



HAPPY ME

HEALTHY PLANET

SURVEY REPORT



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Project description

As David Attenborough stresses, the lifestyle people have nowadays determines a decline in biodiversity – many species are disappearing, this catastrophe being an unfortunate effect of humans' irresponsible behaviors. In the wake of the lack of awareness of how much harm our actions can do, we consider of tremendous importance the issue of educating young people about sustainability, making them aware of the bad practices and getting them acquainted with environmentally friendly practices. Nature connectedness seems to play a key role in the relationship between pro –environmental behaviors and mental wellbeing. Therefore, it is crucial to promote youth's connectedness with the nature to foster both their and the planet's wellbeing.

Wellbeing is a state of positive feelings and meeting full potential in the world. It can be measured subjectively and objectively, using a salutogenic approach¹.

Sustainability is the practice of creating and maintaining conditions in which humans and nature can coexist in productive harmony, supporting both present and future generations².

Project's purpose

With this project, we aim to raise awareness towards the impact our behavior has on the planet's health, encouraging the decrease of food, water, and energy waste, while promoting green solutions, all while nourishing eco-friendly and caring attitudes that define compassionate future youth leaders. Additionally, we strive to provide youth with the practical knowledge to live a sustainable life, taking care of Mother Earth, and acquaint them with the key elements of wellbeing, such as positive emotions, engagement, and nourishing relationships.

The research

The research comprised both a survey and interviews, yielding both qualitative and quantitative data. The respondents were selected from the common national networks of non-governmental organizations whose aim is to work with youth. According to the European Commission, the youth worker acts by encouraging young people to get involved with different activities that would support their inclusion in the society by facilitating the process of informal and non-formal learning for young people.

The survey, developed by youth workers, was disseminated within the European youth work sector. Its primary aim was to identify learning needs and potential challenges encountered by youth workers when addressing topics concerning wellbeing and sustainability among young people. A total of 210 participants filled the survey, featuring 26 close and open-ended questions, with one or multiple possible responses, focused on seven main areas: demographic information, professional background, challenges, digital tools, the link between sustainability and wellbeing, good practices, and learning needs. As for the qualitative research, each partner conducted three interviews with 3 youth workers from their community, posing eight questions related to both wellbeing and sustainability.

Respondents were selected from the countries within the project consortium, including Denmark, Croatia, Portugal, and Romania, as well as from youth workers across Europe and beyond. These findings are crucial for the analysis that will underpin the development of an e-learning Moodle Course.

A significant limitation of this study is represented by the large number of respondents in the 18-25 age group and their lack of experience in working with youth.

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Challenges and Pathways

National background of practices on Youth Wellbeing and Sustainability

A Research Report on Youth Wellbeing and Sustainability in Romania

Romania is facing various challenges when it comes to the wellbeing of its youth and sustainability, as indicated by the statistics provided by the National Institute of Statistics.

Firstly, the number of individuals who died in 2022 due to mental and behavioral disorders was 412. This highlights the need for increased attention to mental health and the provision of adequate support to young people experiencing such issues.

Furthermore, in 2022, the rate of unemployed youth who were not engaged in any form of education or training within the 15-34 age group was 20.3%. This emphasizes the importance of developing and promoting education and vocational training programs to help integrate these young people into the labor market and provide them with opportunities for personal and professional growth.

In terms of youth salaries, gross base salaries in 2022 varied depending on the age group. For example, for youth aged 15-19 who were employed, the average gross salary was 3070 RON (617 €), while for those aged 30-34 who were employed, it was 5535 RON (1112 €). These figures demonstrate considerable diversity in income levels among Romanian youth.

Furthermore, the quantity of household waste generated in 2022 was 3,856,556 tons, highlighting the need for the implementation of waste management practices and sustainable environmental policies to protect the environment and promote a sustainable lifestyle.

The statistics also show significant technology usage among Romanian youth. For instance, in 2015, approximately 179,015 individuals aged 16-24 had ever used a computer, and by 2017, this figure had increased to 4,199,661 individuals aged 16-34. This emphasizes the need to develop digital skills and promote access to technology among young people.

Regarding education and training, the participation rate of 18-24-year-olds in formal, non-formal, or informal education was 62.8% of the total youth population in 2022. However, the early school leaving rate among young people (18-24 years old) in the same year was 15.6%, highlighting the need to address factors contributing to school dropout and to promote better education and training opportunities for youth.

Considering these statistics, Romania has set targets for 2030 aimed at ensuring adequate education for all students, promoting sustainable development and a healthy lifestyle, reducing inequalities, and promoting human rights and cultural diversity. The implementation of these objectives will be crucial for improving the wellbeing of youth and promoting sustainability in Romania.

Examples of best practices

In Romania, numerous associations and organizations conduct their activities with a focus on engaging youth in initiatives aimed at supporting and developing local communities, promoting both individual and collective health, as well as encouraging wellbeing and psychological balance. These organizations represent models of best practices in the field.

The "Among Neighbors" Association (Între vecini) exemplifies this commitment through efforts to bring community members closer together, from the youngest to the oldest, within neighborhoods, providing opportunities for socialization and contributing to the development of local communities.

The "Youth for Youth" Association (Tineri pentru tineri) focuses on the formation of young people in essential aspects of life, such as family life and individual responsibility, through civic education programs and activities geared towards promoting a healthy lifestyle.

The "Future of Youth" Association is dedicated to the social integration of vulnerable youth, providing them with the support and necessary resources to adapt to a society in continuous change.

The "Good House" (Casa Bună) Association is involved in improving living conditions and education for children and young people in disadvantaged areas of Bucharest, bringing together a significant number of volunteers, especially young people, who contribute to the wellbeing of the community and the development of counseling and guidance skills for children.

These examples not only represent responses to the challenges facing young people in Romania but also a sign of their increased interest in actively engaging in improving their own lives and those of others in their communities.

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Wellbeing and Sustainability in Croatia

Wellbeing and sustainability are critical aspects of Croatia's socio-economic landscape, significantly impacting the younger population. Key indicators such as mental health, youth unemployment, salaries, household waste generation, technology usage, and education participation provide insight into the challenges and opportunities faced by Croatian youth.

Mental health

In mid-2022, Croatia's population was estimated at 3,855,641. During that year, 1,876 people died from mental and behavioral disorders (1) (all age groups).

Also in 2022, it was reported that a significant number of young people in Croatia experienced mental health issues. A study (2) conducted by the Croatian Institute of Public Health indicated that around 20% of young people in Croatia (618,054 in total aged from 14-29 years old according to the last National census from 2021. conducted by the Croatian Bureau of Statistics (3)) were affected by mental health problems, with the most common issues being anxiety and depression. The rise in these issues was attributed to the ongoing impact of the COVID-19 pandemic, social isolation, and academic pressures. Unfortunately, during the same year, the Croatian Suicide Registry recorded 35 deaths by suicide among young people aged 15-29.

Mental health issues are not a problem just among Croatian youth. Additionally, a broader European report by the OECD noted that mental health problems among young people were a growing concern across Europe, including Croatia, with many countries reporting similar trends in increasing rates of mental disorders among youth populations. (4)

Support for Croatian youth concerning their mental health includes various initiatives and services, though there are ongoing challenges. The Croatian Institute of Public Health provides mental health programs and resources, and there are mental health services available through hospitals and community health centers. Schools also play a role in offering support through counseling services. However, there are concerns about the

accessibility and adequacy of these services, with calls for increased investment and more comprehensive support systems to address the growing mental health needs of young people in Croatia.

Youth Unemployment and NEET Rate

In 2022, the youth unemployment rate in Croatia was around 15.4%, with the NEET (Not in Employment, Education, or Training) rate for young people aged 15-29 being 14.9% while the average in the EU was 11,8% (5). Although a little higher than the EU average, this data, both on the Croatian and EU level, shows that *“youth policies, youth employment policies and reducing youth unemployment rates (including the NEET population) need to be the political priority of all political structures regardless of country, both at the level of European consensus as well as the national”* (Bedečević I., 2017).(6)

Youth Salaries

Regarding youth salaries in Croatia in 2022, youth aged 15-19 who were employed had an average gross salary of approximately 4,500 HRK (7)(527 EUR), and for those aged 30-34 who were employed, the average gross salary was approximately 8,300 HRK (around 1,102 EUR).

These figures indicate a significant variance in income levels among Croatian youth, reflecting the difference and the gap between different stages of career development and job experience. (8)

Household Waste Generation

In 2022, Croatia generated about 1.8 million tons of household waste (9). Generating 1.8 million tons of household waste annually is significant for a country like Croatia, which has a population of around 3.85 million. On a per capita basis, this translates to about 467 kilograms of household waste per person per year.

In comparison, the European Union (EU) generated 231 million tons of municipal waste in 2022, averaging 517 kilograms per capita. This indicates that Croatia's waste generation per capita is slightly below the EU average but still represents a considerable environmental challenge. While Croatia's generation of 1.8 million tons of household waste is considerable, addressing this issue requires a multifaceted approach involving enhanced recycling programs, waste reduction policies, improved collection systems, composting initiatives, legislative measures, and public engagement. By adopting these strategies, Croatia can move towards a more sustainable and environmentally friendly waste management system.

Technology Usage

We can see the increase in technology usage from 2015 to 2022 among youth in Croatia.(10)

In 2015, about 90% of Croatian youth had internet access. The increasing availability and affordability of broadband services drove this high penetration. Regarding social media usage, Facebook was the most popular platform among Croatian youth, with significant usage of Instagram and Twitter. Social media was a primary tool for communication and entertainment. Also, around 70-80% of Croatian youth owned a smartphone in 2015. The growing affordability of smartphones and mobile data plans contributed to this high ownership rate.

In 2017, Internet access among Croatian youth slightly increased, reaching around 92-94%. Advancements in broadband and mobile internet infrastructure supported this rise. Regarding social media usage, Instagram's popularity surged, possibly overtaking Facebook among younger demographics. Snapchat also saw increased adoption. The use of multimedia content like photos and videos became more prevalent. Smartphone ownership among youth increased to about 85-90%. New models and improved mobile services continued to drive this growth.

And last data in 2022, show us that nearly universal internet access was achieved, with about 95-98% of Croatian youth connected. The COVID-19 pandemic significantly

accelerated digital adoption and reliance on online services for education and social interaction. TikTok became a major platform alongside Instagram and WhatsApp. There was a notable shift towards short-form video content, with TikTok's popularity rising dramatically. And by 2022, almost all Croatian youth owned a smartphone, making these devices essential for communication, education, and entertainment, especially during the pandemic when online activities surged.

These trends reflect the broader global shifts in technology usage among youth, with increased digital connectivity, evolving social media preferences, and a growing reliance on smartphones for various aspects of life.

Education and Training

The participation rate of 18-24-year-olds in Croatia in various forms of education (formal, non-formal, or informal) was 56.2% in 2022 (11)(12) highlighting a significant involvement in lifelong learning. However, the early school leaving rate was 2.7%, indicating that a small but notable percentage of young people were leaving formal education prematurely. This underscores the need for:

- a) Improved Support Systems in the form of enhanced guidance and counseling services in schools to address academic and personal challenges faced by students.
- b) Providing alternative education pathways and vocational training to cater to diverse needs and interests.
- c) Developing programs that re-engage dropouts and offer second-chance education opportunities.

Croatia faces several challenges in improving education outcomes, including:

- a) Economic Factors - Financial constraints that limit access to education and training opportunities.
- b) Geographical Disparities - Differences in educational infrastructure and resources between urban and rural areas.

c) Quality of Education - Ensuring high-quality education and training that meets the needs of the labor market.

To address these challenges, Croatia has been working on various initiatives, such as: a) Education Reform (implementing curricular reforms to make education more relevant and engaging), b) Lifelong Learning Programs (promoting lifelong learning through national policies and funding support for non-formal and informal education), c) International Collaboration (participating in European Union programs like Erasmus+ to enhance educational opportunities and mobility).

In summary, Croatia's education landscape in 2022 reflected a strong commitment to providing diverse learning opportunities for youth, despite challenges that require ongoing efforts to ensure inclusive and quality education for all.

Conclusion

Addressing mental health issues, youth unemployment, and educational gaps while promoting sustainable practices and technological skills is essential for Croatia's future. Comprehensive support systems and targeted policies are needed to ensure the well-being and sustainable development of young people in Croatia.

