



Erasmus+

KA152 Youth exchange – Move your body and protect your mental health



08-15.08.2022 Cologne, Germany





1. What is the project about?

The new situation with COVID 19 was a big shock for EU citizens, the youngest were also affected by this situation. Passivity, isolation and limited opportunities for sports and sports activity were drastic changes that affected habits and contributed to increased stress and depression. The results of COVID-19 EXECUTIVE SUMMARY (13.05.2020, United Nations COVID-19 EXECUTIVE SUMMARY) show alarming data and statistics.

The state of mental health, disorders and depression among European citizens is on the rise and the numbers are alarming for young people as well. According to the results:

- Depression has affected over 264 million people worldwide
- More than 1-5 people live in conditions affected by conflict or have a severe mental health condition - About half of the respondents had mental health problems from the age of 14
- In low- and middle-income countries between 76% and 85% of people with mental health conditions do not receive treatment for their condition, despite evidence that interventions can be effective
- Globally there are less than 1 mental health professional for every 10,000 people

Through 8 daily activities, young people through non-formal learning will improve their competencies in the process of protecting mental health through the use of sports and sports activity in the process of a pandemic. Through this youth exchange, national practices for the protection of mental health through sports during an epidemic will be promoted. In the process, yoga will be used as a mechanism for protecting the mental health of young people during self-isolation and protecting their mental state and physical emotionality.





2. The needs and issues of the project



Needs and issues of the project:

- The need to improve the skills of the participants in the field of mental health through sport and the need for greater inspiration and motivation for an active sports life
- The need for motivation of young people to participate in sports activities, to be more sport active and productive
- The need to improve sports skills in a pandemic process, using yoga method
- The need for increasing public awareness and promotion of methods for protection of mental health, young people like sport promoters
- The need for organization to create international cooperation, to promote national practices and to be like social supports



Objectives:

- Education and preparation of young people how to be active in sports during an epidemic and limited opportunities for socialization and affirmation
- Promotion of sports as a tool to improve the emotional state of young people, motivation of young people to actively play sports and take care of their mental health
- Exploring tools for young people to raise public awareness and motivate other young people across the EU to actively play sports and take care of their mental health
- Promotion of yoga as a mechanism for protection of mental health during self-isolation, limited movement and pandemic
- Creating methods to combat depression, stress and negative energy of young people during daily life activities





Co-funded by the
Erasmus+ Programme
of the European Union



3. The organizer: MIGRAFRICA

Migrafrica was founded and led by former refugees and came to life in 2013 aiming at facilitating the integration and participation of mainly African refugees in Germany and Europe to the social, political and economic life in their welcoming host communities.

The main activities of Migrafrica revolve around direct support to refugees, help professionalize migrant diaspora organizations and facilitate the link between migration and sustainable development.

Migrafrica with its unique experience in working with refugees and working on legal paths to come to Europe, will provide a very key and important information about the consequence of irregular and dangerous migration paths (routes) and how refugees can come to Europe in more regulated and less dangerous ways.



For more info, visit the web site: <https://www.migrafrica.org/>





4. Participant profile:



Profile of the participants:

Each national should be represented by **6 participants, gender balance 50-50 % need to be manage and organized**
(5 participants aged 18-30 and 1 national leader aged +18)

For the participants' selection the following criteria will be taken into consideration:

- Mix of existing and experienced participants but also participants who are new or newish to the topic but interested in the process of environmental protection and promotion of green actions
- Demonstration of social sensibilities (socially active students/volunteers with a role in local communities and interested in the topic of the project).
- Participants particularly active at local level, running youth empowerment initiatives.
- Ready to actively participate in the whole project (preparation, training course and follow-up).
- Ready to share personal intercultural stereotypes and experiences and analyze them from different perspectives.
- Experienced or interested in working with Erasmus+ program





5. What activities will be organized during the YE:

Ice breakers, Energizers, Presentation of the Erasmus+, Youth pass certificate, Debates, Workshops, Scavenger hunt, Brainstorming, Word café, Promotion of national practices, Workshop, Simulation, Role play, Cultural visit, Practical visit, Video creation, Follow Up, Dissemination activities, Reflection and Intercultural night.

During the process of realization of the activities, the representatives of the national teams each day will be responsible for the organization of 3 Energizers, presentation of the national alphabet, numbers and promotion of 3 national practices in the field of mental health protection.





6.WHERE? ACCOMMODATION INFO

The accommodation will be in Cologne - **Jugendherberge köln riehl** and will be a **3 and 5 beds** room in the youth hostel, for more information check it here - <https://www.jugendherberge.de/jugendherbergen/koeln-riehl-451/portraet/> - An der Schanz 14 50735 Köln.





7. THE HOST CITY – COLONE, GERMANY

Cologne the largest city of Germany's most populous state of North Rhine-Westphalia (NRW) and the fourth-most populous city and one of the oldest in Germany. With 3.6 million people in the urban region and 1.1 million inhabitants within its city proper, Cologne is the largest city on the river Rhine and also the most populous city of both the Rhine-Ruhr Metropolitan Region and the Rhineland. Centered on the left (west) bank of the Rhine, Cologne is about 35 km (22 mi) southeast of NRW's state capital Düsseldorf and 25 km (16 mi) northwest of Bonn. The city's medieval Catholic Cologne Cathedral (*Kölner Dom*), the third-tallest church and tallest cathedral in the world, constructed to house the Shrine of the Three Kings, is a globally recognized landmark and one of the most visited sights and pilgrimage destinations in Europe. The cityscape is further shaped by the Twelve Romanesque churches of Cologne, and Cologne is famous for Eau de Cologne, that has been produced in the city since 1709, and "cologne" has since come to be a generic term.

