



Mental Health Across Borders: The Documentary (KA152-YOU)

Project Goals and Objectives, Rationale for the Proposed Project, and Context

"Mental Health Across Borders: The Documentary" directly addresses the growing mental health challenges young people face today, such as **burnout, stress, anxiety, and the Fear of Missing Out (FOMO)**. We recognize that formal education often lacks the practical tools needed to navigate these issues. This youth exchange provides a unique platform for non-formal learning, allowing participants to step out of their comfort zones and gain new experiences while collaborating on a shared creative outcome—a documentary.

Aligned with the core objectives of an EU Youth Exchange, the project aims to promote intercultural dialogue, equip participants with essential life skills like emotional intelligence and resilience, and raise awareness by turning young people into advocates. By creating a documentary, participants will not only learn about mental health but also become active voices, helping to destigmatize the topic.

Through this initiative, we will create a transformative experience that empowers young people to understand and manage their own well-being, contributing to a more compassionate and resilient European society. The final documentary will serve as a lasting testament to their journey and a valuable tool for social change.

The project's approach is based on the belief that peer education and experiential learning are crucial for promoting mental health. The youth exchange not only provides a safe environment to discuss sensitive topics but also allows participants to explore the subject through activities that simulate real-life situations, such as the "Paradise" activity. The project's relevance is amplified by the creation of a documentary, which will serve as an awareness-raising tool for a wider audience.

The project aims to achieve the following goals and objectives:

- Dynamize new ways of dealing with stress, anxiety, burnout, and the Fear of Missing Out (FOMO).
- Introduce young people to the different cultures of the participating countries, offering them the opportunity to get to know a new country.
- Provide participants with the opportunity to improve their English language skills.
- Encourage participants to step out of their comfort zones and experience something new.
- Give young people an opportunity to network with participants from other countries.

- Allow participants to develop soft skills based on the eight key competencies of the European Union.
- Create an amateur documentary with the participants about mental health.
- Develop cultural knowledge through a study visit.

Project Schedule

	Arrival day	Day one	Day two	Day three	Day four	Day five	Day 6	Departure day
8:30am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00am		Icebreakers and name games	Building Bridges	30 Youngsters versus 1 Psychologist	Expressive Listening	Working on the documentary	Youthpass: the only and one	Checkout and Goodbye!
12:00am		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
02:00pm		Treasure Hunt: Get to know the area	Mental health across borders	Study visits and documentary preparation	Working on the documentary	Documentary presentation	Goodbye activities	
04:00pm		Coffee break	Coffee break		Coffee break	Coffee break	Coffee break	
04:30pm		Fears, expectation and contributions	Paradise: does privileges affect mental health?		Working on the documentary	Mindfulness Session	Evaluation	
05:00pm		Social Contract						
05:30pm		Journaling Reflection	Journaling Reflection	Journaling Reflection	Journaling Reflection	Journaling Reflection	Journaling Reflection	
06:00pm	Check-in and welcome coffee break	Free time	Free time	Free time	Free time	Free time	Free time	
08:00pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
09:30pm	Project presentation	Intercultural night	Intercultural night	Karaoke night!	Intercultural night	Intercultural night	Farewell party	

Expected Outcomes

The project is expected to produce significant and lasting results, both for individual participants and for the wider community.

Outcomes for Participants:

- In-depth Technical Knowledge: Through the session with the psychologist, participants will not only gain a theoretical understanding of mental health but also learn practical and technical knowledge. This includes the ability to identify the signs of stress, anxiety, burnout, and FOMO. They will be able to differentiate between everyday stress and more serious conditions and will learn evidence-based coping and self-help techniques.



- **Skills Development:** In addition to technical skills, participants will develop essential interpersonal and intrapersonal life skills. The project will strengthen their communication, teamwork (especially during the Treasure Hunt and the documentary production), leadership, and problem-solving abilities. The Reflection Book activity will promote self-awareness and self-reflection, allowing participants to evaluate their own growth throughout the exchange.
- **Cultural Awareness:** Participants will gain greater cultural awareness and tolerance by interacting with young people from different countries. The intercultural evening and group activities will facilitate the understanding of diverse perspectives and help break down prejudices.

Tangible and Long-Term Outcomes:

- **Documentary:** The project will result in the creation of an amateur documentary about mental health. This final product will not only be a record of the activities but also a communication tool for raising awareness among a wider audience on social media.
- **Recognition:** Participation will be formally recognized with the Youthpass certificate, a document that validates and describes the competencies and learning outcomes acquired through non-formal education, helping young people articulate their experience in future contexts.
- **Community Impact:** By sharing the documentary and the knowledge gained, participants will act as mental health ambassadors in their local communities, extending the project's impact far beyond the 8-day event.

Innovation: What sets this project apart from others?

The innovation of this project lies in its hybrid approach. Beyond being a youth exchange focused on mental health, it goes further than just internal activities by producing an amateur documentary. This tool allows the project's message and outcomes to reach a wider audience through social media, creating a lasting and visible impact on society. The "Paradise" activity is also an innovative element, using a simulation game to generate deep discussions on complex topics such as privilege and inequality.

Organisational Background, Experience, and Expertise

This project is being proposed by an informal group of young people. While we don't have a formal organizational history, our team is led by individuals with extensive experience in non-formal education. The project's main proponent, for example, is a creative and experienced young person with a strong desire to learn. They have in-depth knowledge of non-formal education for young people aged 13 to 30, gained through actively participating in and facilitating more than 15 international projects and activities.



These initiatives covered a variety of topics, including politics, education, sustainability, employability, entrepreneurship, and gender equality. Their experience includes participating in Erasmus+ youth exchanges in countries such as Romania (on entrepreneurship), Croatia (on gender equality), and Poland (on social sciences and journalism), which demonstrates their ability to apply non-formal education methodologies in various cultural contexts.

Our collective experience is therefore solid and based on a deep understanding of young people's needs and a commitment to creating impactful learning experiences. We also have the support of partner organizations and, locally, the collaboration of professionals, such as a psychologist, to ensure the quality of the content and the safety of the participants.

Budgetary Estimate

We do not have a detailed budget currently. The budgetary estimate will be based on the funding rules of Erasmus+ Key Action 1, which cover costs for travel, accommodation, food, and organisational support. The detailed costs will be calculated according to the Erasmus+ Programme Guide 2024 for KA152-YOU projects.

RiseEU, Informal Group of Young People (non-profit)

Address: Rua Dom Ximenes Belo, 130, 1º Centro - Águada de Cima, 3750-041, Águada, Portugal

Email: lmfdnascimento@gmail.com

Phone: +351 927 067 364

Luiz Nascimento, Legal Representative

Email: luizmfdnascimento@gmail.com

Luiz m. Felipe Nascimento