

ABOUT THE YE

#5 Mental Health & Wellbeing is one of the 11 European Youth Goals. Its goal is to achieve better mental wellbeing and end stigmatisation of mental health issues, thus promoting social inclusion of all young people. Good health and wellbeing is also the 3rd of 17 Sustainable Development Goals (Global Goals), adopted by the United Nations in 2015 and to be reached by 2030.

A significant and increasing number of young people across Europe are expressing their concern at the prevalence of mental health issues such as high stress, anxiety, depression and other mental illnesses amongst their peers. Young people cite the immense societal pressures they face today, and express a need for better youth mental health provision.

Mental health is a state of mental wellbeing that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and wellbeing that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.



Mental health includes our emotional, psychological, and social well-being. For us to have a healthy mental health, we need to have balance between these three. Or you can say we need to have a love triangle with these three. So, let's promote this love affair !

Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

There is no health without mental health. And there is no wellbeing without good practices, awareness, inclusive intersectional approach and destigmatisation.

WHAT ARE THE OBJECTIVES?



The main objectives of this Youth Exchange are:

- Provide a **comprehensive and collaborative definition of mental health and wellbeing** and an **outline of key issues** to explore the notion of those terms and their impact in different social areas.
- Encourage the **development of self-awareness** and less competitive mindsets by fostering appreciation for individual skills and strengths.
- Promote **youth action** in developing an **inclusive intersectional approach** to mental health provision for all, especially marginalised groups in their communities.
- Raise awareness and focus on prevention measures that ensure young people are equipped with the knowledge and the skills required for better mental wellbeing.



- **Deconstruct misunderstandings, stereotypes and fight stigma about mental health issues** using a non-formal, communicative approach to provide participants with vital tools and resources in order for them to return to their communities and be able to disseminate what they learned
- **Create a safe welcoming space where all participants feel respected and have their voices heard**, allowing for an inclusive learning platform where everyone can exchange their cultures, visions, and experiences freely and openly.

Methodology: The activities will be based on a non-formal methodology (energizers, team-building, simulations, group activities, personal reflection, etc...).

RED CROSS YOUTH

The Red Cross in Braga was created in 1870 and its mission has since then relied on the work of volunteers. Our mission is to improve the conditions of vulnerable people by mobilizing the power of humanity, while respecting our fundamental principles.



The Youth Division of PRC-Braga was first created in 2005 and has since been working with young people from local communities in projects carried out in schools and other youth environments, as well as with less privileged children from the local community. We work mainly in four different areas of intervention: health education and health promotion; social inclusion and gender equality; international cooperation and education for development; and environmental education and sustainability. Our activities are developed by making use of non-formal education methodologies. Moreover, one of the most important aspects of our work is the promotion of voluntary service among young people in order to encourage active citizenship.

BRAGA

Braga is the third largest city in Portugal, located in the north of the country, with a population of around 200,000 residents.

With over 2000 years of rich history, Braga possesses one of the oldest sanctuaries in Europe, Bom Jesus. You can also find here the oldest Portuguese Cathedral and the house of the Benedictines, the Monastery of Tibães. The city is surrounded by green areas and picturesque landscapes.

Braga is often called 'Portuguese Rome' due to its origin in the Roman city of Bracara Augusta - the Roman legacy is another attractive part of this city's history. Braga is known for its distinct churches, outstanding XVIII century houses, gardens, nature parks and recreational areas. It's long history is visible in the splendour of its monuments, museums and churches. Visiting Braga is like time travelling in the modern world. The old and traditional mixes with innovative and youthful culture, commerce, gastronomy, industry, universities and public services.



ACCOMMODATION AND FOOD

Centro de Juventude de Braga

(R. de Santa Margarida nº6, 4710-306 Braga)

(+351) 253 148 682; (+351) 966 754 534; cjb@investbraga.com

You'll be staying in rooms for 4/5 participants. Every room has:

- Private bathroom
- Air conditioning
- Bath towels
- Free wi-fi
- Shampoo and shower gel

The hostel has a restaurant that serves meals (breakfast, lunch, dinner), a bar (where you can buy some snacks), vending machines and laundry service.

