

Newsletter

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Welcome to 'Your best version'

'Your best version' aims to have a positive impact on teenagers at risk of exclusion, providing them with the emotional skills essential for improving their living conditions. This approach is based on emotional and psychological health, allowing young people to rebuild and improve their personal situation, thus facilitating their full integration into society.

The general aim is to develop emotional skills and interpersonal relationships in teenagers at risk of social exclusion and, as a consequence, achieve their full inclusion in society, together with the horizontal priority 'Inclusion and diversity in all areas of education, training, youth and sport'.



YBV. Your Best Version. KOM 01/04/2025



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Target groups

Secondary school teachers who work in direct contact with young people at risk of exclusion. Teenagers aged 12 to 17 at risk of exclusion, as it is an ideal scenario for deconstructing the stereotypes that generate discrimination.

Mission

Your best version proposes a series of activities to help teenagers develop their emotional skills and interpersonal relationships, helping them to improve their lives both personally and academically and, as a result, build a more positive future full of opportunities.



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Activities

1. Online Kick off meeting
2. Theoretical modules and implementation guide for adolescents at risk of social exclusion
3. Exploring emotional education. LTT with students in Brasov (Romania)
4. Toolkit for adolescents at risk of exclusion
5. Emotional pathway. LTT with students in Córdoba (Spain)
6. Final conference in Spain
7. Dissemination

Results

- A series of strategic and necessary documents for the proper management and implementation of the project
- A training system for adolescents at risk of exclusion consisting of 12 theoretical modules in podcasts format and 12 implementation guides
- A Toolkit for adolescents at risk of exclusion that includes 24 tools to work in a practical way on their emotional skills.
- Greater dissemination of the importance of EI in adolescents at risk of exclusion.

Our partners



Colegio Córdoba (Spain) is our coordinator, a school offering Infant, Primary and Secondary Education (for pupils aged 3 to 16). It has a staff of more than 50, including teachers and administrative personnel.

Liceul Teoretic George Moroianu (Romania) is the oldest institution of local renown, founded in 1873. The school's educational vision encompasses the development of an attractive educational environment



Poderío T&R (Spain) is a training organization, with a staff made up of experts in different subjects. All have teaching and facilitating as common points

Asociatia Copiii in sanul familiei (Romania), founded in 1984, aims at supporting institutionalised children and reunite them in a family environment



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