**Graphical user interface, application, Teams

Description automatically generated SOCIAL PROJECT PLAN TEMPLATE**

**This project has been funded with the support from the European**

**LET’S BE INNOVATIVE AND SOCIAL! NO.2020-1-RO01-KA201-080331**

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| **PROJECT NAME** | **Refresh To Stay Fresh** | | | **PROJECT MANAGER** | | Minuț George Alexandru |
| **SOCIAL CONTEXT- NEEDS OF THE COMMUNITY** | Nobody wakes up one day and decides to become an **addict.** **Addiction** is preconditioned on misery and despair. Addiction appears where there is **despair and hopelessness** and makes them worse not only for the individual, but for those around him as well. It also robs the users (about 4000 kids every year ) of all the beautiful privileges of life.  The youths consuming drugs form a group that tends to be isolated from the others, and their behaviour different of what society is used to, in a bad way. **Drug addiction** can start with experimental use of a recreational drug in social situations. Also, we think that they should still be considered normal children which happened to fall to the temptation of temporary pleasures / reliefs.  With our project we hope to achieve a mean of providing genuine information about **drugs, alcohol and addiction**. Having the community informed or educated of such matters helps greatly reduce the impact of addictions by preventing yourself from trying illegal substances and giving hope for addicts by the means of recovery provided by the community. | | | | | |
| **DESCRIPTION OFTHE TARGET GROUP** | **The target group: youths aged 15-25 years old who uses drugs.**  In this social group we are mostly targeting young generations, wanting to inform them that even if drugs don’t seem that dangerous at the first sight they come with horrible repercussions.    These are possible signs of drug use:  1. Evidence of drugs and/or drug paraphernalia.  2. Behavioral problems and poor grades in school.  3. Emotional distancing, isolation, depression, or fatigue.  4. Overly influenced by peers.  5. Hostility, irritability, or change in level of cooperation around the house.  6. Increased evasiveness about after-school or weekend whereabouts.  7. Decreased interest in personal appearance.  8. Physical changes, such as bloodshot eyes, frequent sore throats, and rapid weight loss.  9. Drastic changes in mood, eating, or sleeping patterns.  10. Dizziness and loss of memory.  11. Unusual odor on breath (alcohol, inhalants, marijuana, tobacco).  12. **Widely dilated pupils** even in bright light or **pinpoint pupils** even in dim light.  13. Detachment from reality. | | | | | |
| **PROJECT DELIVERABLE** | What we want to achieve with this project:    1. **Website**: the place where most of the information is stocked and shown and a way to reach proffesional help;  2. **Flyer**: spread awareness about substance abuse;  3. **Poster:** illustrating our project andcreating interest;  4. **Video**: explaining addictions and drugs in a simplistic, but effective way;  5. **Social media pages: (Instagram; facebook etc)** for daily facts/statistics about addictive substances and influencing others;  6. **Fund raising**: organizing a charity concert ( all the money from tickets goes to helping the youths who abuse substances );  7. **Face-to-face counseling/web green line:** we discussed with several psychiatrists who agreed to help those in need;  8. **Reahabilitation center**: building a well equipped place ( in our city or nearby ) that can help youths with addictions;  •Our team has implemented a way of reaching people that need help through our campaign conssisting of **distributing flyers** to students in the National College of Computer Science but also from other schools/highschools in our town.  •Placing posters at the entrances of important places around the city ( the mall, bus stations, gyms, parks, railway station and restaurants ). We have also reached out to **kiosks that could share the information** with their buyers, because that is an effective way of fighting against drug use.  •We have created **Social media pages** that will be there for daily posts and will always answer questions, or even directly help people reaching out through it.  •We will **contact teachers** to provide them links and data regarding addiction and drug consumption among youths so they could understand the spreading phenomenon we are trying to fix and present it to their students.  •More so, we have thought about a structure for **a friendly place that helps drug addicts** rehabilitate and live a normal life. The main idea of this will be a center that will have the proffesional personnel capable of helping people whenever needed ( developing partnerships with CJRAE, ONGs, the Townhall, the prefecture and the Sanitary direction ).  •**Going to nearby schools/highschools** and presenting them our project, hopefully passing some useful information to youths.  • **Submiting our project to the city hall** and in case of a favorable answer we will start developing it further.  •**A charity concert** seems like a great idea because it helps with raising funds for our cause, and can make a local band more popular. It will also feature guests such as:  - a drug counselor;  - motivational speaker;  - someone who succeded in overcoming addiction;  •**Our website** ( accessed via the link: [**http://refreshtostayfresh.com/**](http://refreshtostayfresh.com/) or QR Code ) where we managed to fit information nicely, for anyone to access.  1. **An encyclopedia** which contains european/romanian legislation, therapies, and general information about substances;  2. **Informative videos** regarding the basics of addiction, drugs and their effects, interviews, personal points of view, testimonies of recovered drug addicts and their families/friends , book/movie/documentary reviews  3. Several proffesional psychiatrists agreed to have their **contact info** on our website, so that anyone can reach out for help easily. | | | | | |
