

Project proposal CROSSROADS International Erasmus+ Youth Exchange

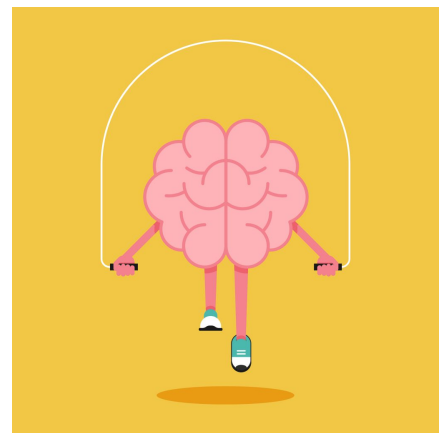
Project proposal

Project description:

Mental wellbeing is a topic that is important for a lot of young people in Europe, including us. So we, a group of 5 Belgian youngsters, decided to organise a project where 25 youngsters from 5 different countries come together to discuss and learn about mental health.

How easy is it for young Europeans of diverse origins to talk about this? What if we took up the challenge to talk about this with each other? And what if we spent a whole week trying to get to know ourselves better and being there for each other?

We want to stimulate open conversations, creating a safe space for everyone, normalising talking about mental health, sharing and taking inspiration from those around you.



During this international exchange project, we will come together with 5 different European organisations and talk about mental health and wellbeing amongst youngsters. In a playful and creative way we will explore our own minds, what cultural differences we encounter when it comes to mental health, what we have in common... We will self-reflect, talk to each other and try to find different ways to reflect (by walking, making art...).

The main focus of this project is not advice or therapy, but self reflection and the personal learning process that the participants will go through during this week.

Participants:

Youngsters born between 2003 - 1997.

Practicalities

- **Date:** 24/07/2023 - 01/08/2023
- **Location:** TBD (looking for a hosting organisation)
- **Working language:** English
- **Travel & accommodation:** Train/plane & hostels

Koning Kevin

Who are we?

Koning Kevin is a non-profit organisation acknowledged by the Flemish Government as Youth Work. Our purpose is to stimulate and encourage a responsible, playful and animated attitude in children and youth. We organise activities that focus quite a lot on creativity. We include music, visual arts, media, movement and theatre. We work with a staff of 9 people and almost 200 volunteers.

What do we do?

We provide training to youngsters who want to work with youth on a voluntary basis. Therefore we have our own series of courses and we provide internships for them in our own organisation. During the summer we organise summer camps with a strong focus on creativity. Our volunteers are all trained by Koning Kevin. The organisation has a large tradition in experimenting and working with art education and game-methods.

Requirements and expectations for partners

Requirements for partners:

- Have a PIF (with **OID**) from the European Commission
- Be able to send a group of **4 youngsters (age 20 - 26) and 1 group leader** (age unlimited), who all have **sufficient English skills** and interest in the project.
- Have experience in projects that have **mental health as a topic**. It would be great if you already have some ideas of what kind of activities you can bring to this project. Experience in Erasmus+ youth exchanges is welcomed, but not necessary.
- Willing to actively participate in creating this project (partner meetings, program of the youth exchange ...)

Project partner will be in charge of:

- Selecting one group leader.
- Selecting, preparing and coordinating participants from their community/country (making sure they are up to date with the latest information etc.).
- Supporting the project's implementation, evaluation, decision-making and learning process.
- Contributing to coordination meetings, as well as to activities to be held during the youth exchange.
- Collaborating on the project by making activities together, working together with the other organisations towards the goals of the project, involving everyone in making the project.