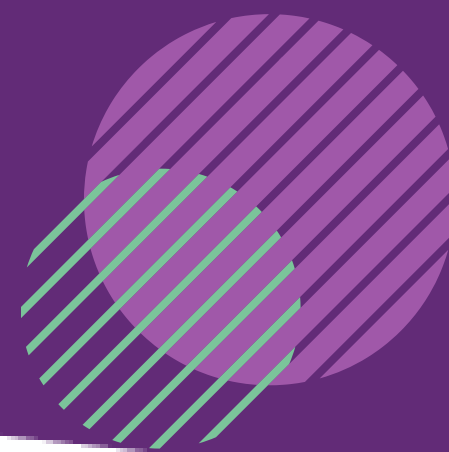


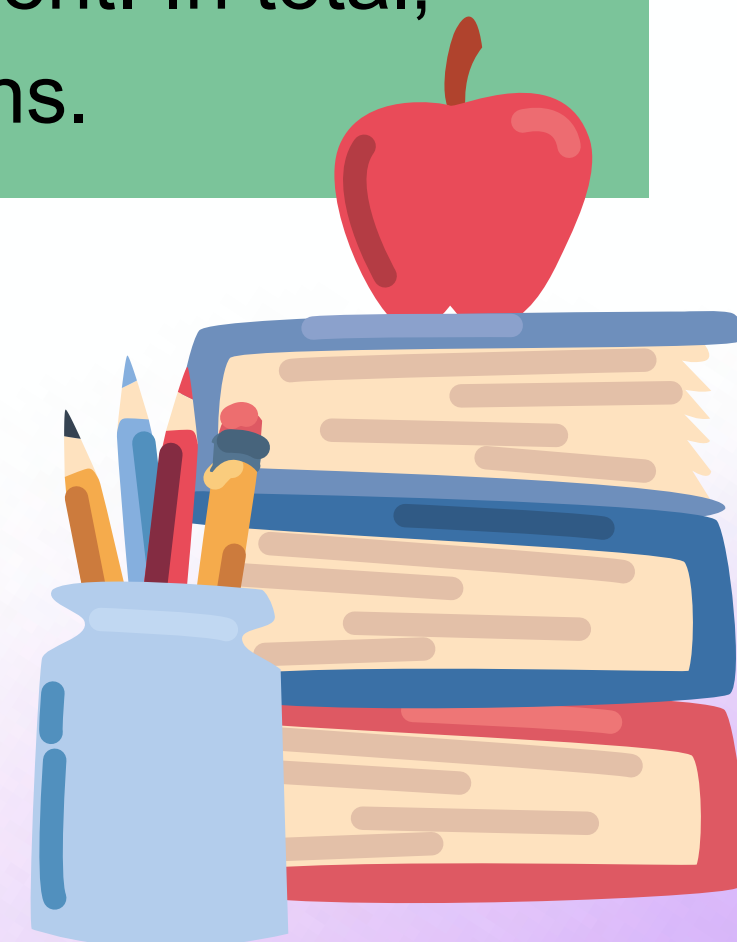
INFOGRAPHIC 8



Emerge Youth Workshops

The Emerge Youth Workshops took place in **four countries** — France, Czech Republic, Hungary, and Cyprus — bringing together young people and youth workers to focus on stress management. In total, **more than 50 participants** joined the sessions.

The workshops offered **practical tools and techniques** to better understand and manage stress. Participants explored strategies they can use **in daily life**, while also learning how to support others who might be struggling. The activities were interactive, hands-on, and tailored to the real challenges young people face today.



Feedback from participants was overwhelmingly positive. They not only gained new knowledge but also enjoyed the atmosphere of sharing, connection, and collaboration. This feedback will play an important role as **we finalise the project's resources**, making sure it reflects real experiences and needs.



EMERGE YOUTH

Unlocking Potential, One Breath at a Time



Co-funded by
the European Union

The EMERGE Youth project seeks to tackle stress-related challenges by empowering both young Europeans and youth workers with vital stress management skills, helping them navigate difficulties, support others effectively, and thrive in their future careers and professional roles.

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#EmergeYouth