| **BUDGET- per each category** | 1. Flyers ( 500 pcs. , A5 paper size ) | | | | €0.28/pcs. ; €141.45 total | |
| 2. Posters ( 150 pcs. , A3+ 170gsm paper ) | | | | €0.40/pcs. ; €50 total | |
| 3. Site Security | | | | €37.99 ( Wildcard SSL ) | |
| 3. Site Domain | | | | €20 every year ( .com ) | |
| 4. Site Host | | | | €6 monthly | |
|  | 5. Workshops ( around €51 for each participant ) | | | | €1275 per workshop ( 25 participants ) | |
|  | 6. Charity concert | | | | €850 ( depending on the venue, bands, number of participants ) | |
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|  | *Rehabilitation Center (13 rooms, 285 square meters )* | | | | **€514.000** | |
|  | *1. Architect ( planning, designing, revising )* | | | | *-€56.000 (11% of the total price)* | |
|  | *2. Building materials ( cement, tiles, paint, insulation )* | | | | *-€91.500 (18% of the total price)* | |
|  | *3. Labor/Building Crew ( Carpenter, Masonry worker, Electrician, Interior designer, etc )* | | | | *-€122.000* | |
|  | *4. Interior Decoration( green/living walls, furniture )* | | | | *-€110.000* | |
|  | *5. Building ( which will be renovated )* | | | | *-€75.000 (400)* | |
|  | *6. Utilities (water, warmth, electricity, internet, gas )* | | | | *-€60.000* | |
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|  | ***TOTAL*** | | | | ***€516.946*** | |
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|  | *\*money raised by the**charity concert* | | | |  | |
|  | *\*Donations made on our website* | | | |  | |
|  | *\*european grants* | | | |  | |
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| **SCOPE STATEMENT** | Specific objectives:   1. **Sensibilization of the public opinion** about the addiction of drugs and achool through disemination events, web page; 2. **Organizing addiction-themed workshops** for youths and inviting intreseted local entities ; 3. **Raising funds** with the target of building a rehab center in the city / nearby areas ; 4. **Forging a bond** between proffesionals and youths in need ;   •Our goal is to rehabilitate as many addicts as possible by spreading information around. We also have the mission to inform the regular public about the possiblities of their loved ones falling in the temptation of addiction.  •We realized that our community is in need of a well eqquiped place that can deal with all kinds of substance abuse, because the actual one is just a small medical office. That’s why we chose the rehab center to be the main scope of our project. While researching we learnt that **a rehab center should have the following facilities:**  1. **A medical office** where people with less severe problems can take part in therapy sessions/get their prescriptions ( one of the most important things in recovery is figuring out what fueled the desire to abuse drugs );  2. **An arts room** for painting and musical/ story theraphy ( it can be very beneficial to the participants to share their personal stories with one another to allow for emotional healing, like the Alcoholics Anonymous association );  3. **A place where family theraphy** can take place; ( it is extremely crucial to the individual’s rehabilitation because family factors heavily in the long-term, after discharge )  4. **Library** with differents types of books that people can read in the free time;  5. Some room where residents can **play different games** or **take part in physical activities;**  6. Four or five **rooms where residents will sleep** and keep their belongings;  •**The number of addicts increases every day** and we want to change this. The earlier you seek help for a teen's alcohol or drug problem, the better. A qualified family therapist can evaluate and assess your child, then provide appropriate treatment. This may include therapy sessions two or three times a week or living in a residential treatment facility for a period of time. | | | | | |
| **PARTNERS** | 1. Adochiței Sergiu ( an architect ) made the rehab center plans;  2. Our highschool / Teachers;  3. The Townhall; City Council;  4. General Directorate of Social Assistance;  5. Ambrosa Cătălin ( psychiatrist );  6. Bacoșcă Antoanela Iustina ( psychiatrist );  7. Bacoșcă Paul ( psychiatrist );  8. Simian Diana ( psychiatrist );  9. Vicu Oana-Maria ( psychiatrist );  10. Stan Alina ( psychiatrist );  11. Stoica Alexandra ( psychiatrist );  12. ONGs that work in drug abuse prevention;  13. Highschools and schools in our town; | | | | | |
| **MEMBERS OF THE SOCIAL PROJECT TEAM** | 1. Samoilă Alexandru Website Creation | | | | | |
| 2. Minuț George Alexandru | | | Project Manager/Website Creation | | |
| 3. Chiriac Ilinca | | | Social Media Manager | | |
| 4. Seftiean Mihnea Alexandru | | | Video Creator | | |
| 5. Răzeșu Sebastian Constantin | | | Video Creator/Editor | | |
| 6. David Ștefan | | | Main Designer/ Fact checker | | |
| 7. Ungureanu Casian | | | Video Creator | | |
| 8. Gavrilescu Elena Francesca | | | Social Media Assistant | | |
|  | 9. Precupanu Alexia | | | Flyer Creator | | |
|  | 10. Herdeș Alexandru | | | Flyer Co-Creator | | |
| **START DATE** | 30/09/2021 | END DATE | 30/09/2022 | OVERALL PROGRESS | | 57.14% |

