



# Mental health

Multi forget-me-not - an international perspective on the mental health of young people

INFO -PACK

**23.9. - 30.9.2023**

age: 18 - 25





# OUR GOALS

- raise awareness of the importance of mental health
- learn how to manage stressful situations, and negative feelings and how to deal with difficult life events
- promote a lifestyle that respects the physical & mental well-being
- understand people who are going through difficult life events and learn how to help them
- to learn how to ask for help when having a problem and to confide in people about what we are going through







# FOOD & ACCOMMODATION



Our accommodation Pension Pri Trojičke is located in the village Oščadnica in northwestern Slovakia. It has a beautiful location in the hills. The location gives us the necessary facilities for workshops and group sessions and for indoor and outdoor activities.

- private bathroom in all rooms
- great cuisine
  - breakfast, lunch and dinner
- we will take into account food restrictions and allergies
- workshop area
- wellness
- snacks and coffee breaks
- free wifi

Adress: Penzión pri Trojičke\*\*\* s.r.o.,  
Centrum 250, Oščadnica 023 01, Slovakia

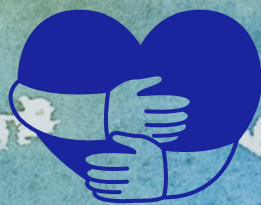
<https://www.penzionpritrojicke.sk/>







What it looks like





# BEFORE THE PROJECT



## The purchase of travel tickets:

Each participant will purchase a travel ticket with the approval of the hosting organization. It is recommended to travel green - by bus or train if it is possible.

In order to get the reimbursement of the travel costs, you must send the original boarding passes and other required documents (tickets, invoices) online or via post.

**IMPORTANT!!!** Please CHECK IN ONLINE through the website of airlines and generate every boarding pass in a PDF file. DO NOT create boarding passes through the phone app - this option does not allow to generate PDF file, and such boarding passes won't allow us to proceed with the reimbursement





# PARTICIPANT PROFILE

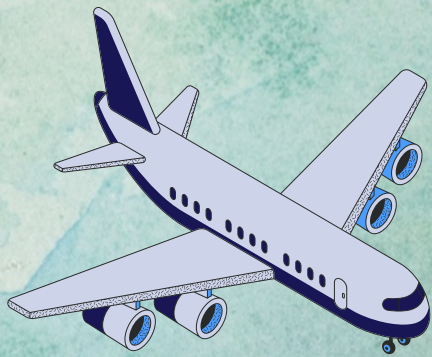
- Youth 18-25 years old from partner's countries
- Willing to learn and raise awareness about mental
- Showing motivation to learn how to take care of own well-being
- Willingness to contribute to the activities
- Young people with fewer opportunities (disability, health problems, educational difficulties, cultural differences, economic obstacles)



**24 participants from:**

- Slovakia(5+1 leader)
- Sicily (5+1 leader)
- Ukraine(5+1 leader)
- Lithuania (5+1 leader)





# TRANSPORT

Travel days: Please note that you can NOT arrive later than the 23th of September 2023 (the arrival day) and leave sooner than the 30th of September 2023 (the departure day)

It is allowed to travel within 2 extra days (ex. you can arrive in Slovakia one or two days before the project OR leave two after the official dates noted above) at your own expense!!!

Every ticket must have the project's dates on it. After your return, you must send your departure boarding passes too.

**TICKETS REIMBURSEMENT up to:**

Lithuania - 275 € per participant

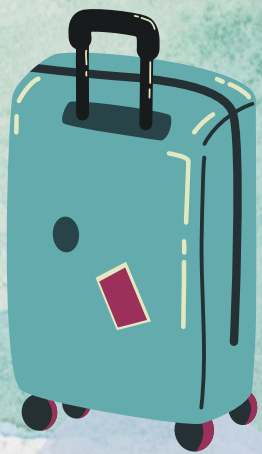
Ukraine - 275 € per participant

Sicily - 275 € per participant

Slovakia -







# WHAT TO BRING



## PERSONAL STUFF

- Your Health European Card - Insurance
- Personal hygiene products (shampoo, toothpaste, etc..)
- Comfortable clothes and shoes
- Sporty clothes and proper shoes, a jacket, cap, etc.  
The weather in Slovakia is changing quickly
- Swimsuit
- Good energy ;)

## FOOD AND DRINKS FOR CULTURAL NIGHT

- we kindly invite you to bring something sweet, salty and typical from your culture
- If you have some other cultural examples such as music, dance or stories to share, it would really be appreciated and would make the event even more magical!





# HOPE TO SEE YOU SOON.

We wish you a pleasant journey without any complications. We hope that you will arrive healthy, full of energy and good mood.





# CONTACT INFORMATION

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