



ROMANIA - BRASOV, BRAN

# **(S)KILL THE STIGMA**

## **Training course**

02.04 - 08.04.2025 (travel days included)



Co-funded by  
the European Union

# About the project

(S)kill the Stigma is a 5-day interactive training in Braşov for young people (18-30) to explore mental health through games, real-life scenarios, and discussions. Learn to recognize challenges, support peers, and build resilience—no lectures, just hands-on learning.



# Project Objectives



01

Understand how mental health impacts daily activities, relationships, and emotions.

02

Develop practical strategies for managing mental health challenges.

03

Learn how to identify early warning signs of mental health struggles.

04

Learn how to offer support and build a stigma-free community



# Activities overview

The training includes

- interactive workshops
- group discussions
- role-playing, and hands-on activities to explore mental health, develop coping strategies, and foster peer support.

Incorporates self-reflection exercises, guided mindfulness techniques, and community-building activities to foster open conversations and break stigma.



# Timeline



## DAY 1

- Team-building activities and an introduction to mental health concepts, stigma, and self-awareness.

## DAY 2

- Identifying early signs of struggles, understanding emotions, and practicing active listening.

## DAY 3

- Learning stress management, self-care techniques, and building emotional resilience.

## DAY 4

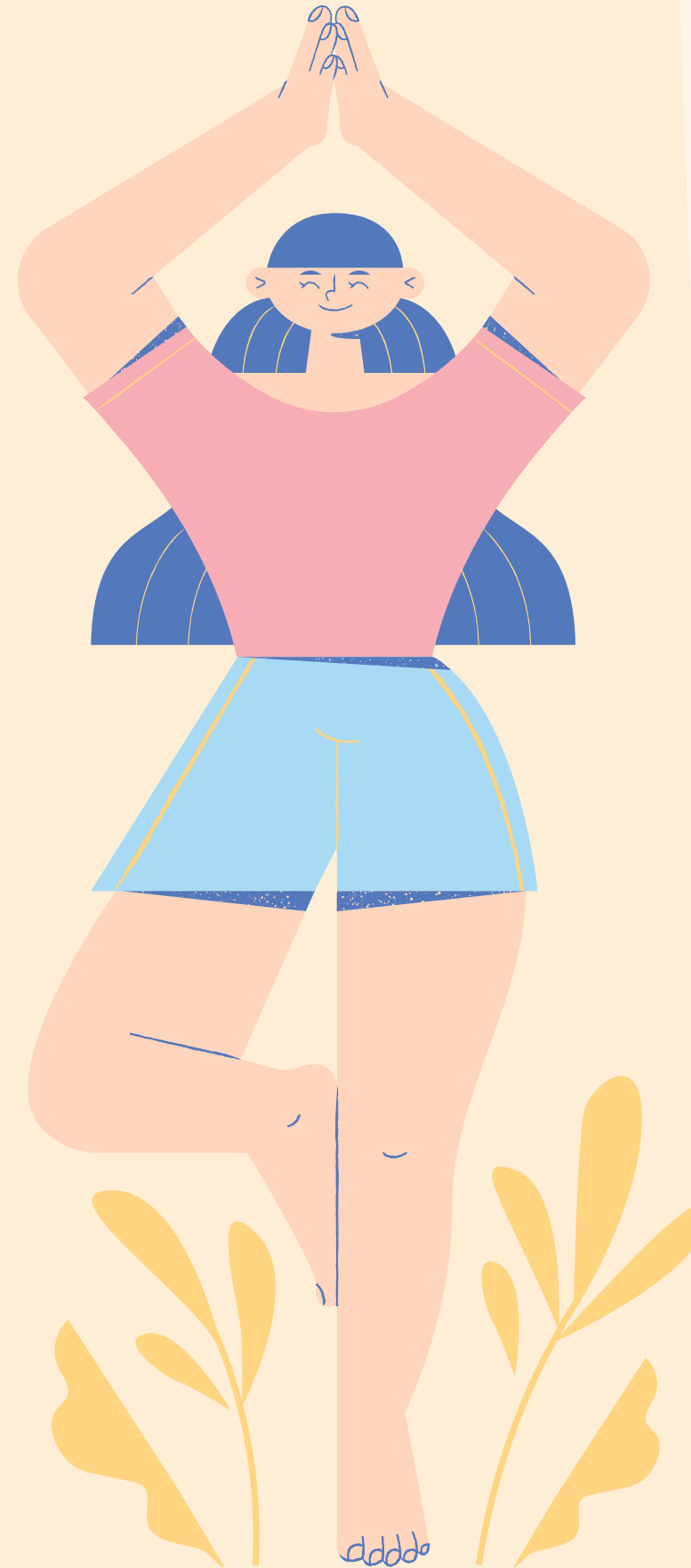
- Practical exercises on offering support, peer interventions, and fostering a stigma-free community.

