



# FUTUREU

## BLEUM MONDAY

Citizen's initiative



Funded by the  
European Union



Ajuntament  
d'Almussafes



autokreacja



*Impressum*

## PROJECT SUMMARY

### Context and Overall Goals

Provide an overview and reasoning behind the project.

- How does the project align with the call's scope and contribute to its overarching objectives?
- What role does the project play in addressing the call's priorities?
- Who are the specific groups that will receive support or assistance from the project, and what factors influenced the choice of these groups?

### 1. RELEVANCE

The Conference on the Future of Europe is a political institution jointly operated by the European Commission and the European Parliament. Its primary mission is to draft new agreements or amend existing ones that will guide the future of the European Union (EU).

In this context, Almussafes will lead the FUTUREU initiative: Conference on the Future of Europe, with the aim of enhancing the participation of EU citizens. It is a network of cities dedicated to disseminating the future conclusions of the European Union and gathering ideas for potential implementation by the European Commission.

The central objective of this project is to establish an international consortium comprising eight cities or associations. This consortium will engage in reflective discussions regarding the Conference on the Future of Europe and propose their own initiatives. To achieve this, the network partners will collaborate on developing a protocol and implementing it. This will enable citizens to understand European institutions, their functioning, political tools, and mobilize civil society to meet the criteria for citizen initiatives to be debated in European Commission forums.

Approximately 20 young citizens will have the opportunity to gain awareness of their pivotal role in decision-making processes and their responsibility as European citizens in shaping a more inclusive Europe. This awareness will be fostered through interactions with other participants, discussions, debates during project events, and project outcomes.

The project envisions a total of eight international meetings, where participants will organize conferences, workshops, open debates, and dynamic activities to create an engaging environment.

To facilitate effective communication and activity implementation, various experts will be invited to support specific activities in each participating region. Whenever possible, EU representatives will be invited to participate in these activities.

FUTUREU will be executed in seven different EU countries, engaging cities of varying sizes and highly active civil society organizations in their respective regions. The project will host eight international events in the partner cities: Event WP1 in Almussafes, Bucharest, Warsaw, Gharb, Diosd, Rotterdam, and Farkadona.

These events will be scheduled on different dates, with a focus on coinciding with local cultural events or programs to maximize impact, participant engagement, and the effectiveness of dissemination efforts.

Each project partner will arrange an international project event that involves participants from the local and regional levels. Prior to these events, collaborative efforts with local and regional organizations will be undertaken, as well as coordination with other local events, all aimed at maximizing the project's impact. The specific venues for these activities will vary based on each city's context and needs.

The primary focus of this project will be directed towards two key target groups: the young residents of the participating municipalities and the social workers from youth associations actively engaged in the project.

In this manner, the project will achieve two significant objectives:

- It will promote the dissemination of the values embodied in the Conference on the Future of Europe and the Charter of Fundamental Rights of the European Union through a grassroots approach. This means that awareness will flow from the institutions to the general public, thereby enhancing the governance of these institutions, which aligns with one of the primary priorities of the CERV program.
- The project will cater to the needs of European citizens by involving civil society actors directly connected to the citizens themselves. This includes young individuals, officials who serve the residents of their municipalities, and social workers who interact with the groups they support within their respective associations.

In doing so, the project expands its role beyond mere communication and awareness-building. It becomes a bridge that connects the European Union with municipalities, facilitating a connection from the local level to the broader community.

## 2. CITIZEN'S INITIATIVE

A citizens' initiative is a democratic mechanism through which citizens can exercise their right to propose new laws or amendments to existing laws. It is an important tool of civic participation and direct democracy, allowing citizens to influence the legislative process. Citizen initiatives usually involve the collection of signatures or other forms of support from concerned citizens in order to demonstrate broad support for the proposal.

These initiatives provide a direct voice for citizens, enabling them to raise issues of public concern and demand that they be considered by the appropriate legislative body. This process is critical to ensuring meaningful citizen participation in policy formulation and decision-making, thereby promoting transparency, accountability and the effectiveness of democratic institutions.

### 3. OUR CITIZEN'S INITIATIVE: BLOOM MONDAY

#### 3.1 INTRODUCTION

We are here today to present to you the "Bloom Monday" project, an initiative with a transnational scope that aims to promote students' non-formal learning in several European countries. "Bloom Monday" represents a unique opportunity to reinforce the values of education and active student participation in a context that goes beyond national borders. This project is designed as a positive and innovative response to a common challenge plaguing students in Europe - the so-called "Blue Monday," a day associated with a decline in psychological well-being.

#### 3.2 PROJECT DESCRIPTION

The "Bloom Monday" project stands out for its proactive approach to promoting student learning and well-being. These days, instead of representing a break from educational activities, provide a different structure for learning, emphasizing well-being and non-formal learning. The very name of the project, "Bloom Monday," was chosen to counter the negative concept associated with "Blue Monday" and to emphasize students' continued growth and development.

"Bloom Monday" days will be the beginning of a week dedicated to "HAPPY EDUCATION DAY," during which students of all ages, from preschoolers to college students, will actively participate in special educational activities designed to promote meaningful learning and emotional well-being. These non-formal activities will be developed in cooperation with local schools, allowing for a fruitful exchange between students from different cultural and educational backgrounds.

#### 3.3 OBJECTIVES AND VISION

Our main goal is to create an educational culture that emphasizes student well-being and active learning, embracing diversity and promoting collaboration between European countries. "Bloom Monday" is a step forward in promoting the growth of our young citizens as engaged, curious and knowledgeable individuals ready to contribute positively to European society.

