

SOCIAL BUTTERFLY

EMPOWERING YOUTH THROUGH INCLUSION,
DIVERSITY, AND EMPATHY!

DEVELOPING KNOWLEDGE AND SKILLS TO
COPE WITH ANXIETY IN SOCIAL SITUATIONS.



2023

About the project



We look forward to meeting you on the youth exchange "Social Butterfly".

The main purpose is to create an international non-formal context between 10 – 20 November in Sambata de Sus, Romania in which young people from Romania, Lithuania, Hungary, Spain and Italy, share opinions, thoughts, and experiences, get to know each other, and will have the opportunity to understand how to effectively cope with anxiety in social situations. through non-formal activities.

Mission

- The project aims towards gathering youths who want to effectively cope with anxiety in social situations. We want to create an environment where they can become aware and learn practices which can further help them better express their true selves in social contexts and where inclusion and diversity is proven positive, helpful and insightful.



Importance

- By breaking down social barriers, youth become more inclined to actively participate in their communities, boosting their confidence to engage, cultivate empathy, and offer greater support by understanding and embracing diverse perspectives. The programme focuses on increasing awareness and offering knowledge of coping with social anxiety.



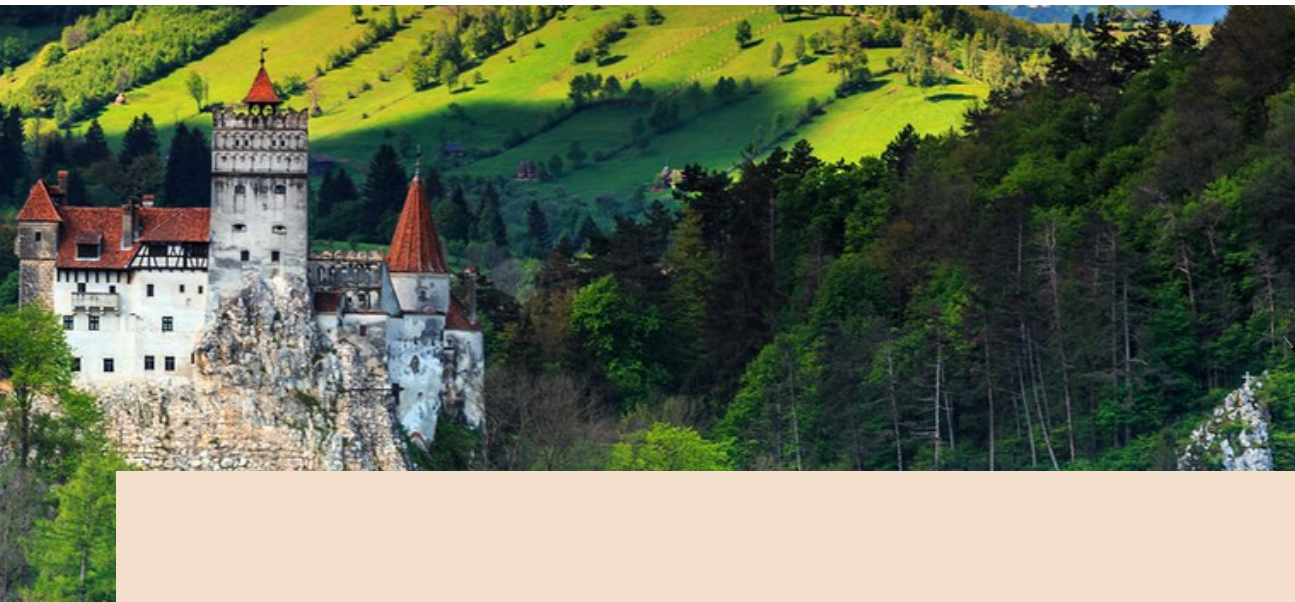
Objectives

- Empower young participants with comprehensive knowledge and practical skills that will enable them to effectively cope with anxiety in social situations.
- To raise the importance of inclusion and diversity by bringing awareness about the everyday existence and impediments of social anxiety and its prevalence on youth with fewer opportunities.
- To increase the skills and offer the opportunity for the partner organizations to get involved in projects in the field of mental health.

Accommodation

- The youth exchange will take place in Sambata de Sus, a commune in Brasov county, Romania 70 kilometers away from the center of the city Brasov.
- We will stay at the "Mountain King" hotel where the accommodation conditions are suited to our needs and the pension is located in the heart of the village, away from the crowded areas, with the pure air of the nearby forest.





- Each room will provide accommodation for four participants, with two double beds available.
- Every day, breakfast, lunch, and dinner will be provided at the same place, as well as coffee breaks. There is a bathroom in each room.





Participants -requirements-

1. Be aged between 18 and 26 years old.
2. Be a resident in one of the countries listed below.
3. Have an interest into the topic of the project.
4. Be present for the whole duration of the program and commit to be involved.
5. Available to participate in non-formal and informal education dynamics.

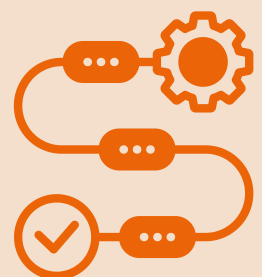
Transport

- No participant can arrive later than the arrival day or depart earlier than the day of departure. We actively support you during the process of buying the tickets.
- Before buying or booking any travel ticket please consult with us and obtain our written approval so you make sure you will be reimbursed.
- Each participant will be reimbursed up to a maximum limit, based on justificative documents (plane ticket, boarding passes, or train/bus ticket).
- Note: reimbursement will be done in EURO, regardless of the currency indicated on your ticket and receipt/invoice.
- The complete policy of travel reimbursement is detailed in "terms and conditions" in the application form.



Procedures

1. You will show us what tickets you want to buy.
2. Our team members will approve the tickets or help you find better options at better prices and times.
3. You will buy your travel tickets up to the amount listed above.
4. All the tickets bought online will be sent to us by e-mail in PDF format. If you buy the tickets from the train station please send us pictures and give us the original ticket during the project. All the tickets must be bought before the project starts.
5. You will be reimbursed for your travel once the project has ended after signing a reimbursement agreement.



Romania

- 8 participants and 3 group leaders
- Maximum amount to be reimbursed is 23 EURO / person

Lithuania

- 8 participants and 2 group leaders
- Maximum amount to be reimbursed is 275 EURO/person

Hungary

- 8 participants and 2 group leaders
- Maximum amount to be reimbursed is 320 EURO/person (green travel)

Italy

- 8 participants and 2 group leaders
- Maximum amount to be reimbursed is 275 EURO/person

Spain

- 8 participants and 2 group leaders
- Maximum amount to be reimbursed is 360 EURO/person

Total number of participants: 51 (10 group leaders)

CONTACT AND APPLICATION FORM

Cloud Five

Contact: office@cloudfive.eu



[Click to apply](#)

or scan the code



**Co-funded by
the European Union**

Costs for accomodation, travel, meals, activities and fun are covered by the Erasmus+ Programme of the European Union