Examples of best practices

Non-governmental organizations and associations (NGOs) play a crucial role in Croatia in developing local communities, promoting health, and encouraging the wellbeing and psychological balance of young people in Croatia. Here are some key NGOs in these areas:

GONG focuses on fostering democratic processes, transparency, and civic engagement. They work on educating young people (among others) about their rights and responsibilities as citizens and encourage active participation in local communities. They run various projects that include civic education workshops, promoting youth participation in decision-making processes, and supporting local community initiatives.

Youth Initiative for Human Rights (YIHR) works on human rights education, promoting reconciliation, and encouraging active citizenship among youth. They organize educational programs, workshops, and campaigns that engage young people in local community development and human rights advocacy.

Croatian Youth Network advocates for the rights and needs of young people, including health and wellbeing. They address issues such as mental health, sexual and reproductive health, and access to healthcare services. They implement health education programs, awareness campaigns, and provide resources and support for youth health issues.

Roda (Parents in Action) focuses on improving health and wellbeing for families, particularly regarding reproductive health, parenting, and early childhood development. They offer workshops, counseling services, and advocacy campaigns aimed at promoting health education and supportive healthcare policies.

SMART, the Association for Civil Society Development is a prominent NGO dedicated to strengthening the non-profit sector in the country. Established in 1999, SMART aims to enhance the capacity and effectiveness of civil society organizations through various services, including training, consultation, and the dissemination of relevant information. SMART provides a range of programs designed to support local community development, promote health, and encourage well-being and psychological balance. These programs include a) Capacity Building for NGOs: SMART offers educational trainings, technical assistance, and consultations to help NGOs improve their management and operational capabilities. This includes support in areas like strategic planning, project management, and fundraising, which are crucial for the sustainability of community-focused initiatives, b) Volunteer Center Rijeka: Managed by SMART, this center promotes volunteering and provides education about volunteer management. It plays a significant role in engaging young people in volunteer activities, thereby fostering a sense of community involvement and personal development.

Status M focuses on gender equality, violence prevention, and youth empowerment. Status M conducts workshops, campaigns, and projects focused on promoting gender equality and reducing violence among young people.

Zamisli Association focuses on inclusion and support for youth with disabilities. They run various programs aimed at enhancing the quality of life for young people with disabilities, including educational workshops, advocacy, and support services.

Zdravi Grad (Healthy City) promotes holistic health and wellbeing, focusing on both physical and mental health. They offer various programs and workshops on stress management, mental health awareness, and psychological support for young people.

Psychosocial Innovation Network (PIN) provides psychological support and promotes mental health through innovative approaches tailored for youth. Their initiatives include counseling services, mental health workshops, and support groups aimed at enhancing psychological resilience and balance among young people.

Many of these NGOs collaborate with international organizations, government bodies, and local communities to amplify their impact. They provide critical support and resources that address the multifaceted needs of youth, ensuring they have the tools and opportunities to thrive in their communities. These NGOs are instrumental in creating a supportive environment that fosters the development, health, and wellbeing of young people in Croatia.

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National context and good practices in Denmark

Introduction

Denmark is known for its strong emphasis on sustainability and well-being, and it has several good practices in these areas that can serve as valuable examples for this research. Below there is an overview of the national context in Denmark, together with a series of good practices.

National context in Denmark

Well-being

Education system: Denmark's education system is known for its focus on student well-being, inclusivity, and active participation. Schools often integrate social-emotional learning and mental health support into their curricula. (1)

Healthcare: Denmark has a robust healthcare system that provides comprehensive mental health services for youths, including counseling and psychiatric care.

Social support: there are numerous programs and initiatives aimed at supporting vulnerable youth populations, including those dealing with mental health issues, substance abuse, and social exclusion.

Sustainability

Environmental policies: Denmark is a leader in environmental sustainability, with ambitious goals to reduce carbon emissions and promote renewable energy. The country aims to be carbon neutral by 2050.

Education for sustainable development: Danish schools and universities incorporate sustainability into their teaching, fostering a culture of environmental responsibility from a young age. (2)

Green Infrastructure: Denmark invests heavily in green infrastructure, including cycling paths, public transportation, and renewable energy projects. (3)

Good Practices in Denmark

Mental health and well-being initiatives

Mindfulness in schools: many Danish schools have integrated mindfulness practices into their daily routines to help students manage stress and improve focus.

Anti-bullying programs: Denmark has implemented comprehensive anti-bullying strategies, including the use of school-based interventions and national campaigns.

Youth centers: there are numerous youth centers across Denmark that provide a safe space for young people to engage in recreational activities, receive counseling, and build social connections.

Sustainability education and Initiatives

Green schools program: Danish schools participate in the Eco-Schools program, which encourages students to take an active role in environmental management at their schools.

Sustainable campus initiatives: universities in Denmark, such as the University of Copenhagen, have implemented extensive sustainability programs, including waste reduction, energy efficiency, and sustainable food practices.

Community gardens: many Danish cities have community gardens that serve as educational spaces for youths to learn about organic farming, biodiversity, and sustainable food production.

Youth participation in sustainability

Youth climate councils: local governments in Denmark often establish youth climate councils to involve young people in decision-making processes related to environmental policies.

Sustainable entrepreneurship: programs like “Young Enterprise” encourage Danish youth to develop sustainable business ideas, providing mentorship and support to bring these ideas to fruition.

Outdoor education: outdoor education is a significant part of the Danish schooling system, where students learn about nature and sustainability through hands-on experiences in forests and natural reserves.

Specific programs and organizations

Danish Society for Nature Conservation (Danmarks Naturfredningsforening) (4)

This organization works extensively on environmental education and engages youths in various nature conservation activities.

The Mary Foundation (Mary Fonden) (5)

Founded by Crown Princess Mary, this foundation focuses on combating social isolation, bullying, and domestic violence, with a significant focus on youth well-being.

SustainableEnergy organization (6)

“Sustainable Energy” provide resources and programs for schools to implement sustainability projects, such as renewable energy installations and waste reduction programs.

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Cultivating a Greener Future: Youth Well-being and Sustainability in Portugal

Portugal, a nation known for its sunshine and vibrant culture, is also facing the challenge of building a sustainable future. While the country implements environmental policies, the well-being of its young population – the generation who will inherit this future – is equally important.

Statistics paint a concerning picture. A 2020 UNICEF report indicates that one in five adolescents in Portugal (aged 10-19) experiences mental disorders. This can be attributed to factors like academic pressure, social media influence, and anxieties surrounding climate change.

The 'Mais Contigo' (More with You) project, aimed at **promoting mental health and well-being in schools**, focuses on preventing suicidal behaviours, combating mental health stigma, and creating a mental health support network. While it is being strengthened in Madeira, it faces future risks due to a lack of funding.

Implemented in 2021 by the Unidade de Saúde da Sagrada Família das Irmãs Hospitaleiras, the programme has shown significant growth and effectiveness, expanding from 128 students in 4 schools in 2021 to 480 students in 11 schools by 2024.

This year, 220 teachers, operational assistants, and 60 parents/guardians participated. The project leverages existing community structures, creating synergies and proving cost-effective for promoting mental health and preventing suicidal behaviours in schools.

A recent study published in *Revista Portuguesa de Enfermagem de Saúde Mental* (Portuguese Journal of Mental Health Nursing) sheds light on the **mental health of secondary school students in Madeira**, highlighting **significant vulnerability** and protection factors that impact their well-being. The research, focusing on mental health literacy and positive mental health, reveals concerning trends among young people aged 15-18.

The study, conducted between March and June 2021 and published in May 2023, involved 1,948 students. It found that 9.9% of these students reported experiencing mental health issues, with 9.3% seeking health services for their problems. Additionally, a notable 29.7% have received or are currently receiving psychiatric care.

Several factors contribute to the vulnerability of Madeira's youth:

- 42.4% of students are dissatisfied with their sleep.
- 46.1% feel they do not get enough sleep to meet their needs.
- 4.5% take regular medication to sleep, and 4.8% take medication for other mental health issues.
- 48.6% do not engage in regular physical exercise.

The study also highlighted areas where protective measures are lacking:

- 78.2% of students do not participate in recreational activities.
- 43.7% are unhappy with their personal relationships.
- Substance use is prevalent, with 26.4% consuming alcohol and 3.4% using drugs more than three times a week.

The youth in Madeira are facing significant mental health challenges, including anxiety, depression, and substance abuse. The lack of social interaction, recreational activities, and satisfaction in personal relationships are critical issues that need to be addressed.

These findings underscore the urgent need for comprehensive mental health support and intervention strategies to improve the well-being of Madeira's young population.

Despite these challenges, Portuguese youth demonstrate a **strong environmental consciousness**. A 2021 Eurobarometer survey reveals that 90% of Portuguese

respondents aged 15-24 consider climate change a very serious problem. This awareness translates into action, with a 2019 study by the Institute for Youth Policies showing that 72% of young people actively participate in at least one pro-environmental activity.

The key to bridging the gap between awareness and action lies in empowerment. Studies suggest that fostering psychological resources like self-efficacy and purpose can improve well-being and encourage sustainable behaviors. Programs that equip young people with the skills and knowledge to address environmental challenges are crucial.

Recognizing this need, the Portuguese government has implemented initiatives like the National Environmental Education Program, which integrates sustainability education into school curriculums. Additionally, youth-led environmental organizations like Fridays for Future Portugal are gaining momentum, providing platforms for young people to advocate for change.

While challenges persist, Portugal's environmentally conscious youth offer a glimmer of hope. By fostering their well-being and equipping them with the tools to act, Portugal can cultivate a generation of responsible citizens who will build a sustainable future.

Good practices

Hands on Earth

Elisa Bertolotti traveled from Milan to Madeira in 2016 to teach at the University as a design professor and is now also promoting a collective effort to create a community garden: “We wanted to try to put something into practice about circularity” and that combined the aspects of “art , design and ecology”. This is how Mãos na Terra emerged, which is a socio-educational project that involves local residents with university students and teachers in the cultivation and administration of a shared and convivial garden. The objective also involves opening the campus's public space to the neighborhood as a means of sharing knowledge and experiences and streamlining the connection between the campus and the surrounding urban fabric. “We want to stimulate social conversation

about the economy” and contribute to the preservation of “endemic plants” and that is why everyone meets regularly at Quinta de São Roque at the University of Madeira to literally put their hands in the dirt and work on ideas like a compost pile or understanding what constitutes a healthy garden. “No one thinks of solutions without having a problem” and with this collective work, everyone hopes to “make peace with vegetation”.

Associação de Amigos das Artes - Teatro Metaphora

Associação de Amigos das Artes - Teatro Metaphora in Câmara de Lobos develops cultural, educational and environmental activities for the benefit of community development, ranging from promotion and participation in cultural activities in various artistic areas, organization of national and international exchange projects or development of workshops linked to areas such as environmental sustainability or natural heritage. All as a result of the initial action of José António, who founded the organization in 2009 when he was a “policeman”. Now he is “on leave” and seeks to “use his time in a healthy way” so that the theater group, which in the meantime presents numerous activities, continues to “call people” and contribute to “social justice”. Sometimes you need “a shake up”, he explains, and “leaving the comfort zone” is something that the association seeks to provide to the community, whether through contact with foreign students, trips to other places, or art installations using materials usually discarded. The results are visible “but it is very complicated” to act in an area that continues to suffer from social problems of various kinds. Without notable “financial resources”, they depend on “volunteering” and each journey is a struggle: “The days are hard, we have a lot of work” but nothing can stop because “things have to be done well”.

