

FINER

| Find your **IN**ner pow**ER** |

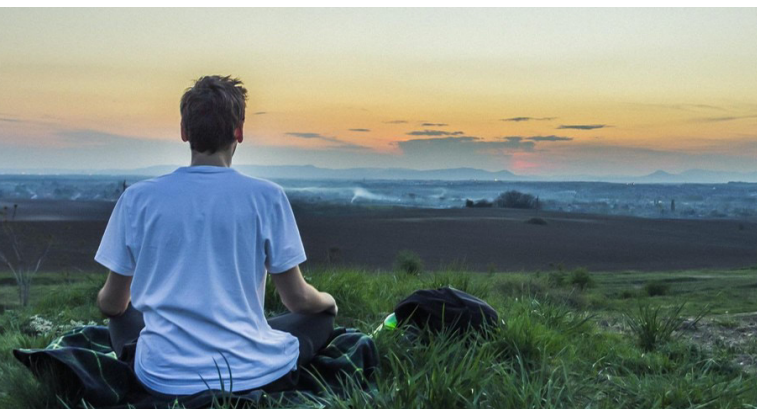
Welcome to the FINER
Find your **IN**ner pow**ER**
Project



Whats is FINER

The FINER - Find your INner power – Project has been funded under the Erasmus+ Programme. The project aims to address the mental and physical well-being of young adults in the post-pandemic society.

Through this project, our intention is to raise awareness among young adults about the topic of well-being, why it is important and how it can be maintained. To support this aim, we will provide targeted educational resources to support young adults, and adult educators, to address well-being concerns as we all navigate the world after the COVID-19 pandemic.



What will FINER deliver?

The FINER project proposes the development of three unique learning products, that will engage both young adults and the educators who support them, to address the well-being needs of young adults in the post-pandemic society. These education interventions, called Project Results, are as follows:

Project Results

The first Project Result is called the **Well-being E-book**: Considering the importance of protecting the well-being of young adults, FINER project partners plan to design and develop the Well-Being E-Book which will be online and offline. This E-Book will address topics such as What is Well-being? The Importance of Well-being, Our Well-being and our Social Life, Mindfulness and Physical Activity, Nutrition and Daily Balance, Personal Development, Active Citizenship and Volunteering, and how young people can control their own Environment and connect with their local environment. Through these eight (8) units, we aim to provide holistic support to young adults to address their well-being.

The second Project Result is called the **“Target Finder Toolkit”**. This result aims to support adult educators to work with young adults, help them to adapt to post-COVID living, and to make changes in their personal and professional lives. This is an innovative tool that will help adult educators coach young adults in redesigning and redirecting their lives to reflect their new reality.

The third and final Project Result is very special. As part of this Result, FINER partners will design and develop an **Online 3D Mall Platform**. The Online 3D Mall will invite young adults and adult educators to navigate the virtual world of a 3D Mall and explore different paths for improving their well-being. Also, through the online 3D Mall Platform, FINER will host a virtual marketplace where stakeholders and organisations work to provide well-being services to young adults in each country – Austria, Cyprus, Germany, Greece, and Italy.



Why FINER? Why now?

Since the beginning of the COVID-19 pandemic, there has been a noticeable shift in the mental health and well-being of all age groups, but especially for young people. Young adults have been severely impacted by the social distancing reality that we have found ourselves in over the last two years.

The psychological impact of the pandemic on young adults has been highlighted several times as one of the major concerns for the development and growth of this generation.



These young adults have missed opportunities to socialise with friends and family and have missed important milestones in their young adult lives – such as graduating with their peers, securing employment, holidays abroad with friends, and attending parties and social events. These are experiences that these young adults will never be able to get back.

Along with the stress and worry caused by the pandemic, young adults have been disproportionately impacted by the COVID-19 pandemic, and so we believe that it is time to provide a new approach and new resources to support the well-being of young adults in our communities.

Meet the partners

The FINER project is currently being developed by a European partnership of 6 organisations, all with unique and valuable experience in supporting the well-being of young adults in their regions.

The FINER project team is led by Jugend- & Kulturprojekt e.V. from Germany, and is supported in developing this unique well-being project by KAINOTOMIA Lifelong Learning Centre from Greece, Università Degli Studi di Torino from Italy, Cellock from Cyprus, Südwind Verein für Entwicklungspolitik und globale Gerechtigkeit from Austria and The Rural Hub from Ireland.



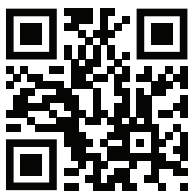
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Find out more about the FINER project and the partners,
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Erasmus+

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