

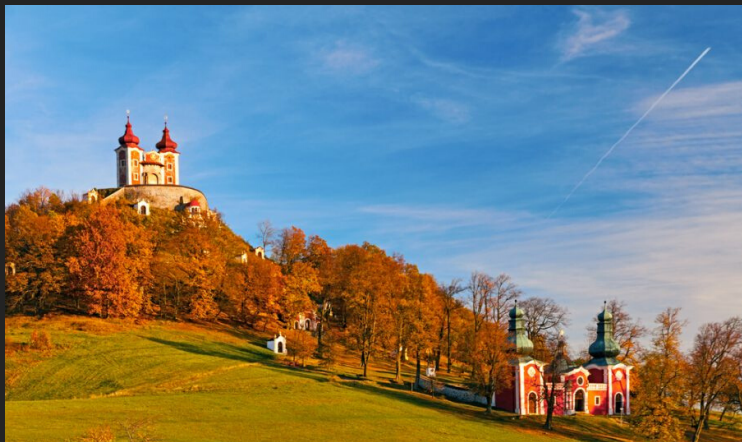
Info-Pack

Depression Can Not Be Barrier For Youth

01-09.May.2020/Banská Štiavnica, Slovakia

ARRIVAL DAY : 01.05.2020

DEPARTURE DAY : 09.05.2020



About Banská Štiavnica

The project is located in a very nice small village Banská Belá (no. 188) in hostel VilaBela. Village is only 5 kms far from Banská Štiavnica, that is written in the List of UNESCO World Heritage. Many say Banská Štiavnica is the most beautiful town in Slovakia. Everyone knows that it attracts artists, romantics and generally all people able to perceive its magical atmosphere. There is one widespread aphorism about Štiavnica: People are divided into two groups: those who love Štiavnica and those who have not been there yet.



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ABOUT THE PROJECT

The World Health Organization (WHO) says that in 2030 depression will become the world's most common disease, while 350 million people around the world are affected by the depression (2012 news), it says depression will be the second widespread disease all around the world. While depression is growing rapidly, specialists of the subject are discussing whether medication is needed in the treatment of depression and they are discussing psychotherapy. (2014 news) These statistics are statistics on diagnosed people. There are people who are so close to being diagnosed and showing many symptoms of depression. Our goal in carrying out this project is to contribute to provide that the World Health Organization's estimate for 2030 is wrong. 90% of people who kill themselves are depressed. Every 42 seconds in the world, one person attempts suicide to end his / her life, and every 17 minutes one person loses his / her life due to suicide. Nowadays suicide ranks third among the causes of death for adolescents and young adults between 15 and 24 years. These statistics mean that, while only this paragraph was written, about 100 people attempted suicide due to depression. In this world, a lot of people in the world are dying from a lot of things. We are aware of this and we have learned to protect ourselves by saying "we have nothing to do", "our power is not enough"



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ABOUT THE PROJECT

We will carry out an activity together with youth workers coming from different countries and raise awareness by making workshops about psychology's youth workers: Our project activities are to improve their ability to communicate with depressed unhappy young people and to share experiences of existing knowledge with our other participants.

In this project; we are planning to convey the works of scientist such as Maslow, Danial Goleman, Ellis and Beck, Vigosky, Bandura and others with general training ways.



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Participants

From each country there will be represented 5 youth workers
Turkey (5) Bulgaria (5) Netherlands (5) Slovakia (5) Romania (5) Slovenia (5)

- 3 of them have to be professional youth workers
- 2 of them have to be active and successful on a local level without any previous experiences in international projects.
- Each country group must keep a gender balance for participants.
- Participants must have very good command of English
- Participant must be strongly interested and have background in topic of the project
- Participant must be ready to be fully involved in the project dissemination activities during and after the project
- Participant must be ready to fulfill a predeparture TASK if there will be such
- Participants must have citizenship of the partner country which they come or they must have residence permit of the country. No age limit for participants (+18)

FB Group



<https://www.facebook.com/groups/249852579341754/>



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Travel

Please provide the information about your travel details and dietary or special needs if any to
If you want to explore Slovakia, you are allowed to arrive or depart 2 days before and after the exchange. In case you decide to use that extra time, bear in mind that it will NOT be supported with food or accommodation. If your stay is longer than 2 days before and after the project, we are NOT able to reimburse your travel costs.



Healty Insurance



It is a mandatory requirement for all participants to have their own health insurance. This should cover you for the full duration of your time in Slovakia

Travel Budget in EURO

Turkey 275, Bulgaria 275, Netherlands 275, Slovakia 20, Romania 275, Slovenia 180.

Note: Please ask our confirm before you buy your tickets.

Participants must arrive in to the hotel by 23:00 pm on 01 May (Arrival day) and leave before 11 am from the hotel on 09 May (departure day) The project starts with lunch on 01 May, ends after breakfast on 09 May



THE VENUE OF THE PROJECT

Vilabela is located in a small village named Banská Belá, not far from historic town Banská Štiavnica. As its name suggests, it is a beautiful place, calm and magical, full of surprises and secrets to discovering them. Maybe they are hiding in one of the thematic rooms perhaps in the garden around, and you may discover them in your own hands in one of creative workshops too. And when you get tired of discovering, you can relax in the sauna, wellness, play with animals or simply be and inhale the magic of this unique place.

For more info and photos lets check: www.vilabelask.sk. There is booked breakfast, lunch, dinner and coffee break refreshers in the hostel restaurant that offer great level of Slovak traditional meals. If you have some special needs for food (vegetarian, celiac, some allergies, etc.), inform us about it as soon as it is possible.



TRAVEL TIPS TO GET EASILY TO THE VENUE

The easiest way for you will be when you arrive to our capital city Bratislava, where you will catch the train or bus to Banská Štiavnica. Here you can check the timetable <https://cphnonline.sk/vlakbus/spojenie/>, just write to „Odkiaľ“ Bratislava and „Kam“ Banská Štiavnica and then click to „HLADAT’“. In case of any additional question, please contact us asap. You can travel also to Žarnovica and we can pick up you there and take to Banská Belá. Just please let us know asap your arrival destination and time.



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Conditions Of Reimbursement

- You must attend all the sessions and commit yourself fully to the activities.
- you have to keep all – tickets, boarding passes
- travel/bus receipts
- copy of residency permit document if applicable
- copy of your passport

Please make sure to collect the following, to *hand in on the first day of the project* in the hotel

- tickets, boarding passes travel/bus
- receipts if applicable copy of your passport
- copy of residency permit document if applicable
- please don't forget to *write your name on the envelope

Travel reimbursement for ALL COUNTRIES will be done by BANK transfer based on full travel documents filled in from all the groups and participants.



What should you bring?



TRAVEL INSURANCE!



Travel tickets, Boarding Passes, a valid passport/ ID; Residence Permit



Please, bring reasonably comfortable clothes for every kind of weather you may need. Please, check the weather before you leave and pack;



Medicines if you use any or basic usage ones;



National food, drinks and if its possible clothes for intercultural evening; National Cloths



Contacts



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