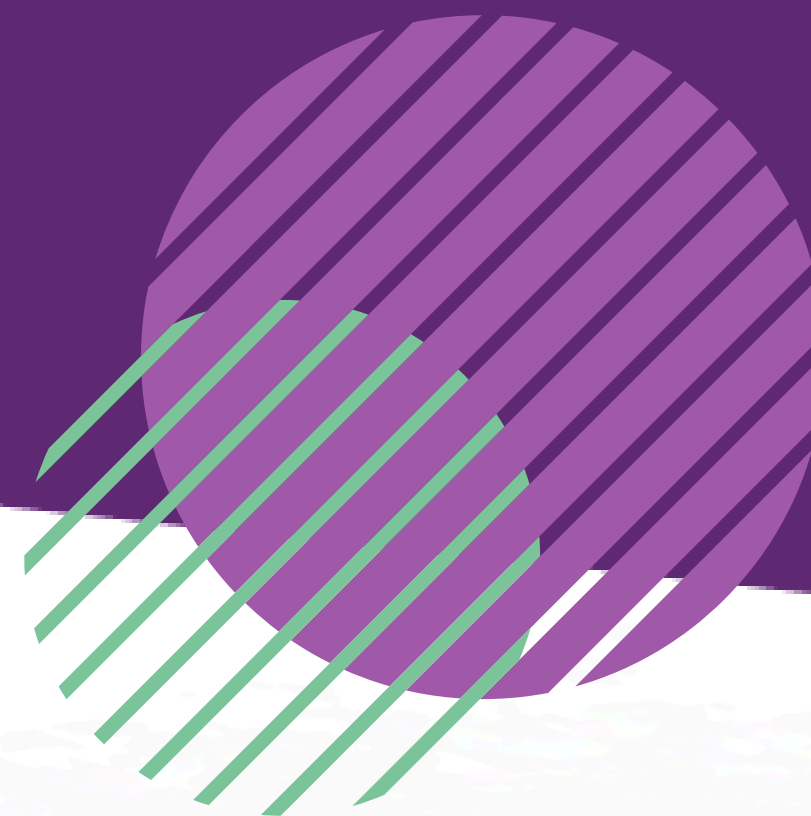


PRESENTATION



Standard project presentation

May 2025 (Version 3)



ENERGE YOUTH

Unlocking Potential, One Breath at a Time

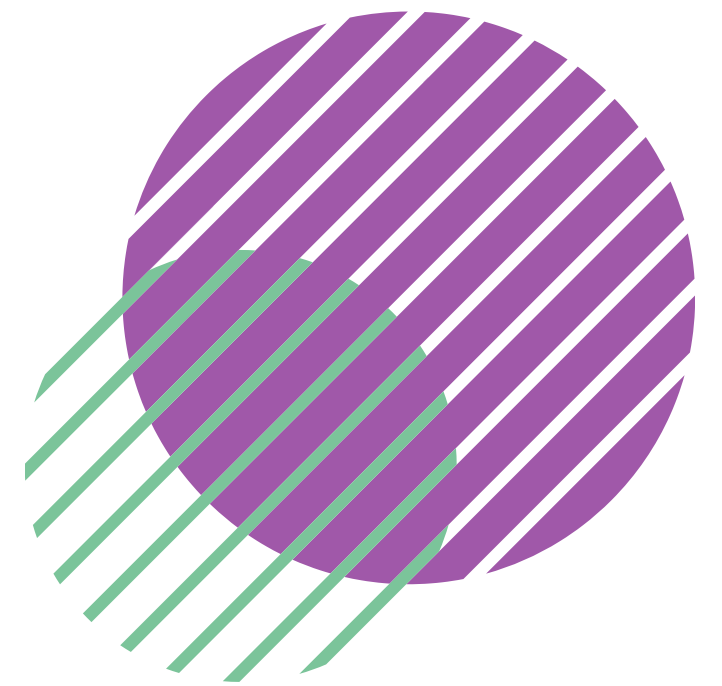


Co-funded by
the European Union

Empowering the Next Generation of Entrepreneurs through Stress Management Education in Youth

