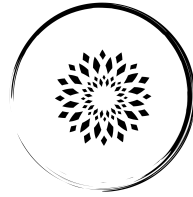


Equally Different



No shame

FUNDACJA BEZ WSTYDU

No Shame Foundation

Who are we?

Foundation 'No Shame – Bez Wstydu' has been set up with an aim to help people who experience problems with Psoriasis. There is still very little awareness about this skin condition in Poland and also around the World. Despite many existing Associations, Foundations and a few people speaking out about this problem in the media, people not affected by this disease continue to be guided by myths about Psoriasis.

During the development of the Foundation, we began to expand our activities and we now work with people who experience other skin conditions. We focus on the impact that those illnesses have on human psychological and emotional health and wellbeing.

We are committed to promoting knowledge about skin diseases and available forms of treatment, and above all, about how to naturally care for the skin and alleviate the symptoms of the skin conditions and by taking care of mental health every day!

Place:
Warsaw, Poland

Dates :
15.04.2022- 22.04.2022

15.04.2022 - travel day
16-21.04.2022 - project activities
22.04.2022 - travel day



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The Main Problem:

While working with young people, we noticed that young people don't know any tools needed to provide even basic psychological support to others in need. They have a problem with putting themselves in the situation of a sick or requiring intervention, it is difficult for them to understand the concept of discrimination and exclusion if they are to help such a person. On the other hand, when working with young people who require this support, we notice that the basic psychological tools are often not adequate to work with young people. Therefore, this project is important and useful, because we assume that during the exchange, young people will develop results that will allow them to continue working with young people who require psychological support, but also project participants will learn to respond adequately in situations requiring intervention in the context of discrimination and social exclusion. By addressing these issues, we want to build up empathy among young participants, manage it and use it to help others. By running this project, we also want to show young people how skin diseases also affect the mental health of people's diseases. During the project, we also want to familiarise participants with issues such as stress management and other tools supporting their development.

Partners:

Bulgaria - Association Walktogether

Romania - Youthland Association

Spain - 2Europa Association

Poland - No Shame Foundation

Project aims and benefits:

Groups consisting of 6 young people from 4 different countries learning and exchanging information about social exclusion and psychological impacts skin diseases have on people.

- ★ educating young people about social exclusion,
- ★ educating young people about psychological impacts that having a skin disease might have on mental health - low mood, depression or anxiety disorders,
- ★ developing trainings on methods of working with young people in the field of motivation,
 - ★ involvement and social activation,
- ★ education on psoriasis and other skin diseases development of training on methods of working with problematic youth that require support and exchange of experiences between organisations in the field of psychological support for charges,
- ★ personal development of all participants of the exchange (team work, team building, joint implementation of goals, improving self-esteem)



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- ★ building up soft skills such as: communication, establishing relationships, ability to work in a team, work organisation and creativity
- ★ Building up hard skills such as: communication in English, use of computer programs (Excel, Word, Powerpoint), operating graphic arts software (Canva), editing software,
- ★ improving knowledge about various forms of help available for people suffering from exclusion in their country and in Europe,
 - ★ increasing cultural awareness,
 - ★ integration into the international community,
 - ★ getting to know new cultures,
 - ★ making people aware of cultural differences,
 - ★ the ability to express their own ideas and opinions,
 - ★ respecting other members of the international group.

Participants profile:

6 participants from every organisation includes one leader for each organisation (Leader is a person who works in non-governmental structures and has experience in project and people management in age 21-30).

Participants: young people aged 18-30 (ratio: 50/50 male/females), students of humanities and medical sciences, people associated with skin diseases, but also experiencing or interested in the subject of pro-health issues who also:

- ★ want to develop their competences and acquire knowledge in Europe.
- ★ are already involved in social projects and want to help to break taboos.
- ★ are willing to learn and share their experience in order to help others.

At this time we are able to recruit only fully vaccinated participants - we will be asking about a unique certificate identifier in the participant profile.

After the recruitment process, **please add national group members to the project group on Facebook: <https://www.facebook.com/groups/339312611422348>,**

We will publish most of the information about the project there.

We will also provide links to a survey identifying food preferences and allergies that will allow us to implement a project that meets your needs: <https://forms.gle/ey5Q7n77BYNkv8zB7>



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Participants will learn:

- ★ how to prevent social exclusion
- ★ how to develop training on methods of working with young people in the field of motivation, involvement and social activation
- ★ how to prevent psychological consequences of the disease, such as depression, anxiety disorders
- ★ how to provide support to people suffering from exclusion in their country and in Europe
- ★ about how other countries deal with such problems and how we can transform the experience of participants from other countries into the activities programme for the organisation in each partner country that is involved in this project

Planned activities:

- ★ Integration games.
- ★ Psychology workshops.
- ★ Partner country presentation on their place of origin.
- ★ Partner country essay on methods of psychological support for excluded people.
- ★ Conversation about psychological consequences of the disease.

What to prepare before attending Equally Different?

EACH GROUP MUST PREPARE one presentation, one essay and one integration game supporting teamwork

Topic of presentation: What your place of origin looks like?

Presentation must not exceed 15 minutes + 5 minutes allowed for questions and a discussion.

Topic of essay: What are the methods of psychological support for excluded people in your country?

Essay must be no longer than 2 pages.

WARNING ! / IMPORTANT

There won't be any time allocated for preparation of the presentation and essay during the youth exchange. You must do it before coming to Warsaw!



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We want the presentations to be creative, well prepared and interesting. We do not want to restrict you only to the use of Microsoft Powerpoint. The more interesting and creative the idea, the better. After all, we do not want to bore the whole group!

The idea for the team-building game should be sent to us before your arrival in Warsaw.

Travel reimbursement:

Bulgaria - 275 EUR

Romania - 275 EUR

Spain - 360 EUR

Poland - 180 EUR

Travel costs are reimbursed under the condition of participation in all activities.

Travel expenses are reimbursed up to 60 days from the date of receipt by No Shame of the results of the project dissemination activities, and a complete set of documents such as travel reimbursement forms and original tickets.

Only class II or Economy Class tickets are eligible for reimbursement of costs. Taxi, car and public transport are not eligible for reimbursement.

Hotel Address will be updated

NAME

Street

Warsaw, Poland

ADDITIONAL INFORMATION:

- ★ **We recommend downloading a free application that allows you to search for connections offered by public transport in Poland:** <https://jakdojade.pl/warszawa/trasa/>
- ★ **Please recruit vaccinated participants first** - we will be asking about a unique certificate identifier in the participant profile.
- ★ All the information about the pandemic situation and entry into Poland and the required tests can be found on the government websites of your country (e. g. Ministry of Foreign Affairs).
- ★ COVID test must be performed at least 24 hours, maximum 72 hours before - depending on the test performed - before arrival - **Due to frequent changes, this must be checked before the flight (!)**
- ★ There is no curfew in Poland, but you have to wear a mask - the latest regulation says that masks are obligatory indoors. Outside you don't have to wear a mask.



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- ★ The best connection you can choose is a direct flight to Poland. Avoid connecting flights (if possible).
- ★ Mind your flight connections, some countries could require a PCR test.
- ★ Depending on your country of residence and your flight connections you must make a PCR or a fast test. Check your country measures here: <https://reopen.europa.eu/>
- ★ Covid tests are not covered by the No Shame Foundation
- ★ If you result positive to Covid before your departure we will not be able to assist you financially during your isolation period.
- ★ Respect all Covid regulations (distancing, mask) and avoid contact with strangers to keep the group safe.
- ★ Oldest rule of the world: who breaks pays

If you have any questions please contact us!

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