



Promoting
mental
health

We invite you to take part in a 8-months EVS project that will use arts as a means for personal development of children, young people and adults, in the city of Cluj-Napoca.

What will happen in this project

You will use the limitless potential of arts to help people fulfill their personal potential. You will be one of these people.

You will grow, while helping others to grow.

You will learn Romanian and why not, improve your English, as you will work in an international group.

You will learn more about yourself, your personal limits and strengths and how to use them.

You will definitely make new friendships and some of them will be long-lasting ones.

You will learn some psychological stuff and at the same time, you will share your art with us and with the rest of the community.

You will learn how to include your art in a project, how to organize an event based on arts and how to market it. Or, as they like to call it these days, you will develop social entrepreneurial skills.

Who will be your beneficiaries

1. Young people and adults who want to make a change in their life or to be the best version of themselves;
2. Young people and adults hospitalized in a recovery hospital in Cluj-Napoca;
2. Children between 5 and 16 years residing in a social home in Cluj-Napoca ;
3. Children and teenagers from a school and a high school.

What you are going to do

- You will create, organize and facilitate personal development workshops based on different arts (music, painting, theatre, dance, etc) and non-formal education methods. In different phases of the project, you will hold these workshops for children aged 11-13, in a school, for teenagers aged 15-18, in a high school and for adults, in public locations.
- For this, you will be receive trainings on non-formal methodology, facilitation skills and an introduction to psychology.
- You will be responsible for organizing monthly arts events where you will have the opportunity to use your skills and passion to develop the local community and discover the needs of the community, but also to promote EVS.
- You will develop and implement art-based recreational activities for young people and adults that are hospitalized and for children in a social center.
- You will be creating videos, blog articles and Facebook posts to promote mental health and international volunteering through online tools.



Who we are looking for

Four volunteers, preferably two boys and two girls, aged 18-30, with artistic skills, empathetic, open-minded, motivated to learn new things. Knowledge of psychology or other social fields is preferred, but strong motivation to learn more about these fields can be enough



Who we are

We are Minte Forte, an organization that helps people maintain or improve their mental health, through education and psychological support.

We focus on education to raise awareness of the factors that influence mental wellbeing and we offer support towards developing healthy ways of thinking and behaving. One year ago, we started using arts

in our work, because we believe that they can facilitate self-expression and personal change in ways that no other methods can.

Our target group includes everyone who wants to take care of their mental health and develop themselves.

About Cluj-Napoca

Cluj-Napoca is the third most populated cities in Romania, with a population around 300 000, to which adds an average of 80 000 students, as the city is one of the most important university centres in Romania. Situated in the heart of Transylvania, Cluj-Napoca has a diverse and growing cultural scene, with cultural life exhibited in a number of fields, including the visual arts, performing arts and nightlife. In 2015, our city holds the title of European Youth Capital.



Cluj-Napoca has a continental climate, characterised by warm dry summers and cold winters. In summer, the average temperature is approximately 18 °C and winter temperatures are often below 0 °C, even though they rarely drop below -10 °C. The city is home to the second-largest urban Hungarian community in Romania, consisting of approximately 50,000 Hungarians.

Financial conditions

Accommodation and food will be fully covered, there will be monthly pocket money in the amount of 60 euro, food allowance of 90 euro per month and the travel costs will be reimbursed according to Erasmus+ regulations and will be as follows:

Distance between project location and participant home:

100-499 km: 180€*

500-1999 km: 275€*

2000-2999 km: 360€*

Contact details

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