Project number: 2023-2-FR02-KA220-YOU-000175097

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



PROJECT OVERVIEW

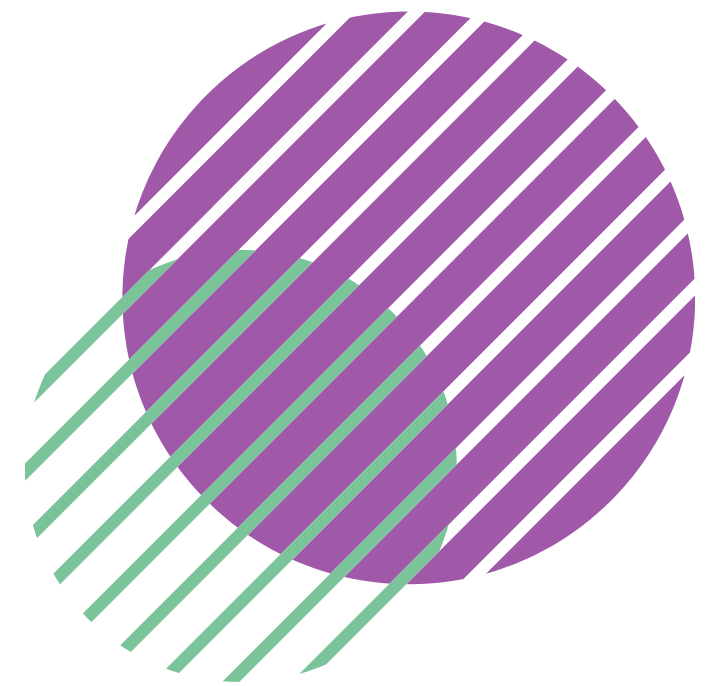


Relevance: Addressing critical stress management issues among youth to improve mental health and employability



Scope: Educating youth on stress management techniques to enhance their future careers as employees or entrepreneurs

TARGET GROUPS



Direct targets: Youth with secondary/higher education, NEETs, unemployed, and marginalized groups, youth workers, educators.

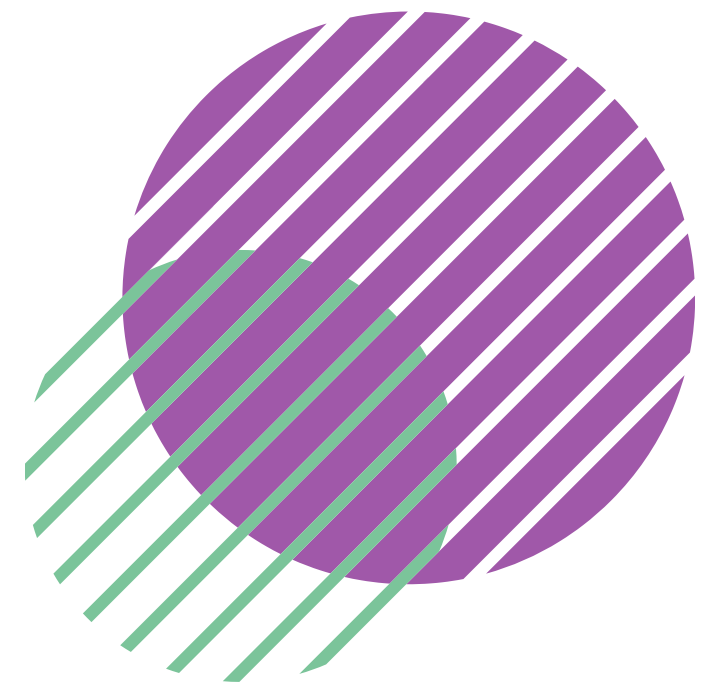
Indirect targets: Healthcare professionals, job orientation experts, employability and entrepreneurship centers.



