

Your health is in your hands



Co-funded by the
Erasmus+ Programme
of the European Union

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ERASMUS+ YOUTH EXCHANGE IN BERLIN, GERMANY

BRIEF DESCRIPTION OF YOUTH EXCHANGE

In the previous decade, cases of depression have risen by about 18 percent, with more than 80 percent of cases recorded in low- and middle-income countries. It is believed that the solution to this depression case is antidepressants. The temporary happiness of antidepressants is deceiving people, and these drugs are being consumed uncontrollably.

We need to increase consciousness about this for us to declare safer and more efficient ways of helping people in crisis, trauma, and stressful situations. Psychiatric diagnosis and the use of drugs are essential. We want to make sure that it is wrong to use antidepressants with a piece of friendly advice, a pharmacy recommendation, and too information. We intend to save people who are experiencing a troublesome process from being wasted by these drugs and avoiding the recommendation of young people to be given useless medication and use. It is crucial to take therapy to change or reduce feelings such as anxiety, inadequacy, pain, unhappiness, sadness, worthlessness, and the situation, disease, problem, people, events, and stories that cause depression.

Here are some of the aims of the youth exchange «Your Health is in Your Hands»:

- To promote awareness of this issue to make people more conscious of safe and productive ways of helping people with depression.
- To make sure that it is not likely to use antidepressants with a piece of friendly advice, pharmacy advice, and healthy information.
- To prevent the use of undesirable prescriptions by young people in the depression process.

PROFILE OF PARTICIPANTS



Our target audience is young people aged from 18 to 30 with a focus on 18-25 age group:

- Who are facing social, economic and geographical obstacles (at least 2 participants per group);
- Who are interested in the topic;
- Who show a big motivation for participation and are available for the whole duration of the Youth Exchange;
- Who are residents of one of the participating countries;
- Who can communicate in English.

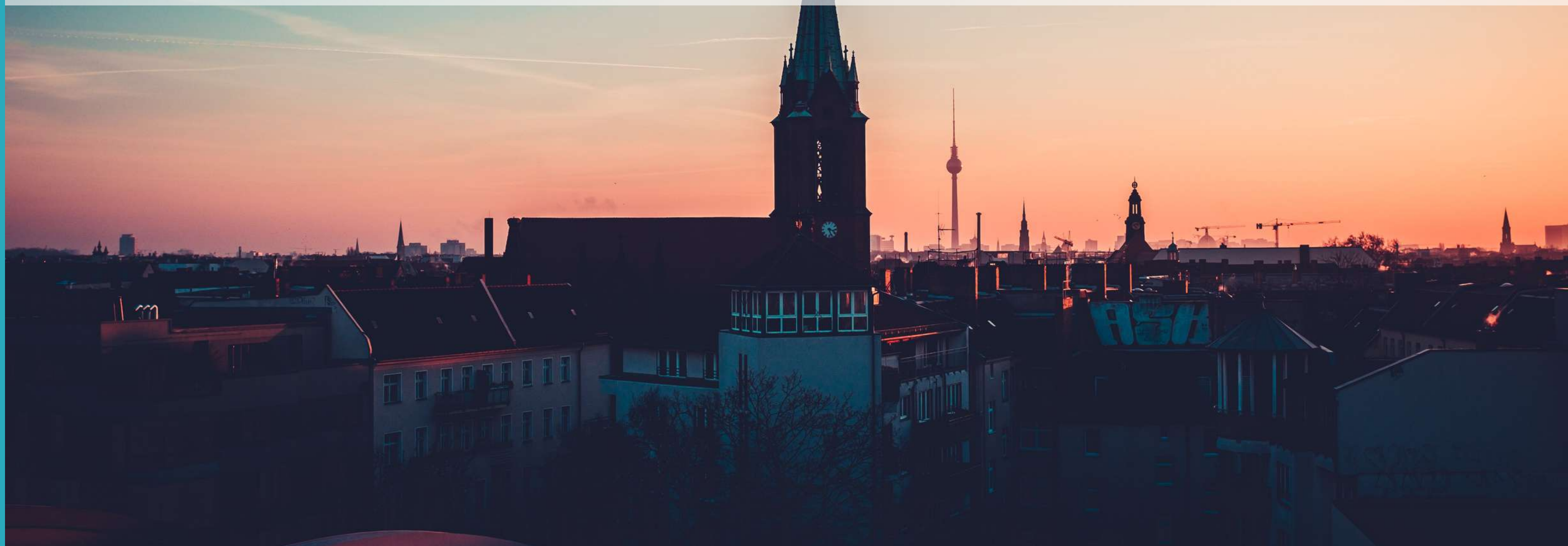
Each partner country should be represented by 4 participants and 1 group leader. There is no age limit for the group leaders (18+).

