

## FACT SHEET

Project/Program Title	Students' mental health during the exam period
Implementing subject (and partner if applicable)	Klubi I Etikes Universiteti I Prishtines (Unregistered Initiative)
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Implementation period	Start date: November 2021 End date: March 2022 7 months in total
Budget supported by the program	EURC Grants for Volunteerism
Total project budget	4755.00 EUR
Geographical coverage	Pristina
Summary of the intervention	Based on the logical framework of the problems realized by the Ethics Club we have decided to address the topic of students' mental health during their studies and the overall goal of the project is to promote better mental health to students throughout exam period in studies. The expected results of the project are that students involved in the activities will gain knowledge and practice the forms that help in having a better mental health during the exams, as well as reduce the forms of deteriorating health such as stress anxiety in students through activities such as one-day camp, football competitions, volleyball, etc.
Implementation Area and Target Group	Faculty of Law – University of Prishtina, 4000 active students.

<p>Main Activites</p>	<p>The main activities of the project are:</p> <ol style="list-style-type: none"> <li>1. Two lectures with students about mental health during exams,</li> <li>2. Screening of two films that address mental health,</li> <li>3. Conducting a research/ questionnaire with students about the level of stress during exams,</li> <li>4 Debate: What are the factors that affect the deterioration of mental health during exams,</li> <li>5. Realization of a one-day camp in a city of Kosovo, green space and the realization of various sub-activities in it such as various games, competitions, conversation about mental health, ways to help each other, socialization, hiking, etc.</li> <li>6. Distribution of about 300 brochures at UP with information on how to maintain mental health and how to practice forms for improvement if it worsens due to stress, anxiety or depression,</li> <li>7. Distribution and placement of posters at UP about the consequences if we do not take care of mental health during exams,</li> <li>8. Realization of two promotional videos, one for activities and the other giving motivational messages to fight the stigma about students' mental health during exams,</li> <li>9. Realization of football, volleyball competitions to promote these forms that help in having a better mental health. Students of all years of the Faculty of Law and other faculties of UP as well as the academic staff will be engaged in the project.</li> </ol>
<p>Budget Details</p>	<ol style="list-style-type: none"> <li>1. Two trainings on student mental health – 220EUR</li> <li>2. Two roll up banners- 210EUR</li> <li>3. Screening of two movies on student mental health – 100 EUR</li> <li>4. Debate: What are the factors in deteriorating health mental to students during exams? – 150EUR</li> <li>5. One-day camp – 505EUR</li> <li>6. Brochures – 315EUR</li> <li>7. Two promoting videos – 700UR</li> <li>8. Games – 300EUR</li> <li>9. Boost in social media – 50EUR</li> <li>10. Design services – 400EUR</li> <li>11. Phone – 150EUR</li> <li>12. Transport – 640EUR</li> <li>13. Masks and disinfectant – 100EUR</li> <li>14. 7 group meetings – 500EUR</li> </ol>

	<p>15. Conducting the research on student stress levels – 320EUR</p> <p>16. Printing – 50EUR</p> <p>Total: 4755EUR</p>
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