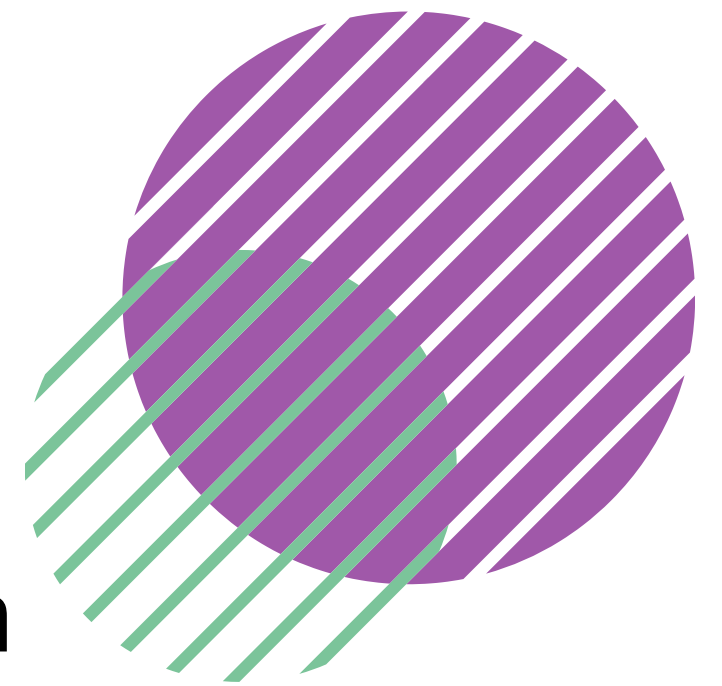
INNOVATIVE APPROACH



- **Open educational resources:** Freely accessible materials for everyone.
- **Personalization:** Customizable stress management plans.
- **Combination of offline and online tools:** Workshops, web app, and gamified education.
- **Inclusivity:** Focus on marginalized groups, including NEETs.



PARTNERS



Six EU partners collaborate on the EMERGE Youth project:

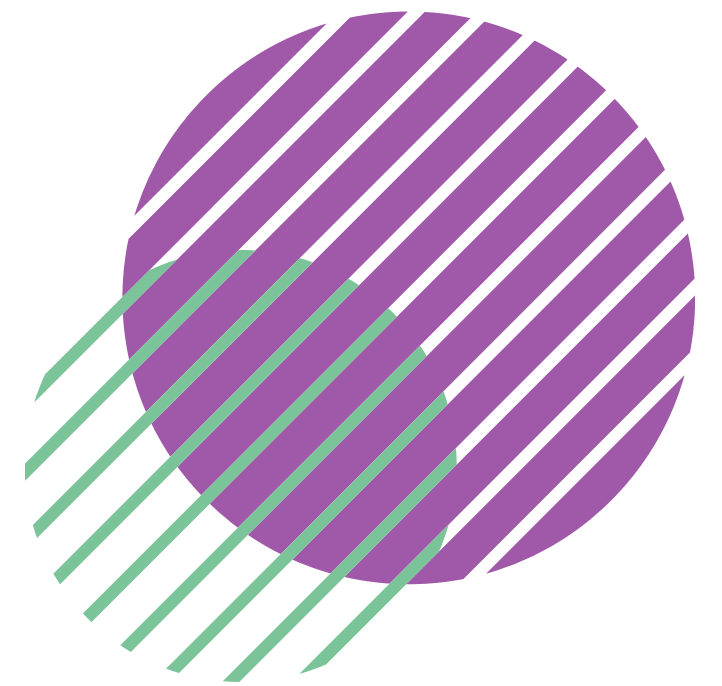
- VANILLEA International (France)
- AKLUB Centrum vzdelavani a poradentsvi (Czech Republic)
- Asserted Knowledge (Greece)
- TREBAG (Hungary)
- Mind the Game (Cyprus)
- Atlantic Technological University (Ireland)

