

creative  
youth<sup>MT</sup>



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# M.I.N.D.

**MALTA, LITHUANIA, TURKEY, SPAIN, POLAND,  
ITALY, GEORGIA, CROATIA, CYPRUS, BULGARIA**

**MSIDA, MALTA**

**JANUARY 19-22, 2024**



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**PROJECT NAME**

**M.I.N.D. (MENTAL IMPROVEMENT NURTURING DEVELOPMENT)**

**TYPE OF ACTIVITY**

**ERASMUS+ APV**

**DURATION**

**2+2 TRAVEL DAYS (19-22 JANUARY, 2024)**

**PARTICIPATING COUNTRIES**

**MALTA, LITHUANIA, TURKEY, SPAIN, POLAND,  
ITALY, GEORGIA, CROATIA, CYPRUS, BULGARIA**

**NUMBER OF PARTICIPANTS**

**2 PER COUNTRY**

**AGE OF PARTICIPANTS**

**ABOVE 18 YEARS OLD**



# SUMMARY

**Mental health plays an important role in the life of every person. A mentally healthy person works more productively, as well as is more able to contribute to their surroundings.**

**Hence, it is clear that mental health issues can lead to serious problems & wasted human potential.**

**The core **goal** of the training course is to increase knowledge about mental health between the youth workers, youngsters, and the public overall.**

## **OBJECTIVES:**

- 1) Raising awareness about the existing mental health situation;**
- 2) Reducing prejudices towards mentally ill;**
- 3) Defining what mental health is and why it's important;**
- 4) Creating means to advice youth how to live a healthier lifestyle and cope with the surrounding stress.**





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## FINANCES & TRAVEL BUDGET

**Accommodation, living and other project related expenses 100% funded by the EU.\***

**\* 100% of the travel costs, but no more than the maximum compensation amounts given below, will be reimbursed upon presenting all necessary tickets & invoices.**

Travel distances	Amount
Between 10 and 99 KM	20 € per participant
Between 100 and 499 KM	180 € per participant
Between 500 and 1999 KM	275 € per participant
Between 2000 and 2999 KM	360 € per participant
Between 3000 and 3999 KM	530 € per participant
Between 4000 and 7999 KM	820 € per participant
8000 KM or more	1300 € per participant

Travel distances must be calculated using the distance calculator supported by the European Commission: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>. The distance of a one-way travel must be used to calculate the amount of the EU grant that will support the round trip.

We will reimburse the travel expenses after the mobility by bank transfer in accordance with the Erasmus+ framework. In order to make the reimbursement, it is mandatory that you have all the necessary documents with you. If your travel costs exceed the official limits, the reimbursement will be limited to the maximum amount of travel costs allocated for each country. If you fail to provide all the necessary travel documents, we will be unable to reimburse you.

For bus or train travel, the documents that we need are: **digital / original RECEIPTS**.

For plane travel, the documents that we need are:  
**digital / original BOARDING PASSES and INVOICES**.

**TRAVEL BY CAR OR TAXI IS NOT REIMBURSED!**

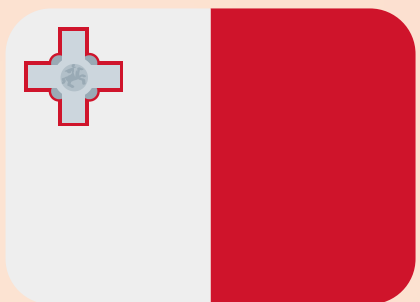


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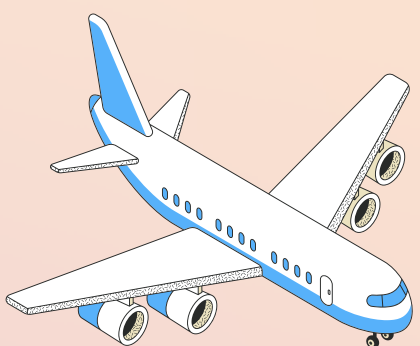


**The official currency in Malta is the Euro.**

**Examples of prices in Malta are: bus ride: 2 EUR; pizza: 12 EUR**



**Flying to Malta is easy. Malta is comfortably reached within a few hours from many cities worldwide. Malta has just one international airport, which is no more than 45 minutes by car from anywhere on the main island, or a little longer by bus.**



**Start your trip by finding a flight to Malta International Airport (MLA). The arrival date is **January 19th**, and the departure date is **January 22nd**. Try to find a suitable option for the flights on these days.**

## **ADDITIONAL STAY**

**The hosting organization (Creative Youth Malta) is covering the accommodation ONLY for the stay during the mobility. In the event of an earlier arrival or later departure, participants themselves must cover the accommodation. In addition, we can only cover tickets up to 3 days earlier or after the project date. If you are planning to stay longer after the project or arrive earlier, please inform us before booking your tickets. Otherwise, we cannot guarantee your reimbursement. Please note that any indirect routes taken for personal travel will not be reimbursed.**





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## ACCOMMODATION & FOOD

Participants will stay in the **NSTS Campus Residence and Hostel**. This Student Residence is a modern and minimalistic hostel in Msida. It is located in a central, safe, and quiet residential location near the University of Malta. Msida is close to the capital city, Valletta.



The main activity room is located in the same building. WiFi internet connection is available. Organizers will provide participants with **three meals per day and two coffee breaks**. Food will be served at the hostel. We strongly recommend each participant inform the organizers about any special dietary needs in advance (a Participant Information Form will be shared to collect this information).

**BASIC RULES:** All participants will be expected **to be present and active in all the activities** (unless they are ill). Unauthorized absences from the activities and workshops won't be tolerated. Smoking is prohibited everywhere inside buildings (the hostel levies a fine of 50 EUR), so all the smokers will have to go outside or to specially designated smoking areas. Any damages to the property of the hostel or the material of the project will be deducted from the travel reimbursements of the ones responsible.



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## PROJECT'S TRAINERS

**Samanta Tumpyte** is an experienced youth worker. She has been working as a youth worker and facilitating local and international projects on different topics for four years. Furthermore, she finished her bachelor's Degree in Psychology and Spanish Philology. Following her studies, she is enrolled as a Master in Counseling student. During her practice, she had meaningful experiences with people from different cultures who were facing various psychological problems. She will guide and support the participants in their personal, social, and educational development to help them reach their full potential.

**Christian Briffa** is a warranted educator who has years of experience in youth work and addressing multicultural audiences. Christian's main profession is that of an architect and civil engineer. Through his skills in design, our youths will be mentored on film, photography, the use of digital tools, and leaflet and poster design for dissemination purposes in the YE activity section. He also worked as a basketball coach and is currently a senior player with Mellieha Basketball Club. His coaching experience equipped him with ample knowledge of training young athletes with mixed abilities. His organizational skills and experience in Erasmus+ projects left Briffa with an everlasting passion to share his knowledge with youth from other countries







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