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ERASMUS+ PROJECT NAME: **"Head Above Water"**

PROJECT NUMBER: **2022-2-NO02-KA152-YOU-000090624**

PROJECT DATES: **12 – 21 November 2022**

PROJECT CITY: **Stavanger, Norway**

ABOUT THE PROJECT

During the COVID-19 pandemic, people faced situations where they did not know what the future held for them. Having to adjust to the new way of living which to some extent continues today, such as switching to the online learning and working system, not being able to meet or spend time with loved ones face to face, quarantining at home, giving up on their usual routines, was hard to say the least. The uncertainty, isolation, insecurity, bereavement, loss of income and fear affect the mental health of the individuals. The goal of the first part of the mobility was to escalate the capability of participants to help improve the mental health of youth through yoga.

The second part of the mobility will be in Stavanger, Norway on 12-21 November 2022. At least 2 of the selected participants for the first part of the mobility **are advised to** join also the second part of the mobility.

PARTICIPANT PROFILE

NUMBER OF PARTICIPANT COUNTRIES: **9**

NUMBER OF PARTICIPANTS PER COUNTRY CITY: **5 (1 group leader & 4 participants)**

NUMBER OF PARTICIPANTS WITH FEWER OPPORTUNITIES PER COUNTRY: **2**

AGE OF PARTICIPANTS: **18-26 years old**

AGE OF GROUP LEADERS: **over 25 years old**

"Head Above Water" participant selection will be based on their interest in the topic and willingness to take active roles, particularly in dissemination. Those with less chance for self-development, self-confidence and international learning will be priority.

Furthermore, we invite people with fewer opportunities who face cultural differences (young people belonging to a national or ethnic minority, young people with linguistic adaptation and cultural inclusion problems, etc.).

One person from each national group will have a background in mental health studies or work experience in the mental health field. 3 of the total number of participants will have previous or ongoing experience with mental disorders such as stress, anxiety, depression or sleep disorders. 2 of the participants will have disadvantaged backgrounds in terms of geography or economy. The participants should be able to communicate in English so as to express themselves in the project. Well-prepared youth will achieve a successful project.

The group leaders will have 5 years of experience in youth projects. All the partners should select equal amounts of female and male participants in order to achieve gender balance.

PARTNER ORGANISATIONS & TRAVEL BUDGETS

NORWAY - Youth Energeia (Applicant organization) — **23 EUR**

AZERBAIJAN – IB CLUB – **360 EUR**

Bulgaria – Foundation "Solidarity Works" — **275 EUR**

PORTUGAL – Colony of Creators – **360 EUR**

POLAND – Open Mind – **275 EUR**

ITALY – KIZIL ELMA APS – **275 EUR**

SPAIN – Associació pel Foment Intercultural i la Mobilitat Internacional Youth TGN – **275 EUR**

REPUBLIC OF NORTH MACEDONIA – Association for Cultural and Educational Development YOUTH ON BOARD– **275 EUR**

TURKEY - Modern Gelişim Derneği - **275 EUR**

Each country group should be exactly 5 people. Otherwise, no one from that country will get reimbursement. This rule is set by the National Agency.

Please, send the list of your selected participants and their desired travel route in order to get our confirmation till **30 October 2022**

TRAVEL & REIMBURSEMENT

Youth Energeia is an organisation, not a travel agency. That is why the participants have to regularly check the entry requirements of Norway, especially, during the pandemic. We can only provide you with the official governmental websites regularly updating the entry requirements.

We don't cover travel insurance. You make it for a safe travel and stay abroad.

To fully participate in this project and to keep everyone on the safe side, fully vaccinated people will be priority on selection. We do not have special corona test money in our project budget. ONLY if the participants MUST take a test to cross the border according to the governmental rules, we might reimburse it. Still it has to be agreed with the selected participants in advance.

- The arrival in Stavanger: 12th of November
- The departure from Stavanger: 21st of November

Participants can spend a total of 2 extra days on their own costs in Norway before the project starts and/or after the project. If you stay over 2 days, then we cannot reimburse you at all.

- Travel costs will be reimbursed, up to the travel cost limit listed above.
- Before purchasing tickets, you must get a confirmation from Youth Energeia;
- We CANNOT reimburse your travel costs, if you do not attend all sessions actively;
- KEEP YOUR BOARDING PASSES; Collect e- ticket, invoice, proof of payment. For train and bus tickets make sure the date, the itinerary and the price are visible on the ticket. No reimbursement for taxi.
- No mobile phone scanning!
- Participants have to provide all the necessary documents to the organizer.
- We will not cover any tickets purchased through a TRAVEL AGENCY!
- We will reimburse the whole group to the team leader of the country! Team leader will divide between the group members. Reimbursement will be done in 1 month after whole country group members provide all the necessary documents including their return documents.

ACCOMMODATION AND FOOD

3 times food and accommodation are fully covered by the project with the support of the European Commission's Erasmus+ Programme.

We make every effort to provide the finest accommodation possible. We will provide a room with a bed, hot water, and enough food.

You should bring your own slippers, towel, toothpaste, toothbrush, and other personal care items.

ACCOMMODATION: <https://www.kongeparkencamping.no/en/cabin-rental/#mediumhytte>



Kongeparken Camping has 21 cabins for 5 people and 6 cabins for 6 people that are 36 square meters. These have a cozy covered terrace which is furnished. Inside the cottage there are 2 bedrooms, kitchen / living room and shower / toilet. All cabins have Altibox installed and provide good networks and TV signals.

CULTURAL EXCHANGE

CULTURAL MORNING

In our every project, the participating countries show us what they eat at home in their countries. Each morning of the project 1 country group will prepare their cultural breakfast for all the participants. Youth Energeia will pay for the shopping and will support you in the process.

CULTURAL NIGHT

For the intercultural night, bring traditional food, drinks, sweets and snacks, together with music and dances of your country. We will have 1 cultural night - no PowerPoint presentation is needed. Only presentation of food on your country table + traditional dances is enough. Please, prepare yourself for this as a National Team. You can bring food which can be kept in a refrigerator. Or you can buy the ingredients in Baku and show us your skills in the kitchen. The shopping cost for the cultural night is on the presenting country group.



DRESS FOR NORWAY

During November, there is a 33% chance of rain or snow on an average day. It is cold in the south with average temperatures ranging between -1°C and 4°C. The north experiences little to no daylight and the weather can switch quickly from fall to winter and vice versa. Dress warm: <https://www.accuweather.com/>

YOU ARE ALWAYS WELCOME!

TO CONTACT US:

FACEBOOK: <https://www.facebook.com/YouthEnergeia>

INSTAGRAM: <https://www.instagram.com/erasmusisland/>

We are waiting for you for "**Head Above Water**" in November in Stavanger, Norway. Stay safe and make the world a better place with your beautiful smile :)



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