WHAT TO BRING

- Your passport/ID card
- All of your travel tickets! (It's important to keep all of your tickets and receipts. We can only reimburse you if you give them to us)
- Other things you may need: cellphone, charger, camera, laptop, casual clothes, notebook and pen.
- European Health Insurance Card (Mandatory)
- First Aid kit – your personal medication, anti-allergy pills, pain killers, aspirin, etc. (Due to the difference in price, it may be better to bring the specific type you already use from your home country).
- Reusable bottle of water
- Music, especially music in your own language
- Traditional food/specialties, snacks, and drinks from your country for the intercultural night

GETTING HERE

ARRIVAL: AFTERNOON OF THE 19TH
DEPARTURE: MORNING OF THE 26TH



PORTO (recommended route)

When you arrive at Porto Airport (OPO), you can take “Getbus” directly to Braga easily and at a low cost. The buses leave the Airport regularly. You can find the schedule and more information about the bus stop on this link: <http://getbus.eu>

You can buy the ticket online or directly from the bus driver. Don't forget to save all the tickets!

Flixbus (global.flixbus.com) also has some options directly from the airport to Braga.

There are other options to reach Braga from Porto, as explained next, but these options are more time-consuming.

LISBON (only if it's the best option)

If you are arriving in Lisbon, in order to get to Braga, you can take the Flixbus (global.flixbus.com), Rede Expressos bus (www.rede-expressos.pt), or take the train (www.cp.pt).

HOW TO REACH BRAGA FROM PORTO

As explained before, if you have a schedule and you're coming from the airport, **GetBus is your best option!** Your other options are to take the metro (recommended) or bus from Airport to Porto and then take the train (recommended) or bus to Braga.

Metro OPO to Porto (metroporto.pt)

To get to “Campanhã” (main train & bus station), you'll need to change from line E (Airport) to A, B, C or F line at any station from “Senhora da Hora” till “Trindade” (we advise “Casa da Música”).

You need to buy a “z4” ticket at the machine and validate it before enter metro. If you change line you need to validate it again at no extra cost for 1h. You need to buy 1 rechargeable card (“Andante”) per person! Save the receipt!

Train Porto to Braga (www.cp.pt/)

Most affordable one is Urbano (U). You can buy a ticket to “Braga” at the machine and validate it before enter the train.

You need to buy 1 rechargeable card (“Siga”) per person! The receipt will not be printed automatically, pay attention to the screen and press yes! You'll need it for reimbursment!



TRAVEL BUDGET

Travel expenses will be fully reimbursed according to the maximum country allowance.

The amount per participant is defined accordingly to the distance calculator of the Erasmus+ programme (designed for organisations and not participants)

Spain - 275€

Poland - 360€

Italy - 275€

Finland - 530€

All travel arrangements should be approved by us!

CONTACTS

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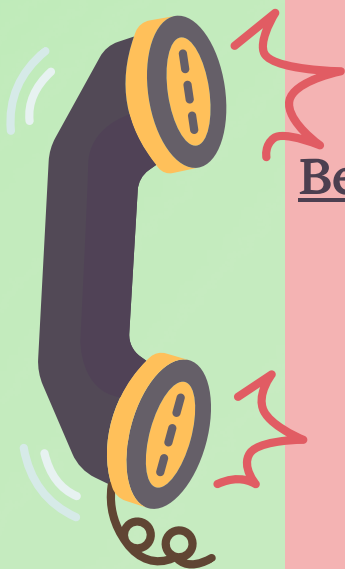
SOS (health, fires and/or safety) - 112

Health line 24h (free) - 808 24 24 24

Braga's Hospital - +351 253 027 000

Taxi - +351 253 253 253

(uber and other apps are available)



Preparation Work

Before coming to the youth exchange, we'd like you to do some research in mental health and wellbeing in your country.

Think about things such as:

- What does the approach to mental health looks like in your country? Does stigmatisation of mental health issues exist?
- Important events in your country regarding mental health and wellbeing?
- Examples of good practices/awareness programmes in your country?
- Anything else you feel is relevant to share!

During the week, you'll have ten minutes to present your research together with the other participants from your country (don't worry, we'll give you time to prepare!)



APPLY HERE!

<https://forms.gle/oPXyePsiCEkU75ww6>



The Love Triangle



Of Mental Health