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AGENZIA  
NAZIONALE  
PER I GIOVANI



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# Re-mind yourself

SEEDS FOR MORE INTERCULTURE APS (SE.M.I.)  
MOBILITY FOR YOUNG PEOPLE

**18 JULY - 25 JULY, TREDOZIO (ITALY)**



**YOUTH  
BCN**



“Being able to be your true self is one of the strongest components of good mental health.”

- Dr. Lauren Fogel Mersy



## Summary

This youth exchange brings together 25 young people (18-25 years old) from 5 different countries in Tredozio, Italy between the 18th and the 25th July. The aim of the project is to openly talk about mental health and find together ways to improve our mental health everyday. The participants will learn how individually, but also as a collective we can leave a positive impact on our well-being and on the society.



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# Objectives



Provide more information about mental health - Raise awareness and di- stigmatize



Promote a healthy lifestyle and discover tricks to improve our everyday mood



Get in touch with our emotions, learn how to express them, and understand their value



Discover the effects of art therapy on our mental health



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# THE ACTIVITIES

**DAY 0 - 17/07/2023**

ARRIVAL DAY

**DAY 1 - 18/07/2023**

ICE BREAKING AND TEAM BUILDING ACTIVITIES

**DAY 2 - 19/07/2023**

MENTAL HEALTH AND SOCIETY

**DAY 3 - 20/07/2023**

A DEEPER LOOK ON OUR EMOTIONS

**DAY 4 - 21/07/2023**

SIMPLE WAYS TO IMPROVE OUR MENTAL HEALTH

**DAY 5 - 22/07/2023**

BODY MAPPING AND HOW TO COMMUNICATE  
OUR EMOTIONS

**DAY 6 - 23/07/2023**

ART THERAPY

**DAY 7 - 24/07/2023**

CULTURAL VISIT IN FAENZA

**DAY 8 - 25/07/2023**

EVALUATION, YOUTHPASS AND FOLLOW UP

**DAY 9 - 26/07/2023**

DEPARTURE DAY



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# THE PARTNERS



SE.M.I - SEEDS FOR  
MORE INTERCULTURE (ITALY)



YOU IN EUROPE  
(GREECE)



YOUTH BCN  
(SPAIN)



SLOVAK ECO QUALITY  
(SLOVAKIA)



OCEAN OF KNOWLEDGE  
(CROATIA)



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# LOCATION & ACCOMMODATION

The project will take place in a villa recently renewed with EU funds, it is located in the Appennini mountains, by the mountain municipality of Tredozio. On the first floor, there are the dining room and activity rooms; on the second floor, there are more than 10 bedrooms, each with a private bathroom.

In the building, there are also terraces and balconies, besides a garden, available for outdoor activities. In the accommodation there is no WIFI.



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# TRAVEL



FAENZA

We will pick you up in Faenza, the closest town, which is very well connected by train.



BOLOGNA

The closest airport is 'Aeroporto G. Marconi Bologna BLQ'. From there you can get a shuttle (2-way ticket costs €16) for Bologna's central train station and you will get a train every 30 minutes to Faenza.



MILANO

You can also fly to Milan, then reach 'Milano centrale' train station and then a direct train to Faenza or with a change in Bologna



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# REIMBURSEMENT

In order to be refunded for the travel please take with you:

- the invoices
- the original boarding passes
- the original bus/ train tickets

Before booking your travels, please consult with your sending organization. We strongly advise you to travel within groups and stick to your group leader to assure safety and time management.

Travel costs will be reimbursed up to the maximum amount indicated by the distance calculator provided by the European Commission:

- 100-499 km (160 Euro, 190 for Green travel)
- 500-1990 km (255 Euro, 300 for Green Travel)
- 2000-2999 km (480 Euro, 590 for Green Travel)

The Faenza-Tredozio Bus (on travel days) will also be provided.



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# INFORMATION

## INSURANCE



The participants are requested to be in possession of the European Health Card, which is free of charge and provides free healthcare in Italy. The participants will also be insured privately by SE.M.I association.

## MONEY



The youth exchange is completely free of charge for the participants: accommodation, food and activities are paid by the European Union. The travel tickets will be reimbursed according to the distance band from your country of origin to Italy.

## WHAT TO BRING



All original tickets and boarding pass, towel, sleeping bag, typical food or drinks from your country for the Intercultural Evenings.

## YOUTHPASS



At the end of youth exchange, each participant will receive a Youthpass which will give an opportunity to list skills and competencies practiced and acquired during the youth exchange.

