

An illustration of three young people, two women and one man, looking at their smartphones. They are drawn in a simple, line-art style with a dark grey color scheme. The woman on the left has short hair and glasses. The man in the middle has curly hair and glasses. The woman on the right has long hair and glasses. They are all smiling and looking at their phones.

# HEARTware: Install Empathy Upgrade Humanity

An Erasmus+ Youth Exchange tackling cyberbullying through digital empathy and intercultural collaboration.

ERASMUS+ KA152-YOU

2025 ROUND 3

Made with **GAMMA**

# Project Overview

## Context

A 16-month initiative (March 2026 – July 2027) bringing together rural youth aged 18-30 from five European countries to address cyberbullying's psychological and social impacts.

**Duration:** 16 months | **Exchange:** 5 days in Cantabria, Spain

## Key Focus Areas

- Digital safety and data protection
- Physical and mental well-being
- Rural youth development

# Project Objectives



## Digital Awareness

Increase personal awareness of cyberbullying and digital security



## Empathy Building

Strengthen digital empathy through storytelling workshops



## Creative Expression

Encourage social participation through podcasts, films, and campaigns



## Youth Leadership

Develop community leaders as "Empathy Ambassadors"

# Partner Organisations

1

BEE RURAL.HUB

**Spain (Applicant)** – Environmental education, youth empowerment, digital escape rooms

2

KAIZEN

**Türkiye** – Digital literacy, AI tools, intercultural communication research

3

EUROPEAN M.I.N.D.

**Romania** – Mindfulness, neuroscience-based education, well-being programmes

4

KOCLJEVINA

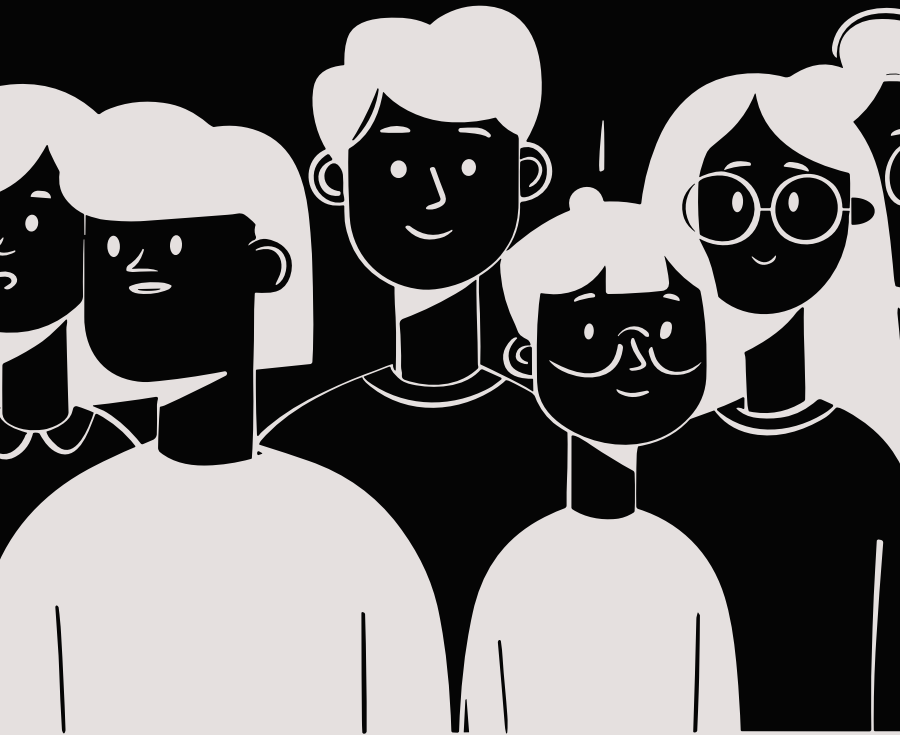
**Slovenia** – Eco-social farm, inclusion, work with disadvantaged groups

