with the support of the Committee of "Inclusive territories, environment and health"

Day, 2 - March 4- ENSA General Assembly 2025

ENSA/ENSEL, Youth, Family, child and Wellbeing working groups

Venue: [Veneto Region's Brussels Office, 67 Av de Tervueren 1040 Bruxelles](#)
Date: March 4 2025, 11- 13:00, Brussels

AI for Emotional Balance: Empowering Youth Through Intelligent Regulation

Project proposal ERASMUS-EDU-2025-PI-FORWARD-DIGITAL-AI

Coordinator

- The **Veneto Region**, Department of Social Services

The Directorate oversees the planning and coordination of initiatives designed to support families, youth, and vulnerable populations, ensuring the development of targeted services.

The responsible Organizational Unit for this project: Addiction, Third Sector, New Marginalities, and Social Inclusion.

This work aligns with the Social Services Directorate's broader mission of supporting vulnerable groups, including through targeted services and initiatives, with a focus on social inclusion and community resilience.

Collaboration with the Prevention Directorate of the Veneto Region.

Collaboration with: Roma Tre University, an Italian public research university in Rome for the evolution of ongoing work on preventing various behavioural disorders.

Details

- Submission deadline: 27/5/2025, 12.00 Erasmus +

- Call Number: ERASMUS-EDU-2025-PI-FORWARD-DIGITAL-AI

- Topic 7 Digital education: Ethical and effective use of generative Artificial Intelligence systems in education and training'

- https://www.euro-access.eu/en/calls/1736/Topic-7-Digital-education-Ethical-and-effective-use-of-generative-Artificial-Intelligence-systems-in-education-and-training

Scope:
Projects under this priority will aim to foster broader organisational readiness and capacity of education and training institutions as well as more broadly to education and training systems through:
• Identify, map and analyse existing effective initiatives and areas in teaching, learning, and assessment at any level(s) of education and training where generative Artificial Intelligence (AI) systems are of particular use and benefit. Identify challenges as well as success factors for the deployment of generative AI.
• Develop, and pilot innovative approaches, methods, and practices of the use of generative AI systems in teaching, learning and assessment at any level(s) of education and training. Special attention should be paid to the ethical, effective, purposeful and pedagogically underpinned use of the technology.
• Produce guidelines and practical materials, as well as use cases on the critical use of generative AI systems in education and training practices that can be disseminated and easily implemented at organisational level. Those should be complemented with clear recommendations to inform further policy initiatives.
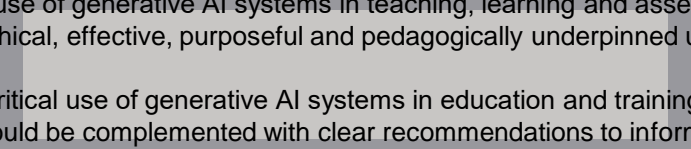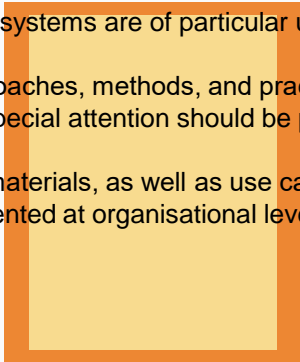
Principal objectives

- Enhance emotional regulation skills among young people by providing tools and strategies for recognizing and managing emotions.

- Improving emotional competence, including empathy and emotional understanding, to support adolescents in coping with challenges and preventing behavioural disorders.

- Offer techniques for fostering adaptive emotional responses, promoting overall well-being and social integration.

- Build resilience in youth, reducing vulnerability to psychological issues and improving their ability to face daily challenges.

Specific objectives

Activity 0 Need analysis

Activity 1 Preparation of the platform and multimedia

Activity 2 Creation and implementation of the territorial netwok

Activity 3 Emotion regulation

Activity 0 Need analysis

- Identify needs, gaps and challenges through participatory research among partners targeting teachers of Lower Secondary Schools, Students, health professionals.

