

Youth Exchange
Soajo, Portugal
21st - 31st August 2024



UNMMUTED

Uniting Needs, Mobilizing
Minds - Together Ending the
Stigma of Silence



The Crisis:

Across Europe, a silent tragedy unfolds: a rising tide of youth suicides, particularly among youngsters. The silence surrounding mental health isolates those struggling, hindering open dialogue and hindering access to critical support.

UNMUTED Youth Exchange

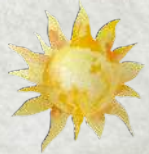
Our project tackles this complex issue head-on by delving into the psychological, socio-economic, and cultural factors that contribute to the fragility of youth mental health.

Our approach focuses on:

- **Raising Awareness:** We'll host workshops and dialogues, alongside artistic initiatives, to shed light on the severity of suicide rates and amplify the importance of mental health advocacy.
- **Breaking the Stigma:** We'll work tirelessly to create a space for open and honest conversations about mental health, dismantling the stereotypes that keep people from seeking help.
- **Empowering Youth:** By fostering leadership and resilience, we'll equip young men with the tools they need to navigate their mental well-being and advocate within their communities.
- **Inspiring Action:** We aim to empower participants to become champions for mental health back in their communities, advocating for long-lasting support systems and preventative measures..



Our Mission:



By daring to lead this transformative mobility, UNMMUTED aims to create lasting positive change, improving mental well-being and reducing the suicide rates across Europe.

Our mission is to **dismantle the stigma** surrounding mental health, fostering a society built on empathy and understanding. Through open communication, unwavering support, and empowerment, we can ignite positive changes in the lives of young people.

By confronting this challenge and empowering youngsters, our project anticipates a ripple effect of positive change, enhancing mental health and curbing suicide rates across Europe. To create a future where mental health is openly discussed and supported, we need collective courage. Let's break the silence, pave the way for a brighter future, and be UNMMUTED.

Participants Profile:

The project involves **7** participants from **four** different countries: **Portugal, Turkey, Hungary, and Romania.**

These countries represent diverse cultural backgrounds and hold alarmingly high rates of male suicide. This strategic selection allows us to directly address the needs of this specific population and instigate impactful socio-cultural shifts in European mental health approaches.

- 28 youngsters aged 18 -25 years old
- 6+1 (team leader up to 30 years old)
- 4 participants per country will be from disadvantaged backgrounds or facing challenges.

Participants will be selected through an application process involving online forms and reviewed by organisations committee.

Selection criteria include diversity, background, personal struggles related to the project's theme, and motivation.

The selection process emphasizes personal connections to mental health issues and breaking down stigmas.

In summary, the project seeks young individuals with a passion for youth empowerment, mental health advocacy, and a commitment to fostering inclusivity and breaking down stigmas surrounding mental health. The diverse backgrounds and experiences of participants will enrich the project's discussions and activities, contributing to a vibrant and supportive community.



Our Program

Our daily activities are designed to provide participants with a structured and impactful learning journey, focusing on personal development, skill acquisition, cultural exchange, and community engagement throughout the project duration.

Day 1: Foundations of Vulnerability

- Align participants with project goals, establish a risk management plan, introduce surroundings and program details, foster team building, trust, and anticipation for the coming days.

Day 2: Recognizing and Combating Stereotypes

- Debunk mental health myths, stigmas, particularly around masculinity, explore alternative narratives, challenge harmful stereotypes, build critical thinking skills, and promote empathy.

Day 3: Cultivating Cross-Cultural Understanding

- Share and appreciate diverse cultural perspectives on mental health, foster inclusivity, cross-cultural learning, and global community building.

Day 4: Developing Advocacy and Action

- Translate personal stories into advocacy strategies, develop community action plans, empower participants to become agents of change, and implement sustainable solutions.

Day 5: Enhancing Communication Skills

- Overcome communication apprehension, develop effective language skills for inclusive environments, foster open dialogue, cultural exchange, and understanding across linguistic barriers.

Day 6: Fostering Resilience and Personal Growth

- Strengthen personal resilience, self-awareness, and growth through practical skills and reflection, equip participants with tools for personal well-being and leadership development.

Day 7: Resilience Building

- Enhance self-confidence, positivity, and practical resilience skills through reflection and interactive learning, inspire action, provide tools for navigating challenges, and cultivate confidence.

Day 8: Empathy and Connection

- Deepen empathy, compassion, and connection within the group through active listening and mindfulness practices, foster emotional well-being, understanding, and supportive relationships.



Venue and Accommodation

Our youth exchange will take place in an all immersed nature mountain setting of **Soajo, Portugal**, with an environment conducive towards learning and personal growth.

The venue for the project will be in tents Yurta style located in the district of Viana do Castelo, more precisely in the town of Soajo.

- Participants will be accommodated in cozy tents, with **3-4** individuals per tent.
- As a nature setting external to the tents are several bathrooms and shower facilities.
- The accommodations will includes clean linens and essential amenities to ensure the comfort of all participants.

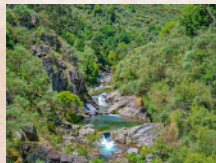
Meals, including breakfast, lunch, dinner and coffee breaks, will be provided by a local family, catering to dietary requirements and offering a taste of traditional Portuguese cuisine.

The nature surroundings of Soajo will offer a variety of activities, including orienteering activities, team-building exercises, hiking, mountaineering, Kayaking, River Trekking and nature exploration.



Soajo Nomadis

<https://g.co/kgs/DKfQjT9>





How to Arrive to Soajo

Flying into Porto Francisco Sá de Carneiro Airport, Portugal.