5

UmanaMente-APS

**Italy** – Youth empowerment, intercultural dialogue, mental health awareness

# Participants & Selection



## Participant Profile

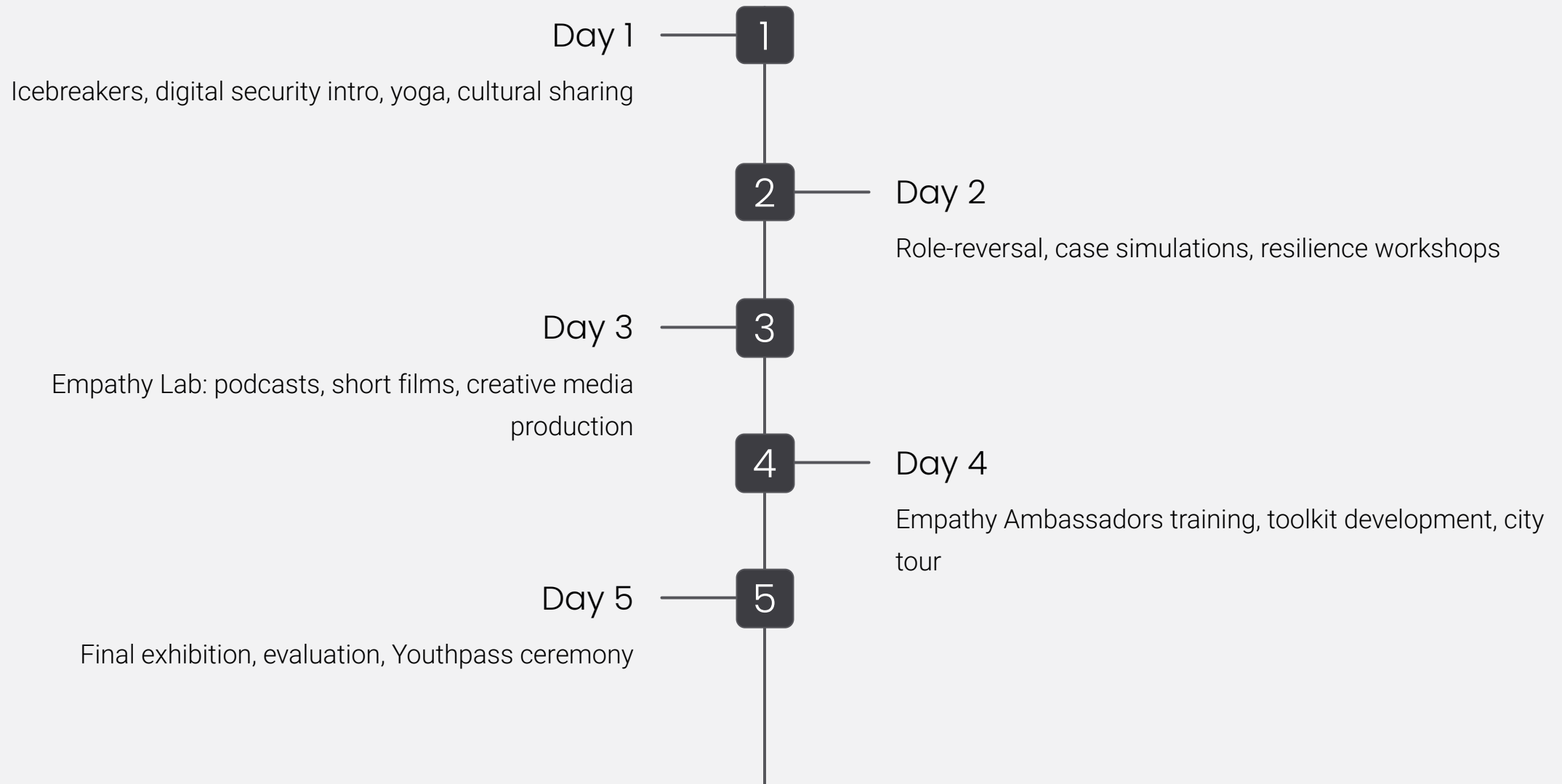
- **27 total:** 20 young people + 5 group leaders + 2 facilitators
- Age: 18-30 years old
- Priority: Rural youth with fewer opportunities
- At least 50% from disadvantaged backgrounds

## Selection Criteria

- Socio-economic disadvantages
- No previous Erasmus+ experience
- Affected by or interested in cyberbullying awareness
- Gender balance ensured

# Youth Exchange Activities

**Location:** Udías, Cantabria, Spain | **Dates:** September/October 6-10, 2026



# Project Budget

€21,865

Total Grant

€7,965

Travel

€10,150

Individual Support

€2,500

Organisational  
Support

📄 Additional €1,250 allocated for inclusion support to facilitate participation of youth with fewer opportunities.

# Expected Impact



## Individual

Digital literacy, empathy skills, psychological resilience, Youthpass certification



## Community

Rural youth empowerment, peer mentoring, local awareness events



## European

Multilingual toolkit, cross-border networks, replicable model for Erasmus+ programmes

# Follow-Up & Sustainability



## Digital Storytelling Workshop

AI-assisted video production addressing real cyberbullying impacts



## Online Awareness Campaign

Social media dissemination with #HEARTware and #DigitalEmpathy



## Digital Bridges Event

Reaching youth who couldn't participate directly through online activities

Annual **Digital Empathy Week** planned to ensure lasting impact beyond project completion.

# Join the Movement

HEARTware empowers rural youth to become responsible digital citizens and empathy ambassadors. Together, we're building a safer, more inclusive online world.

SPAIN

TÜRKIYE

ROMANIA

SLOVENIA

ITALY

Project Duration: March 2026 – July 2027