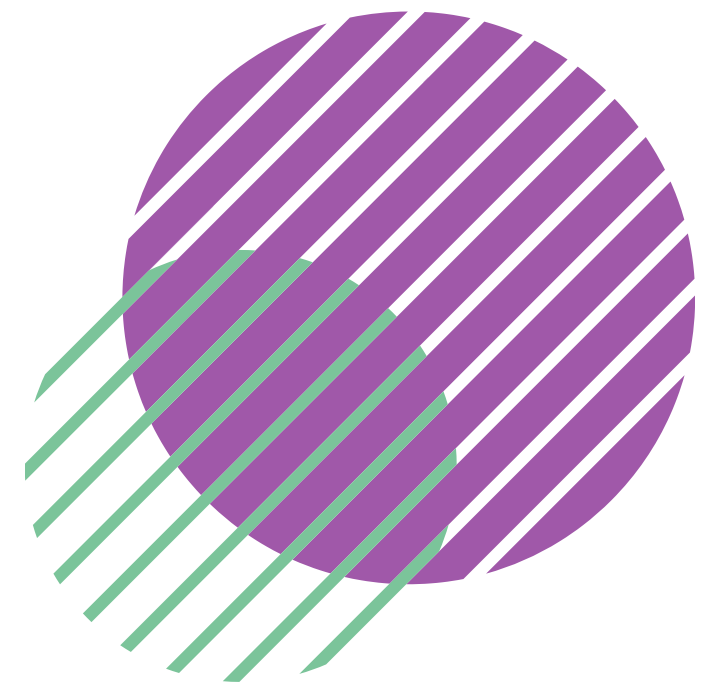


EUROPEAN SURVEY



- Our survey of **383 young people** from six European countries found that most experience moderate to high stress levels.
- The primary stress factors are financial issues, job-related concerns, and academic pressures.





EUROPEAN STRESS MANAGEMENT TREND REPORT

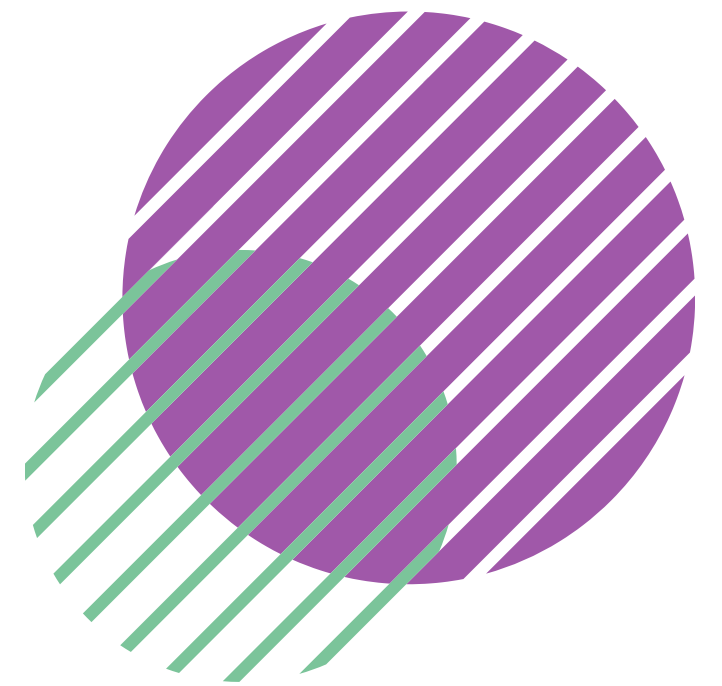
- Participants reported that stress primarily led to increased anxiety (22%), difficulty sleeping (16%), and difficulty concentrating (15%).
- Participants showed **strong interest in free stress management workshops**, with 31% "very likely" and 46% "somewhat likely" to attend.



COLLECTION OF STRESS MANAGEMENT PRACTICES



- We developed a collection of stress management practices.
- The practices include help centers, mobile apps, local initiatives and other inspiring approaches.
- All practices will be available in all languages in single document.