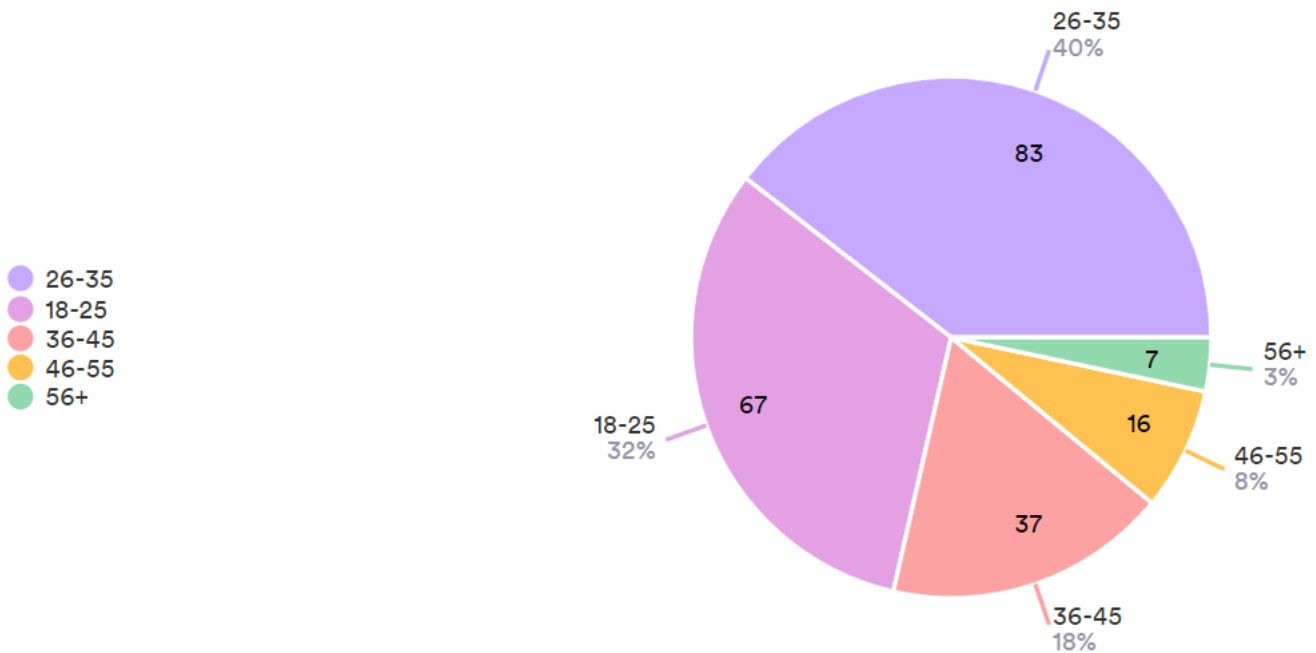
Associação Ecológica Amigos dos Açores

“Our objective is to preserve nature, care for protected areas and promote good environmental practices”, always with a regional reach. This is how President Diogo Caetano describes the Associação Ecológica Amigos dos Açores, which after its foundation in 1984 has close to “600 active members”. With a well-defined mission, they carry out several “consolidated activities”, such as an “organised monthly walking tour”

for members and non-members on the island of São Miguel and a “study visit” to a different Azorean island for year. The association is also responsible for managing visits “to a cave in Ponta Delgada” which, due to the association's intervention, are “at no cost to the locals or schools”. Everything to “ensure that locals can better understand the natural heritage” that is their home.

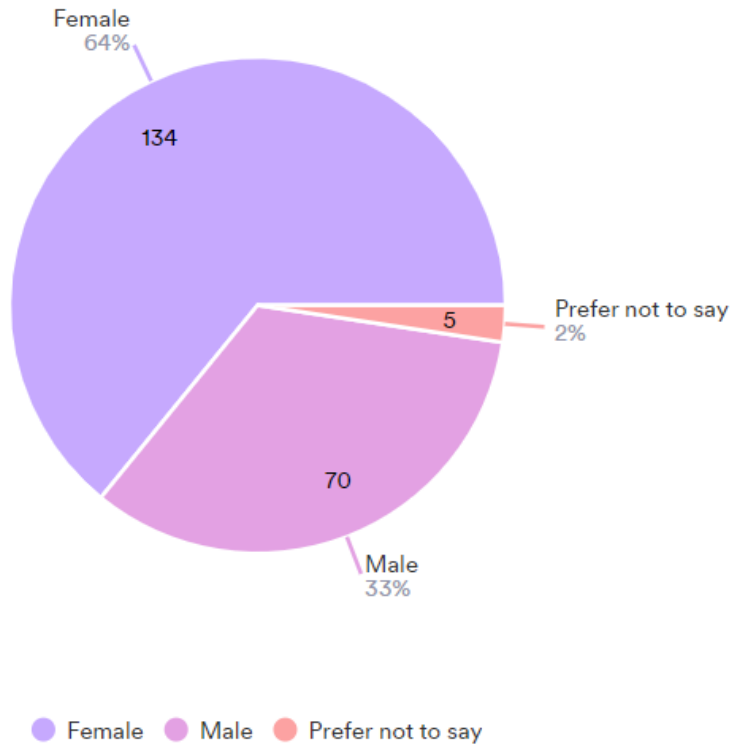
Survey results

What age category do you fit in?



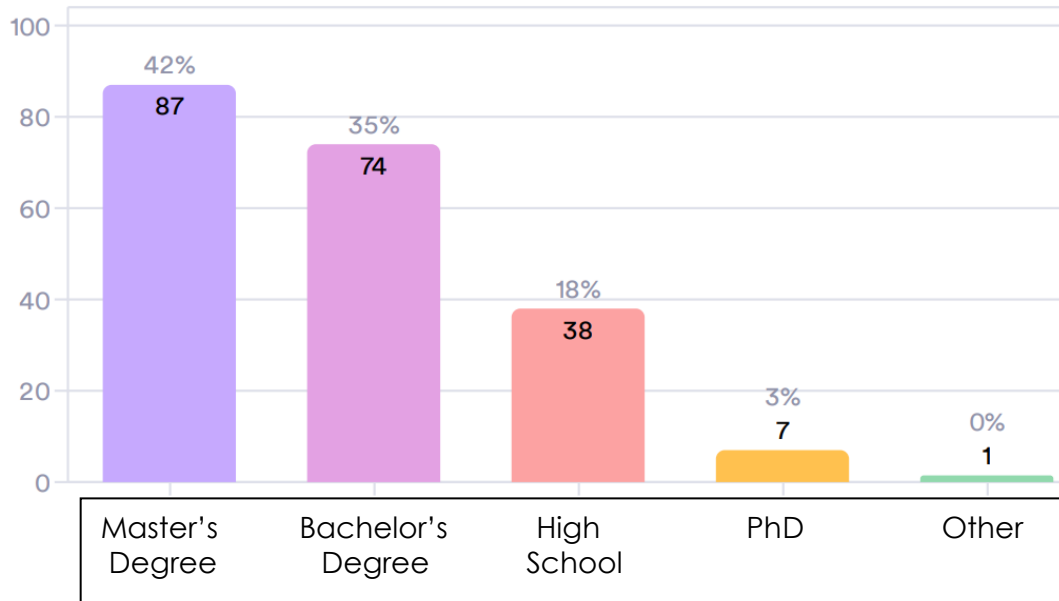
From a total of 210 participants, 40% are young adults aged between 26 and 35, followed by those aged between 18 and 25, specifically comprising 32% of the total participants. Participants aged 26-45 make up 18%, while those between 46-55 and over 56 account for 8% and 3%, respectively. These findings suggest an increased response tendency among individuals at the peak of their professional careers, thereby enhancing the validity and reliability of the data analyzed in the continuation of this report.

Which gender do you identify with?



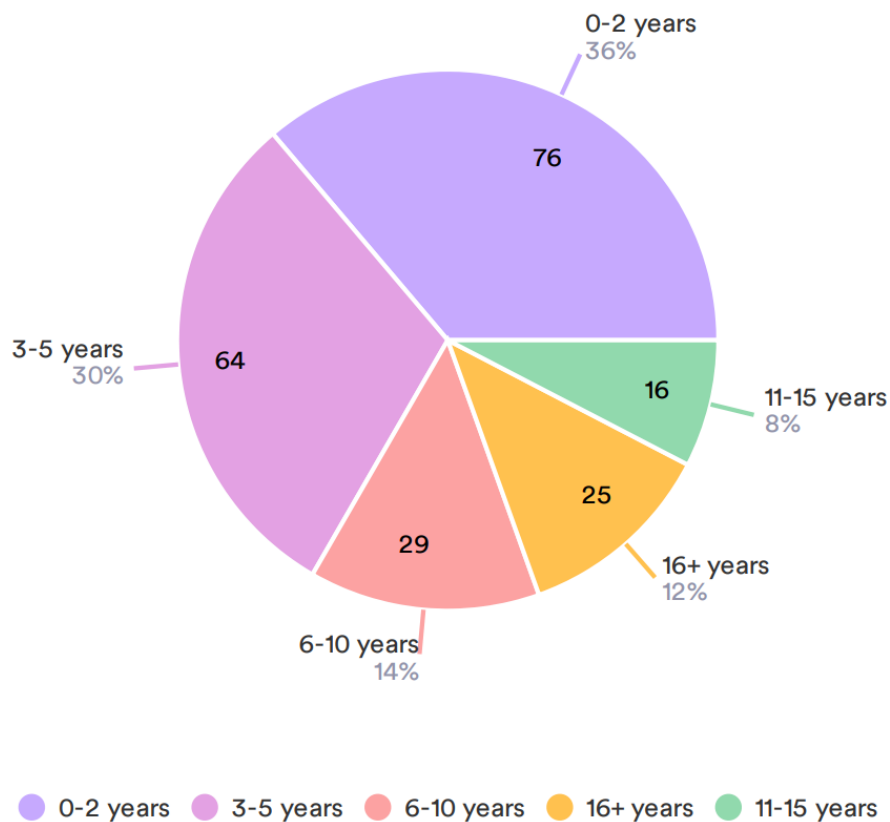
From the total number of 210 respondents, one person chose to omit this question, 64% specified that they are female, 33% male, and a percentage of 2%, precisely 5 individuals, preferred not to mention their gender.

What is your educational background?



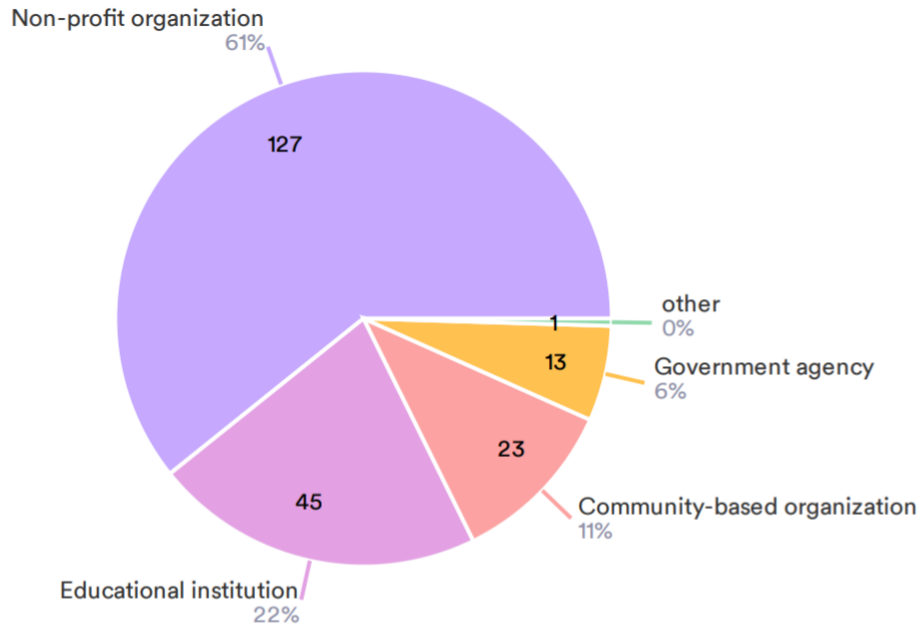
One participant chose not to respond to the previous question. The graph presented above shows that individuals with college-level or higher education account for 77% of the total participants. Specifically, 35% of the entire targeted population have completed only undergraduate studies, 42% have completed both undergraduate and master's degrees, and there are 7 individuals (3%) who hold a doctoral degree. The remaining individuals have completed high school education (18%) or other forms of schooling.

How many years of experience do you have as a youth worker?



A significant number of survey respondents are in the early stages of their careers, with a majority of them being young individuals. Specifically, 36% of them are in their first two years of work, while 30% have moderate experience ranging between 3 and 5 years. The percentages for those with experience levels beyond 5 years are fairly balanced, with 14% having 6-10 years of experience, 8% having 11-15 years of experience, and 12% with more than 16 years of experience.







In which field of youth work have you activated most?