## DAY 5

Empowering participants to raise awareness, share experiences, and implement mental health initiatives.

# Details About Participants

22 people



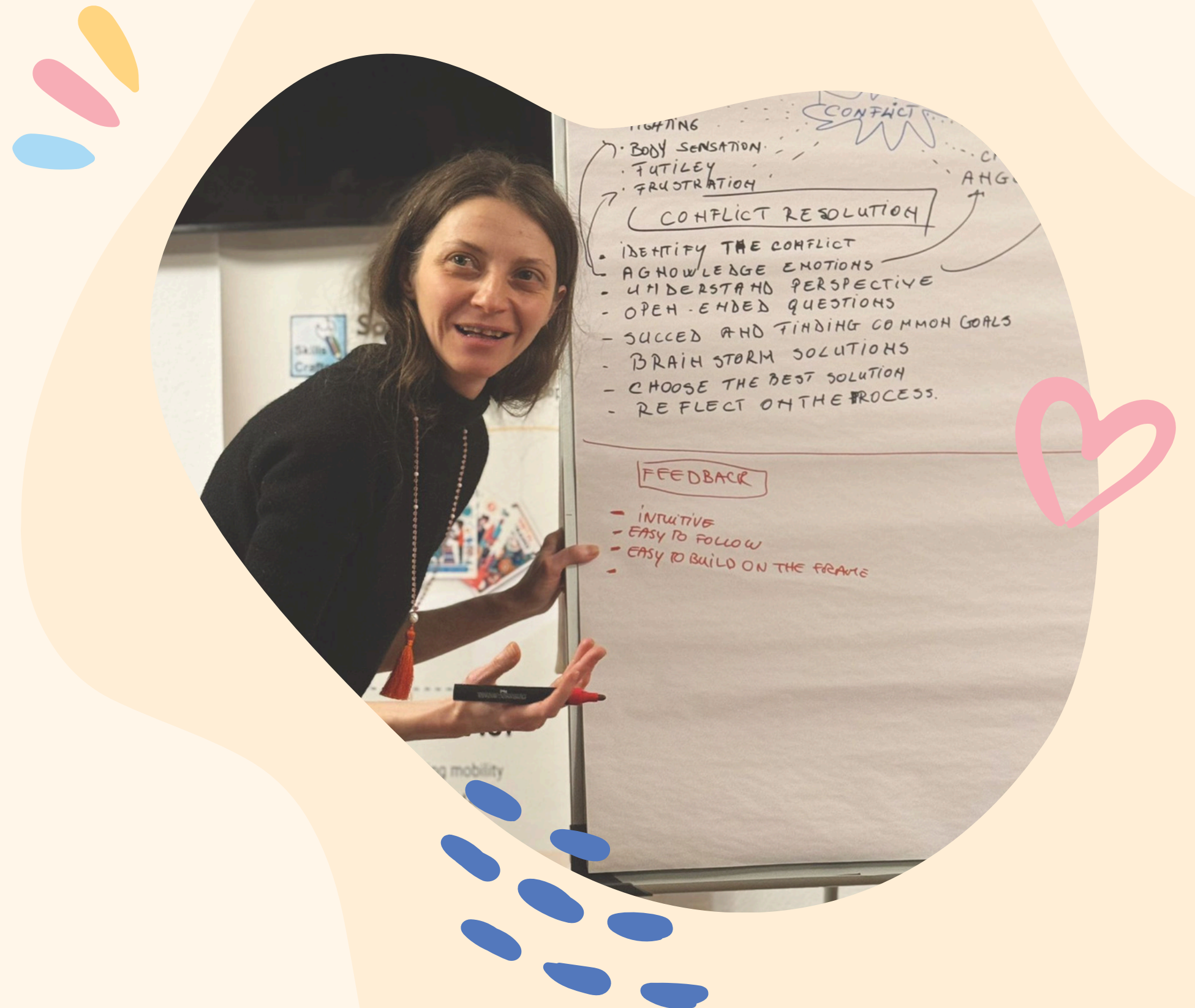
- Age: 18-30 years
- Good conversational English
- Interested in self-growth & mental health awareness
- Young professionals balancing work, life, and mental well-being
- Partners country: Italy, Greece, Lithuania, Malta, Bulgaria, Slovakia





# Hi I'm Ana Georgescu

With a background in psychology and a focus on psychodrama, Ana brings a deep understanding of mental health, emotions, and human behavior into every session. With 18 years of experience in education, they've worked with countless young people, helping them grow, connect, and navigate life's challenges.





