

## Open Call for Long-term ESC Project in Constanta, Romania

### Title: Antidepressant Incubator

#### Short description of the project:

**Time:** The project consists by 1 mobility of 8 volunteers:

- 01/04/2021\* - 30/11/2021 - 8 months long
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\*The starting date is flexible, according to the Covid19 pandemic situation on European level.

**Place:** Constanta- a big city in Romania, on the Black Sea Coast

#### Context:

The problem / need identified is the lack of information about mental health in general and about depression, in particular, in the sense of transforming depression and self-aggression into desirable behaviors among adolescents and preadolescents belonging to student groups. (school and high school students)

This is urgent, due to the fact that more and more (pre) adolescents self-evaluate as "depressed" and choose to do self-aggressive behaviors or even suicidal attempts, in order to attract attention on the significant others, thus solving their problem of being accepted and integrated into their group.

#### Beneficiaries:

The groups affected by this problem are preadolescents and adolescents aged 11-18, belonging to groups of students in school and high school. Indirectly, their families are affected being overwhelmed of such crisis situations of their children, of decreases the school performances, and even school drop.

**Purpose of the project:** to build an awareness campaign about the real implications of mental health problems on

preadolescents and adolescents and to stimulate the coping skills to address healthy social behaviors, including

encouraging responsible and critical social media consumption.

#### Objectives:

Objective 1:

Increasing the level of information of 1200 students from Constanta and Cumpana and for 8 volunteers from Europe about the problem of depression, especially mental illness in general;

Objective no.2:

Increasing coping mechanisms in terms of outlining solutions that are easy to apply in everyday life, related to choosing healthy behaviors for social integration, for 1200 students from Constanta and Cumpana and for 8 volunteers from Europe;

**Objective no.3:**

Increasing the level of information about the use of the Internet to find out about mental health, in the sense of decreasing the consumption of fake news, for 1200 students from Constanta and Cumpana and for 8 volunteers from Europe;

**Objective no.4:**

Increasing the level of information about the opportunities of European learning programs for young people, Erasmus + and the European Solidarity Corps, as solutions for enlarging the future perspectives, for 1200 students from Constanta and Cumpana and for 8 volunteers from Europe ;

**The estimated impact** on the direct beneficiaries is the increase of the soft skills, so that on the one hand the groups of students become more cohesive and more easily accept among them those members whom they rejected, and on the other hand, all the adolescents should understand the right dimension about the mental illness, especially depression, to be informed about the implications of the acts of self-aggression and about the significance of suicide attempts. We also want to increase their ability to think critically and be aware about the fake news on the Internet. This project comes as a follow-up of the 4 previous projects run by our organization, in which we have used concepts such as tolerance, social integration, respect for people and the environment.

**Activities:**

The project consists in 1 mobility for 8 volunteers, aged between 18 and 30, who will work in two teams of 4.

- Activities with non-formal methods at high school / school: informing and raise awareness about mental health and the consequences of self and hetero aggressive behaviors, on a personal and interpersonal level.
- Activities with non-formal methods in high school / school: assertive training and educating the pro-active attitude.
- Facilitating creative community workshops at Open Doors Centre, by means of non-formal methods and upcycling, for children with few opportunities and young people with mental health problems.
- Intercultural presentations of the countries of origin, to the community.
- Presentations of the project results and ESC opportunities at high schools in Constanta and in the county.

- Supporting presentations at community events, organized in partnership with other local organizations active in ESC and Erasmus +, in the purpose of promoting volunteering opportunities to young people, based by the example of ESC volunteers.

You can read more about Hosting Organization activities here: [Creative Plus \(creative-plus.ro\)](http://creative-plus.ro)

### The profile of the candidate:

- Open minded and willing to learn something new every day, especially in the multicultural environment;
- Special interest of the project's topic (mental health) – experience in this field is a plus, but is not mandatory. Experience means: the candidate has suffered from depression or other mental illnesses in the past; the candidate has someone in the family struggling with a mental health issue; the candidate had worked in a mental health field;
- Experience working with non-formal education is a plus, but is not mandatory;
- Artistic skills (painting, dancing, acting etc) is a plus, but is not mandatory;
- Basic level of digital skills is required (working with documents, editing visual materials etc);
- Good level at English is required.

The selection questionnaire to be filled pre-interview, here:

<https://drive.google.com/file/d/1Xp7IWu9SdiBg8VB-OT1SWSLkgd3EKQX0/view?usp=sharing>

Please send it to [office@creative-plus.ro](mailto:office@creative-plus.ro)

	Countries involved	Role in the project
[Your NGO here ]	Program Countries	Sending
<b>CreativePlus NGO</b>	Romania	Coordinating/Hosting Organization