● Non-profit organization ● Educational institution ● Community-based organization ● Government agency ● other

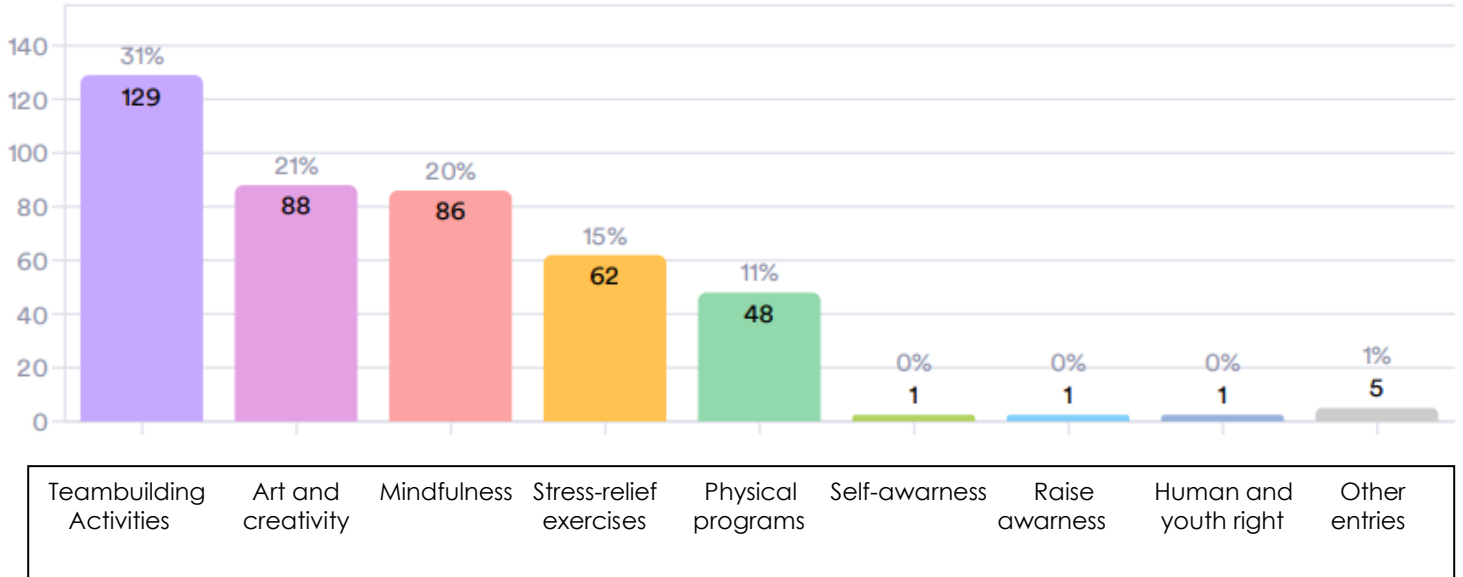
Based on the sectors of activity, the majority of participants are from the NGO sector (61%), followed by the educational environment with 22%, community-based organizations with 11%, and governmental agencies with 6%. A community-based organization (CBO) is typically a group or entity that operates at the local level and is focused on addressing specific needs or issues within a community. These organizations are often initiated and led by community members themselves and may work in areas such as social services, health care, education, environmental conservation, or economic development.

Which is your current country of residence?

Data	Response
 Romania	52
 Denmark	51
 Portugal	51
 Croatia	50
 Other EU country	5
 Non-EU country	1

The dispersion of scores among the four countries in the above ranking is approximately equal, with Romania having one-quarter of the total scores, while Denmark, Portugal, and Croatia each have 24%. All four countries meet the criteria of representativeness both in terms of the sum of scores and externally, considering their geographical position. Moreover, 5 responses were provided by participants from other EU countries and 1 response from non-EU country.

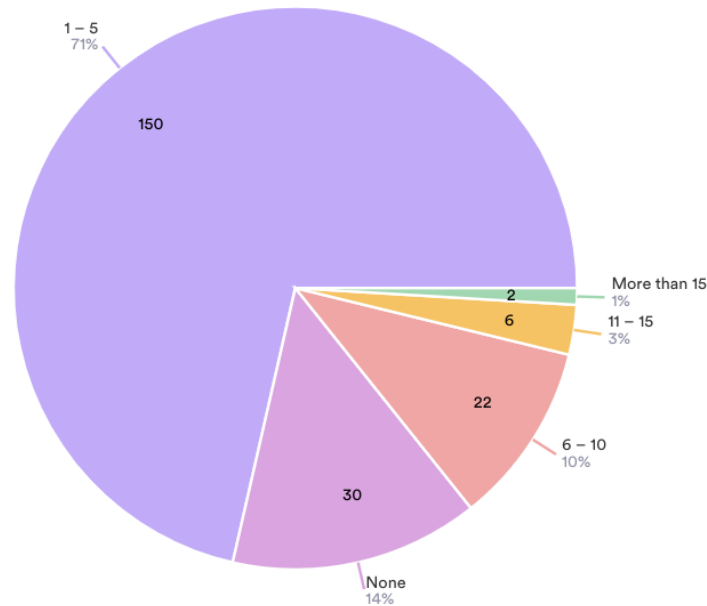
Which wellbeing activities have you implemented in your work with young people?



The preferred activities of the respondents for working with youth groups are mainly centered around team building, which accounts for 31% of the responses. This indicates a heightened interest in fostering strong interpersonal relationships. Following closely are activities related to creativity and the arts. Mindfulness activities make up 20% of the total responses, which highlights the organizers' need to enhance introspection levels. Stress-relief activities account for 15% of the responses, while sports activities comprise 11%.

The questions that allow for selecting multiple answers have this format in order not to restrict or limit the possibility of expressing all types of activities or actions implemented up to the completion of the form.

How many activities related to wellbeing and sustainability have you implemented in the last year?



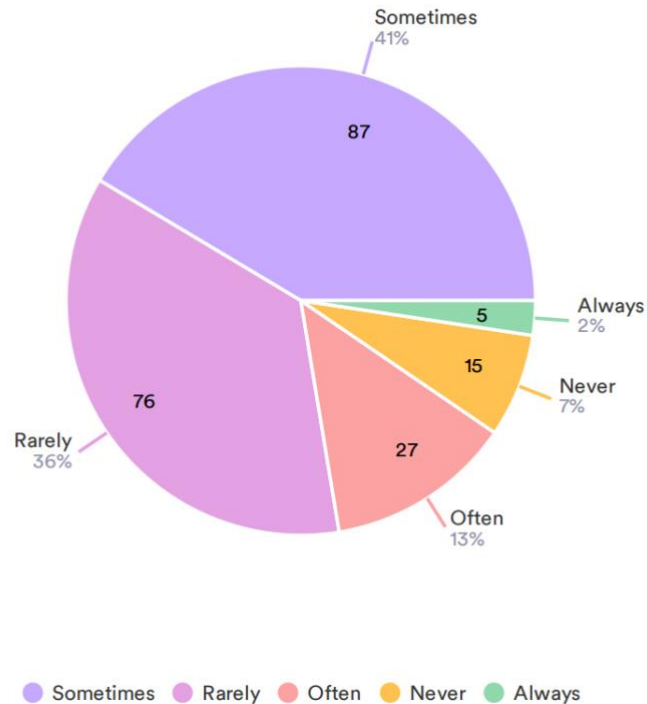
From the total respondents, it appears that a significant portion of them (71%) have organized between 1 and 5 activities in the past year aimed at enhancing the wellbeing of the youth they worked with. Between 6 and 10 annual activities were conducted by 14% of the participants, 3% had between 11 and 15. According to the survey results, a large portion of the respondents (71%) had organized 1 to 5 activities in the past year to improve the wellbeing of the youth they worked with. About 14% of participants conducted between 6 and 10 activities annually, while only 3% had between 11 and 15 activities, and 1% had more than 15. As shown in the graph above, 14% of respondents reported that they did not organize any such activities in the past year, and 15 activities, and 1% had more than 15. As can be observed in the graph above, 14% of respondents stated that they did not organize such activities in the past year.

Which sustainability activities have you conducted in your work with young people?

Data	%
Recycling & upcycling initiatives	28%
Sustainable living practices	24%
Educational workshops on climate change	20%
Environmental conservation projects	19%
Community gardening projects	8%
I haven't conducted sustainability activities in m...	0%
mental wellbeing, raising awareness about needs...	0%
art and culture	0%
Other entries	1%

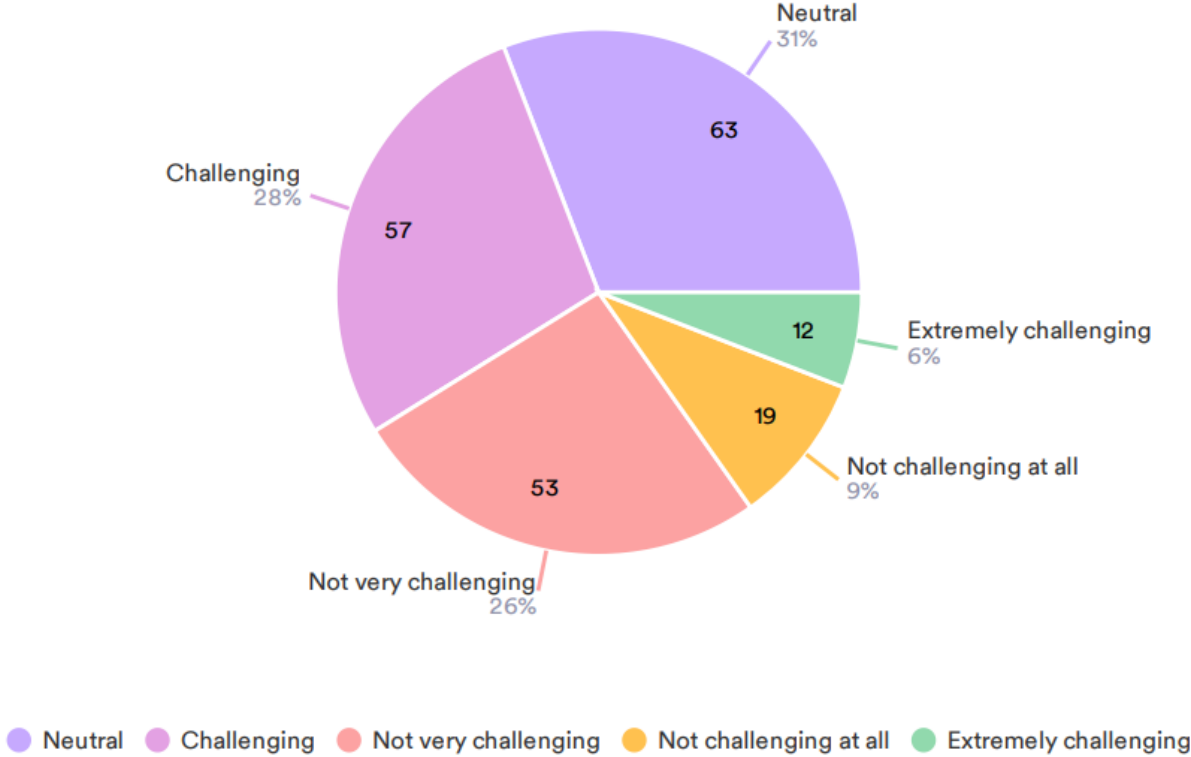
In the area of sustainability, respondents expressed a preference for allocating resources: up to 28% towards organizing waste recycling activities, 24% towards promoting sustainable living practices, 20% towards conducting educational programs on climate change awareness, 19% towards environmental conservation courses focused on protecting wildlife and flora, and the remaining 8% towards Community Gardening projects.

To what extent do you encounter resistance or pushback from young people when discussing sustainability topics?



Respondents, to the extent of 41%, admit that they sometimes encounter resistance or rejection towards sustainability-related activities. A proportion of 36% of participants confessed that they rarely experience these attitudes from young people. A percentage of 7% confess they have never encountered these attitudes. On the contrary, 13% have often encountered such attitudes, while 2% of respondents have consistently faced rejection of such activities. According to the survey, 41% of respondents admitted to facing resistance or rejection towards sustainability-related activities at times. 36% of participants claimed that they rarely experience such attitudes from young people. Only 7% have never encountered such resistance. On the other hand, 13% of respondents have often faced such attitudes, while 2% of them have consistently faced rejection of such activities.

How challenging do you find it to incorporate discussions about mental health and wellbeing into your youth work?