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| **SPRINT** | **TASK** | **ASSIGNED TO** | **START  DATE** | **END  DATE** | **DURATION**  in days | **STATUS** |
| **Website Creation** | 1. Web animating(JS);  2. Creating template(HTML);  3. Making website responsive;  4. Searching for psychological counselling;  5. Leading campaigns in schools/highschools;  6. Updating the site periodically; | Samoilă Alexandru | 30/09/2021 | 14/10/2021 | 15 days  2021-2022 | DONE  In progress |
| **Project Manager/Website Creation** | 1. Uniting the team;  2. Co-creator template (HTML);  3. Styling(CSS);  4. Contacting an architect for the layout;  5. Contacting the hosting service; | Minuț George Alexandru | 30/09/2021 | 10/10/2021 | 11 days | DONE |
| **Social Media Manager** | 1. Designing posts every day;  2. Managing the Instagram page;  3. Interacting with the public;  4. Helping with the template;  5. Leading campaigns in schools/highschools; | Chiriac Ilinca | 5/10/2021 | 8/10/2021 | 3 days  2021-2022 | DONE  In progress |
| **Video Creator** | 1. Helping to write the script for the video;  2. Filming a part of the video;  3. Creating the PowerPoint  Presentation;  4. Searching for psychological counselling;  5. Organizing events; | Seftiean Mihnea Alexandru | 3/10/2021 | 9/10/2021 | 6 days  2021-2022 | DONE  In progress |
| **Video Creator/Editor** | 1. Helping with the script for the video;  2. Filming a part of the video;  3. Editing the video;  4. Designing the logo for the team;  5. Organizing events; | Răzeșu Sebastian Constantin | 3/10/2021 | 9/10/2021 | 6 days  2021-2022 | DONE  In progress |
| **Video Creator** | 1. Writing the script for the video;  2. Completing the template;  3. Filming a part of the video;  4. Searching for partners;  5. Conducting interviews; | Ungureanu Casian | 3/10/2021 | 9/10/2021 | 6 days  2021-2022 | DONE  In progress |
| **Social Media Assistant** | 1. Co-creator of the Instagram page;  2. Interacting with the public;  3. Research;  4. Finding the right name for the project;  5. Posting daily statistics regarding substance abuse; | Gavrilescu Elena Francesca | 5/10/2021 | 8/10/2021 | 3 days  2021-2022 | DONE  In progress |
| **Main Designer/ Fact checker** | 1. Creating interactive designs;  2. Fact-checking;  3. Researching;  4. Presenting the project;  5. Writing the scripts for campaigns and interviews; | David Ștefan | 30/09/2021 | 5/10/2021 | 6 days  2021-2022 | DONE  In progress |
| **Flyer Creator** | 1. Designing;  2. Printing;  3. Sharing flyers;  4. Research; | Precupanu Alexia | 05/10/2021 | 09/10/2021 | 4 days  2021-2022 | DONE  In progress |
| **Flyer Co-Creator** | 1. Coming up with ideas for the flyers;  2. Printing;  3. Creating the QR Code;  4. Creating the poster; | Herdeș Alexandru | 05/10/2021 | 09/10/2021 | 4 days  2021-2022 | DONE  In progress |