

FLASHING LIGHTS
TENSION
FATIGUE
HEADACHES
DIAGNOSE YOUR PROBLEMS
STRESS
VISUAL DISTURBANCES
THE ROBBERING

TAKE CARE YOU ARE THE ONLY ONE



Co-funded by
the European Union

iVAMOS!
Diakonissalaitos



SUMMARY



TAKE CARE - You are the only one is a project funded by the Finnish National Youth Agency, coordinated by **Diakonissalaitos Vamos Tampere** (Finland) in partnership with **Associazione Link** (Italy).

The project includes two mobility periods:

- The first one in Italy, from April 22 to April 29, 2025.
- The second one near Tampere, Finland, from May 12 to May 19, 2025.

The two phases involve the participation of 12 young people aged between 18 and 30, along with 2 leaders. The project is especially open to young people with fewer opportunities.

Main topics are: mental health, environment, leisure, and sports.

TOPICS / ACTIVITIES

Main topics are: **mental health, environment, leisure, and sports.**

CONTACTS

For any specific requests, please do not hesitate to contact us!

Emanuele +34 602674049 (WhatsApp)

Ville: +358 50 3264250

Giuseppe: +39 389 180 4393

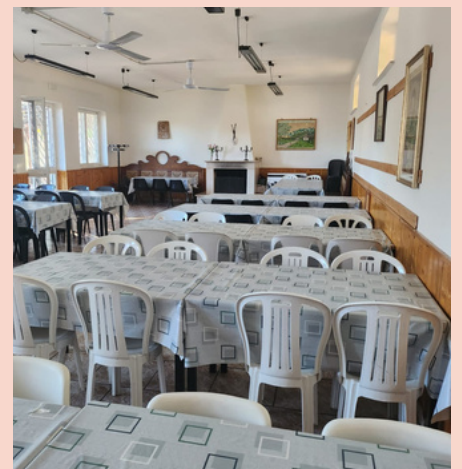
link@linkyouth.org

Do you want to know more about the two organizations?

linkyouth.org | <https://www.hdl.fi/vamos/>

Take care

ACCOMMODATION / CASA NAZERETH



The project will be hosted in a peaceful, remote countryside lodge. Casa Nazareth is located just 15 minutes by car from Cassano delle Murge. The venue offers a range of facilities, including a fully equipped kitchen, a common room, a basketball court, a sports field, ideal for outdoor activities and exploration. Accommodation consists of shared dormitories with six participants per room, and bathrooms are communal. Please note, there are no shops or bars within walking distance. Link will provide transportation from the stations to the accommodation for your convenience. The venue has a charming, rustic atmosphere, but please be aware that Wi-Fi is not available. With a bit of flexibility and a spirit of adaptability, we are confident that everything will run smoothly, allowing for a memorable and transformative experience.

Take care

iVAMOS!
Diakonissalaitos



Co-funded by
the European Union



OXYTOCINE

Oxytocine, also known as the "love hormone," a molecule produced in the brain that enhances mood, induces a sense of well-being, promotes social interactions, and reduces anxiety, stress, and pain.

SEROTONIN

Serotonin boosts mood, reduces anxiety and aggression, and alleviates headaches, it's widely used in the treatment of depression, migraines, and eating disorders.

DOPAMINE

Dopamine is a neurotransmitter made in our brain. It plays a role as a "reward center" and in many body functions, including memory, movement, motivation, mood, attention and more.

ENDORPHINS

Endorphins are peptides produced in the brain that block the perception of pain and increase feelings of wellbeing. They are produced and stored in the pituitary gland of the brain.

The release of "happiness" chemicals, such as dopamine, serotonin, endorphins, and oxytocin, is linked to specific lifestyles, physical activity, and dietary choices.

Throughout the project, we will carry out various activities aimed at stimulating the production of well-being hormones, such as sports activities, meditation, artistic activities, and social interactions taking care of inclusion and active participation of everybody.

PROGRAM

<p>DAY 1 22ND OF APRIL</p>		<p>ARRIVAL + NIGHT STORIES</p>
<p>DAY 2 23RD OF APRIL</p>	<p>INTRODUCTION TO THE YE + TEAM + RULES + PROGRAMME + TO KNOW EACH OTHER</p>	<p>TEAM BUILDING + SPEED DATING</p>
<p>DAY 3 24TH OF APRIL</p>	<p>WELLBEING MENUS + THEATRE OF HORMONES</p>	<p>LEISURE ACTIVITY</p>
<p>DAY 4 25TH OF APRIL</p>	<p>CONNECTING BODY AND MIND (physical theatre)</p>	<p>BASKET CHALLENGE + educational videos</p>
<p>DAY 5 26TH OF APRIL</p>	<p>LEISURE ACTIVITIES IN THE NATURE</p>	<p>LEISURE ACTIVITIES IN THE NATURE</p>
<p>DAY 6 27TH OF APRIL</p>	<p>SWARM: WELLBEING AND COMMUNITY</p>	<p>MAKE YOUR OWN MENUS</p>
<p>DAY 7 28TH OF APRIL</p>	<p>EXPERIENCE THE MENUS + FEEDBACK</p>	<p>EVALUATIONS + YOUTHPASS</p>
<p>DAY 8 29TH OF APRIL</p>	<p>DEPARTURES</p>	