Training Course

SPINOZA'S ETHICS AND MENTAL HEALTH- A PATH TO PSYCHOLOGICAL WELL-BEING

Łódź, Poland

27.03-02.04.2024

ABOUT THE PROJECT

The core aim of this project is to **boost mental health awareness** while providing creative and practical approaches to mental well-being.

We believe that fostering mental health literacy is critical for societal well-being. Especially in today's fast-paced lifestyle, mental health issues such as **anxiety and depression are on the rise,** often leading to other severe health conditions.

In this context, our project integrates the principles of the philosophy of **Baruch Spinoza**, a 17th-century Dutch philosopher, to offer unique insights into achieving mental wellness.

Dear project partners and potential Participants!

In this infopack we present you information that will be useful for you. Please make sure that you read all of them carefully.

If you have any additional questions, we will be happy to help :)

Contact us on: erasmusventure@gmail.com

PROFILE OF PARTICIPANTS

4 participants per country

Age: 18+

Good knowledge of English

Partner organisations are responsible for selection of the participants.

Participants who do not meet this criteria on 27th of March 2024 will NOT be accepted.

TRAVEL BUDGET PER PARTICIPANT

N.Macedonia - 275 EURO
Lithuania - up to 210 EURO (green travel)
Serbia - 275 EURO
Poland - 0 EURO
Spain - 360 EURO

The participants should **arrive** in the hostel on **27th of March 2024**. **Departure** will take place on **2 April 2024**. Participants can come **2 days** before project starts **and/or** can stay **2 days** after project ends.

Organizers DO NOT cover accomodation costs out of project dates and venue.

DISSEMINATION OF THE RESULTS

AFTER THE MOBILITY IN ŁÓDŹ - PARTICIPANTS ARE REQUIRED TO:

- Post about gained experience during the project (personal dissemination) - there will be time to do it on our last session
- Fill the Erasmus Mobility Report

All the details about dissemination requirements will be discussed & explained during the mobility.

REIMBURSEMENT

In order to receive travel reimbursement participants have to meet certain criteria:

- EACH PARTICIPANT'S TRAVEL PLAN HAS TO BE ACCEPTED BY HOSTING ORGANIZATION BEFORE ANY PURCHASE! TICKETS THAT ARE NOT ACCEPTED ARE NOT A SUBJECT TO RECEIVE TRAVEL REIMBURSEMENT.
- take part in all activities at the project
- provide needed justifying travel documents
- fill the Erasmus Mobility Report
- disseminate the results of the project

TRAVEL DOCUMENTS' REQUIREMENTS (depending on the type of transport)

Flight tickets (economic class / low cost):

->e-ticket/e-mail conformation of purchase (you receive it by e-mail after you buy the flight / e-mail that you receive as a confirmation that you made a payment with all the details about your flight, your name & surname and the price);

-> invoice (please check if you can generate the invoice for your flight purchase, invoice is necessary if you do not have the e- ticket / e-mail   confirmation of your purchase)

->boarding pass (you get it online 24h-30h before the flight or directly at the airport);

Please note that SCREENSHOTS of boarding pass'es are NOT ACCEPTED. We need from you the original PDF online boarding pass or the original paper version received at the airport. So remember to NOT CHECK-IN VIA MOBILE APP. Do it using only the web browser on the site of your Airlines (only in this way you will receive PDF version of your boarding pass)

Train / bus tickets - make sure the date, the itinerary and the price are visible at the tickets. If you can get an invoice - even better (only original PDFs or paper versions; photos/screenshots of the tickets are also not accepted)

TAXI -cannot be reimbursed

When all justifying documents are provided, the Hosting Organization will transfer the travel reimbursement within 1-2 months from the moment when all travel documents are received & all participants fulfilled all dissemination duties. **If you do not bring/send ORIGINAL tickets, boarding passes, invoices or bills with the ticket prices, We cannot reimburse your travel expenses .**

ACCOMODATION

ADDRESS

Szkolne Schronisko Młodzieżowe
ul. Legionów 27

https://www.yhlodz.pl/hostel-
legionow/opis-obiektu

Participants will be accommodated in 2/3/4 bed
rooms grouped by gender with participants from
different countries.

There are also 3 common toilets on every floor
(there is not toilet in the rooms).

FOOD

Organizers will provide 3 meals a day.

The options are: vegetarian, vegan, no pork.

We believe that breaking bread together is a fantastic way to enhance collaboration and create lasting memories! Each country will take the reins in preparing **breakfast and dinner.** Don't worry; we've got all the ingredients covered! It's an opportunity to showcase your culinary creativity, cultural flavors, and, most importantly, bond with your fellow participants over a shared meal.

