

Erasmus+ project

# Digital innovations for youth work

Mobility Projects for Youth workers -  
Professional Development Activities

presents

## GOOD PRACTICE INITIATIVES

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ASSOCIATION OF  
EDUCATIONAL  
GAMES AND  
METHODS



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More info: [www.metozuasociacija.lv/projekti/digibridge/](http://www.metozuasociacija.lv/projekti/digibridge/)

# Exit Burnout

Good practice  
**DIGITAL,  
WELLBEING**

## Goal:

- To develop innovative solutions, using gamification, coaching and adventure therapy approaches to prevent and decrease youth worker's burnout, and employee turnover in youth work and increase their wellbeing.
- To improve the quality of youth work in general by promoting youth worker's wellbeing, work and life satisfaction, and more active involvement and participation of young people in an organisation.

## Results:

1. **Mapping Report:** national research detailing stress, burnout causes, and needs analysis within youth worker's wellbeing.
2. **Wellbeing Training Program:** a 3-month program offering tailored solutions for burnout reasons, including a Toolkit with various methodologies and a Handbook with supportive materials for participating individuals.
3. **Program's implementation guidelines** for implementing and adapting the developed Program to the needs of youth workers.

**More info:** [www.metozasociacija.lv/en-exit-burnout/](http://www.metozasociacija.lv/en-exit-burnout/)



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# ESTEEM

Good practice  
**DIGITAL,  
WELLBEING**

## Goal:

- To develop youth work responses to mental health and psychological well-being issues of young people.
- To improve youth work quality during and in post-pandemic realities.
- To empower young people to be happy, autonomous and resilient citizens, who are able to make their choices and take decisions.

## Results:

1. **Digital solution** - an application for young people to promote well-being - **ESTEEM**.
2. **The manual** for youth workers and teachers on how to work with young people on wellbeing issues.
3. Game for youngsters **"Charge UP"** in order to promote conversations related to mental health.
4. **Toolkit** with various methods of working with young people to promote their well-being.
5. **Good practices collection** on working with young people on wellbeing issues.

**More info:** [www.metozasociacija.lv/projekti/esteem/esteem-en/](http://www.metozasociacija.lv/projekti/esteem/esteem-en/)



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**GAMES AND  
METHODS**



# Ceteris Paribus

Good practice  
**DIGITAL,  
ECONOMIC**

## Goal:

- Increase young people's and youth workers' understanding, knowledge, and skills in economics via a free digital hub.
- Help users comprehend and act on key economic terms and laws, boosting their civic participation in democratic processes.
- Provide engaging, interactive educational materials (in multiple formats) to make learning economics fun and accessible.
- Equip youth workers and educators with a practical manual of methods and approaches for teaching economics.

## Results:

1. A **free digital hub with interactive educational materials** on key economics topics.
2. An **online educational video game** - a multilevel historical adventure for learning economics.
3. A **practical manual** for youth workers / educators with methods and approaches to teach economics.
4. A **staff training** (in Slovenia) focused on core topics tied to the game.
5. **Multiplier events** in Slovakia, Bulgaria, Slovenia, and Greece to share results and build networks.

**More info:** [www.ceteris-paribus.eu](http://www.ceteris-paribus.eu)



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# FUTURLANDS - FUTURE THINKING IN PRESENT ACTION

Good practice  
**DIGITAL,  
FUTURE  
THINKING**

**Goal:** The future doesn't come from waiting. It comes from thinking, choosing, and doing. Here, your dreams meet your actions. Your ideas meet responsibility. Your future starts with what you choose to do today.

FUTURLANDS offers a variety of methods, materials, and tools for young people and youth workers to develop future thinking skills.

## Results:

1. The **PlayBook** "Future Thinkers, Today's Doers: A PlayBook for Curious Minds" is an interactive and practical guide designed to help young people explore future thinking and get inspired to take action toward creating the future they want to live in.
2. The **learning module** is designed to equip young people and youth workers with both theoretical knowledge and practical exercises to develop future-thinking skills and explore future scenarios in an engaging way.
3. The **"FuTuRe Thinking Guidelines in the youth field"** are designed to empower youth workers and educators to deepen their understanding of future thinking.
4. Also other materials that can be found in platform.

**More info:** [www.projecthows.com/futurlands/introduction](http://www.projecthows.com/futurlands/introduction)



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# European Youth Goals of cities of Learning

Good practice  
**DIGITAL,  
INCLUSION**

- Goal:**
- To involve young people in peer-to-peer labs about the European Youth Goals and their relevance to young people and our cities;
  - To promote cooperation among youth and local stakeholders in each city on the European Youth Goals ground, outputs.
  - To build our capacity to promote the European Youth Goals through youth-led activities in our cities;
  - To support young people's learning, actions, and recognition related to European Youth Goals through the Cities of Learning digital platform.

