

PRESS RELEASE

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REST 7 Project Concludes with Inspiring Final Meeting in Dortmund, Celebrating Impact and Future Vision

The European Union-funded REST 7 project recently concluded its final official meeting in Dortmund on December 3rd, 2025, marking a significant milestone in its mission to redefine rest for youth well-being. The gathering served as a meaningful culmination of months of intensive collaboration, profound reflection, and substantial growth among all partners. This project has championed the understanding and implementation of seven crucial types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—moving beyond mere sleep to combat chronic burnout and foster resilience in young people across Europe.

The team expressed immense gratitude for the collective contributions of time, ideas, and energy that made the REST 7 journey so impactful. Participants reflected on the successful development of the project's comprehensive handbook (WP2) and the execution of vital training phases (WP3), which have equipped youth trainers and young individuals with essential tools for holistic self-care. The conversations, strengthened connections, and shared vision cultivated throughout the project are set to continue inspiring future endeavors, ensuring the lasting legacy of REST 7's commitment to youth empowerment and balanced living.