There are many institutions of higher education in the city, most notably the University of Cologne, one of Europe's oldest and largest universities; the Technical University of Cologne, Germany's largest university of applied sciences; and the German Sport University Cologne. It hosts three Max Planck science institutes and is a major research hub for the aerospace industry, with the German Aerospace Center and the European Astronaut Centre headquarters. It also has significant chemical and automobile industry. Cologne Bonn Airport is a regional hub, the main airport for the region is Düsseldorf Airport. Cologne is a major cultural center for the Rhineland; it hosts more than 30 museums and hundreds of galleries. Exhibitions range from local ancient Roman archeological sites to contemporary graphics and sculpture. The Cologne Trade Fair hosts a number of trade shows such as Art Cologne, Dmexco, imm Cologne, Photokina and Gamescom, a leading video games fair.

For more info just check the video presentation: https://www.youtube.com/watch?v=_b3oMcPGVto





8. FINANCIAL CONDITIONS



Accommodation and the food, coffee breaks are 100 % covered by the Erasmus+ Program. Travel cost are budgeted according Erasmus+ conditions:

<i>Assoication</i>	<i>Number of participants</i>	<i>Country</i>	<i>Travel budget</i>	<i>Contact</i>
Stichting Drawing to Health	6	Netherlands	180 EUR	info@drawingtohealth.com
Associação Sójovem das Saibreiras	6	Portugal	275 EUR	sojovem@sojovem.org , juventude@sojovem.org
BUDAPESTI EGYESULET A NEMZETKOZI SPORTERT	6	Hungary	275 EUR	info@wemovebudapest.com , garbence89@gmail.com
SDRUZHENIE WALK TOGETHER	6	Bulgaria	275 EUR	walktogetherbulgaria@gmail.com
ASOCIACION CULTURAL YDEPORTIVA LAHOYA	6	Spain	275 EUR	acdlahoya@gmail.com
MIGRAFRICA - The coordinator	6	Germany	0 EUR	info@migrafrica.gmail.com



**VERY Important!**

- Before booking the tickets please also check the rules and limitations regarding coronavirus pandemic to enter Germany. It is your responsibility to be aware of the relevant travel restriction, to ensure you are eligible to enter the Germany. TAXI cost will not be reimbursed.
- You can have max. 2 extra travel days before or after the project. Tickets exceeding this date limit cannot be reimbursed. The costs for the extra days are covered by yourself
- It is compulsory for participants to have travel and health insurance (not covered by project)!
- You are required to pay for your flight tickets once Migrafrica agrees with your proposed ticket choice. After the submission of the tickets and boarding passes, we will reimburse you the money
- Please note that all partner organizations need to select and buy tickets for participants before **08th of July 2022.**





9. PREPARATION & THINGS TO BRING



Travel documents – **Bring all travel documents with you! – Boarding passes, bus tickets, train tickets.**

NGO MARKET – PLEASE, leave the power points and your promo videos at home. In the real world, we often have only a few minutes to explain our work to policy makers, to youngsters and others. Sometimes it is difficult to explain quickly the objectives of your work, to give a description of your target group or to present what is so unique in your work and what the priorities are. We suggest you to be KISS: Keep It Simple and Short!

CULTURAL night – Any kind of activities are welcome (Kahoot quiz, video presentations, dances, songs, games, posters, flyers etc.). **TAKE YOUR NATIONAL FLAG!**

Clothes – We don't have any dressing code at our training. So, feel free to take whatever clothes make you feel comfortable. Since it's a warm season, take your clothes for summer and sport activities. But it can also be raining and windy, so also please pack suitable clothes to enjoy being outdoors and be active during the sport activities.





10. DESSIMINATION AND PROMOTION OF THE PROJECT

Project promotion and dissemination is an important process during the cooperation, participants and organizations will have **OBLIGATION** and the task to promote the project output, activities and the results through the following process:

- Promotion through the websites of the partner organizations*
- Promotion through social media – promoting pictures and videos - Instagram, Facebook, Tick Took, YouTube*
- Promotion through media, radio, television*
- Promotion of a project poster with information about the project*
- Promotion through public events*
- Promotion in schools, universities and cooperation centers*





11. COOPERATION AND REGULATIONS

Facebook group for cooperation

<https://www.facebook.com/groups/736322781132729>

Covid 19 Regulations

Participants should be fully vaccinated:

- Participants need to be fully vaccinated
- Present document confirming full course of vaccination. (Document must be in English)

- For more information, please check the regulations on this website:

<https://www.auswaertiges-amt.de/en/visa-service/EinreiseUndAufenthalt>

Online registration for the Youth Exchange KA152 (obligatory):

https://docs.google.com/forms/d/e/1FAIpQLSfDVqVh9PytCHcTArU3kplstYL8FXVXwa_GoaubTZN8hrwhyQ/viewform

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SEE YOU SOON IN GERMANY!



Bis bald in Deutschland!