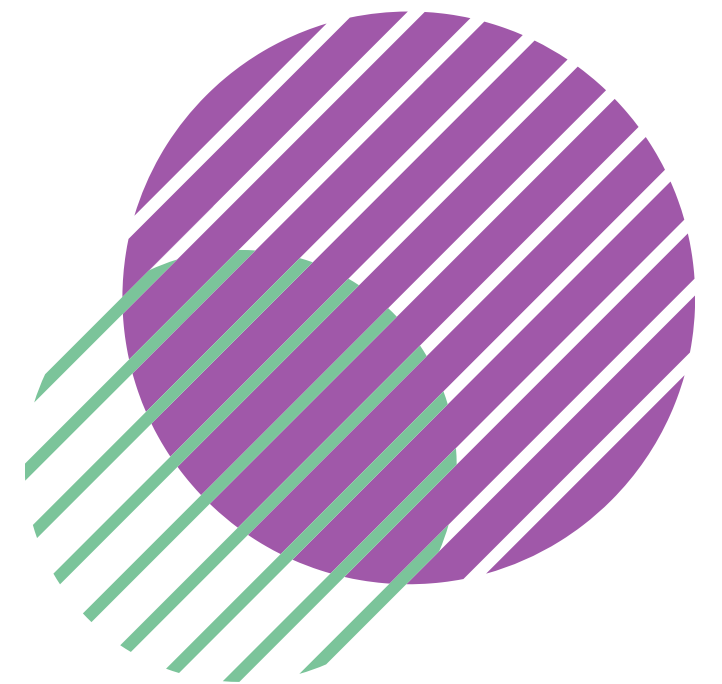


STRESS MANAGEMENT EDUPACK



Our EduPack offers a tailored stress management training program designed for both educators and young individuals, with content adapted to specific goals and community needs.

It aims to empower youth, specially those in vulnerable or remote areas, by enhancing their coping skills, supporting their career readiness, and contributing innovative methodologies to national education and youth strategies.

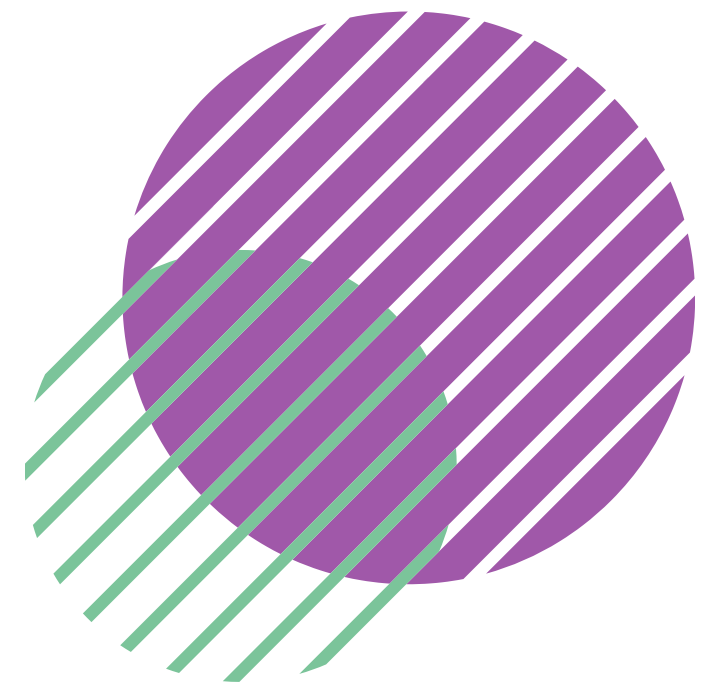


EDUPACK MODULES



The EduPack focuses on these key topics:

- Foundations of Stress and Its Impacts
- Practical Coping Strategies and Methods
- Digital Tools and Resources for Stress Management
- Workshop Facilitation and Community Engagement
- Emergency Support and Long-Term Resilience



