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**Forest4Youth**

## **Forests as an ally in shaping adolescent well-being**

Research suggests that even brief contact with ferns and forests can reduce stress and restore focus.

Building on this potential, the Forest4Youth project co-designs a forest-based care protocol with mental-health professionals, foresters and community actors. The aim is to create a safe, adaptable and transferable method, so that everyday woodlands can complement services and provide new support pathways for adolescents.

**Lead partner:**

St Martin Neuropsychiatric Centre (BE)



**forest4youth.nweurope.eu**

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**Heartsafe NWE**

## **From bystanders to lifesavers: creating a heartsafe North-West Europe**

Anna's phone sounds an alarm: someone nearby has suffered a cardiac arrest. Through the Heartsafe NWE project, she is part of a community first responder network. Guided by an app, trained in CPR, and connected to local automated external defibrillators, she steps in during the critical minutes before an ambulance arrives.

By connecting people, the Heartsafe NWE project builds stronger, safer communities where citizens like Anna become lifesavers.

**Lead partner:**

Dutch Heart Foundation (NL)



**heartsafenwe.nweurope.eu**

Photo ©: Image-Zone



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**MONA**

## **Developping solutions in nature areas for sustainable tourism**

Hikers in nature embody the MONA project's goal of making tourism greener and more sustainable. The image illustrates our work on modal shift, smarter route planning and nudging to reduce congestion and ease environmental pressure in Europe's natural areas.

It tells the story of communities and visitors who can continue to enjoy accessible, healthy and authentic experiences in landscapes that are preserved for future generations.

**Lead partner:**

Brabant Partners (NL)



**mona.nweurope.eu**

Photo ©: Brabant Partners



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## **RE:HOME**

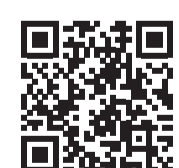
### **Bringing rehabilitation closer to children**

RE:HOME aims to reduce the rehabilitation medical desert for over 10,000 children with neurological disorders. We deliver exoskeleton modules, smart garments, and a telemonitoring platform to support robot-assisted and home-based training.

By standardising care and empowering families, we improve daily quality of life and promote inclusion for children with cerebral palsy.

**Lead partner:**

JUNIA - School of Engineering (FR)



**re-home.nweurope.eu**

Photo ©: RE:HOME



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**REFOOT**

## **Retracing the footsteps: a transnational journey of Canadian Liberation in World War II**

Sophie and Léa walk part of the REFOOT Canadian Trail in Normandy, where Canadian troops once fought for freedom. For their grandparents, these fields were a battlefield. For them, it is a place of remembrance and discovery. As they walk, they use the Liberation Route App to learn more about the sites and read personal wartime stories about soldiers, civilians and children.

The new trail connects generations and communities, ensuring the sacrifices of the past live on while bringing people together through history, nature and shared stories.

**Lead partner:**

LRE Foundation (NL)



**refoot.nweurope.eu**

Photo ©: REFOOT



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**Scale-Up4Rehab**

## **Seniors scale-up the future!**

Is digital rehabilitation boring and complicated for seniors?

Quite the opposite. Scale-Up4Rehab shows that with clear instructions and a user-friendly design, seniors develop remarkable trust in technology, as long as it meets their needs.

Through feedback sessions and pre-pilots like the one in Belgium, we ensure our virtual clinic “Uptimise” and its digital rehabilitation apps truly serve patients’ needs.

**Lead partner:**

Saint Martinsclinic (NL)



**scale-up4rehab.nweurope.eu**

Photo ©: Scale-Up4Rehab



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**Terremplo**

## Supporting vulnerable youth into the labour market

Many unemployed young people who are not in education or training (NEET) face challenges entering the labour market. The Terremplo project aims to strengthen collaboration between public employment services, education and training providers, and the private sector, to address the concrete needs of young NEETs.

Through the development of a strategy and action plans, stakeholders committed to support vulnerable youth are empowered to ensure better access to employment and training opportunities.

**Lead partner:**

Ballymun Job Centre (IE)



**terremplo.nweurope.eu**

Photo ©: Terremplo