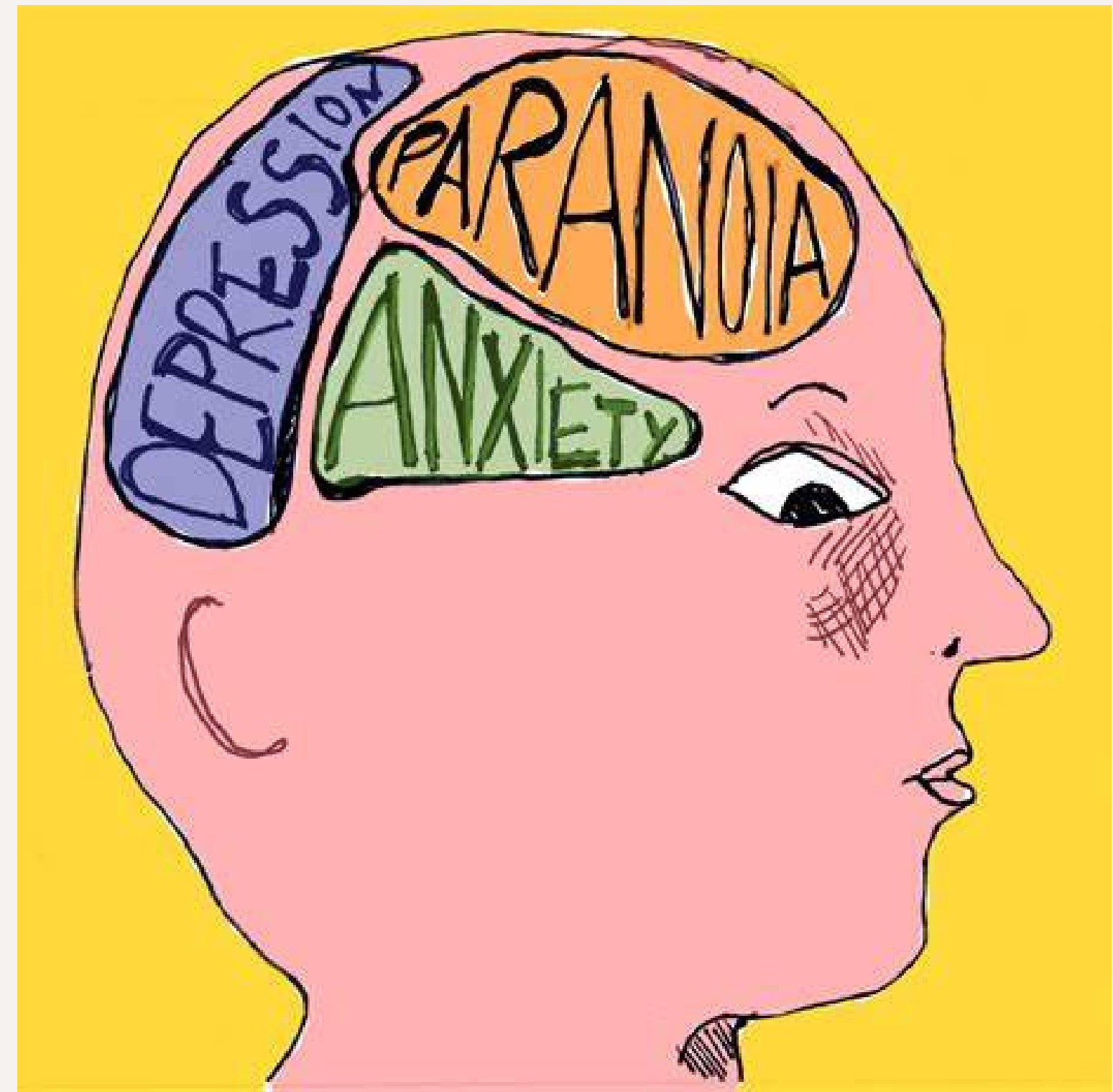


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# HOMEWORK

- **INTERCULTURAL NIGHT** - Each country will have an Intercultural night, where will make us taste some of their typical and share fun facts and cultural information about their country.
- **1h WORKSHOP** - Each national team has to prepare an 1h activity to present during the exchange (more info after the selection of the group leaders)
- **Bring a story of mental health** that you know or influenced you and how



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# PARTICIPANTS

We are looking for 4 young people between 18 and 25 years old and 1 group leader with no age limit from each partner country (ITALY, SPAIN, SLOVAKIA, GREECE, SLOVENIA)

## WHY TO APPLY:

- You are strongly motivated to gain more knowledge and skills on the topic of the project
- You are open-minded and you want to live a multicultural experience.

**APPLY HERE**  
(just click it)



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# ABOUT US



Danai Nakou

Born in Greece and living in Italy the past 4 years. I studied Italian Language and Literature and during my studies discovered the beautiful and multicultural world of Erasmus+, where I decided to work and empower also other young people through non formal education.



SE.M.I association

SE.M.I is a youth association based in Faenza, a small city near Bologna. We implement local projects with schools and young people, Erasmus+ projects and we host international volunteers with the aim to create a more multicultural society.



Kingsley Ngadiuba

He is an Italian youth worker who has been working for years in the field of non-formal education, specialising mainly in gamebased-learning. During his activities he uses roleplaying and drama techniques. His passion for environmental and social issues characterises his work.