Organisers DO NOT pay for any aditional food requests beside the food that will be already provided!

IMPORTANT INFORMATION

TRAVEL

Each participant is responsible for **buying their own tickets**, in accordance with the guidelines. Refer to the travel budget for the maximum covered amount. **The best is to buy it online so you can print it multiple times.**

REIMBURSEMENT

Reimbursement will be done by bank transfer **after the project** and giving us all documentation. You need to bring the **copy of the tickets with you**, in the hostel there is not a printer.

DOCUMENTS

Name of passenger, price, currency and date of purchase should be **clearly visible** on all documents to be viable for reimbursement. Copy of tickets are **not enough** according to Polish accounting rules - we need **original documents.**

PLEASE NOTE

The tickets booked without our permission or missed flights or any other reasons which the participant could not attend the training **will not be reimbursed**. Bank proof and confirmation of transaction charged for the tickets **might be asked** if there are any doubts.

INSURANCE

It is required for every participant from EU country to
have the **EKUZ card**, which provides a free insurance for EU participants on the entire territory of the European Union.

**Project organizers don't provide health insurance and it
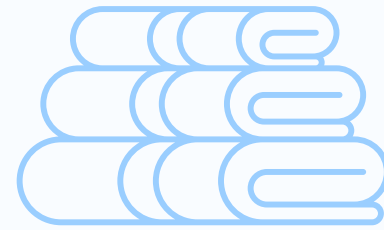will not be reimbursed by the organizers.**

PREPARE YOURSELF

On the right you can find the list of what can be useful during your stay in Poland.

Do not forget about anything to enjoy the project and create memories! :)

FOR COMFORTABLE STAY

towels

suitable clothes

cosmetics

FOR CULTURAL EVENING
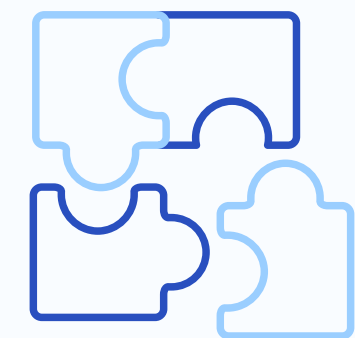
traditional food

souvenirs

dance and games

FOR SESSIONS AND INTEGRATION

ideas

good mood

ice breakers

HOW TO GET TO ŁÓDŹ

Łódź Fabryczna
Plac Bronisława Sałacińskiego 1, 90-001 Łódź

Walk
∨ About 3 min, 220 m

Rodziny Poznańskich - Dw. Łódź ...

59 Radogoszcz Wschód
∨ 9 min (4 stops)

Zachodnia - Próchnika (5316)

Walk
∨ About 6 min, 500 m

Legionów 27
91-069 Łódź

The best is to flight to Warsaw, where are 2 airports:

Warsaw Chopin Airport as well known as Port Lotniczy Warszawa-Okęcie (served by Wizzair and other companies)

Warsaw Modlin Airport (served by Ryanair and other companies)

From the airport you can catch **FLIXBUS** going straight to Lodz. Choose **Lodz Fabryczna.**

From Lodz Fabryczna get to the bus number **59** on the bus stop called Rodziny Poznańskich-Dworzec Łódź Fabryczna. Then take 4 stops and get out on Zachodnia-Próchnika. 6 minutes walk and you are on the place! :)

We don't reimburse Taxi /Uber/ BlablaCar etc - We only take in consideration official public transport and the cheapest option to get to Lodz.

PUBLIC TRANSPORT IN ŁÓDŹ

Bus ticket you can buy on the bus in the machine (on the left you can see how it looks). Only paying by card is accepted.

Here is the video how to use it: https://www.youtube.com/watch?v=GLYCK0sJJRg

Machine is also in English, so no worries :)

After purchasing the ticket you **MUST** make it valid - put your ticket into the orange machine (you can see it on the left photo as well).

We don't reimburse Taxi /Uber/ BlablaCar etc - We only take in consideration official public transport and the cheapest option to get to Lodz.

MEET
OUR TEAM

Bojan
FOUNDER OF THE ORGANISATION

Reach to him in case of collaboration.

Damjan
FACILITATOR

If you have any inquiries about Erasmus, feel free to ask – his wealth of knowledge is at your disposal.

Klaudia
PROJECT COORDINATOR

Contact her in case of any questions about the project on erasmusventure@gmail.com or Whatsapp +48570444169

SEE YOU SOON! :)