



WellME
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TURNING LOCAL COMMUNITIES INTO SPACES OF WELL-BEING FOR YOUTH!

The **WellME** Project addresses an urgent priority: to place Youth at the center of our attention. Young people living in small, local and rural communities are among the most vulnerable citizens in Europe. They often face limited access to resources, fewer educational opportunities, and reduced support networks – challenges that can affect their mental health, resilience, and overall wellbeing.

To respond to these realities, WellME aims to establish “Wellbeing Hubs” – innovative local learning environments designed to strengthen young people’s mental, physical, and social resilience. These Hubs will serve as safe and inclusive spaces where Youth can learn, connect, and grow, while also promoting active citizenship and social inclusion.

The project will use digital technologies and hybrid learning methods to ensure that even young people in remote areas can benefit from high-quality training and support. Each Wellbeing Hub will integrate a multidimensional training program focused on:

- Healthy nutrition
- Effective physical activity
- Intellectual development
- Balanced mental health
- Social interaction and community engagement

Through workshops, experiential activities, and a European hybrid platform, WellME will foster cooperation among NGOs, local authorities, universities, health providers, and Youth associations. This collaborative approach ensures that young people not only receive tools to cope with today’s challenges but are also empowered to actively shape the future of their communities.

In this newsletter you can expect:

Project objective

Activities

Partnership



OBJECTIVES

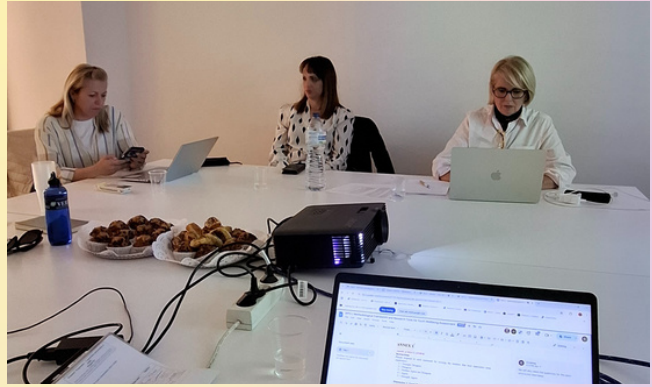
The WellME project is dedicated to addressing one of today's most pressing challenges: supporting young people living in small, local and rural communities, where opportunities are often limited and social isolation can be stronger. Recognising youth as one of the most vulnerable groups, the project seeks to strengthen their resilience and wellbeing through the creation of Wellbeing Hubs – innovative local learning environments that combine physical and digital spaces.

These Hubs will provide young people with access to knowledge, activities, and supportive networks that enhance their mental, physical, and social health. The project's objectives focus on developing a holistic training program covering healthy nutrition, effective physical activity, intellectual growth, mental balance, and meaningful social interaction. By using digital technologies and hybrid methods, WellME ensures that even those with limited access to education or resources can benefit from inclusive and high-quality learning opportunities.

At the same time, WellME encourages collaboration between local authorities, NGOs, universities, health providers, and youth associations. This cooperative model strengthens community bonds and promotes active citizenship, while empowering young people to become agents of positive change in their own environment.

In the long run, the WellME project aims to leave behind more than just knowledge and tools – it strives to create a sustainable model of Wellbeing Hubs that can be replicated across Europe, turning local communities into safe, inclusive, and inspiring spaces where youth can thrive.

WellME is more than a project: it is a call for inclusion and solidarity. By bringing together community actors – local authorities, NGOs, universities, healthcare providers, and youth organizations – it builds a strong network dedicated to empowering the next generation. The long-term vision is to ensure that these Hubs become permanent anchors of wellbeing and community development, creating a model that can inspire and be replicated across Europe.



ACTIVITIES

The WellME project combines research, training, and community action to promote youth wellbeing in small and rural communities. The activities are designed to create both immediate impact and long-term sustainable change.

The project begins with research on youth wellbeing, leading to the design of innovative learning modules that address the specific needs of young people. Building on this knowledge, partners will develop hands-on training programs that translate theory into practical skills, empowering youth to take care of their physical, mental, and social health.

A central activity is the creation of Wellbeing Hubs, hybrid spaces that blend digital and face-to-face learning. These Hubs will host workshops, interactive sessions, and community events, ensuring that young people can access resources, support, and peer networks in a safe and inclusive environment.

Transnational training sessions will bring together youth and professionals from different countries, encouraging cross-cultural learning and exchange of good practices. At the national level, experiential workshops will provide practical learning opportunities, while grand opening events will raise awareness and attract local communities to the new Hubs.

Finally, the project will culminate in a European Wellbeing Conference, where results, best practices, and lessons learned will be shared with a wider audience. Through these activities, WellME creates not only knowledge and tools, but also vibrant spaces where young people can thrive and communities can grow stronger together.

PARTNERSHIP



GESEME is a Spanish organization specialized since 1996 in medicine, health, safety, psychotherapy, sports, training and healthy lifestyles. We have an intensive profitable activity and a team of more than 300 employees (medical doctors, physiotherapists, psychologists, therapists, occupational health specialists, medical nurses, educational experts, etc.).



The University of Zaragoza is a prominent Spanish public university with a long history and strong international focus, particularly within the Erasmus+ program. It's a leading institution in student exchange and actively promotes both student and staff mobility through various programs, including Erasmus+ and initiatives in Latin America, North America, and Asia.



The Nicosia Tourism Board (NTB) is a private not-for-profit organization established in 2007 to promote and enhance Nicosia and its surrounding areas as tourist destinations. NTB collaborates with key stakeholders like the Cyprus Tourist Guides Association and the Department of Antiquities, which manages all public museums and archaeological sites.

PARTNERSHIP



CentreDot team, is experienced in conducting research activities and delivering training courses to different target groups.

The most relevant trainings conducted by the accredited trainers of the organisation refer to mental health, emotional intelligence, art therapy, recreational activities for healthy life, students & youth empowerment

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“EUROPEAN PROGRESS” is a certified training and lifelong learning organization, specializing in vocational training and adult education. The company executives are able to implement integrated training programs that meet the needs of the interested entity or natural person.



GAutokreacja Foundation is a Polish NGO with more than 14 years of experience in conducting educational projects aiming at fostering social change and combating social exclusion. Our mission is working towards building more inclusive societies where every individual feels empowered to be a change maker in their local communities and beyond.

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Empowering Youth Through Well-Being



Thank you for reading!

WellME

<https://www.wellmeproject.com/>



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the European Union