a green area.**

**The participants will be accomodated in small houses with the capacity of 10-12 people. Each house has a small kitchen, a bathroom and a terrace.**

**Indoor sessions will be held in the gymnasium of the central bulding. The on-site park and sport fields are providing us opportunity for outdoor sessions as well.**

**Meals, accommodation and activities are fully covered.**



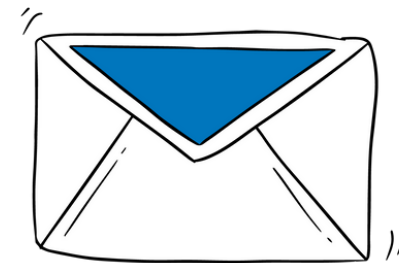
**Kéz a kézben  
Kindergarten**



**Veresegyház**



# CONTACTS



## **Támaszpont MOPKA**

**Project coordinators:**

### **Boglárka Negyela**

**Phone number: +3630/496 7867**

**E-mail: [negyela.bogi@tamaszpont.net](mailto:negyela.bogi@tamaszpont.net)**

### **Csilla Huszai**

**Phone number: +3630/396 9351**

**E-mail: [huszai.csilla@tamaszpont.net](mailto:huszai.csilla@tamaszpont.net)**