

NEWSLETTER 4

April 2026



Mission accomplished

The Emerge Youth project has officially finished its two-year journey. Our goal was to provide young Europeans and youth workers with **practical skills to manage stress** and overcome the **barriers** to starting a business.

We have successfully developed project resources, including the **Stress Management EduPack** and an **interactive WebApp**. To ensure these resources are accessible, we have translated the resources into all partner languages.

You are welcome to visit our website:

<https://emergeyouth.erasmusplus.website>



Our impact

Throughout the project, we reached more than 650 people through our surveys, local events, workshops, and activities. Participants from all partner countries had the opportunity **to practice stress management techniques** and learn how to apply these tools to their **daily lives**.

Beyond the workshops, the project has also strengthened relationships between partner organisations and youth workers, who have gained **new knowledge and strategies** that they will continue to use to support young people in their communities long after the project ends.



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Thank you note

We want to say a **sincere thank you** to everyone who supported us over the last two years. To the **young people** who joined our workshops: thank you for your openness and for sharing your experiences with us.

We also want to thank the **educators, stakeholders, and partners** who worked hard to deliver these sessions and keep the project moving forward. Your support has been essential in building a stronger, more resilient community for young people across Europe.



What's next?

While the project's timeline is coming to an end, the Emerge Youth platform remains open. We invite you to continue using the resources, sharing the materials, and keeping the spirit of the project alive.

Thank you for being part of the Emerge Youth story!

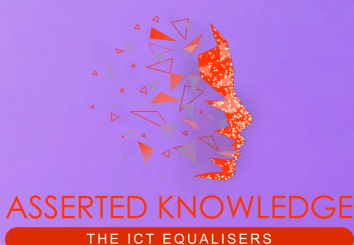


EMERGE YOUTH

Unlocking Potential, One Breath at a Time



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