



ARMENIAN STATE
UNIVERSITY OF
ECONOMICS



The Mending Minds League: Youth against Mental Health Challenges During COVID Pandemic

Date: 10.12 - 18.12.2022

Place: Berlin, Germany

Venue: Jugendherberge Berlin-Am Wannsee

Description: The main objectives of the project is to equip youth with knowledge, skills and attitude on how to address mental and physical health issues and strengthen of the youngster in their own community. Youth will tend to get the following:

- Promoting mental and physical lifestyle among the youth during and post-pandemic lifetime;
- Increase self-empowerment and self-esteem by learning how to take care of mental and physical health on everyday basis;
- Raising awareness among young people about the importance of both physical and mental health care;
- Promoting alternative physical and mental activities as a more convenient and attractive way for youth to maintain their health;
- Strengthening soft skills to improve the ability to recognize and rule personal and other people emotions.

Working language: English

Costs: Participation fee is 70 EUR. Travel expenses to Germany and return will be reimbursed up to max. 360 EUR.

Accommodation: During the days of the training course participants will be accommodated in 4-bed rooms in the Jugendherberge Berlin-Am Wannsee. 3 times meal per day is also included.