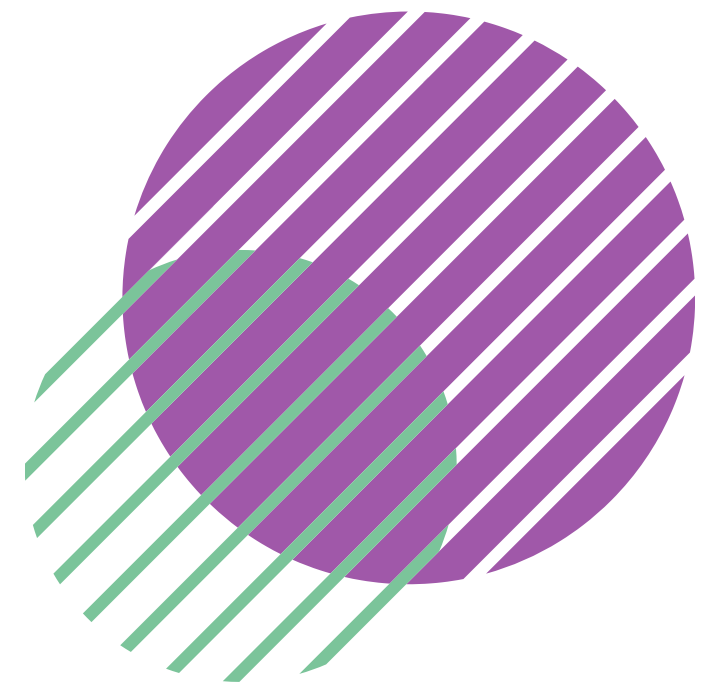
EMERGE WEB APP



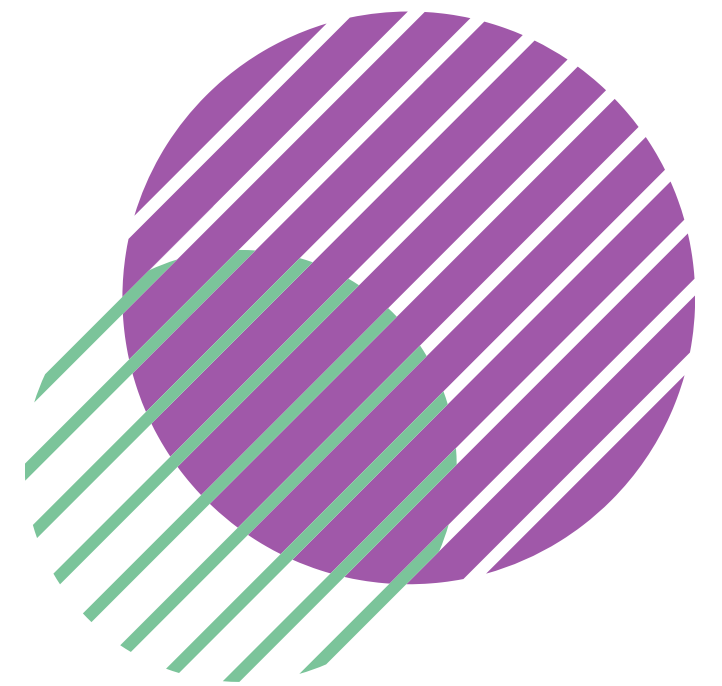
The EMERGE Web App is a free, interactive platform designed to help young people manage stress through personalized activities and real-life case studies.

With **60 engaging exercises**, gamified progress tracking, and easy access for all, including NEETs, the tool supports both personal growth and career readiness.

It's not just for youth. Educators can also use the WebApp in their sessions, making it a valuable resource for building resilience and wellbeing across communities.

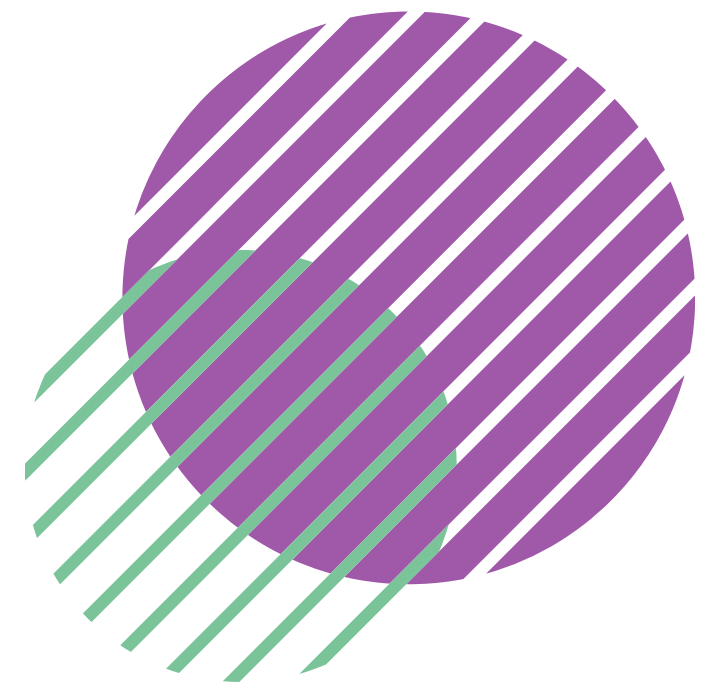


IMPACT AND SYNERGIES



- Improved mental health and well-being of youth.
- Increased employability and entrepreneurial skills.
- Enhanced civic engagement and inclusion.
- Collaboration across six European countries.
- Cross-sectoral partnerships in education, health, and youth training.
- Long-term benefits for youth and local communities.

