

# PRESS RELEASE

**Event Press Release: 4****Date Release:**  
01/04/2024

## REST 7 Project Kicks Off Training Phase in Luxembourg, Building Capacity for Youth Empowerment (WP3)

In a significant step towards its mission, the European Union-funded REST 7 project has initiated its dedicated training phase (WP3), marked by an inspiring meeting in Luxembourg hosted by CDC Luxembourg. This critical work package focuses on capacity building, specifically designed to empower youth trainers, facilitators, leaders, and young people with the knowledge and skills to implement the project's innovative approach to rest. The session facilitated rich collaboration and exchange of ideas aimed at strengthening inclusion, youth empowerment, and community development across Europe.

The training activities under WP3 are crucial for disseminating the project's core methodology, ensuring a full understanding of the seven types of rest—Physical, Mental, Sensory, Creative, Emotional, Social, and Spiritual. By equipping participants with practical tools and methodologies, the REST 7 project aims to significantly boost the well-being of individuals and foster a more balanced and resilient generation. This phase underscores the project's commitment to translating its research into tangible, impactful actions within youth communities throughout the continent.