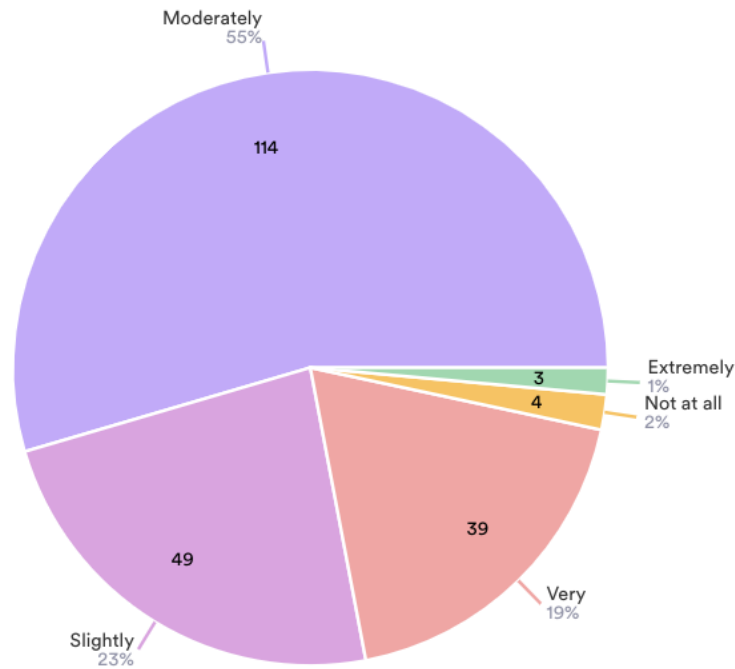
The topic of mental health is deemed to be extremely challenging by 6% of respondents, while at the opposite end, 9% of respondents assert that it is not difficult at all. A neutral stance toward this subject is held by 31% of participants, with the remaining 28% stating that it is difficult and 26% considering it slightly difficult. Six individuals opted not to respond to this item.

What challenges do you face in incorporating sustainability and wellbeing into your youth work? Select all that apply.



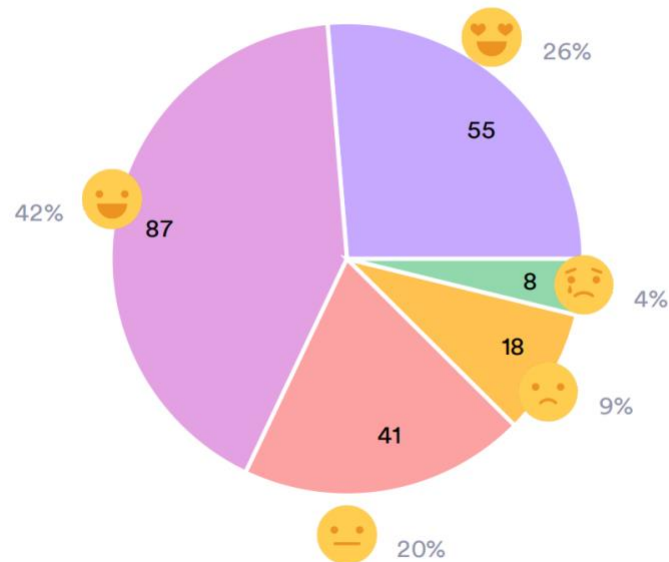
The most significant difficulties reported by the study participants are related to insufficient financial means (25%), lack of time necessary for engaging in activities promoting wellbeing and sustainability (25%); limited number of human resources and specialists in these fields (24%), and a noticeable lack of information essential for the accurate delivery of knowledge and skills (24%). These shortages hinder or make it challenging to conduct activities dedicated to youth mental health and sustainability, thus necessitating an increase in resources and attention from funding organizations to address or alleviate these issues. Out of all participants, four individuals chose not to respond to this question.

To what extent do you feel confident in overcoming challenges related to sustainability and wellbeing in work with young people?



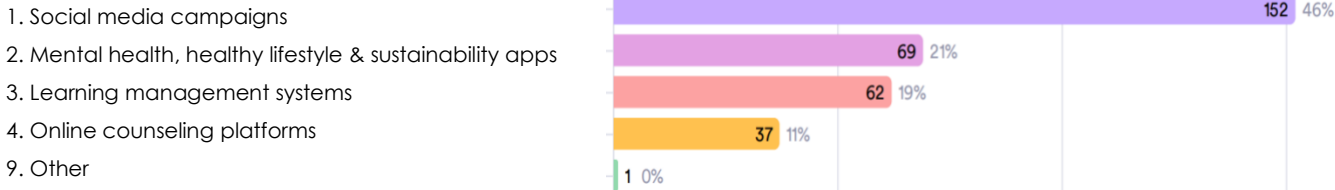
At this question, approximately 55% of the participants, feel quite confident in overcoming the challenges related to creating and implementing sustainability and wellbeing activities. A percentage of 29% are somewhat confident, while 2% admitted to feeling not confident at all. On the other end of the spectrum are those who feel very confident (19%) or extremely confident (1%). One participant chose not to respond to this question.

To what extent do you use digital tools (apps, social media, etc.) to address sustainability and wellbeing topics with young people?



One of the participants decided not to answer the question. This question aims to evaluate how often individuals use digital means to promote sustainability and wellbeing. Out of all the participants, 26% showed the highest level of enthusiasm by indicating that they use these means very frequently. 42% indicated that they use these means moderately frequently, while 20% stated that they use them at a moderate level. In contrast, 9% of the respondents scored moderately low, and 4% of the respondents indicated a low frequency of usage.

Which digital tools have you found most effective in supporting the sustainability and wellbeing of young people?



Although the participants were permitted to select multiple options, 8 of them chose not to respond to this question. Social media applications were the most favored among the participants, with 46% of them selecting it. The next popular category was specialized applications for sustainability and mental health, with 21% of participants selecting it. Learning management systems were the third most preferred category with 19% of participants selecting it, followed closely by online counseling apps at 11%.

To what extent do you believe that promoting sustainability contributes to the overall wellbeing of young people?



According to the study participants, sustainability plays a crucial role in promoting and sustaining the wellbeing of young people. Out of all the respondents, 41% allocated the highest score to this notion, 39% chose a score slightly lower than the maximum, 16% gave a medium score, and only 3% gave a relatively low score. Two individuals chose not to respond to this question.

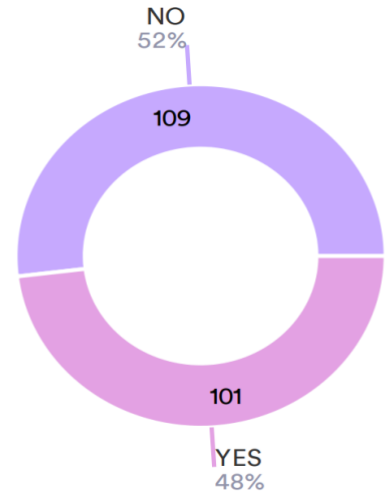
To what extent do you think addressing mental health and wellbeing issues contributes to a more sustainable future for young people?



The score reported by the study participants indicates their strong belief in the significantly important role of mental health in shaping a much more sustainable future for the youth. 54% of respondents indicated a maximum score attributed to this fact, 36% medium to maximum, 8% medium, and 1% medium to low. Out of the total study participants, four individuals chose not to respond to the question.

Have you implemented any successful programs or activities related to sustainability in your youth work?

Among the total respondents, a percentage of 52% stated that they did not manage to successfully implement activities focusing on sustainability, whereas 48%, more precisely 101 participants out of the total of 210, reported successful implementation of such activities. Considering the previously identified barriers and the needs of organizers to implement such activities, the score obtained for this question was predictable, demonstrating the resilience capacity of approximately half of the participants.



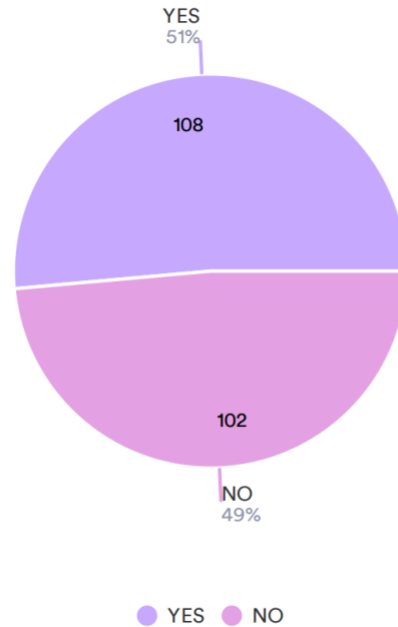
Respondents who answered affirmatively to the previous question specified that within youth activities, various programs and initiatives focused on sustainability were implemented, thus promoting engagement in environmental and social issues. Two youth exchanges were organized under the Erasmus+ program, focusing on sustainability and climate awareness. Furthermore, Erasmus+ partnerships were initiated with local youth organizations, schools, and social enterprises to enhance the impact of actions within the community. Climate activism workshops, intergenerational events dedicated to the Planet, as well as knowledge exchange sessions, were conducted. A concrete example is the Intergenerational Planetary Day, where youth and elderly individuals collaborated on topics related to sustainable development, facilitating knowledge exchange and addressing social exclusion and loneliness issues simultaneously. Forest cleaning actions and recycling workshops were also organized to promote ecological practices within the community. Additionally, creativity and awareness were stimulated through thematic contests, photo exhibitions, and art exhibitions based on reuse. All these initiatives reflect a strong commitment to sustainability and involvement in youth education and awareness.

Have you implemented any successful programs or activities related to wellbeing in your youth work?

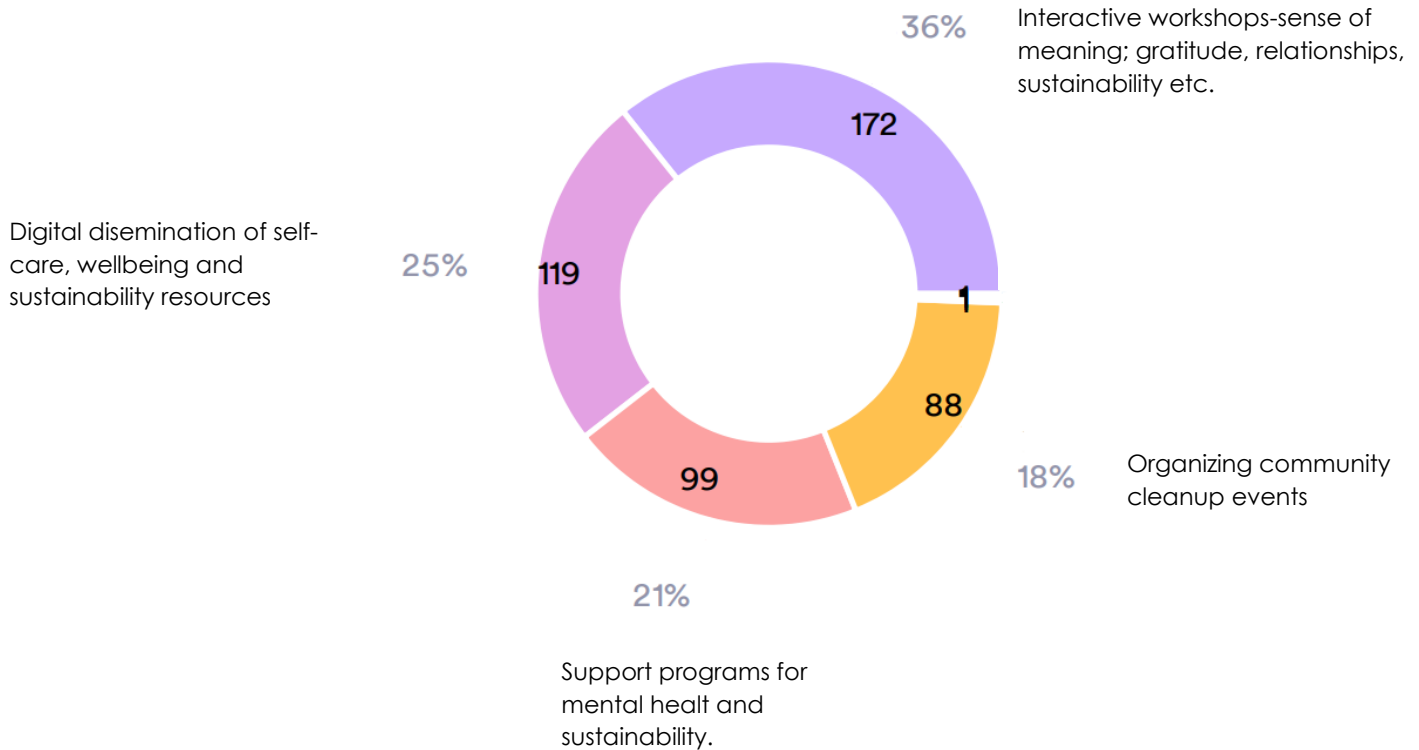
This question boasted a 100% response rate. Participants in the study were queried regarding their inclination to implement activities focused on the wellbeing of youth. Among them, 51% reported having implemented such programs in their activities, while 49% responded negatively.

