

# PRESS RELEASE

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## REST 7 Project Kicks Off in Istanbul, Charting Course for Youth Well-being Initiative

The groundbreaking REST 7 project, funded by the European Union, held its official kick-off meeting in Istanbul on February 12th and 13th, 2024. This significant gathering brought together key partners to launch the ambitious initiative, which aims to redefine the concept of rest beyond mere sleep, focusing on seven essential types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—to combat widespread burnout among young people. The successful meeting marks a crucial first step in empowering youth trainers, leaders, and young individuals with comprehensive strategies for holistic well-being.

During the two-day event, each participating partner presented their strategic approach for the successful development and implementation of the REST 7 project. These presentations laid the groundwork for future collaboration, ensuring a unified vision to raise awareness and provide practical tools for achieving comprehensive rest. By fostering a deeper understanding of these diverse rest types, the project is poised to significantly enhance the personal and professional effectiveness of young people, contributing to a more balanced and resilient generation across Europe.

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