## Results:

1. **Youth consultations** on European Youth Goals implementation.
2. Youth leadership capacity developed during a **long-term course** (non-formal learning methods) based on the 7 Habits of Highly Effective people.
3. **Youth Goals co-designing playlists** (method) for personalised learning.
4. **Structured Dialogue** on European Youth Goals.

**More info:** [systemandg.weebly.com](http://systemandg.weebly.com)



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- Goal:**
- To explore and demonstrate how gamification can be effectively applied to enhance non-formal education and learning processes, with a particular focus on the field of social entrepreneurship.
  - To highlight and showcase innovative educational methods that not only make learning more engaging and enjoyable, but also empower participants with the competencies necessary to address pressing social challenges, including through the creation of social enterprises.
  - Gamified Social Entrepreneurship Educational Approach” was an international collaboration between Latvia, Georgia, Portugal, and Hungary.

## Results:

1. Collection of best practises
2. Educational game on social entrepreneurship

**More info:** [www.metozuasociacija.lv/projekti/impacted/](http://www.metozuasociacija.lv/projekti/impacted/)



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## Goal:

- 25-month-long strategic partnership aimed at promoting the importance and role of gamification and game development in the field of European youth work by developing innovative games that serve to improve the quality of non-formal education tools.
- As a result of the project, a total of 10 games were developed collaboratively by young people, all focusing on themes of social inclusion or supporting its promotion within our society.

## Results:

**Handbook for young game developers** to provide young people with practical guidance and inspiration throughout the game development process. What makes the handbook unique is that it was developed by the young participants themselves, ensuring that it fully reflects their interests and needs.

## More info:

[www.tudatosifjusag.hu/wp-content/uploads/2020/05/PlayInclusiveeBooklet\\_30.pdf](http://www.tudatosifjusag.hu/wp-content/uploads/2020/05/PlayInclusiveeBooklet_30.pdf)



# STE(A)M

Good practice  
**DIGITAL,  
INCLUSION**

## Goal:

- Increase the interest of kids and teenagers in science through hands-on experience.
- Develop skills of logic and algorithmic thinking.
- Enhancing future learning ability in formal education.
- Create more technology learning opportunities for kids and teenagers in rural areas.

## Results:

1. **15 kids from rural area** became passionate about science, tech, art and mathematics related subjects.
2. **Awareness of people in rural areas** about new technologies (VR, 3D Printers, Robotics...).
3. **15 new 3D models** created.
4. **Workshop for adults about 3D printers.**
5. **Website to promote STEAM.**
6. **Methodology for STEAM activities** (divided in 4 areas: physics/electricity, 3D printers (and 3Dpens), VR/AR environments, Robotics and algorithmic thinking (with Lego Robotics)).

**More info:** [steam.amics.eu](http://steam.amics.eu) [Instagram: @amics.eu](https://www.instagram.com/amics.eu)



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## Results:

- More info:** [office.ata@gmail.com](mailto:office.ata@gmail.com) or find the PDF file [HERE](#)



# One Love, One Drum: Drumming for Inclusion

Good practice  
**MUSIC,  
INCLUSION**

## Goal:

- To foster the social inclusion of marginalised and excluded young people by developing a pedagogical tool based on percussion and rhythm.
- To strengthen the Batalá Mundo network by training its leaders and supporting the digital transformation of its content, structure and online collaboration, particularly in response to the COVID-19 context.

## Results:

1. The creation of the official **Batalá Mundo website**, serving as a central platform for information, coordination, and promotion of the network's activities
2. The development of **13 virtual drumming lessons**, designed as an educational tool for youth workers, cultural agents, and organisations, enabling them to use percussion as a method for inclusion in their local communities.

**More info:** [www.batalamundo.com/european-project](http://www.batalamundo.com/european-project)



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CONEXÃO  
JOVEM



# Maker space (Išradimų būstinė)

Good practice

**DIGITAL,  
CREATIVITY**

## Goal:

- Encourage people to explore, experiment, and create.
- Connect people of all ages who want to learn and collaborate.
- Provide access to tools, learning, and experience.
- Promote sustainable, meaningful, and inventive projects.

## Results:

1. More people participating in creative and learning activities.
2. Visible outcomes from workshops.
3. Participants gain new practical and digital skills.
4. Improved well-being, creativity, and inclusion in the local community.

**More info:** <https://azuolynobiblioteka.lt/en/services/for-leisure-and-recreation/residence-of-inventions-makerspace/>



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# "Forest Echoes" cards

## Goal:

- To help explore and recognize the needs that arise in various life situations, allowing for an understanding and expression of needs authentically.
- To gain insight into one's own needs and emotions, supported by the positive energy of the community and the wisdom of nature, by reflecting on personal stories.
- To embody the essence of nature's wisdom and tranquility in the cover of the "Forest Echoes" cards, to connect with the deep, intuitive parts of oneself, symbolized by the serene forests and mythical creatures of Baltic mythology.