Those who responded affirmatively organized initiatives that encompassed, guided meditations, mindfulness sessions, yoga classes, as well as workshops.

During the study, participants were asked if they were likely to organize activities focused on the wellbeing of youth. Out of the total number of participants, 51% said they had already implemented such programs, while the remaining 49% said they had not. The affirmative group mentioned various initiatives such as guided meditations, mindfulness sessions, yoga classes, workshops, and outdoor activities that aim to reduce stress. They also talked about capacity-building projects through the European Social Fund and hosting mental health workshops for youth. Additionally, they emphasized the annual Youth Month event held in the local community, where young individuals can participate in various workshops and learn about stress management and other aspects related to mental health.

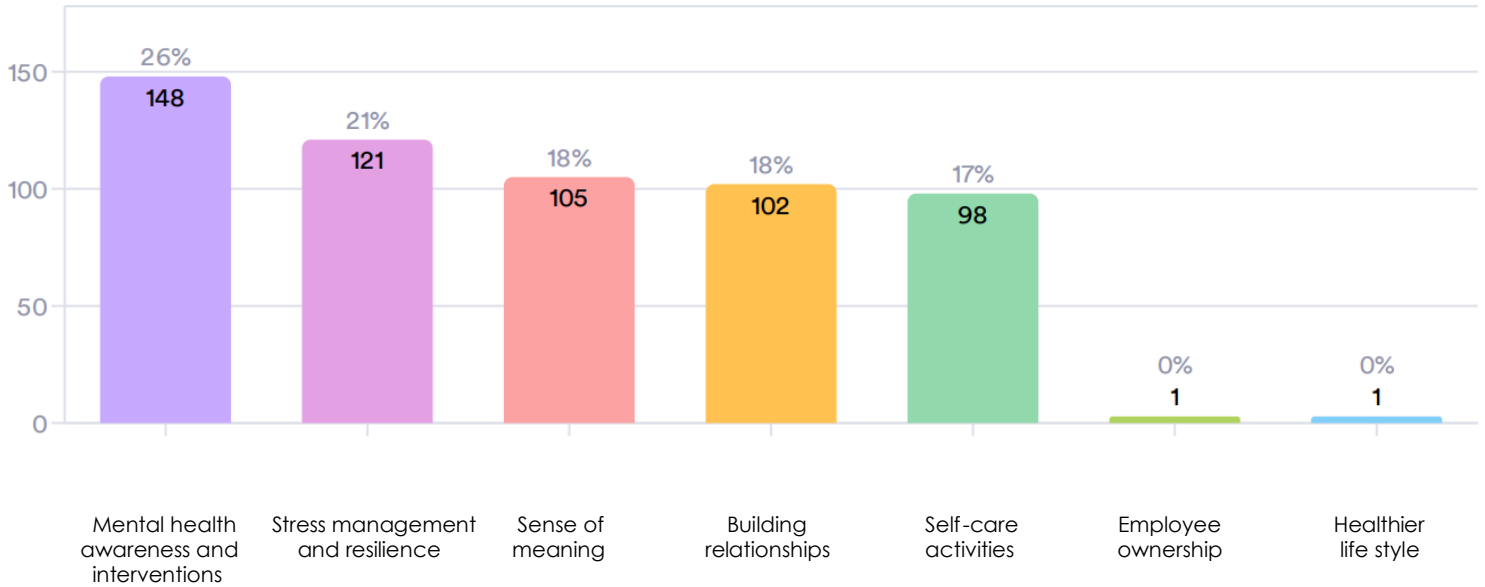


What strategies do you consider to be effective in promoting wellbeing and sustainability among the youth you work with?



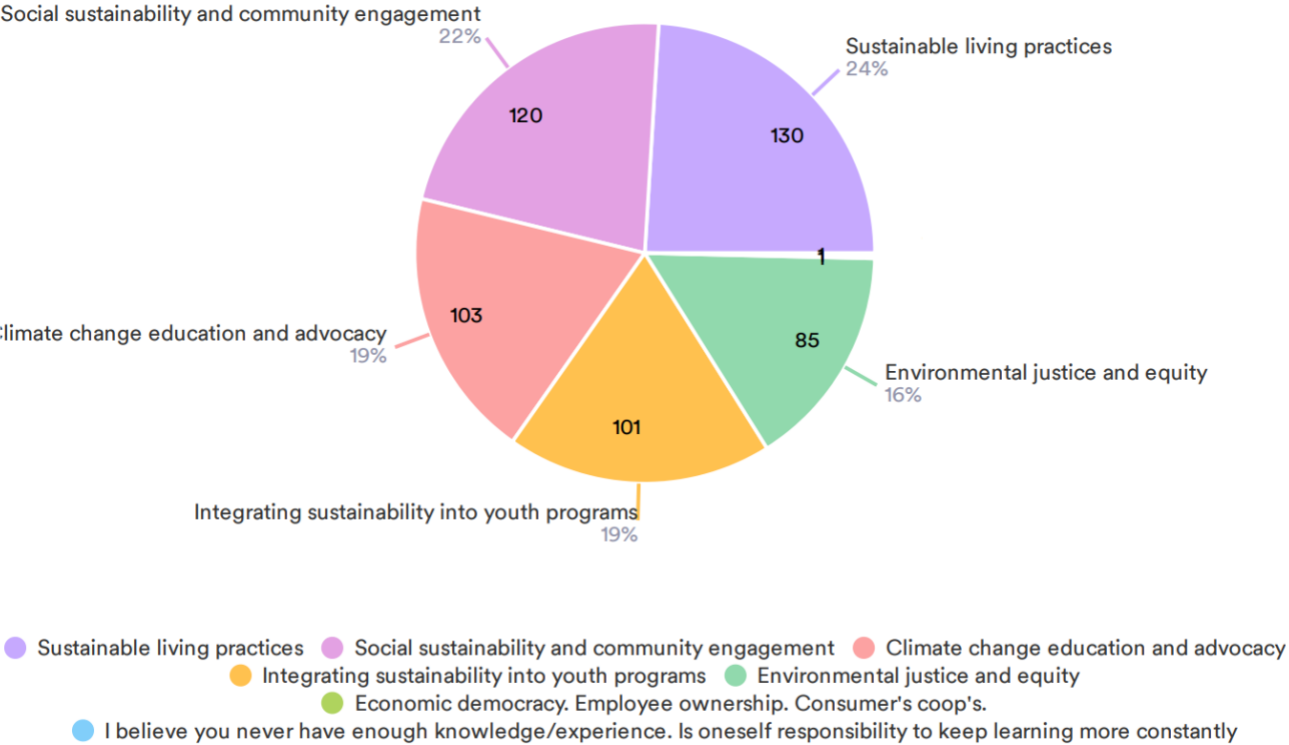
Most participants, 36%, consider workshops to be the most effective methods of delivering educational and practical content to young people to cultivate behaviors beneficial to mental health and sustainability. A second method is the online dissemination of various materials with the same goals as workshops, but in this framework, human interaction differs. 21% of total responses find support programs for young people facing mental health and sustainability issues to be effective. 18% of respondents prefer community cleanup activities and other activities that conserve or restore the social environment in which they live or operate.

What specific areas of wellbeing would you like to enhance your knowledge and skills in, to better support young people?



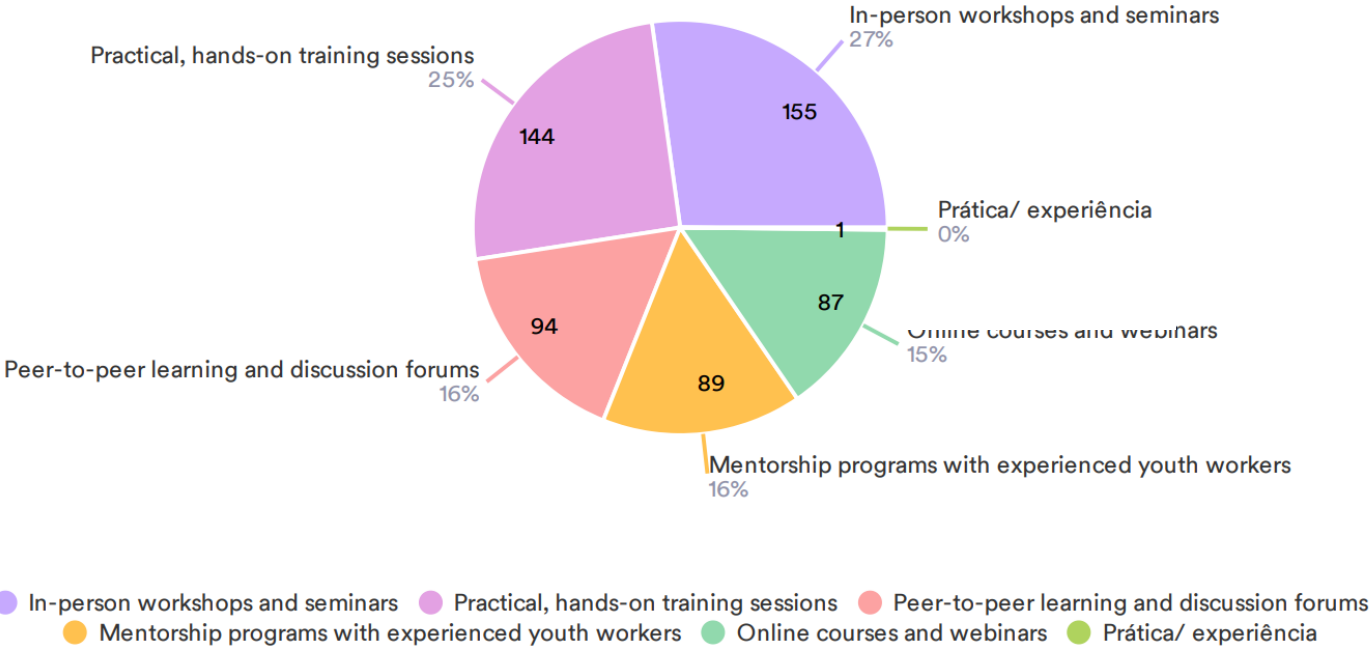
At this question, participants had the opportunity to choose multiple options, however, in their preferences, with a percentage of 26%, activities forming participants in the field of prevention and interventions in mental health are in the top position. In the second position, with a percentage of 21%, respondents aim to acquire skills in stress management and resilience building. With similar percentages of 18% each, building relationships and self-care activities are desired for acquiring knowledge about their implementation.

In promoting sustainability within your youth work, what topics do you feel you need further education and training in?



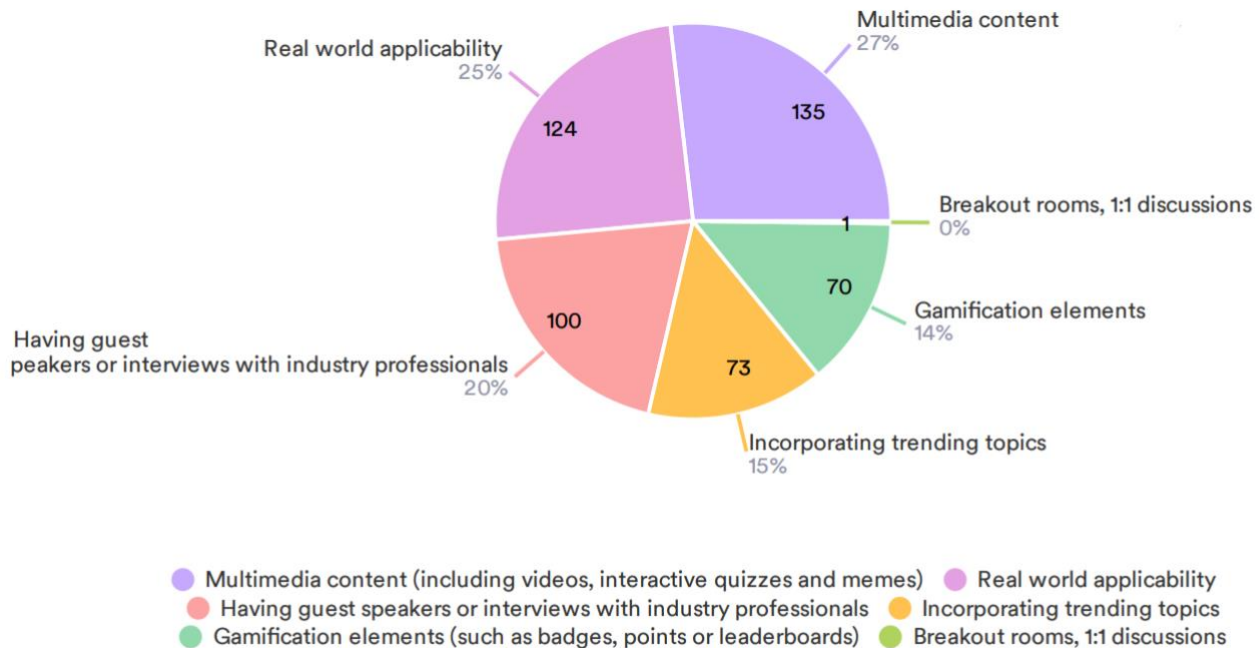
Again, in response to this question, participants were able to choose multiple answers, although one of them chose not to respond. In the realm of sustainability, 24% of participants express the need to acquire competencies in Sustainable living and practices to deliver them to the young people they work with. Coming in second in the training needs is Social sustainability and community engagement, at 22%. In third place in participants' desire to acquire skills and knowledge are Climate change education and advocacy and Integrating sustainability into youth programs, both at 19% each. At the bottom of the representative scores is the need to acquire knowledge in Environmental justice and equity, scoring 16%.

