Y-REC

Youth for Resilient Communities



Empowering Youth Restoring Nature

Youth for Resilient Communities (Y-REC) is a 24-month transnational European project that **empowers young people** across 6 European countries to **enhance their mental well-being** and **build sustainable communities** through **urban restoration**.

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Our mission

We believe that engaging youth in rehabilitating degraded urban spaces into biodiversity-friendly areas boosts their emotional well-being while contributing to greener, more livable cities. **Y-REC bridges the gap** between **environmental sustainability** and **mental health**, **empowering youth** to **become active leaders** of positive change in their communities.

What we do?

We unite youth organizations, mental health experts, and environmental NGOs to establish local "resilience hubs". Through interactive workshops and a Digital Collaboration Platform, young participants learn practical stress management and project design. They lead hands-on environmental actions, such as planting community gardens, hosting sustainability workshops, and organizing mindfulness sessions in urban green spaces.

www.y-rec.eu

Key goals & impact

- **Improve well-being:** Enhance the mental health, resilience, and social inclusion of youth, particularly those facing barriers or fewer opportunities.
- **Restore urban spaces:** Implement 1-2 youth-led community restoration projects per partner country, aligning with the EU Green Deal and Nature Restoration Law.
- **Connect across Europe:** Build a transnational network reaching over 150,000 individuals through youth festivals, virtual exchanges, and awareness campaigns.