

Two weeks ago, I participated in my first youth exchange abroad. Me along with 5 other traveled to Croatia and stayed in a small city called Nova Gradiska for 8 days. We were 6 countries, Sweden, Croatia, Denmark, Lithuania, Greece and Spain with 6 participants in each. The project " Health + talks" aimed to arm us with tools on how we can raise awareness on mental health in our respective communities because mental health is a topic that is considered taboo and in which many societies fail to acknowledge. The project was created by an organization called Studio B in Croatia and they were also the hosting organization.

Besides the first day of introduction and getting to know each other, each day was filled with workshops that lasted for approximately 1,5 hours and was held by different countries. Sweden was in charge of two workshops " Health and its different aspects" and "Dealing with stress". I enjoyed this set up of workshops because each country had to participate and it also gave us a chance to do our own research prior to the youth exchange which meant that we got more in-depth knowledge of the topic itself. Personally, I found it motivated me to learn more about mental health.

Other than workshops, we also spent the days learning new words from other countries as well as cultures. The intercultural nights were also a personal favorite because it was interesting to what other cultures ate, how they partied but also noticed distinct differences between Scandinavian countries and east and south European countries.

From this project, I gained new knowledge, a broader understanding of mental health but also new friends. This youth exchange helped me realize what I want to work with in life. I am thankful to the European Commission and Erasmus + for offering such an unique opportunity for young adults to meet and interact with other young adults from different countries in order to contribute to a better global society. I am mostly thankful for Studio B for encouraging us to discuss a topic that is not so openly talked about.