



YOUTHFUL – The project against work-related stress

HT Apps hosted the transnational project meeting of Youthful, a project co-financed by Erasmus+ Programme.

The project in a glance

In recent years the imbalance between work life and personal life is getting worse, making the related implications more visible to the workforce. In order to be able to support **youth** to cope with **work-related stress with Mindfulness**, improve their well-being and their quality of life, **Youthful** - a project co-funded by the Erasmus+ Programme of the **European Commission** - will develop:

- A **Curriculum for youth workers**
- A **Web App**

The **Curriculum** will equip Youth Workers with all the **theories and knowledge** on the Mindfulness approach, to help young people to overcome stress at their workplaces, while the **Web App** will share the knowledge on Mindfulness from youth workers to young people through **modern methods** and **motivational content**.

Transnational project meeting in Catania, Italy

On November 10th and 11th, HT Apps hosted the **transnational project meeting** (TPM) of **Youthful**, which brings together under the same aim **7 partners** from **seven countries** (Sweden, Austria, Italy, Greece, Portugal, Cyprus, France). The TPM, hosted in Catania, Italy, began with a **mindfulness practice**, conducted by the **expert NGO PositiveYOUth** – coordinator of the project – in order to have a fresh start and replicate the core values of the project. The TPM gave the opportunity to the consortium to **share ideas** and **further discuss and explore** the details of administrative matters and **project results** with the purpose of making them as effective as possible. Particular attention has been paid to the **Curriculum** - whose responsible is **VAEV** from **Austria** - which is already in the middle of process. **A structure with specific chapters** has been defined by the consortium and each **chapter** has been assigned to **one partner**. At the end of the meeting, the consortium took a tour of the much-appreciated colourful and dynamic **Catania**, located at the foot of **Mount Etna** – the highest active volcano on the Eurasian plate; this was also a chance for the project managers to **bond**, getting to know each other better, **exchanging best practices** and **strengthen the collaboration**, which is essential to develop results as impactful as possible.

Next steps to take

The Curriculum chapters will be delivered to the project result coordinator soon, and by half February **the Curriculum will be ready in English** to be translated in all partners' languages. As regards the **Web App**, the TPM was also useful to better define its functionalities and the sections to be in line with the App's raison d'être. Specifically, **HT Apps** is responsible for the development of the innovative Mindfulness Web App, optimized also for mobiles, constituting the **main entertaining digital tool** based on interactivity. To implement the App, **the platform e-logos will be installed soon** along with a Home Page describing Youthful.

For further information on **Youthful** and other **HT Apps** initiatives:

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