

ECOWELLNESS RECHARGE

*AN ERASMUS+ COOPERATION
HAS STARTED*

Issue 1

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About The Project

Eco Wellness Recharge is an Erasmus+ Cooperation Partnership project dedicated to empowering young migrants aged 16-25 by addressing eco-anxiety and strengthening emotional resilience.

Combining youth work, mental health expertise, and environmental awareness, the project supports inclusive, sustainable, and youth centred approaches across Europe.



Meet the Project Partners

- [Verbund sozial-kultureller Migrantenvereine Dortmund e.V. \(Germany\)](#) – Project coordinator, expert in migrant inclusion, youth work, and mental well-being
- [Debatni klub Grada Niša \(Serbia\)](#) – Specialist in non-formal education, critical thinking, and environmental literacy
- [Lascò SRL \(Italy\)](#) – Innovation-focused SME responsible for digital tools, educational design, and the GreenWell online platform

Project Objectives

- Increase eco-anxiety literacy among young migrants
- Equip youth workers with practical tools and methodologies
- Promote emotional resilience and coping strategies
- Develop inclusive educational resources and a digital learning platform
- Strengthen cross-border cooperation in youth work and mental health

Kick-off Meeting Highlights

The project officially started with a Kick-off Meeting held on 25 November 2025 in Dortmund, Germany.

During the meeting, partners introduced their organisations, aligned on project goals, clarified roles and responsibilities, and reviewed the project timeline and work packages.

The kick-off marked an important step in establishing strong cooperation, shared understanding, and clear communication structures for the successful implementation of Eco Wellness Recharge.

More Updates Coming Soon

Eco Wellness Recharge is just beginning its journey. In the coming months, we will share updates, insights, and results from project activities across partner countries.

Follow our channels and stay engaged as we work together to promote emotional well-being, environmental awareness, and youth empowerment across Europe.



Upcoming WP2 Activities

Following the successful kick-off meeting, the project now enters Work Package 2, which focuses on assessing eco-anxiety literacy among young migrants and youth workers.

During this phase, partners will develop assessment tools, collect qualitative and quantitative data, and analyse existing needs and gaps related to eco-anxiety.

The findings will form the foundation for future educational resources, training materials, and the GreenWell digital platform.

Join the Journey

Opportunities to engage will include research participation, pilot testing of tools, training activities, and access to project resources.

Stay tuned through our social media channels and partner networks to be part of a growing European community working towards eco-resilience and youth well-being.

Contact Us

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