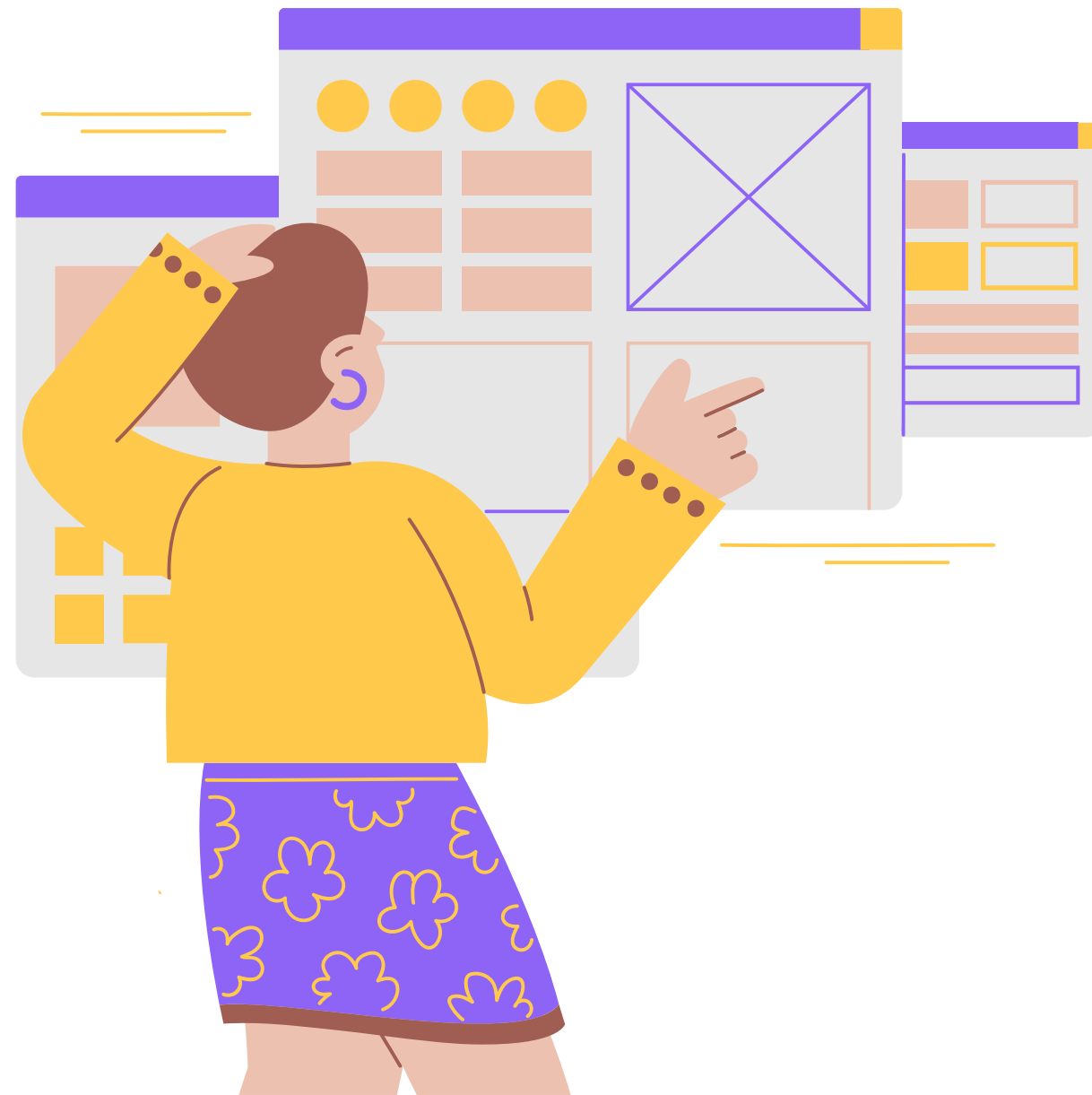




LINKS



Website: <https://emergeyouth.erasmusplus.website/>





EMERGE YOUTH

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THANK YOU!



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