



The JOY project – Innovative, Recreational, Stress Relief Youth Empowerment Strategies



About JOY

Stress in young people is increasing at an alarming rate. Youth stress and burnout are not taken seriously by youth themselves, by parents, educators and health professionals even if relief measures can bring important positive consequences on youth well-being, school performances, relationships, family life and future.

The aim of the project is to raise awareness on youth burnout danger among the target groups and stakeholders as highly important and stringent issue related to children mental health and to provide a widely usable training solutions and burnout prevention and coping skills through partner cooperation and exchange of expertise, methodologies and good practices in order to reduce the effects and consequences in EU.

Status

Currently, the project is developing the curriculum for the training course for youth educators, parents, teachers and health professionals. The curriculum will contain the necessary knowledge, skills and competences to facilitate and raise awareness on youth burnout danger among the target groups.

Project number: 2020-1-RO01-KA205-078667



Co-funded by the
Erasmus+ Programme
of the European Union

NEWSLETTER 1



Website:

<https://thejoyproject.eu>

Facebook:

<https://www.facebook.com/The-Joy-Project-112984747226273>



👍 166 personer liker dette

👤 165 følgere

Dissemination

We have gained many likes and followers at our project facebook

Dissemination

At Godalen, all 850 students and 150 employees have learned about the project



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