- Anxiety and Depression Disordes

- Substance, Alchol, Internet, Gaming Addiction

- Eating disorders

Specific objectives

Activity 0 Need analysis

Activity 1 Preparation of the platform and multimedia

Activity 2 Creation and implementation of the territorial netwok

Activity 3 Emotion regulation

Activity 1 Preparation of the platform and multimedia

- Target Audience: **young people** attending upper secondary schools, health operators, teachers

- Development of **training content** aimed at creating useful exercises, based on scientific evidence, to enhance the ability to manage emotions, reduce impulsivity, and develop empathy.

- Developing a **multimedia teaching toolkit** consisting of: a manual illustrating the contents; a guide detailing the exercises and behavioural techniques to achieve the objectives; video tutorials; audio guides; teaching sheets; a diary/register for evaluation; a timeline of activities; a section dedicated to the training of young peer educators.

- Design and creation of the **interactive platform** that will serve as the final container for all the information and documentation produced, implemented in compliance with current accessibility regulations and accessible from mobile devices (smartphones and tablets). It will host an informational section and a section dedicated to distance learning, the latter organized for effective learning.

Specific objectives

Activity 0 Need analysis

Activity 1 Preparation of the platform and multimedia

Activity 2 Creation and implementation of the territorial netwok

Activity 3 Emotion regulation

- Activity 2 Creation and implementation of the territorial netwok

- Target Audience: **teachers** of lower secondary schools (direct recipients) and students of lower secondary schools (indirect recipients).

- **Dissemination** of the project: The network will involve lower   secondary schools.

- **Recruitment**, **training**, and activities with teachers.

- Establishment of groups of trained teachers to conduct, under the

- supervision of operators, a **Pilot Study** in Lower Secondary Schools.
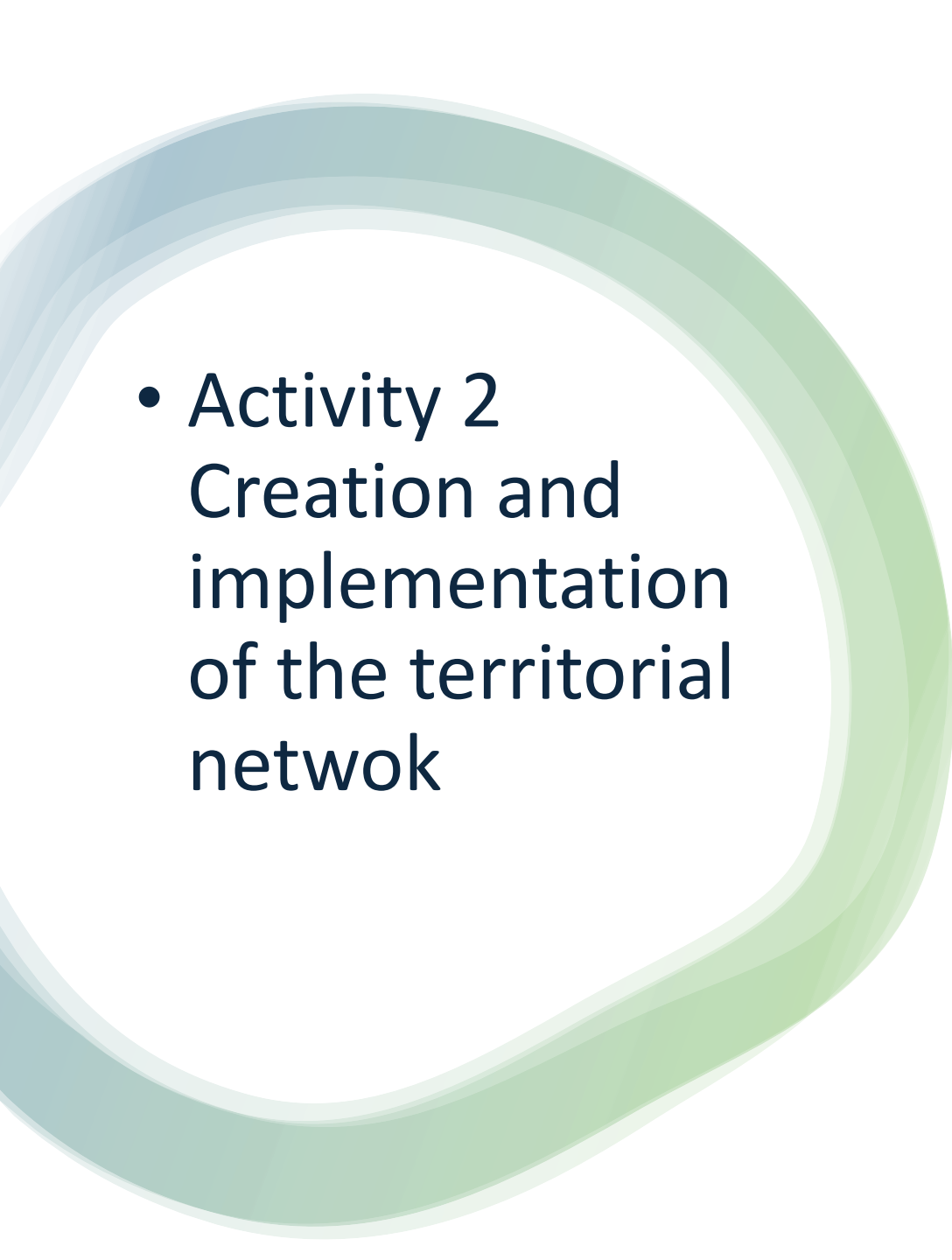
Specific objectives

