

# THE ROAD TO HAPPINESS



A YOUTH  
EXCHANGE THAT  
WILL MAKE YOU  
HAPPY



# INTRODUCTION

What makes us happy? What is exactly happiness? What are the factors that contribute to our happiness, what are the factors that decrease the happiness factor and what would be the path to achieve happiness? These are the questions with which many of us struggle on a daily basis. Especially now more than ever it's been relevant that's why our participants' partners came up with the idea to do a youth exchange about happiness in which young people will discover together the road to happiness. One of the key factors affecting negatively our state of happiness is stress. The devastating effects of stress on our mental, emotional and physical health have been studied for more than 50 years. What was before an automatic response developed to protect our ancient ancestors from predators and threats, might now be one of the major contributors to mental illness. Understanding what stress is and how it affects us, as well as learning how to manage it, is crucial for our youngsters in our "deadline" focused society. We have identified the following causes of the higher risks of young people to experience stress, burnout, anxiety, depression, etc.: lack of knowledge on how to prevent & manage stress in their lives & how to create a work & life balance; being constantly exposed to social or/and environmental problems, makes them see problems all the time, which at times can feel very depressing and without knowing how to keep the positive thinking alive, it can lead to mental illnesses; most of the youngsters are very passionate and motivated about their study/work, which leads to a higher risk of burnout as they tend to prioritize study and work forgetting about the other areas of their lives. Moreover, youth is often undervalued, underpaid and work in stressful environments under high pressure. That is why we want to organize an 8-day Youth Exchange "The Road to Happiness" in which 32 participants and 8 youth leaders from Italy, Sweden, Lithuania, Luxembourg, Greece, Bulgaria, Croatia & Netherlands will come together in Agrigento

Italy and will together find out what is the path to happiness, define happiness, develop self-care practices, foster the culture of wellbeing and organize & maintain a continuous focus on inner sustainability — their mental and physical wellbeing. Participants will learn how to refuel their energy reserves without compromising their health. The program is aimed at encouraging participants to change their attitudes regarding a work/life balance and will introduce ways of setting healthy boundaries to prevent burn-out and stress.

We believe that wellbeing is a catalyst for a positive change within oneself and communities and societies in which we all live. Once, the participants will know how to take care of their own wellbeing, they will be able to spread the message to their communities.

# DATES & VENUE

Mobility: 26 to 2nd November 2021

Arrival date: 25 Oktober 2021

Departure date : 3rd of November 2021

Application deadline: 07 Oktober 2021

Participation fee: 75 euro

The Youth Exchange will take place in Agrigento, Italy. The facilities are suitable to host our project in good conditions. The activity room is new and well equipped and all meals will be adaptable to the participants' dietary needs.

The Youth Exchange venue it's hotel tre torri

( <https://www.hoteltretorri.eu> ) address : viale cannatello n.

7 Villaggio Mosè (Agrigento)

# HOW TO REACH THE VENUE?

There are many possibilities how to come to Agrigento (Sicily).

The most common places where to land are : Catania and Palermo.

## CATANIA

From CATANIA airport you can easily take direct bus to AGRIGENTO (departs every 40/60 minutes), details described here: [www.saistrasporti.it](http://www.saistrasporti.it) The journey takes from 2h30 to 3h.

## PALERMO

1. direct bus to AGRIGENTO but only 4 buses depart per day, at: 10:15-12:15-17:30-19:30 more info here: <https://www.autolineesal.it/PuntaRi.html>
2. from airport you can take train or bus until central train station of Palermo and then train or bus to AGRIGENTO. (departs every 60 minutes). details described here <http://www.trenitalia.com/tcom-en> <http://www.cuffaro.info>

# FROM AGRIGENTO TO

# HOTEL

Bus coming from airport stop in Agrigento (Piazzale Rosselli) and in the same place you can take other bus ( number 2 or number 2/ ) that goes directly to venue ( Villaggio Mosè ) For any help, you are free to ask driver to show you our hotel.

The bus ticket costs 1,20 Euro. You can buy it from a ticket office on the bus station (piazzale Rosselli). Here you can find the bus schedule:

(number 2) <http://www.trasportiurbaniagrigento.it/linea-2.php>

(number 2/) <http://www.trasportiurbaniagrigento.it/linea-2-.php>

For those who arrive late in Agrigento bus station (after 21:00) and can't catch the bus to hotel (only if they had late fly), they should let us know an approximate arrival time and we will provide the pickup

# REIMBURSEMENT

The costs will be covered by Erasmus plus for participants, The Travel grants will be:

1. Netherlands maximum 275 euro
2. Greece maximum 275 euro
3. Lithuania maximum 360 euro
4. Croatia maximum 275 euro
5. Italy maximum 40 euro
6. Bulgaria maximum 275 euro
7. Luxembourg Maximum 275 euro
8. Sweden maximum 360 euro

The reimbursements will take minimum 12 to 16 weeks and can only be done when :

All the boarding passes and invoices are uploaded in the google drive and physically handed over during the admin hour ( see schedule)

- When dissemination has been done
- Follow-up activity plan has been uploaded and at least one activity has been done
- When 100% of the sessions have been followed. Sessions can only be skipped when you are sick or have another emergency. Just to clarify: Hangover is NOT sickness

# HOW TO APPLY?

[https://docs.google.com/forms/d/1BiOtvn4cQlGrHl\\_5rzo1om2mQHHbaZD099iuOFCqVvU/edit](https://docs.google.com/forms/d/1BiOtvn4cQlGrHl_5rzo1om2mQHHbaZD099iuOFCqVvU/edit)

# POSTING

- Please when creating posts regarding the project please keep in mind the following things:
- It should be aligned with the topic and goal of the YE
- Posts should add value for your followers and for the project
- Should not contain alcohol in it

Add following hastags #YEHappiness #erasmusplus # Cultureclash4U

#CC4U#agorabulgaria #yourorganisation

# WHAT TO

# BRING

1 Autumn clothes temperature is between 15 & 20

2. Swimsuits as there is a pool in the hotel
3. Toilet & bath accessories
4. Food and/or drinks for the intercultural night
5. Hand sanitizer & face mask
6. Own coffee/tea mug/Water bottle & stationary

# GLOBAL VILLAGE

During a special evening we will share characteristics from our culture. We ask you to bring foods and drinks to share! You can also think of some other things to share with the group From your culture: stories, dances / songs etc. In case you play an instrument, it might be very nice to bring it. Just no power point presentation or country promotion videos, as it would be the best if you can share something in your own words! By the way, to present something from your culture does not mean it has to be something from your country: it can also be from a region, a city etc.

# INSURANCE

Please keep in mind that you are self-responsible for sufficient insurance (illness/personal liability/cancellation/theft/Health etc.). Organizers take no responsibility for the insurance. Make sure you have travel & health insurance valid in Spain for the mobility period

# CONTACT

If you need help, have questions or need further information you can contact the following people:

Gancho Kolaksazov

+359897837414

E-mail: [gkolaksazov@gmail.com](mailto:gkolaksazov@gmail.com) [www.ittibg.org](http://www.ittibg.org)