**BERLIN,
GERMANY**

**ARRIVAL: 08-08-2021
DEPARTURE: 15-08-2021**

VENUE: a&o Berlin Mitte

ADDRESS: Köpenicker Str. 127-129, Mitte, 10179 Berlin

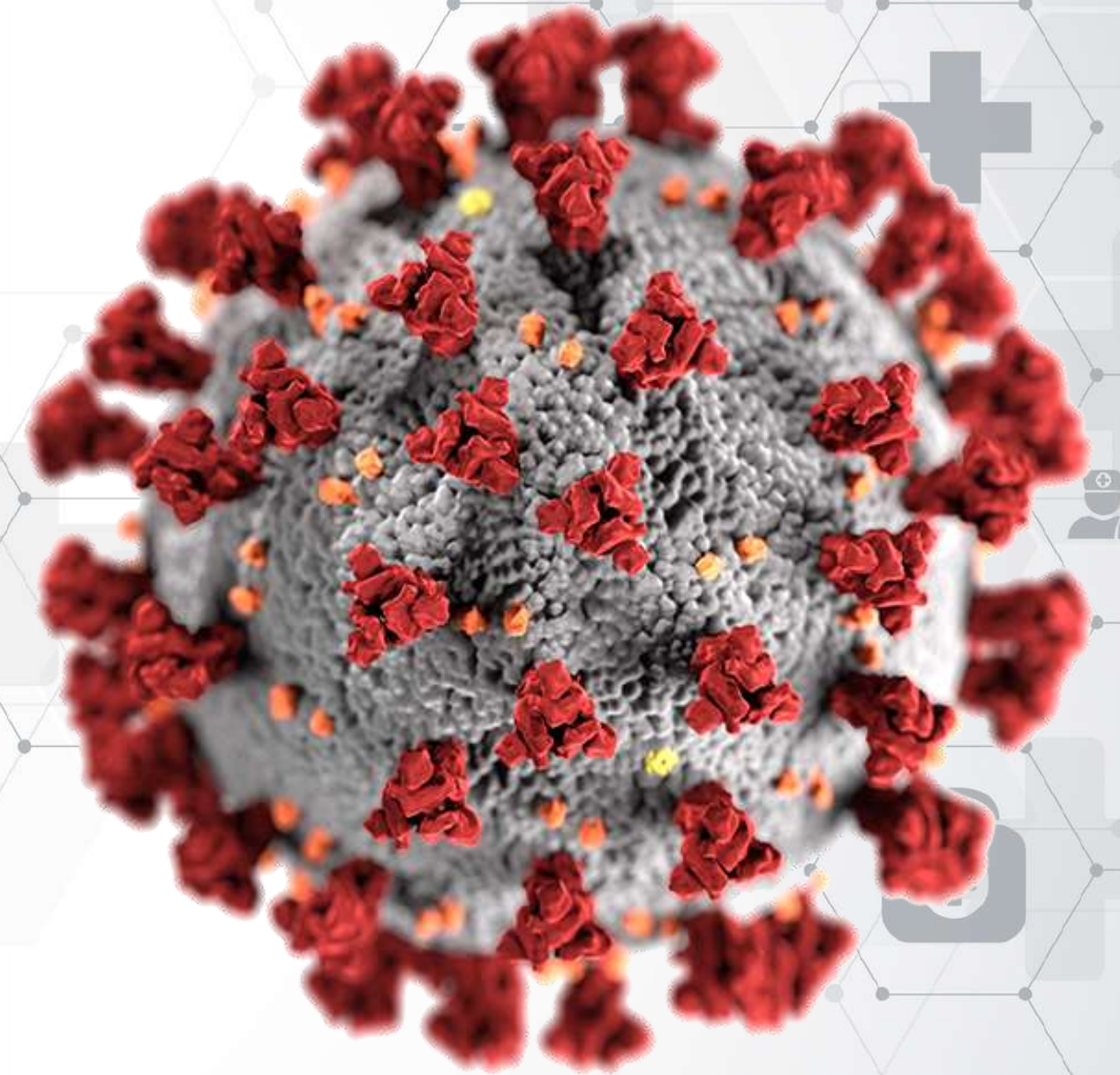


COVID-19 RULES

PLEASE READ THE FULL INFORMATION ON THE WEBSITE OF THE GOVERNMENT OF GERMANY:

[HTTPS://WWW.AUSWAERTIGES-AMT.DE/EN/EINREISEUNDAUFENTHALT/CORONAVIRUS#:~:TEXT=DUE%20TO%20THE%20COVID%2D19,AND%20COMPLY%20WITH%20QUARANTINE%20REGULATIONS..](https://www.auswaertiges-amt.de/en/einreiseundaufenthalt/coronavirus#:~:text=DUE%20TO%20THE%20COVID%2D19,AND%20COMPLY%20WITH%20QUARANTINE%20REGULATIONS..)

PLEASE NOTICE THAT EACH PARTICIPANT HAS TO ASSUME ITS OWN EXPENSES FOR COVID TESTS.



Travel Reimbursement

International travel expenses can be reimbursed **ONLY** upon presentation of **ALL ORIGINAL DOCUMENTS** stating your travel data and costs, namely:

1. Boarding passes (For round trip),
2. Tickets (Also e-tickets),
3. Receipts (In case the tickets are bought by cash),
4. Invoices **and** card payment history (In case the tickets are bought by bank card),
5. Payment checks / Bank statements.

Participants are requested to bring with them all mentioned documents, likewise, any other payment bills, checks, tickets and payment prove that they will get during the travel.

Regarding way-back tickets and boarding passes, they should be sent by international post service to "COPERNICUS BERLIN" (example: check-in at airport) or by e-mail (if they were issued through online check-in). **SCANS / PHOTOS ARE NOT ALLOWED!!!**

Because of Erasmus+ rules, unfortunately we cannot reimburse Taxi costs.

Reimbursement for ALL COUNTRIES will be made by BANK TRANSFER after we have all original tickets and relevant documents. Anyway, cash refund on spot is also available.

Reimbursement Limits

per participant

- GERMANY..... 20 EUR
- LATVIA..... 275 EUR
- SPAIN..... 275 EUR
- ITALY..... 275 EUR
- LITHUANIA..... 275 EUR
- POLAND..... 275 EUR
- BULGARIA..... 275 EUR

THINGS TO BRING

- Valid passport for travel;
- All required travel documents;
- Travel insurance;
- Negative PCR test;
- Vaccination certificate;
- Comfortable shoes or sneakers, outdoor suits & raincoats which can be needed during outdoor activities;
- What could entertain participants during free time, eg. games, music, musical instruments, etc;
- Group activities and new ideas are welcome;
- Traditional food, drinks, music, dances, songs, etc;
- Medicine you can need, etc.



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Contact us

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