**Title: PERMA-Youth: Enhancing Psychological Well-being and Resilience of Youth**

**Project Overview:**
This Erasmus+ KA2 Cooperation Partnerships project aims to enhance the **psychological well-being, resilience, and social participation of young people** using the **PERMA Model** of Positive Psychology. The project will provide **innovative training programs** to help young individuals develop positive emotions, meaningful engagement, strong social relationships, a sense of purpose, and goal achievement.

**Project Objectives:**

* Strengthen the **mental resilience** and **stress management skills** of young people.
* Foster **youth initiative-taking, social entrepreneurship, and active citizenship**.
* Improve **youth workers' capacity** by integrating positive psychology principles into non-formal education.
* Enhance the **digital well-being** of young people through **interactive digital tools**.
* Bridge the gap between **policy, research, and youth practices**.
* Support **youth employability** through skill-based training.

**Project Alignment with Erasmus+ Priorities:**
✔ **Inclusion and Diversity:** Targeting disadvantaged youth, including refugees and those from rural areas.
✔ **Digital Transformation:** Developing a **PERMA-Youth Mobile App** for mental well-being support.
✔ **Environmental Sustainability:** Encouraging mindful, sustainable living practices.
✔ **Youth Employability & Participation:** Providing career planning and leadership training.
✔ **Innovation in Youth Work:** Introducing Positive Psychology-based training for youth workers.

**Work Packages (WPs) Based on the PERMA Model:**
1️⃣ **Positive Emotions & Stress Management Workshops** – Mindfulness, gratitude, and well-being exercises.
2️⃣ **Strength Discovery & Engagement** – Flow-based experiential learning and skill development.
3️⃣ **Social Relationships & Peer Support Networks** – International youth solidarity and mentorship programs.
4️⃣ **Meaning & Career Development** – Volunteering, social impact projects, and career coaching.
5️⃣ **Goal Setting & Youth Leadership Academy** – Entrepreneurship, innovation, and project planning.

**Expected Outcomes:**
📌 **PERMA-Youth Mobile App** – A digital well-being tool.
📌 **Training Toolkit on Psychological Resilience for Youth**.
📌 **Impact Report on the Mental Well-being of Young People**.
📌 **Online Courses and Peer Learning Networks**.
📌 **Local and International Youth Capacity-Building Activities**.

**Potential Partners:**
✔ **Youth NGOs & Organizations** (specialized in youth engagement and well-being).
✔ **Universities & Research Centers** (experts in psychology and education).
✔ **Local Governments & Public Institutions** (to support youth policies).
✔ **Digital Education & Entrepreneurship Centers** (to enhance employability and leadership skills).

If your organization is interested in collaborating as a partner, feel free to reach out! 🚀

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