



# Newsletter

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## *Project closing ..."Your best version" journey*

One year, four partners, hundreds of learning moments and countless emotional breakthroughs.

As Your Best Version comes to an end, we look back with pride and deep gratitude on a transformative journey shared between Spain and Romania. Since January 2025, teachers, students and youth workers have worked side by side to strengthen socio-emotional skills in adolescents aged 12–17 who face risk of social exclusion.

From understanding students' needs to the creation of podcasts, toolkits, transnational mobilities, emotional pathways and the final conference in Spain, the project has proven one thing: emotional education changes lives.



## **Key Results & Highlights**

Over 12 months, the partnership delivered high-quality, practical and accessible results:

- 12 podcasts in English and national languages
- 12 implementation guides in English and national languages
- 1 Toolkit with 24 practical emotional education tools (English & national languages)
- 2 international learning mobilities (Romania & Spain) with 12 students and 4 teachers
- 1 Final International Conference with a target audience of 100+ participants
- 6 newsletters, regular social media presence and continuous website updates



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## Impact on Adolescents

At the start of the project, 85% of participating students showed difficulties in key emotional skills such as self-awareness, emotional regulation and relationships. Through podcasts, classroom activities, the Toolkit and international experiences, students worked on 12 core socio-emotional areas, including self-esteem, empathy, resilience, teamwork and motivation.

Main changes observed:

- More self-confidence and emotional expression
- Better peer relationships
- Improved conflict management
- Greater engagement in school life

"I now know how to stop, breathe, and think before reacting."

- Student participant, Emotional Pathway, Spain

## Impact on Teachers & Schools

Teachers played a central role as change-makers. They gained:

- 12 emotional education modules
- 1 complete implementation guide
- 1 Toolkit with 24 practical activities

Results in schools included:

- Better classroom climate
- Stronger teacher-student relationships
- Strengthened strategies for risk reduction
- Improved cooperation between schools and NGOs

Teachers also strengthened their competences in emotional education, inclusion, conflict prevention and group dynamics.

## Sustainability & Follow-Up

The project continues beyond 2025:

- All materials remain freely available online
- Resources will keep being used in schools, NGOs and teacher training
- New Erasmus+ follow-up projects are already being explored
- Results are shared through ESEP and the Erasmus+ Project Results Platform for long-term impact

## 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 Sânum Familiei (Romania), founded in 1984, aims at supporting institutionalised children and reunite them in a family environment.



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