## Results:

The creation of the **"Forest Echoes"** cards was a collaborative effort between Innovative Generation and Misko istorijos, reflecting their shared commitment to fostering creativity, emotional awareness, and a deep connection with nature among participants.

**More info:** <https://innovativegeneration.eu/forest-echoes-cards/>



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**NGO "Innovative Generation"**

Non-formal Education | International Projects | Self-development Opportunities

# Members Platform

Good practice  
**DIGITAL,  
VOLUNTEERS**

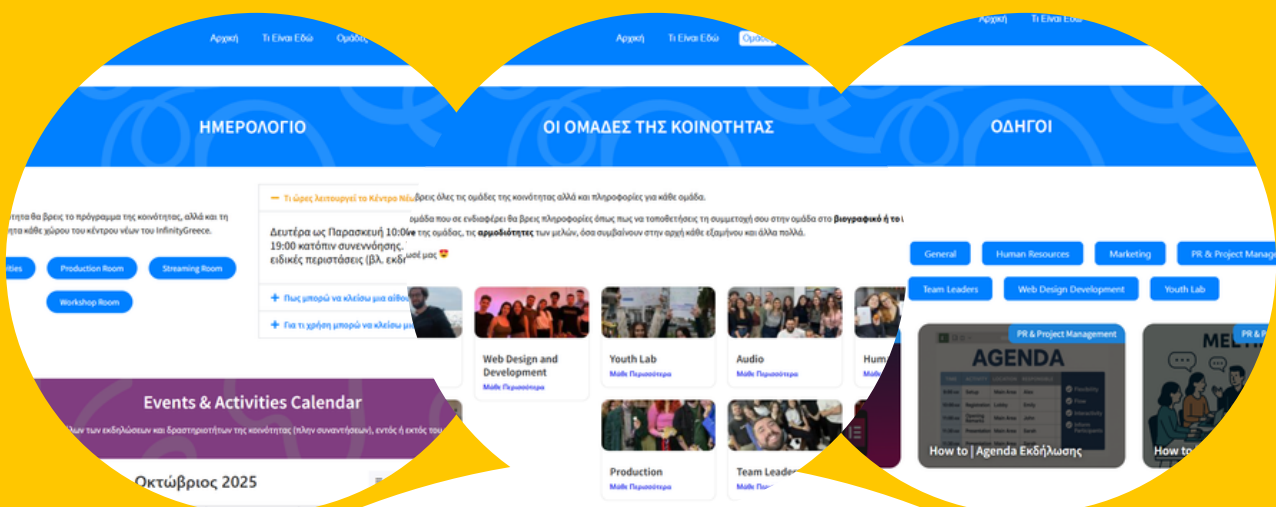
## Goal:

- To support a big volunteering community in Thessaloniki Greece (more than 200 people annually) manage its operation, information flow and collaboration for **InfinityGreece** (youth organization) projects.
- To motivate and support volunteers participation and efficiency through badges rewards, dedicated tutorials and structured documented processes

## Results:

1. **Better Information Flow:** Volunteers can log in and see previous practices and reports, processes and tutorials
2. **Increased Efficiency:** New members don't need to re-invent the wheel, but instead they can focus on creating new opportunities for young people and support the organization further.
3. **Transparency and Equal Opportunities:** The platform describes rules, processes and the policy of organization for approved behaviors inside the community making sure everyone feels safe.

**More info:** [Info@InfinityGreece.com](mailto:Info@InfinityGreece.com)



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# Y.D.E.A. project

## Youth Development through Emotional Intelligence

Good practice  
**INCLUSION,  
EMOTIONAL  
INTELLIGENCE**

- Goal:**
- To equip youth workers of the participating organisations with skills and knowledge in the field of Emotional Intelligence, Social Emotional Learning and Emotional Awareness to promote more effectively youth development and social inclusion.
  - To develop non-formal educational tools, models and practice based on SEL and EI, and focused on the current needs of young participants, to be adapted to the educational formats of the organisations.
  - To develop and consolidate the sensitivity and the expertise concerning mental health issues within the organisations, the network, the IVS movement and in youth work in general.
  - To strengthen the capacity of the organisations in creating synergies with formal and non-formal education bodies, to reach-out and include in their activities young people with fewer opportunities and those who are most affected by the current upheavals and socio-economic uncertainties.

## Results:

**Zoomanity** - a creative card game which is perfect for Getting to Know Each Other activities. It can be also used in activities related to Conflict transformation. The game consists of 36 animal character cards, 1 example card and instructions.

**More info:** <https://cvs-bg.org/ydeabg/>



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Creative and illustrations  
**MAURO CARTA**  
Design  
**IZABELA MARKOVA**  
Lettering  
**TODOR GEORGIEV**  
Editing  
**KATERINA STOYANOVA**