Which learning formats do you believe would be most effective for you in gaining knowledge and skills related to wellbeing and sustainability in youth work?



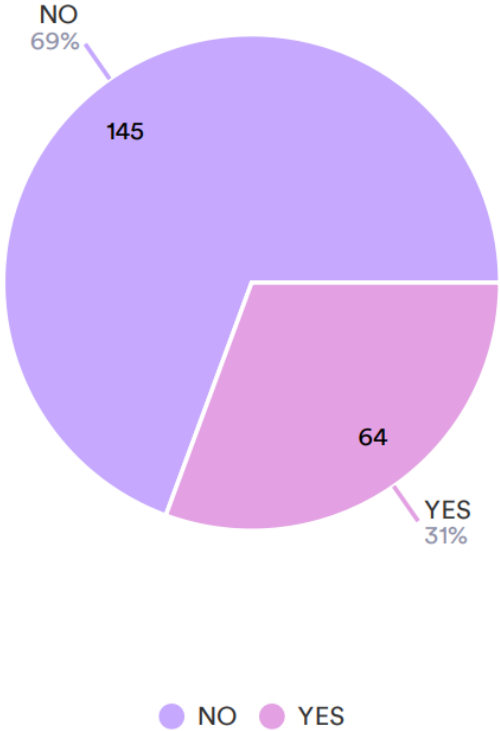
In terms of the delivery mode of training for participants who work with young people, 27% have indicated a preference for in-person workshops and seminars. 25% are seeking practical, hands-on training sessions, while 16% prefer peer-to-peer learning and discussion forums, as well as mentorship programs with experienced youth workers. About 15% of the responses have expressed participants' desire for online training courses and seminars related to wellbeing and sustainability.

In an online course, which approach do you consider would be most beneficial to ensure?



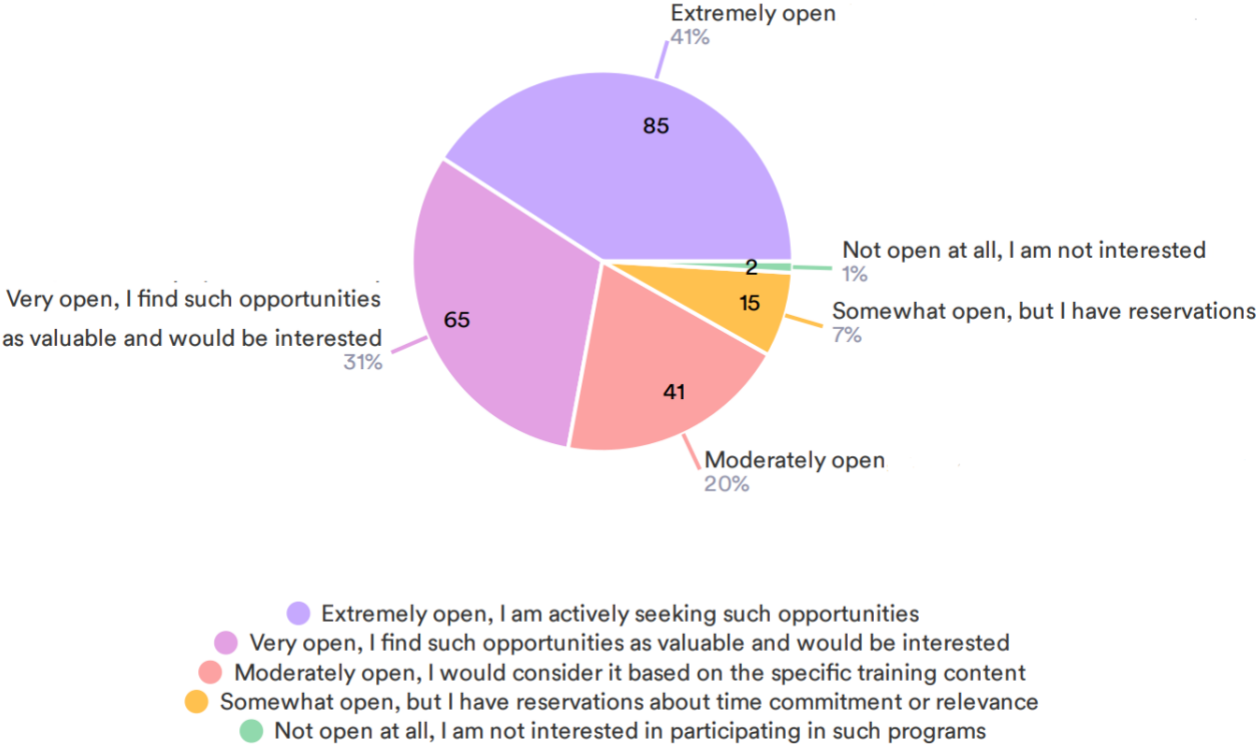
One of the most important aspects of online courses is participant engagement. According to our study, compelling multimedia content, such as videos, interactive quizzes, and memes, is considered the most effective way to improve engagement, with 27% of respondents choosing it. In close second, with 25%, are contents that have real-world applicability. Interaction with professionals and representatives from various industries is also preferred by 20% of participants. The use of trending topics and gamification elements in presentations are also popular, both at 14%.

Did you receive previous training related to sustainability and wellbeing?



Based on the chart presented above, it is clear that a significant percentage of participants, specifically 69%, did not receive any training on the wellbeing and sustainability. Out of all the participants, only one individual chose not to respond to this question. Among those who reported receiving training, it was found that the courses were offered by universities, as part of undergraduate, master's, and doctoral programs, as well as non-formal courses organized by non-governmental organizations.

How open would you be to taking part in a training program provided through the Erasmus+ programme, encompassing both online and/or offline sessions related to sustainability and wellbeing?



According to this study, 41% of the participants showed a maximum desire for involvement in training programs for working with young people, while 31% indicated a high willingness to engage in such training. 20% of the participants showed a moderate degree of interest, and a few expressed some reservations about participating. Only 1% of the respondents did not wish to participate, and 2 individuals chose not to respond to this question.

Qualitative research results

In the qualitative part of the research, each participating country was represented by 3 members. The central points of discussion in the questions were: their work with youth, the methods and tools used, and what should be developed.

1. Can you provide a brief overview of your experience and involvement in youth work?

The analysis of responses from four different countries, namely Croatia, Denmark, Portugal, and Romania, illustrates the diversity and complexity of working with youth in different national contexts.

In Croatia, participants have highlighted various projects and initiatives aimed at supporting youth. These efforts range from social workshop programs to educational activities and violence prevention programs.

In Denmark, the availability of digital applications and resources to promote wellbeing and sustainability plays a significant role in working with youth. Participants emphasize the use of specific apps for meditation and relaxation, as well as apps that facilitate access to sustainable food and products.

In Portugal, non-governmental organizations play a crucial role in promoting education, gender equality, and violence prevention. Participants are involved in a variety of projects and programs aimed at improving wellbeing and supporting youth development.

In Romania, participants share their diverse experiences in working with youth, ranging from establishing non-governmental organizations to addressing youth needs in a non-formal manner, to engaging in international and local projects with community impact.

In conclusion, the analysis of responses highlights the importance and diversity of activities in working with youth in different countries. The findings reflect the commitment and contribution of organizations and individuals to the development and enhancement of youth and community life.

2. Are you aware of any digital tool that has the potential to enhance well-being, either for yourself or the young people that you work with nowadays?

Comparing the responses of participants from consortium countries, we can observe significant diversity regarding awareness and utilization of digital tools for enhancing wellbeing.

In Croatia, participants acknowledge the existence and benefits of using applications for monitoring physical and mental health, as well as online therapy platforms. There is an appreciation for the utility of these tools, along with an awareness of their potential negative aspects, such as the pressure generated by fitness apps.

In Denmark, participants emphasize various applications that can improve wellbeing, ranging from those facilitating food waste reduction to meditation and stress management apps. They highlight their personal and beneficial experiences with these applications, as well as recognizing the importance of direct experiences and human interaction.

In Portugal, participants mention various apps and digital tools aimed at enhancing wellbeing, from stress management apps to those monitoring physical health. However, there is also a preference for traditional methods and direct experiences in addressing personal wellbeing.

In Romania, participants highlighted the significant role of various apps in promoting wellbeing, particularly focusing on meditation, mindfulness, and social connectivity. Many emphasized the use of apps for meditation and stress relief, such as Headspace for meditation, Sleepy time for sleep tracking, and White Noise Generator for relaxation. Additionally, participants mentioned utilizing platforms like YouTube for relaxation sounds and music. Tools integrated into smart devices, like step trackers and sleep monitors, were also highlighted for their contribution to overall wellness. Furthermore, individuals

emphasized the use of nutrition apps like MyFitnessPal to monitor dietary intake for a balanced lifestyle.

In conclusion, while there is a common recognition of the utility and benefits of digital tools for enhancing wellbeing, there are also significant differences in individual preferences and approaches based on the cultural and personal context of the participants. It is important to consider these differences in the development and implementation of programs and initiatives aimed at promoting wellbeing, to ensure their relevance and effectiveness in diverse communities and social contexts.

3. Have you used or promoted any of the mentioned apps related to sustainable solutions in youth work?

In Croatia, while none of the participants specifically utilize or promote apps for sustainable solutions in their youth work, they engage in practical activities like DIY workshops and culinary workshops focused on sustainable cooking. They employ platforms like Mirror (Mural), Google Meet, and Zoom for collaboration, indicating a flexible approach to technology. Despite the lack of app usage, their emphasis on sustainability through various activities showcases a commitment to promoting eco-friendly practices.

Denmark's participants exhibit varied levels of familiarity with sustainable applications. One actively promotes apps like "Too Good to Go" but faces language barriers, highlighting the need for more inclusive approaches. Another acknowledges the importance of sustainability but lacks awareness of specific apps, while the third participant actively uses "Too Good to Go" to combat food waste. Despite differing levels of engagement, there's a shared concern for sustainability and a recognition of the importance of promoting eco-friendly practices among youth.

Portugal's respondents demonstrate diverse experiences with sustainable apps. While one creates interactive content about sustainability through Genially, another mentions Samsung Health but lacks follow-up on its usage. The third participant utilizes the "greener act" to promote sustainable tourism in Madeira, indicating a localized focus on eco-friendly initiatives. Their approaches highlight a mix of digital tools and partnerships to engage youth in sustainable practices.

In Romania, participants actively promote and recommend sustainable apps in their conversations, emphasizing their usefulness and positive impact on mental wellbeing. They also incorporate sustainability into organizational practices, such as encouraging eco-friendly travel choices and utilizing apps to monitor carbon emissions. Their actions, including tree planting and reducing electronic usage, reflect a proactive stance on

climate change. Overall, the Romanian participants prioritize sustainability across personal and organizational spheres, leveraging apps to facilitate eco-conscious behaviors.

