

Take care - there  
is only one of  
you!  
Project Infopack



<p><i>Background</i></p>	<p>In the spring time of 2024 group of Finnish young people who met in Vamos Youth work decided that they want to have an international effort to find out ways to support everybody's mental health. That's how the idea of Erasmus exchange was created</p>
<p><i>Aim of the project</i></p>	<p><b>We learn to take care of our own mental health and common well-being. We will discover more resources in ourselves with the support of peers. We learn to recognize and respect our own and others' boundaries. We are introduced to the small changes we can make to promote our mental health. Through internationality, we get new perspectives on how mental health could be caressed.</b></p> <p>The program is divided so that the week in <i>Italy</i> is more concentrating on the body &amp; mental well-being connection through physical activities and the week in <i>Finland</i> is more about promoting mental wellbeing through excersises about self-knowledge, individual's resources and emotional skills.</p>
<p><i>Project Dates</i></p>	<p>Italy 22.- 29.4.2024</p> <p>Finland 12. -19.5.2024</p>
<p><i>Target group</i></p>	<p>18 - 30 years old people who are interested to learn about taking care of one's mental well-being.</p>
<p><i>Venue. accomodation, food</i></p>	<p>Italy: <b>MINO</b></p> <p>Finland:</p> <p>The venue is located 4 km from the town of Virrat in Pirkanmaa area. It's a small town of 6400 people. The accomodation and activities are hold in Youth Center Marttinen. It's located in a relaxed nature enviroment with forest and a lake. Accommodation is shared rooms in modern cabins with toilets and showers. The food is provided by the catering of the Youth center</p>
<p><i>Insurance</i></p>	<p>All the participants have to have European Health Insurance Card. The card is free of charge and you can ask for that at your local public health insurance office. The card is useful in emergency cases when you could need to visit a doctor for any reason. About personal/group travel insurance ask your teamleader. Travel insurance is highly recommended and not covered by the exchange programme. It can help you to avoid high hospitality costs in case of health issues.</p>

<p><i>Travel</i></p>	<p>Travellers to Finland have to be prepared for a long travel day as the venue is located 300 kilometres from the Helsinki-Vantaa airport. The travel inside Finland is organized by train and bus. Later on your group leader will provide you more spesific information.</p> <p>Travellers to Italy have to also be prepared for a long travel day. Ask more from your group leaders</p>
<p><i>Everyday life</i></p>	<p>Italy <b>MINO</b></p>
<p><i>Everyday life</i></p>	<p>Finland</p> <p>The currency of Finland is euro. On principal almost every place takes card or contactlels mobile payment. Supermarkets are open 7 days a week. Small bottle of water costs around 1 euro. Tap water is high quality and drinkable everywhere in Finland. A meal in a restaurant costs around 13 - 25 euros. In Marttinen we will have full treatment including breakfast, lunch, dinner and evening snack. Finnish people are quite early eaters. Lunch is usually serverd at 11 to 13, and dinner at 17. The most common Finnish spices are salt and pepper. So we are not wild on the cuisine side.</p> <p>The weather in May varies a lot. The most common weather is around +10 degrees, but the temperature can rise to +25. The rain is possible. It's recommended to check weather forecast before hand.</p> <p>When it comes to animals, we don't have penguins or polarbears, but there are rabbits, deers, brown bears, wolves, lynx and foxes. But don't worry: most of the Finns never see bears or hewolves in their lifetimes as the animals avoid human contact. There is tiny possibility for mosquitoes but not probable. In the case of early summer there will be repellents provided.</p> <p>There is a chance for you to experience essential part of Finnish culture: Sauna. The degrees will be around 70-80 and we throw water on the stove to make it steamy. There is also swimmable lake next to it. Sauna experience is of course voluntary.</p> <p>In May the daylight time is long, so sleepmasks and earplugs are recommended for light sleepers.</p>
<p><i>What to bring</i></p>	<ul style="list-style-type: none"> <li>• European Health Insurance Card (obligatory) and travel</li> </ul>

insurance (recommended).

- Your own medication
- Comfortable shoes and clothes for movement and outdoor activities.
- Raincoat or waterproof jacket
- Your favorite board games or cards, musical instruments or other materials for personal or group relaxation time.
- Snacks or other typical things from your country to share with other participants in cultural night.

*Other*



Whatsapp group will be created to get to know each other before hand.

You can already follow the actions of the Finnish group in instagram @selfcare\_rats



Any questions?

Ask your group leader or send WA to Ville Mäkelä - coach in Vamos youth work: +35850 326 4250

Warm welcome to everybody!



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