



Newsletter

ABOUT THE PROJECT

The Erasmus+ YOUTHful project aims to support youth workers by providing them with the necessary Mindfulness knowledge and practices to help youth cope with work-related stress and improve their well-being and quality of life. The project's relevance stems from the fact that, while work-related stress is not a new concept, the imbalance between work and personal life has gotten worse in recent years. Because mindfulness is both a process and an outcome that helps people focus on every moment and cultivate the skill of being "present," it can help young workers reduce stress. This project began in April 2022 and will last for two years.



OUR TEAM

POSITIVE YOUTH, Sweden



VAEV - Vienna Association of Education Volunteers, Austria



HT S.r.l., Italy



JOIST, Greece



SYAJ - Associacao Juvenil SYNERGIA, Portugal



GrantXpert Consulting Ltd, Cyprus



E-Juniors: Initiation des jeunes à des loisirs éducatifs électroniques Association, France



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FIRST RESULTS AND NEXT STEPS

The Youthful team's first step was to conduct research in each of the partner countries by interviewing 6 youth workers in order to learn more about the working conditions and environment of youth workers, as the goal of this project is to develop a set of tools and good practices related to mindfulness for youth workers in order to help them cope with stress at work.

As a result of this research, which included focus groups with youth workers, the team is now developing an **Educational Curriculum** to help train youth workers in mindfulness practices, which will be available in all partner languages.

This will finally be available online, in the form of a **web app offering a special 21-day training programme in mindfulness practices**. The application is currently being developed by HT with the collaboration of all partners in the content creation.

MEETINGS

The Youthful team met twice at partners' premises to discuss the project face to face.

Kick-off in Göteborg, Sweden

In mid-July 2022, we had our kick-off meeting in Sweden. The Youthful project team, hosted by Positive YOUTH, finally met face to face! We reviewed the management of the project's various stages, planned our next research activities with youth workers, and discussed techniques for disseminating project news and results.



TPM in Catania, Italy

Our second transnational meeting, with our partner HT, took place in Catania, Sicily, last November. The partners validated the findings of their respective research projects and organized the creation of a Curriculum for the Preparation of Mindfulness Activities for Youth Workers.

