

PROJECT REPORT

Digital Stress - Maintaining Mental Health in the Digital Age



Participants at group discussions

Applicant: Jamaal Elmi Foundation

Introduction:

The digital age, especially exacerbated by the constraints of the COVID-19 pandemic, has thrown numerous mental health challenges at the global youth. To address this, a significant project was undertaken that brought youth from several countries together. This report provides an overview of the project's objectives and, more prominently, its financial undertakings.

Project Description:

In today's digital era, rapid information flow has augmented daily stress, particularly among the youth. The onset of the COVID-19 pandemic compounded this stress, especially as lockdowns eliminated face-to-face interactions, and the sole communication became digital. The project aimed at bringing youth together from various nations to address these challenges collectively and derive actionable solutions.

Survey Results:

A survey involving 357 young people was conducted over three months. Findings indicated a significant spike in stress, depression, and unhealthy habits post the advent of the pandemic. The need of the hour, as dictated by the results, was to tackle these mental health challenges, ensuring a holistic approach to well-being.

Objective:

The primary objective was to provide practical solutions to youth for maintaining mental health, especially during emergency situations.

Financial Overview:

A total grant of EUR 21,515 was allocated to facilitate the project's goals, of which:

Travel (EUR 7,051):

- Details: The project was hosted in Turkey, with participants traveling from partner countries including the Netherlands, Sweden, Finland, Italy, France, and naturally, local participants from Turkey.
- Allocation: This budget covered international plane tickets to and from Turkey for the participants. Additionally, internal transport expenditures such as local commuting from the airport to the hotel and back, as well as any travel associated with the project's activities, were covered under this head.

Individual Support (EUR 12,064):

- Details: All participants were accommodated at the Talen Hotel in Istanbul.
- Allocation: This budget covered hotel stays for the entire duration of the project. In addition, funds were allocated to stationary materials required for project activities. A cultural trip to acquaint participants with local Turkish heritage and a traditional dinner celebrating the diverse cultures of the participants were also organized using these funds.

Organizational Support (EUR 2,400):

- Details: A project of this magnitude required ample logistical and administrative support.
- Allocation: This budget was specifically used to create and display banners throughout the venue, promoting the essence of the project. Furthermore, it covered salaries for the administrative and supportive staff essential to the smooth running of the project.

Conclusion:

The 'Digital Stress' project successfully facilitated cross-cultural dialogue addressing significant mental health concerns in the digital age. The judicious allocation of funds ensured the effective delivery of all project components, promising enduring positive impacts on youth mental health across the participating countries.