



Project Title: Self Exploration in the Jungle of Life

Location of the Project: Hungary

Project Length: 7 days (+ travelling days)

Target Group: 6 participants (including one team leader (18+)) aged 18-25

Introduction:

The „Self Exploration in the Jungle of Life” Youth Exchange aims to empower Generation Z by promoting personal growth, resilience, and emotional well-being. Through engaging international experiences, the initiative tackles global mental health challenges, providing young people with practical tools to manage stress, anxiety, and societal pressures in a diverse and supportive setting.

Objectives:

- Raise awareness about mental health challenges affecting Generation Z.
- Encourage open conversations and reduce the stigma surrounding mental health.
- Build resilience and improve emotional well-being through non-formal education methods.
- Promote teamwork, international collaboration as well as cultural exchange.
- Equip participants with strategies to manage stress and achieve personal growth.

Partner Duties:

- Support the proper selection and preparation of your participants.
- Share expertise and resources to enhance the quality and impact of the activities.
- Support dissemination of results to broader communities locally and online as well.

Contact info:

partnerships@squareofyouth.eu