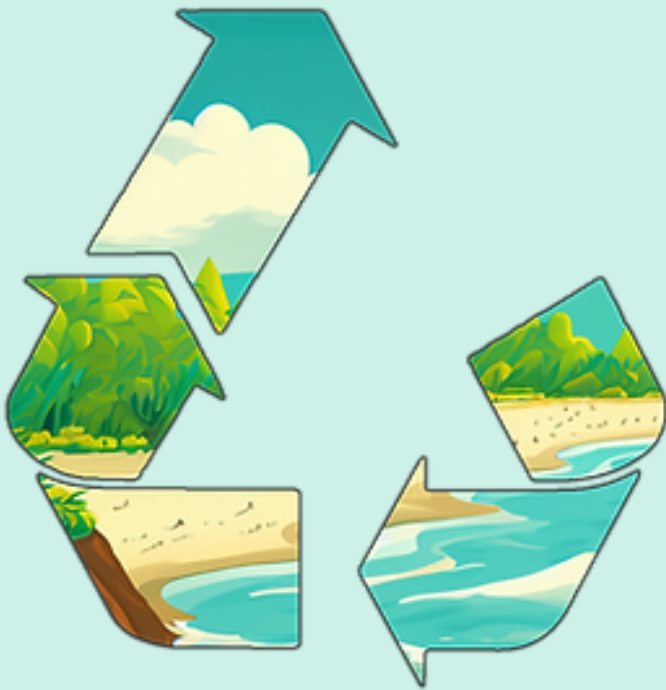


# NEWSLETTER

SEPTEMBER, 2024

## PARTNERS



# UP-FEEL

ART+INN

[www.art-inn.org](http://www.art-inn.org)



[www.cyclo-project.fi](http://www.cyclo-project.fi)



[www.efe.lv](http://www.efe.lv)

## UP-FEEL PODCAST

The UP-FEEL podcast series is a key element of the project, aimed at addressing climate and eco-anxiety by providing understanding and practical solutions. Each episode features experts in environmental issues, mental health, and youth climate activism, offering insights on coping with climate-related stress, building resilience, and adopting sustainable lifestyles. Covering topics like mental health, community engagement, and actionable climate steps, the podcasts are available in English, Lithuanian, Latvian, and Finnish to reach a broad audience. This series empowers young adults to turn climate anxiety into positive action, aligning with the project's mission to support mental well-being and sustainability.

You can explore the podcast series here: [UP-FEEL Podcast](#).

## FINAL MEETING IN RIGA, LATVIA

The final meeting of the UP-FEEL Project took place on September 6th in Riga, Latvia, bringing together project partners to conclude the collaboration and review key outcomes. During the meeting, partners reflected on the progress made throughout the project, discussed the results of the UP-FEEL toolkit and podcast series, and evaluated the impact on young adults dealing with climate and eco-anxiety. This gathering also focused on finalizing dissemination plans and ensuring that the project's resources would continue to benefit youth and adult education beyond its completion. The meeting marked a successful culmination of the project's goals, celebrating the collective efforts of all partners.

A heartfelt thank you goes out to all the partners, contributors, and participants who dedicated their time and effort to making UP-FEEL a success. Your commitment has helped shape valuable resources that will continue to empower young adults across Europe.



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