Co-funded by the European Union

VET WELL-BEING

PROJECT NEWSLETTER

November 2025

THE PROJECT

Well-being Toolbox for VET is a cooperation partnership co-funded by the **Erasmus+ programme of the European Union**, implemented by the organisations MIR Akademien AB (Sweden), Akira (Italy) and Bexley C-Level IT (Romania), aiming to develop a practical toolbox for vocational teachers and trainers to introduce innovative approaches such as art therapy, music therapy and movement therapy.

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ABOUT *VET WELL-BEING*

THE PROJECT

Mental health is a fundamental component of vocational education and training (VET), yet it is not always made visible within educational pathways. While many VET programmes are increasingly attentive to learners' overall well-being, emotional support is still an area where additional tools and structured guidance can make a meaningful difference.

The *VET Well-being* project aims to contribute to this development by creating and integrating a Well-being Toolbox that supports VET managers, educators, and professionals in promoting the emotional resilience of their learners. Particular attention is given to migrant women, who may face additional psychological, social and cultural challenges during their training.

THE TOOLBOX

This initiative focuses on developing practical and accessible tools that help bring well-being practices into VET contexts in a concrete and sustainable way.

The Toolbox will introduce VET professionals to approaches such as **art therapy, music therapy, movement-based activities, and relaxation techniques**, offering adaptable resources that can complement existing teaching practices. These methods provide educators with new ways to help learners manage stress, strengthen motivation, and feel more connected within their learning environment.

The Well-being Toolbox is designed to support VET institutions in enhancing their capacity to foster **inclusive, supportive, and health-promoting learning settings**, while respecting the diversity of VET systems and practices across Europe.

PROJECT RESULTS

The VET Well-being project will deliver a set of practical, research-based results aimed at strengthening the capacity of VET institutions to support the emotional well-being of learners, with a particular focus on migrant women. All outcomes will be developed collaboratively by partners in Sweden, Italy, and Romania and will be shaped by direct input from VET professionals and learners.

1. Needs Analysis Report

This report will bring together findings from surveys, interviews, and focus groups conducted with VET educators, programme directors, and migrant women across the three partner countries. It will identify current strengths, remaining gaps, and priority areas for action in relation to well-being in VET settings.

2. Well-being Toolbox

The core project output, the Well-being Toolbox, will offer a structured collection of methods and resources to help VET professionals integrate well-being practices into everyday teaching and programme management.

The Toolbox will include:

- Methodological guidelines for supporting emotional well-being in VET
- Practical exercises based on art therapy, music therapy, movement, and relaxation
- Case studies showcasing successful practices across Europe
- Templates and tools adaptable to different VET contexts
- Step-by-step guidance for implementing these approaches within institutions

3. Online Platform

To ensure long-term accessibility, all project materials will be hosted on a dedicated online platform. The platform will function as a knowledge hub, offering:

- Downloadable Toolbox materials
- Video tutorials and short instructional clips
- Webinars and recordings led by project experts
- A resource library with additional references and materials
- Discussion space for sharing experiences and exchanging good practices

The platform will be freely accessible and intended to support ongoing learning and collaboration across VET institutions.

PROJECT RESULTS

4. Pilot Testing Reports

The Toolbox will be tested with VET educators in Sweden (offline pilot) and in Italy and Romania (online pilots). These pilots allowed participants to explore the materials, try selected activities, and provide structured feedback.

The resulting pilot reports will include:

- Educators' evaluations of clarity, relevance, and usability
- Suggestions for improvements
- Observations on student engagement and potential impact
- Adjustments integrated into the final version of the Toolbox

5. Policy and Practice Recommendations

Based on research and pilot testing, the project will produce a set of recommendations aimed at VET institutions, training providers, and policymakers. These recommendations will support the wider adoption of well-being strategies and encourage a more inclusive and health-promoting approach within VET systems.

6. Dissemination Outputs

To promote awareness and encourage uptake, the project will produce:

- Workshops and webinars for VET professionals
- Presentation materials for conferences and stakeholder meetings
- Communication resources for institutions interested in using the Toolbox

These dissemination efforts aim to ensure that the project's results reach the broader VET community and remain available beyond the project's duration.

KICK-OFF MEETING

The project has officially started!

The VET Well-being project was officially launched with a virtual kick-off meeting, marking the beginning of the 18-month collaboration between the partners.

During the meeting, partners worked together to:

- Align their shared vision, objectives, and milestones for the full duration of the project
- Define the operational roadmap, ensuring coherence with the official timeline
- Confirm the distribution of roles and responsibilities across the three organisations
- Initiate preparations for the needs analysis phase, which will be the project's first major technical deliverable.

Next Steps
The partners agreed on the immediate upcoming activities to launch the needs analysis stage of the project, lasting until January 2026, thus:

- Finalising **research tools** (questionnaires, interview guides, focus group templates)
- **Setting up communication channels** with participating VET institutions and migrant support organisations;
- **Scheduling data collection activities** across Sweden, Italy, and Romania;
- Preparing the structure of the country-level reports, which will feed into the final consolidated needs analysis.

Are you interested in participating or **collaborating** in the project activities? **Contact Us!**

MIRA (Sweden - Project Coordinator): https://mirakademien.com/en/contacts
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BCLIT (Romania) https://constantahub.ro/contact-us/