Moreover, this project directly responds to the European Union's priority of improving the education and well-being of young citizens. We believe that "Bloom Monday" can have a significant impact on the quality of education and the mental health of students across Europe, thus contributing to a stronger and more cohesive European society.

Some of our main goals:

- ✓ Educational Wellness: To promote an approach to education that associates students' psychological well-being with learning itself. The goal is to create a positive and rewarding educational experience, countering the negative association often associated with "Blue Monday."
- ✓ Integrating Non-Formal Education: Integrating non-formal learning with the traditional educational system, offering a wide range of learning opportunities beyond the classroom.

- ✓ Increasing Positive Emotions Related to Education: Increasing the level of positive emotions associated with the educational experience by fostering an environment that inspires joy, interest and motivation in learning.
- ✓ Connection between the School System and the Local Community: Creating a closer link between educational institutions and the local community environment, facilitating interaction and collaboration between schools and surrounding realities.
- ✓ Creating an Inclusive Space: Fostering social inclusion by mixing groups of students with different genders, cultural backgrounds and abilities, thus contributing to an inclusive and diverse environment.
- ✓ Development of Interpersonal Relationships: Promoting the building of meaningful relationships among students and improving emotional intelligence by encouraging awareness of emotions and personal relationships.
- ✓ Open Space for Emotion Discussion: Creating a safe and open environment where young people can openly discuss their emotions and issues related to emotional well-being.
- ✓ Innovation and Creativity: Provide spaces and opportunities for innovation and creativity, encouraging creative approaches to learning and personal expression.
- ✓ Sustainability: Integrate sustainability principles into project activities, promoting environmental and responsible awareness among participating students.
- ✓ Evaluation of Traditional Values: Introduce and preserve traditional values, including dances, games and cultural practices, to enrich the educational experience and promote cross-cultural understanding.

These goals clearly outline the mission and ambition of the "Bloom Monday" project, which aims to transform the concept of learning into a positive, inclusive and value-rich experience for students in Europe.

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### 3.4 ACTIVITIES FOR THE "BLOOM MONDAY" PROJECT.

- Dynamic Activities for Expression of Emotions and Feelings: This component of the project aims to provide students with a unique opportunity to explore and share their emotions and feelings in a safe and supportive environment. Students will participate in interactive and dynamic activities, encouraging the creative expression of emotions through movement and dialogue.
- Nature Contact Activities: Experience in nature is an essential element for students' psychological and physical well-being. These activities will enable them to connect with the natural environment, promoting relaxation, environmental awareness and a sense of belonging to nature.
- Creative Painting: Art and creativity play a crucial role in promoting emotional well-being. Students will have the opportunity to express their emotions through creative painting, encouraging artistic self-expression and reflection.
- Volunteer Activities for the School or Local Environment: Promoting a sense of active citizenship and social participation, students will be involved in volunteer activities that will contribute to the

improvement of the school or local environment. These activities will give them a practical perspective on how they can positively affect their community.

- "The City" Game: This game will engage students in a simulation experience that puts them at the center of decision-making in an imaginary community. Through this game, they will learn to understand the role of education in society and develop leadership skills.
- Games to Discover and Manage Emotions: Students will participate in a series of games designed to explore different emotions and develop strategies for dealing with them in healthy and constructive ways. These games will help improve their emotional intelligence.
- Traditional Dance and Games: To honour cultural roots and promote cultural diversity, students will have the opportunity to participate in traditional dance sessions and games that celebrate local and European traditions. These activities will foster cross-cultural understanding and a sense of belonging to a larger community.

These activities have been carefully selected to offer students a comprehensive non-formal learning experience, aiming to improve their well-being, emotional awareness and active participation in the community. Each activity was designed to promote a deeper understanding of the importance of education and well-being in a European and transnational context.

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### 3.5 CONCLUSION

In closing, the Bloom Monday project represents much more than an educational initiative. It is the rise of a true educational revolution, an unprecedented opportunity to shape the future of new generations in Europe.

Through an innovative and inclusive approach, "Bloom Monday" challenges the traditional concept of learning, promoting an educational culture based on student well-being, active participation and intercultural dialogue. Through our efforts to connect local communities with classrooms, enhance cultural diversity and encourage creativity, we are building a solid foundation for a stronger and more cohesive European society.

This initiative embodies the very essence of European values of collaboration, inclusion and progress. Each activity proposed for "Bloom Monday" has been carefully selected to promote students' emotional well-being, enhance their awareness of emotions and relationships, and stimulate their active participation in the community.

The ultimate goal of "Bloom Monday" is to offer students the opportunity to blossom into aware, empathetic and motivated individuals ready to contribute to building a more harmonious European society. This initiative is not only a response to "Blue Monday," but a positive message that reaffirms the power of education and wellness in guiding the future of our society.

We are excited to introduce the "Bloom Monday" project and work in partnership with you to create an educational environment that inspires and supports our young citizens. Together, we can transform the way we learn, teach and live, building a better future for all European citizens. Thank you for your attention and support for this vision of positive change and innovation in education.

## SUPPORTER SIGNATURE

If you agree with the principles and objectives of this citizen initiative and wish to endorse it, we invite you to digitally sign this document. Your signature represents your commitment to the cause and your support for the proposed action.

By adding your signature, you contribute to strengthening our collective voice and driving the change we seek in our community. Your participation is crucial to the success of this initiative.

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

Date: //\_\_\_\_\_

Signature: \_\_\_\_\_

By signing this document, I affirm that I have read and understood the objectives of the citizen initiative and agree to actively support it. I authorize my name and city/town to be used as part of the list of supporters of this initiative to demonstrate community backing for the cause.