

# PRESS RELEASE

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## **REST 7 Project Partners Convene in Luxembourg for Inspiring Training Session**

In an ongoing commitment to combat youth burnout and promote holistic well-being, partners of the European Union-funded REST 7 project gathered in Luxembourg this September for an inspiring training session. Hosted by CDC Luxembourg, the meeting served as a crucial platform for collaboration and the exchange of innovative ideas. This gathering builds upon the project's core mission to educate youth trainers and young people on the seven essential types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual—moving beyond the traditional understanding of sleep to foster comprehensive personal and organizational performance.

These days in Luxembourg were dedicated to strengthening inclusion, youth empowerment, and community development across Europe, reflecting the broad societal impact the REST 7 project aims to achieve. Through dynamic discussions and shared insights, partners worked collectively to refine strategies for implementing activities that will deepen understanding of the diverse forms of rest and ultimately boost individual well-being. This productive session underscores the project's momentum in equipping the next generation with vital tools for resilience and a more balanced future.