Across these countries, while the degree of app usage varies, there's a shared commitment to promoting sustainability in youth work. Participants employ diverse strategies, including practical workshops, digital platforms, and app recommendations, showcasing the adaptability and creativity required to foster eco-friendly practices among young people. Despite challenges such as language barriers or limited awareness, there's a collective effort to address sustainability issues and instill environmental consciousness in the next generation.

4. Do you see any connections between personal wellbeing and the concept of sustainability?

Participants from Croatia, Denmark, Portugal, and Romania all acknowledge the connection between personal wellbeing and sustainability.

In Croatia, participants believe that clean air, water, and sustainable food production are important for physical health, while engaging with nature is beneficial for mental wellbeing and social activities like volunteering contribute to emotional wellbeing.

In Denmark, respondents believe that making conscious choices about transportation, consumption habits, and environmental stewardship positively impacts both individual health and the planet. They also emphasize the psychological satisfaction gained from contributing to sustainability efforts.

In Portugal, participants believe that prioritizing quality over quantity and actively engaging in eco-friendly behaviors can enhance personal wellbeing while benefiting the environment. They also recognize the societal impact of sustainable actions on community and social cohesion.

In Romania, respondents believe that engaging in practices that promote mindfulness, healthy living, and community involvement align with sustainable behaviors. They emphasize the importance of personal wellbeing in fostering a positive mindset towards sustainability, ultimately contributing to a healthier environment and society.

Overall, respondents from all countries recognize that engaging in sustainable practices benefits individual health, contributes to environmental preservation, and promotes community wellbeing.

5. What's your view on the relationship between spending time in nature and its impact on your personal wellbeing?

In Croatia, respondents highlight the significant impact of spending time in nature on personal wellbeing. They emphasize the abundance of natural spaces in their city, such as parks and rivers, which offer opportunities for relaxation and outdoor activities like yoga. Nature serves as a source of tranquility, enabling individuals to clear their minds and find inner peace. Additionally, engaging in nature-based activities with youth fosters emotional introspection and strengthens connections to the environment, promoting holistic wellbeing.

Similarly, in Denmark, participants underscore the importance of reconnecting with nature for personal wellbeing. They recognize nature as a grounding force amidst the digitalization and stress of modern life. Spending time outdoors facilitates relaxation, clears the mind, and promotes mental clarity. Moreover, engaging in daily walks or other nature-based activities serves as a form of active meditation, allowing individuals to decompress and recharge amidst busy schedules.

Portuguese respondents express a deep appreciation for the restorative power of nature on personal wellbeing. They highlight the therapeutic benefits of immersing oneself in natural landscapes, such as experiencing tranquility, fresh air, and the sounds of wildlife. Nature serves as a sanctuary where individuals can find clarity, peace, and a sense of connection to the world around them. They encourage others to prioritize time in nature as a means of rejuvenating the mind, body, and soul.

In Romania, participants advocate for spending time in nature as essential for maintaining mental and emotional wellbeing. They emphasize the role of nature in reducing stress, improving mood, and fostering a healthier lifestyle. By incorporating outdoor activities into their organizational practices, they aim to promote mental health and wellbeing among participants and volunteers. Additionally, they recognize the educational value of nature-based experiences in raising awareness about climate change and fostering a deeper understanding of environmental issues.

Overall, respondents from all countries affirm the profound impact of spending time in nature on personal wellbeing. Nature serves as a source of solace, rejuvenation, and connection to the natural world, offering respite from the pressures of modern life. By prioritizing time outdoors and engaging in nature-based activities, individuals can cultivate a greater sense of balance, clarity, and inner peace, ultimately enhancing their overall wellbeing.

6. What specific aspects related to wellbeing do you believe young people should prioritize and incorporate in their lives and local community?

In Croatia, respondents advocate for a holistic approach to wellbeing among young people, emphasizing physical, mental, and social aspects. They encourage engagement in physical activities and sports as a means of promoting physical health and spending time outdoors. Moreover, raising awareness about mental health and addressing the stigma surrounding mental health issues is deemed essential. Encouraging social connections through participation in community activities, volunteering, and peer support networks is also highlighted. Additionally, fostering a culture of lifelong learning is emphasized to support ongoing personal growth and development.

Similarly, in Denmark, participants underscored the importance of addressing various dimensions of wellbeing, including physical, intellectual, and social aspects. They emphasize the need for outdoor activities to relieve stress and promote physical health, as well as the importance of social connections for overall wellbeing. Additionally, fostering a positive quality of life experience by nurturing emotional and vocational wellbeing is highlighted.

Portuguese respondents advocate for disconnecting from digital devices and reconnecting with nature as a means of promoting wellbeing among young people. They stress the importance of environmental awareness, social connection, emotional expression, and self-esteem building through artistic expression and community engagement. Moreover, promoting collaboration over competition and fostering respect for diversity are emphasized as essential for promoting wellbeing in both individuals and communities.

In Romania, respondents prioritize mental health, physical activity, social connections, and personal development as key aspects of wellbeing for young people. They advocate for outdoor activities, such as sports and recreational pursuits, as well as community

engagement and environmental stewardship through initiatives like recycling. Additionally, fostering social connections and providing opportunities for personal growth and exploration are highlighted as essential for promoting overall wellbeing.

Overall, respondents from all countries stress the importance of addressing multiple dimensions of wellbeing among young people, including physical health, mental health, social connections, and personal development. They advocate for holistic approaches that prioritize outdoor activities, social engagement, environmental awareness, and emotional expression to promote a positive quality of life experience and support overall wellbeing.

7. Which green principles do you think should be emphasized in the daily lives of young individuals?

In each country, respondents have highlighted various green principles that should be integrated into the daily lives of young individuals.

In Croatia, these green principles include promoting walkability in cities, encouraging the use of bicycles, supporting local food production and consumption, practicing the 3Rs (recycling, reducing, and reusing), and emphasizing sustainable transportation and energy conservation.

In Denmark, respondents stress the importance of energy conservation as a key green principle and advocate for simple daily habits such as turning off lights and appliances when not in use, taking shorter showers, and supporting renewable energy sources. Sustainable transportation, recycling, and reducing waste through upcycling and second-hand shopping are also emphasized.

Portuguese respondents highlight the five principles of a green economy: wellbeing, justice (equity), planetary boundaries, efficiency and sufficiency, and good governance. They stress the importance of individual choices and collective action in building a more sustainable economy and society. Additionally, they advocate for reducing, reusing, recycling, and rethinking consumption habits to minimize waste and environmental impact.

In Romania, respondents emphasize the importance of waste management, energy and water conservation, sustainable transportation, and minimizing food waste as key green principles for young individuals. They advocate for forming sustainable behaviors through small, everyday actions such as recycling, reducing plastic use, and raising awareness about environmental issues.

Overall, respondents from all countries stress the importance of incorporating green principles into daily life to promote environmental sustainability and address pressing challenges such as climate change and biodiversity loss. They emphasize the role of

individual choices, community engagement, and education in fostering a more sustainable way of living.

8. Are there sustainability and wellbeing practices that you believe could have been improved or some alternative methods that could have been implemented?

In Croatia, the respondents have highlighted the challenges of maintaining sustainability practices due to funding limitations faced by civil society organizations. They believe that more volunteering-based activities should be encouraged, and there is a need to promote the use of local food sources despite logistical challenges.

In Denmark, the respondents have emphasized the need for better integration of internationals into sustainable practices and society. They have suggested incorporating more outdoor education and nature-based activities to deepen connections with the environment.

In Portugal, the respondents have reflected on the need to use more recycled materials in their activities and to incorporate mindfulness tools and contact with nature to promote wellbeing. They have also suggested utilizing more apps to modernize approaches to sustainability and wellbeing practices.

In Romania, the respondents have acknowledged the need for ongoing improvement in integrating sustainability and wellbeing practices into projects. They have suggested incorporating eco-friendly materials, organizing outdoor activities, educating about sustainable living, and fostering discussions on mental health and self-care.

Overall, the respondents recognize the importance of continual improvement in sustainability and wellbeing practices. They emphasize the need for better integration of sustainability into daily life, including reducing carbon footprints associated with online activities and transportation.

9. What green principles and wellbeing activities could enhance the quality of youth work in your country?

In Croatia, respondents stress the importance of environmental education and peer-to-peer learning in promoting sustainability and wellbeing among young people. They suggest organizing activities such as outdoor initiatives, green volunteer actions, and upcycling workshops to engage youth in sustainable practices while boosting their self-confidence and sense of community belonging.

In Denmark, respondents highlight the need for better access to mental health support systems and information for internationals, as well as addressing food barriers. They propose integrating sustainable development principles into youth work, emphasizing environmental responsibility, circular economy practices, climate action, biodiversity conservation, and wellbeing activities like physical exercise, mental health support, social connection, and nutrition education.

In Portugal, respondents recommend various wellbeing practices, including mindfulness, volunteering, outdoor exercise, arts and crafts, and social media detox days. They also suggest exploring local opportunities, promoting active lifestyles, reducing waste production, and fostering community collaboration to enhance overall wellbeing.

In Romania, respondents emphasize the importance of education in promoting sustainable practices and wellbeing, particularly in rural areas. They advocate for incorporating green principles into the education system to raise awareness and encourage sustainable living from a young age. Additionally, they suggest learning from successful practices in other countries and adapting them to local contexts through experimentation and testing. Respondents also stress the integration of eco-friendly practices, outdoor activities, sustainable learning, and mental wellbeing support in youth programs to foster holistic development.

Overall, respondents across these countries advocate for holistic approaches to sustainability and wellbeing, encompassing education, community engagement, peer-to-

peer learning, and access to resources and support systems. They emphasize the need for active participation, creativity, and collaboration to promote sustainable living and enhance overall wellbeing among individuals and communities.

Conclusion

The analysis of responses from Croatia, Denmark, Portugal, and Romania highlights the diversity and complexity of working with youth in different national contexts. Participants have highlighted various projects and initiatives, as well as cultural differences in the awareness and utilization of digital tools for enhancing wellbeing. However, there is a common commitment to promoting sustainability and wellbeing in youth work, with a focus on the holistic approach to physical, mental, social, and environmental health. Participants acknowledge the need for improvement in existing practices and the ongoing importance of education and awareness in this regard.

Recommendations

Through a combination of qualitative and quantitative research with participants from Croatia, Denmark, Portugal, and Romania, a solid framework has emerged for implementing sustainability and wellbeing practices in non-governmental organizations (NGOs). Education and awareness are essential, with all respondents emphasizing the need for education to promote sustainable practices and wellbeing. NGOs could organize workshops, seminars, and courses to educate their members and communities about the importance of environmental protection and improving mental and physical health.

Another key direction is the active involvement of members and the community in concrete actions. Outdoor activities and volunteering, such as cleaning green areas, community gardening, and nature excursions, can stimulate awareness and involvement in environmental and health issues. Additionally, upcycling workshops and recycled art projects can promote recycling and waste reduction, creatively involving the community in addressing environmental issues.

To promote healthy lifestyles, associations can organize events and programs that encourage physical activities, healthy eating, and stress and anxiety management to improve the physical and mental wellbeing of their members and communities. Furthermore, resource exchange and community collaboration can play an important role in implementing sustainability and wellbeing practices.

NGOs should facilitate the exchange of knowledge, skills, and resources among members and organizations to share expertise and enhance their impact. Creating partnerships and networks can also be beneficial. Active collaboration and progress-oriented exchange of information and best practices with other organizations, educational institutions, local authorities, and companies can expand their impact and obtain additional resources for their sustainability and wellbeing programs. Finally, utilizing technology and the online environment can also contribute to the implementation of these practices. Organization leaders can use technology and the online environment to provide information, resources, and digital support to their members and communities, thereby

contributing to reducing paper consumption and waste. By implementing these methods and resources within non-governmental organizations, we can increase awareness and involvement in sustainability and wellbeing issues, promote a healthy lifestyle, and create a more responsible and balanced community.

Youth workers, as the primary target group, have specific needs that must be addressed to effectively implement sustainability and wellbeing practices within non-governmental organizations (NGOs). They need to learn about sustainability and how to help young people with their mental and physical health. They need resources like books and guides to help them understand these topics. They also need training to learn skills like organizing events and managing stress. It's important for them to connect with others in similar roles, so they can share ideas and learn from each other. Having someone more experienced to guide them can be really helpful too. And it's important to recognize and thank youth workers for their hard work. By helping youth workers in these ways, we can make sure they're able to support young people in living healthy, balanced lives.