Newsletter #5

beactivebewell.eu

November 2025

SUPPORT. platform goes live in Croatia, Germany and the Netherlands

The SUPPORT. platform for empowering youth and youth workers to integrate physical activity within youth's daily lives has been presented to the public in Croatia, Germany and the Netherlands.

Movement is a bridge between body and mind...

MULTIPIER EVENTS IN CROATIA, GERMANY & THE NETHERLANDS

Three mutliplier events were organised by project partners in Croatia, Germany and the Netherlands during October and November 2025 in order to disseminate the project

results and come up with interesting ideas for expanding the network of collaborators and young people in promoting the sustainability of the SUPPORT. platform.

During the events, participants navigated the SUPPORT. platform, used the motivation meter and explored challenges according to their motivation. Participants found the platform user friendly and easy to navigate. Professionals and youth workers stressed the importance of guidance and the material provided via the project's website whereas young people found the platform fun and easy to use.

Ideas for networking, workshops & brainstorming on how to motivate young people to stay active and promote their mental health were some of the key aspects discussed during the events. Below you can find the events' photos!

Croatia

Germany

The Netherlands

PROJECT RESULTS

All project results are available in the project's website here: https://www.beactivebewell.eu

Visitors can find:

- A link to the SUPPORT. platform
- A Best Practices Guide on how to inspire young people to stay active and motivated.
- Two (2) User Guides for Youth and Youth Workers on how to navigate the SUPPORT. platform and get the most out of it.
- A presentation about the Role of Physical Activity in Mental Health & Behavioral Change on how physical activity impacts mental health and supports behavioral change.
- The "Dive into Motivation" article that explains how motivation works and why understanding it is essential for sustaining new behaviors like regular physical activity.

Enjoy the navigation!

PARTNERSHIP

The project is implemented in 4 EU countries: Croatia, Germany, Greece and the Netherlands by 5 partners. BABW is coordinated by Centar SIRIUS (HR) and its duration is 24 months, starting from November 2023. Project Partners defined the work plan and activities during the kick off meeting that took place in Zagreb on 4 & 5 December 2023.

Be Active, Be Well

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