



Co-funded by
the European Union



Agência Nacional
Erasmus+ Juventude/Desporto
Corpo Europeu de Solidariedade

NEWSLETTER

MAY 2025

ISSUES #1



ABOUT THE PROJECT

The "Motivate Youth" project seeks to empower young people across Europe to overcome motivational challenges and pursue their aspirations with confidence and resilience. By leveraging technology, peer support, and rigorous evaluation, the project aims to create sustainable solutions that foster a culture of motivation and achievement among the youth.



KoM

BRAGA, PORTUGAL

The Kick-off Meeting was held on January 3, 2025. This meeting marked a key milestone in defining objectives and implementation plans, ensuring alignment among the international team to create meaningful opportunities for European youth.



OBJECTIVES

- Develop a mobile app to help youth track goals, stay motivated, and connect with like-minded peers.
- Establish a peer mentoring program for older youths to guide younger ones in motivation, goal-setting, and resilience.
- Evaluate project impact on youth motivation and well-being through qualitative and quantitative methods.

APP



A user-friendly Motivation Mobile App designed to help youth stay inspired and focused, featuring tools for setting and tracking personal goals, accessing daily motivational quotes, monitoring progress, and engaging with peers in community forums.

MENTORING PROGRAM

A dynamic Peer Mentoring Program that connects youth with experienced mentors for guidance and support, fostering intergenerational connections and empowering young people to learn, grow, and succeed with tailored advice and encouragement.



2024-1-PT02-KA220-YOU-000251122