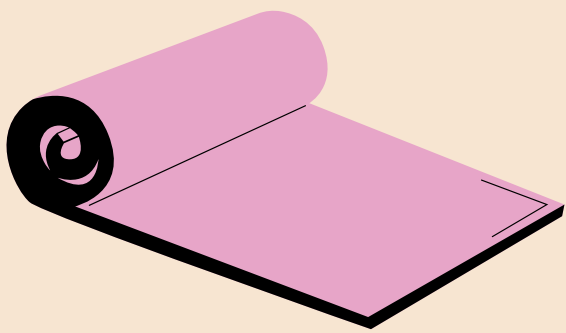
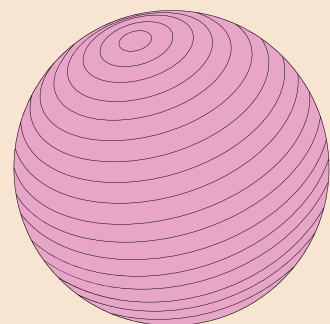


Call for PARTICIPANTS



**Youth Exchange
from May 30th
to June 9th, 2024**



**Location: Płaczewo (near Tadzino),
Pomeranian Voivodeship, Poland**

Centrum Współpracy Młodzieży



Are you passionate about mental health, relaxation techniques, and promoting a healthy lifestyle? Do you want to make a positive impact in your community?

If so, we invite you to join our Youth Exchange focused on mental health, relaxation, health in general, healthy lifestyle, and well-being.



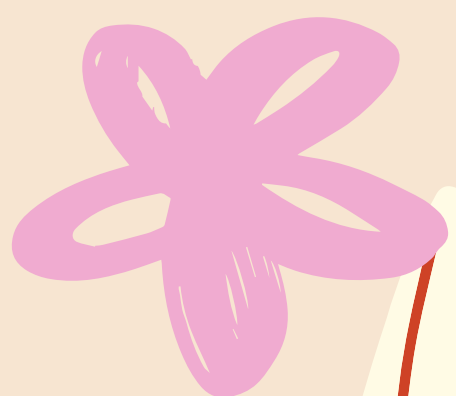
ABOUT THE EXCHANGE

Our youth exchange program aims to bring together young individuals from different countries who are interested in raising awareness about mental health, promoting relaxation techniques, and adopting a healthy lifestyle. Through various interactive workshops, discussions, and group activities, participants will gain valuable knowledge, skills, and tools to help improve mental well-being and lead a balanced and healthy life.

PARTICIPANT'S PROFILE

We are seeking young individuals **aged 17-25** who have the following qualities:

- An interest in mental health, relaxation techniques, and promoting a healthy lifestyle.
- Open-mindedness and eagerness to learn from different cultures and experiences.
- A desire to make a positive impact on mental well-being in their community.
- Good communication skills and ability to work effectively in a diverse team.
- Willingness to actively take part in all planned activities throughout the exchange program.



During the exchange

**PARTICIPANTS
WILL HAVE THE
OPPORTUNITY
TO ENGAGE IN:**



01 Workshops and Training

Attend workshops on mental health, stress management techniques, relaxation methods, and ways to incorporate a healthy lifestyle into daily routines.

02 Cultural Exchange

Immerse yourself in a diverse cultural environment by connecting with participants from various countries, exchanging experiences, and learning from different perspectives.

03 Group Activities

Engage in team-building exercises, sports, outdoor activities, and creative sessions that promote mental well-being and emphasize the importance of relaxation and health.

04 Project Development

Raise awareness about mental health and well-being by sharing your experience in your community.

EACH NATIONAL GROUP

will carry out

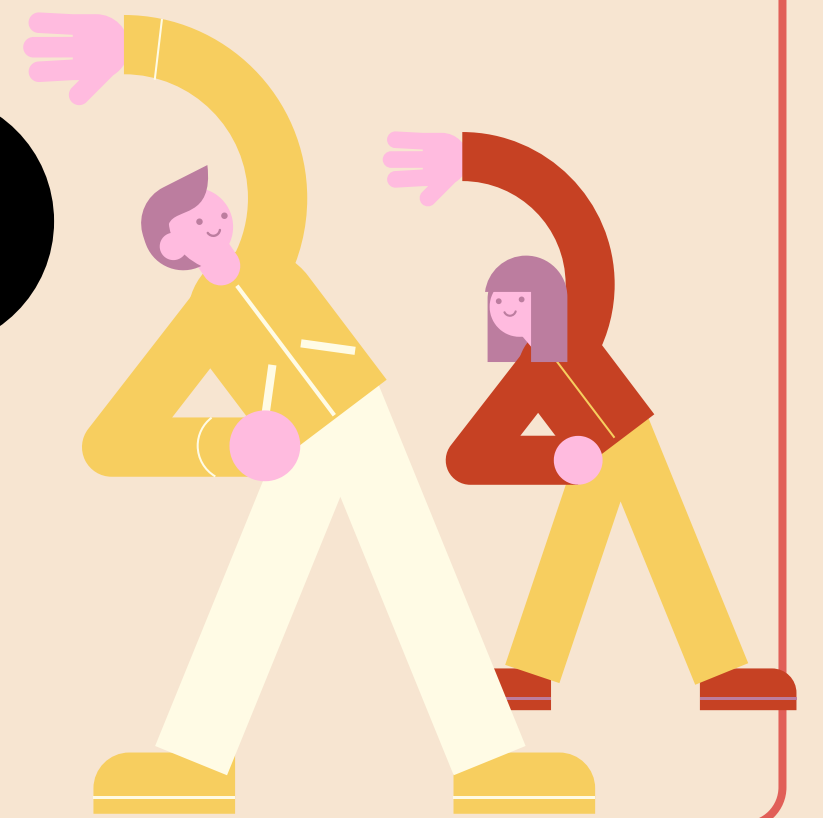
Energizers, ice-breakers
and teambuilding games

01



Workshops about chosen
topic connected to the
youth exchange theme

02



03

Cultural evening - bring food, drinks
etc. that are typical in your country to
share with others, prepare
presentations of your countries or
local culture;

04

Presentation of your
sending organization
(partner of this project)

Join us in this exciting opportunity to connect with like-minded individuals, enhance your knowledge of mental health, relaxation, and healthy living, and contribute to a more mentally resilient society.



Centre for Youth
Co-operation and Mobility



Erasmus+