

# PRESS RELEASE

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## FOR IMMEDIATE RELEASE REST 7 Project Advances with Second Partner Meeting in Dublin, Ireland

The European Union-funded REST 7 project successfully held its second transnational partner meeting in Dublin, Ireland, on September 9th and 10th. Hosted by I&F, the productive two-day gathering saw partners convene to advance the project's mission of redefining rest beyond sleep, focusing on the seven essential types—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—to combat youth burnout. The REST 7 consortium extended its warm gratitude to I&F hosts Joe, Jesus, and Hazel for their excellent hospitality and facilitation of the meeting.

A significant outcome of the Dublin meeting was the official presentation of the project's foundational handbook, which details strategies for integrating these crucial rest types into daily life for young people and youth trainers. Partners also utilized this critical session to fix concrete deadlines and outline the next steps for implementation, ensuring the project remains on track to deliver its innovative approach to well-being. This meeting further solidified the collaborative effort to empower young people across Europe with the tools needed for a more balanced and energized future.

