



**RISE AND SHINE**

Supporting train-the-youth workers and youth educators to manage their well-being, and to continue to support young people

**DECEMBER 2025**

# NEWSLETTER 5

## FINAL NEWSLETTER

As we reach the conclusion of the Rise & Shine project, we are delighted to share the key milestones achieved in this final phase and to thank everyone who contributed to making this initiative a success.



### Educational resources available in all partner languages

All project educational resources are now fully finalised and available in all partner languages: English, Greek, Romanian, Czech, and Spanish. These materials can be freely accessed through the Rise & Shine online platform, ensuring long-term visibility and enabling youth workers across Europe to continue benefiting from the tools beyond the life of the project.

### Last online meeting

The consortium held its final online meeting on 15 December, where partners reviewed the project's achievements, discussed sustainability strategies, and celebrated the collaborative spirit that carried the project from concept to completion.

While this marks the official end of the Rise & Shine project, the tools, connections, and shared learning will continue to inform youth work practice across Europe.



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## Policy Paper published

We are pleased to announce that the Rise & Shine Policy Paper, developed by ALK in close collaboration with all project partners, is now available in English.

This document highlights the systemic challenges faced by youth workers, outlines national policy landscapes across the six participating countries, and provides clear recommendations for European and national stakeholders. The paper gives voice to youth workers themselves and aims to influence policy development to better support their mental health and well-being.



## Impact of the project

Over the past two years, Rise & Shine has empowered youth workers from six European countries with practical strategies to manage stress, cultivate resilience, and strengthen their mental well-being. The project's piloting sessions, peer-support exchanges, and online learning tools have fostered new communities of practice and increased awareness of the importance of self-care in emotionally demanding roles. We are deeply grateful to all youth workers, organisations, trainers, and stakeholders who supported this initiative. Your engagement ensured that the project remained grounded in real needs and made a tangible difference to those working every day to support young people.

**Thank you once again for being part of the Rise & Shine journey. Together, we have taken important steps toward strengthening the well-being of youth workers—and, in turn, the young people they support.**



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