- From Porto it's 1h30 -2h bus ride

A town bus will transport participants from the above airport on the **21st of August**. - Participants are required to be at the Airport by **11:00am** on the 21st August.

The bus service will demonstrate a commitment to ensuring that participants have a smooth and hassle-free journey to Soajo, allowing them to focus on engaging in the project activities and making the most of their experience in Soajo.

Tickets are not to be purchased before approval of the hosting Portuguese team.

Travel Dates:

Travel days are 21st August and 31st August, 2024. You can arrive up to 3 days before the project and leave up to 3 days after, but accommodation and food won't be provided for those extra days. (ex. Departing from home country earliest on the 18th August and/or returning the latest by 3rd September).

Reimbursement Policy:

Participants will be reimbursed in Euros, up to a maximum limit established by the Erasmus plus program, based on provided documents (plane tickets, boarding passes, etc.). Refer to the "terms and conditions" for detailed reimbursement policy provided to you after selection.

Departure Time:

Departure can only be after 10:00am, these will follow the same process as arrivals. A bus will be arranged for participants to leave the venue on the **31st August** to the city of Porto.

Insurance:

Participants must obtain the European Health Insurance card before arrival.



Our goal is to ensure that participants can fully engage in the project's activities without worrying about travel logistics. We're here to support you every step of the way.

Travel Budget

Portugal:

(Soajo Echoes For Change)

- 6 Participants and 1 team leader
- 4 of which are of fewer opportunities
- Travel pre-arranged by the organisation.

Romania:

(Asociatia GGS)

- 6 Participants and 1 team leader
- 4 of which are of fewer opportunities
- Maximum amount to be reimbursed is 395€

Hungary:

(Fiatalok Utcaja Egyesület)

- 6 Participants and 1 team leader
- 4 of which are of fewer opportunities
- Maximum amount to be reimbursed is 395€

Turkey:

(Duvar Youth and Consultancy)

- 6 Participants and 1 team leader
- 4 of which are of fewer opportunities
- Maximum amount to be reimbursed is 580€

Partners for our project were carefully selected based on their unique strengths, experiences, and competencies, aligning them with the project's objectives and enhancing the overall success of the initiative. The selection process involved considering each partner's profile and how it complemented the goals of the project, ensuring a cohesive and effective collaboration.

The partners were chosen for the following reasons:

- **Asociatia GGS:** GGS was chosen for their experience in capacity building and youth development, which is crucial for designing activities that promote personal and social growth among participants. Their focus on environmental protection and societal causes adds depth and empathy to the project themes.
- **Duvar Youth and Consultancy:** This partner was selected for their expertise in intercultural learning and active citizenship, which will enhance the meaningful experience for participants. Their dynamic and young staff excels at engaging with young people, making them an ideal partner for the project.
- **Fiatalok Utcaja Egyesulet:** The collaboration with Fiatalok Utcaja Egyesulet from Hungary brings a unique perspective and valuable experience to the project. Their expertise in areas such as cultural exchange, sustainable tourism, and youth entrepreneurship will enrich the project activities and broaden its reach. Additionally, their understanding of the local context and cultural nuances will be essential for fostering meaningful engagement with participants from Hungary and ensuring an inclusive project experience for all.

In selecting these partners, the UNMMUTED project prioritised not only expertise but also a shared commitment to societal causes and values.

Each partner's contributions are expected to enhance the project's impact and create a meaningful experience for all participants and to take back to their communities.



Code of Conduct

The UNMUTED Youth Exchange fosters a fun, enriching environment built on mutual respect, cultural exchange, and personal growth. To ensure a positive and productive experience for everyone, full participation in the program is required, and all participants are expected to adhere to the following code of conduct:

Respect:

- Treat all participants, team leaders, facilitators, and staff with courtesy and respect. This includes respecting people's backgrounds, cultures, beliefs, and opinions.
- Practice active listening and participate constructively in discussions and activities.
- Avoid offensive language, bullying, harassment, or discrimination in any form.

Responsibility:

- Be on time for scheduled activities and workshops.
- Inform your team leader or a hosting member in advance if you need to miss an activity due to illness or other unforeseen circumstances.
- Participate actively in all workshops, discussions, and group projects.
- Take care of project materials and property, as well as the accommodation facilities and surroundings.
- Follow all safety instructions provided by team leaders and staff during workshops, excursions, and outdoor activities.

Cooperation:

- Work collaboratively with your team members, valuing each other's strengths and contributions.
- Be willing to help others and participate in team-building activities.
- Be open to new ideas and experiences, and share your own cultural knowledge with others.
- Maintain a positive and enthusiastic attitude throughout the project.

General Conduct:

- Abstain from the use of illegal drugs and alcohol during the project duration.
- Smoking is only permitted in designated areas, if applicable.
- Dress appropriately for workshops, activities, and cultural visits.
- Be mindful of noise levels and avoid disturbing others, especially during late hours.
- Obtain permission from a team leader before leaving the project location or participating in any unauthorized activities.
- Maintain confidentiality regarding personal information shared during project activities. Respecting the privacy of others is crucial for fostering trust and a safe environment.

Consequences of Non-compliance:

- Failure to adhere to the code of conduct will result in warnings or disciplinary action, including being marked as "non-participatory" for specific activities.
- Repeated violations or serious misconduct will lead to the cancellation of your project participation, the forfeiture of travel reimbursement and reported to the NA.

By following these guidelines, we can ensure a safe, inclusive, and rewarding experience for all participants in the Youth Exchange project. We encourage open communication, so if you have any questions or concerns, please do not hesitate to speak to your team leader or a staff member.

I Understand,

Date & Location

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SCAN ME:



CLICK TO APPLY:



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Project ID: KA152-YOU-7E32A56A



Co-funded by
the European Union