

INVITATION TO *international* FINAL SEMINAR

EMPOWERING SCHOOLS FOR MENTAL WELL-BEING: RESULTS AND FUTURE DIRECTIONS

Be part of a dynamic exchange of ideas, results, and experiences from the wExchange project. Let's work together to promote mental well-being and create more supportive school environments across Europe.

27 May 2025



Finland: 13:00–15:00 (EET)



Slovenia: 12:00–14:00 (CET)



Greece: 13:00–15:00 (EET)



Portugal: 11:00–13:00 (WET)

Language of the event: English



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PROGRAMME

EMPOWERING SCHOOLS FOR MENTAL WELL-BEING: RESULTS AND FUTURE DIRECTIONS

Welcome & Project Overview

Introduction to the wExchange project and its core objectives

Understanding Mental Health and Mental Health Literacy

Foundations for supporting student well-being in schools

Introducing Virtual Camps: Concepts and Practices

Examples of virtual camp activities from participating schools

Student Voices: Reflections on the Virtual Camp Experience

Experiences and takeaways from participating students

Looking Ahead: Opportunities for Future Development

Ideas for expanding and evolving the virtual camp model

Implementation Guide: Peer-Based Methods for Mental Well-being

Tools for supporting students through peer-led approaches

Methodology Guide: A Framework for Implementation

Structured steps for bringing virtual exchange into schools

Shaping the Future: From Local Practice to Broader Impact

Reflections and possibilities at local, regional, and national levels

Registration is required to attend the event.

Please register by Sunday, **25 May 2025**.

After registering, participants will receive the webinar link via email prior to the event.

