

# NEWSLETTER 3

December 2025

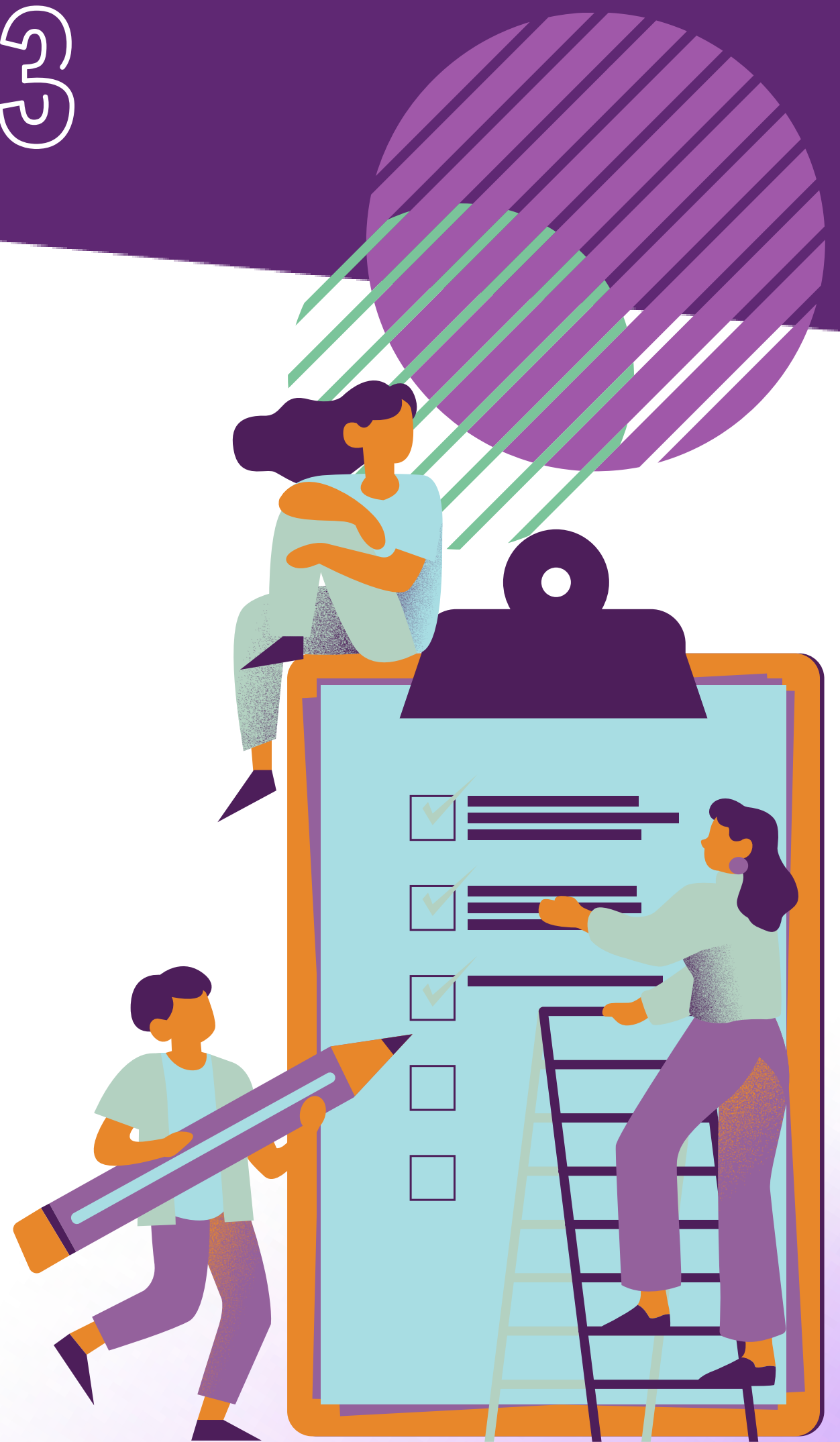
## About the project

The Emerge Youth project is a European initiative supported by EU funding, aimed at **empowering young people to strengthen their resilience and develop practical stress-management skills.**

Working together with partner organisations from six European countries, the project addresses the **rising mental health pressures** faced by today's youth.

For more details, visit our website:

<https://emergeyouth.erasmusplus.website>



## New resources available in English

Project partners have completed the development of the EduPack, which features **5 modules** focused on key stress management topics.

These modules are now accessible through our WebApp, which also includes a comprehensive collection of **60+ engaging stress management activities** designed for youth, suitable for both group and individual participation.



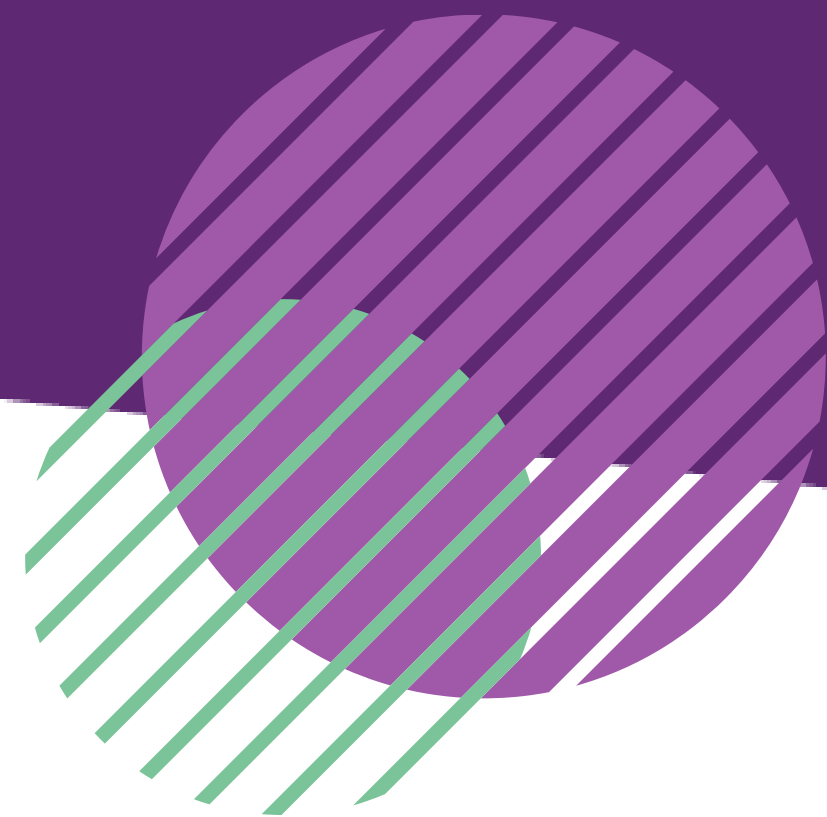
Co-funded by  
the European Union

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

# NEWSLETTER 3

December 2025



## Partner meeting in Budapest

The 3rd partner meeting for the project took place in Budapest, Hungary in November 2025, gathering all partner organisations to reflect on **recent progress, exchange experiences, and coordinate** the upcoming steps of the project.

The meeting also provided space for **reviewing completed outputs, aligning expectations for the final phase, and strengthening cooperation** to ensure a smooth continuation of all planned activities.



## Next steps

In the next phase of the project, partners will finish **conducting workshops** with young people across Europe.

At the same time, all resources, including the EduPack, activities, and WebApp content will be translated into partner languages to ensure **accessibility for a wide audience**.

The upcoming months will also include **promotional events**, where partners will present the project's results, engage with local communities, and raise awareness about the importance of youth mental well-being.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



Co-funded by  
the European Union