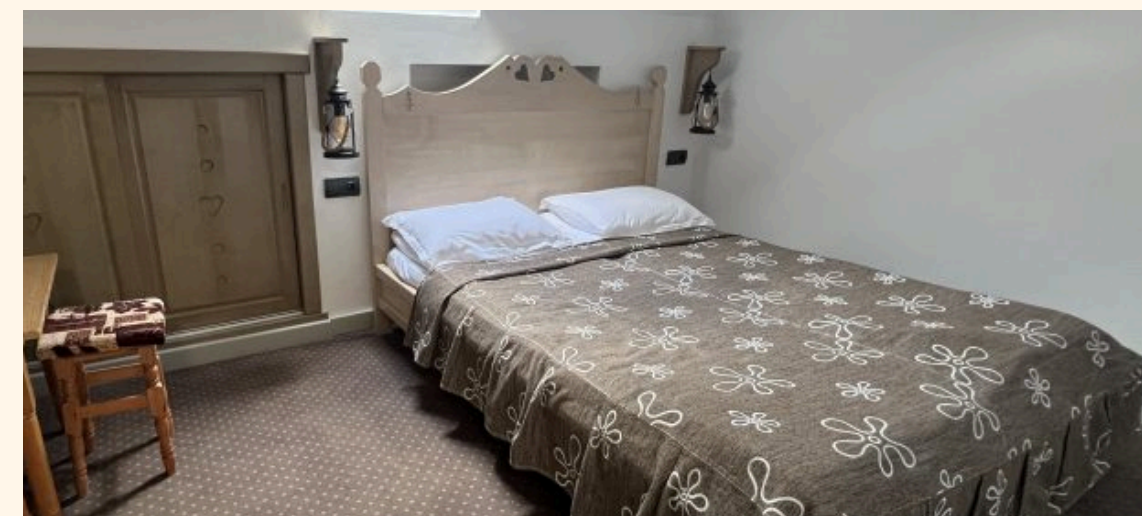
# Hi I'm Cosmin Dobre

Morning! I'm Cosmin, and I'm in charge of the youth community in Brasov, coordonating our volunteers in delivering workshops and meaningful activities to the community. I am passionate about guitar, traveling, learning about other cultures and photography.





# Venue



 **Mama Cozonacilor**

# Transport options

The airports that would be suitable for your travel are:

- Bucharest Otopeni (Henri Coanda) airport
- Brasov - Ghimbav airport

(Optional, will be taken **25 euros** from your budget travel): The transport from the Brasov to the venue and back will be organised by us and you will receive more details 5 days before.

# Travel Budget

Check the partners country from next slide.

- Greece - 309 euro
- Malta - 309 euro
- Italy - 309 euro
- Slovakia - 309 euro
- Lithuania - 309 euro
- Bulgaria - 211 euro, (green travel 285 euro)



# What to prepare

## What to pack

- Your own hygiene products, comfortable shoes, warm and comfortable clothes.
- Be aware that in this time of the year can get cold and rainy, so bring something warm and, if possible, waterproof. You can check the weather [here](#).
- Local Currency: LEU 1 EURO = 4.9 LEI approx.





# Partners



Italy - [YouthConnect](#)



Malta - [Prisms](#)



Greece - [Roes](#)



Bulgaria - [DTSA](#)



Slovakia  
[YouthFullyYours](#)



Lithuania - [Efektas](#)





# Application form

[Click here](#)



# Contact us



**Instagram:**

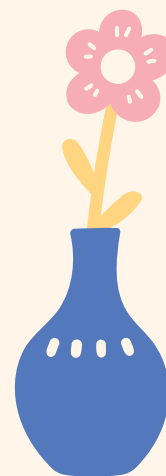
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