Activity 0 Need analysis

Activity 1 Preparation of the platform and multimedia

Activity 2 Creation and implementation of the territorial netwok

Activity 3 Emotion regulation

Activity 3 Emotion regulation

- Direct Target Audience: **young people** attending lower secondary schools.

- **Promoting** use of training and tools

Searched partners

Public Authorities, Universities, Training Centers

Lower Secondary Schools (11-13-14-16 years old students)

Second step: private Entities for the elaboration of the software

Project Budget

- The maximum grant amount is EUR 1 000 000 per project.

- The grant awarded may be lower than the amount requested.

- The grant will be a lump-sum grant. This means that it will reimburse a fixed amount, based on a lump sum or financing not linked to costs. The amount will be fixed by the granting authority on the basis of the estimated project budget and a funding rate of 80%.

PRESUMABLE EXPENCE ITEMS

Travel and subsistence

Equipment

Publications

Other goods and services (services for evaluation and licence)

Meeting organization

Dissemination materials

Audit Total

Engagement activities in pilot site

Detailed budget table

		Units	Cost per units	Beneficary total costs	
A. DIRECT PERSONNEL COSTS					
	A1. Employees (or equivalent) person months				
	Manager				
	Researcher				
	Teacher / Trainer			-	-
	Technician			-	-
	Adminisstrative / Communication			-	-
A.2 Natural persons under direct contract				-	-
A.3 Seconded persons				-	-
A.4 SME Owners without salary				-	-
A.5 Volunteers				-	-

B. Subcontracting costs (please specify details under worksheet "Comments")				-	-
C. Purchase costs				-	-
	C.1 Travel and subsistence per travel or day			-	-
		Travel		-	-
		Accommodation		-	-
		Subsistence		-	-
	C.2 Equipment (please refer to the Depreciation Cost sheet)			-	-
	C.3 Other goods, works and services			-	-
		Consumables		-	-
		Services for Meetings, Seminars		-	-
		Services for communication/promotion/dissemination		-	-
		Website		-	-
		Artistic Fees		-	-
		Other (please specify details under worksheet "Comments")		-	-

D. Other cost categories			-	-
D.1 Financial support to third parties				
TOTAL DIRECT COSTS INCLUDING SUBCONTRACTING (A+B+C+D)				
E. Indirect costs 7%				
TOTAL COSTS (A+B+C+D+E) -				

Contact details

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