

ЗАЯВКА НА ФИНАНСИРОВАНИЕ ГУМАНИТАРНОГО ПРОЕКТА

1.	Project name	Youth Initiative «Freedom from Vapes»
2.	Project duration, years	1 year
3.	Target group	Young people of the city of Polotsk from 14 years old
4.	Project implementation location	Republic of Belarus, 211416 Vitebsk region, Polotsk city, Oktyabrskaya street, 55
5.	Justification of the problem taking into account the initial situation in the region where the project is implemented	Vaping is becoming common among young people, leading to serious health complications, including reproductive health. The growing number of children with developmental problems is a direct consequence of vaping. According to WHO statistics, today the share of Belarusian schoolchildren using vapes alone is more than 15%. According to the Ministry of Internal Affairs of the Republic of Belarus, the death of a 16-year-old teenager from smoking a vape was already registered in March 2025. Research shows that many young people start using vapes due to peer pressure and the perception of them as a fashion trend. The project aims to change this perception and form healthy habits.
6.	The purpose of the project	Reduce youth vaping
7.	Project objectives	1) Raising awareness among young people about the dangers of vaping and its health consequences; 2) Providing access to information resources and advisory assistance for those wishing to quit vaping; 3) Forming a negative perception of vaping as a fashionable and acceptable practice among young people; 4) Promoting alternative forms of leisure and activity that promote health and well-being; 5) Developing ongoing cooperation with local healthcare institutions; 6) Developing sustainable initiatives and long-term resources to support the project.
8.	Brief summary (essence) of the project	Reducing the level of vaping among young people through a comprehensive approach, including education, support and changing public opinion. Organizing preventive measures, alternative forms of leisure activities, creating and publishing a thematic platform on the Internet, publishing printed materials about the dangers of vaping.
9.	Brief description of the activities within the project	1) Organization of "refusal groups" via a Telegram channel, where young people can share their experiences and receive support from peers and specialists. Communication in the group will take place 24/7, including via scheduled messages. Specialists and group curators will offer participants up-to-date information on the topic, conduct surveys and questionnaires. The refusal group will be supported by a professional psychologist by: – determining the level of the psycho-emotional state of participants using questionnaires; – developing personalized plans to reduce addiction; – creating motivational memes promoting refusal of vaping.

		2) Development of a course of 12 interactive lectures "Stop Vape: Steps to Health". The course will cover the main aspects of vaping addiction, its impact on health and effective strategies for overcoming this addiction. 3) Conducting 4 practical seminars together with healthcare institutions of the Polotsk district. Valeologists, radiologists, and specialists from the antenatal clinic will be involved as experts. 4) Developing a course of video lessons on Pilates as a healthy alternative to vegging. 5) Organizing a kayaking trip for 50 of the most active project participants along one of the routes offered by the Polotchina Canoeists Club. 6) Creating and distributing booklets, posters, brochures on a printed basis and using platforms popular among young people (Instagram, TikTok, VK, etc.). 7) Creating and publishing a project website on the Internet, where the developed information and methodological materials, feedback from project participants will be posted, and a chat for exchanging opinions will be organized.
	<i>Project financing</i>	
10.	Number of receipts (plan)	4900
11.	Currency	USD
12.	<i>Total cost of the project</i>	4900
13.	Donor funds	4100
14.	Co-financing	800
15.	Further activities after the completion of the project	Functioning of the website, where the developed information and methodological materials, feedback from project participants will be posted, a chat for exchanging opinions will be organized. Work of the Telegram channel for communication and mutual support among participants after the end of the project. Involvement of students who have given up vaping and volunteers in supporting the channel.
16.	Expected results	Reducing the number of students using vapes by 20% within a year of the project's completion. Engaging at least 300 students in educational seminars and lectures. Increasing the number of subscribers to the project's official pages by 50% during the project's implementation. Receiving at least 100 reviews from participants about the events held. Increasing the level of knowledge about the dangers of vaping among participants by 30% compared to the baseline. Increasing youth participation in healthy activities and events by 40%.