

HAPPINESS IN PRACTICE: POSITIVE PSYCHOLOGY & COMMUNITY RESILIENCE



Erasmus Project N° 2025-1-IT02-KA210-ADU-000350376

Small-scale Partnerships in Adult Education

Newsletter 03

April - July 2026

"Well-being becomes sustainable when shared experiences are transformed into tools that other people and communities can use, adapt, and make their own."



THE PROJECT IN NUMBERS — APRIL/JULY 2026



The Local Happiness Workshops

Between April and June 2026, Local Happiness Workshops were held in Valencia, Modena, and Belgium. Two were conducted in person, and one was online. All shared the same objective: to bring the Happiness in Practice methodologies to different local contexts and promote experiences of well-being, listening, participation, and community connection.

Valencia — Historical memory, community and well-being

April 18, 2026



The local workshop in Valencia explored the relationship between historical memory, territory, and community health.

Through participatory methodologies, cultural heritage, art, and intergenerational dialogue, participants reflected on how shared stories contribute to building identity, bonds, and collective well-being.

The day included:

- an Empathy Circle as a deep listening practice;
- a guided tour of Sant Miquel dels Reis;
- a reflection on the relationship between memory, territory and well-being;
- an exchange of experiences between generations;
- a musical finale as a symbolic moment of connection.

The activity was facilitated by Domingo Ferrandis and Salvador Espert.



Remembering together does not mean remaining in the past, but recognizing how places, stories, and relationships build our community health.

Experience showed that shared memory can strengthen bonds and help us better understand the present.

Modena — Cultivating well-being in the city

May 15, 2026

The local workshop in Modena offered an experience connecting with urban nature in the heart of the city. The activity took place in the Garden of Health and Wellbeing, located in Piazza Grande, and was designed to help participants rediscover their everyday surroundings with a more attentive and conscious perspective.



During the tour, participants were invited to:

- observe the space and its details carefully;
- recognize colors, shapes and aromas;
- perform simple breathing exercises;
- slow down and connect with the present moment;
- share feelings and reflections with the group.

The activity was facilitated by Ana María Solís.

The experience demonstrated how a green space in the heart of the city can become an opportunity to pause, regain calm, and strengthen relationships with others. Mindful engagement with the environment allowed participants to explore well-being as a simple, accessible practice connected to everyday life.



Happiness can also be cultivated, like a garden.

The combination of observation, breathing, and group dialogue offers a methodology that can be applied in gardens, parks, squares, and other community spaces, bringing well-being closer to the places where daily life takes place.

Belgium — Wellbeing and community participation online June 24, 2026

The third Local Happiness Workshop was held online and was aimed at young adults residing in Belgium

Organized by Projects for Europe, the workshop made it possible to transfer the project methodologies to a digital environment, while maintaining its participatory, experiential and community-based approach.

The session covered the following topics:

- emotional well-being and resilience;
- principles of positive psychology;
- daily self-care practices;
- community participation;
- social inclusion;
- mutual support and strengthening of ties;
- possibilities for applying the project tools.

Through exercises, reflections, and moments of exchange, the participants were able to identify personal and community resources useful for coping with difficulties, strengthening relationships, and generating small transformations in their environment.



ONLINE TRAINING

BUILDING RESILIENT COMMUNITIES

Introduction to the Happiness in Practice Community of Practice

Join a European community exploring well-being, resilience, active participation and positive social change!

- Explore well-being and resilience through Positive Psychology
- Discover the European Community of Practice and connect with peers
- Learn practical tools for community engagement, inclusion and participation
- Grow personally, share good practices and create positive impact

24 JUNE 2026 15:00-16:00 CET ONLINE LANGUAGE: ENGLISH DURATION: 1 HOUR

Let's build together more resilient, inclusive and connected communities across Europe!

PARTICIPATION IS FREE! Open to young adults living in Belgium aged 18 to 40.

REGISTER HERE! <https://forms.gle/wh1b0d0d0d0d0d0d>

REGISTRATION DEADLINE: 21 JUNE 2026 Don't miss it, register by 21 June 2026!

Co-funded by the European Union Happiness in Practice - Positive Psychology and Community Resilience Erasmus+ Project www.happiness-in-practice.eu Happiness in Practice Project



Online Training for Young Adults in Belgium

Building Resilient Communities

24 June 2026

Co-funded by the European Union SOLIS Srls Projects For Europe Project number: 2025-1-IT02-KA210-ADU-000350376

The workshop fostered listening, exchange, and shared learning, broadened the scope of the project, and demonstrated the ability of its methodologies to adapt to face-to-face and digital contexts.

Happiness Toolkit

FROM LEARNING TO AN OPEN TOOL

The Happiness Toolkit is one of the project's main outcomes: a practical, open-access guide for incorporating well-being, emotional awareness, and community resilience into adult education. It is currently available in [English](#), [Italian](#), [Spanish](#), and [French](#).

The seven tools

- Laughter Yoga.
- Circle of Empathy.
- The Door, by Magda Szabó.
- The Red Thread.
- Positive Psychology Practices.
- Everyday micro-practices.
- Community Emotional Map.

In addition, it includes ethical guidelines, work templates, recommendations for multilingual and intergenerational groups, and models that allow you to develop anything from a 90-minute session to a three-meeting itinerary.



The Toolkit doesn't offer a universal formula for happiness. It provides practices, languages, and spaces for listening that can make everyday life more conscious, connected, and livable.

El Toolkit

- It is educational and preventative.
- It's not therapy.
- It does not diagnose.
- Participation is always voluntary.
- Facilitation protects personal boundaries and rhythm

THE HAPPINESS TOOLKIT IN NUMBERS

A practical and open resource to promote well-being, listening, and community resilience.



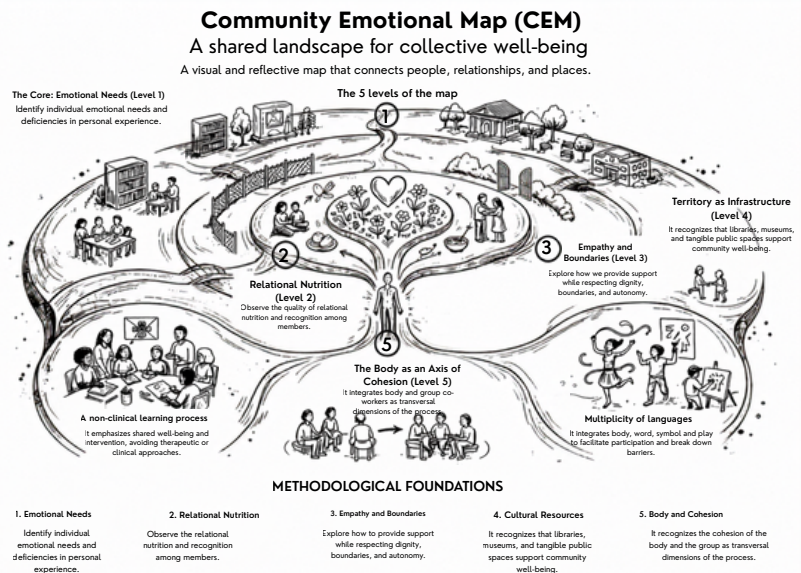
The Community Emotional Map

A MAP OF MEANINGS, NOT A GEOGRAPHICAL MAP

The Community Emotional Map (CEM) is a participatory tool that helps to represent what does not normally appear in conventional maps: the emotions, bonds, needs, care resources, and experiences that shape a community.

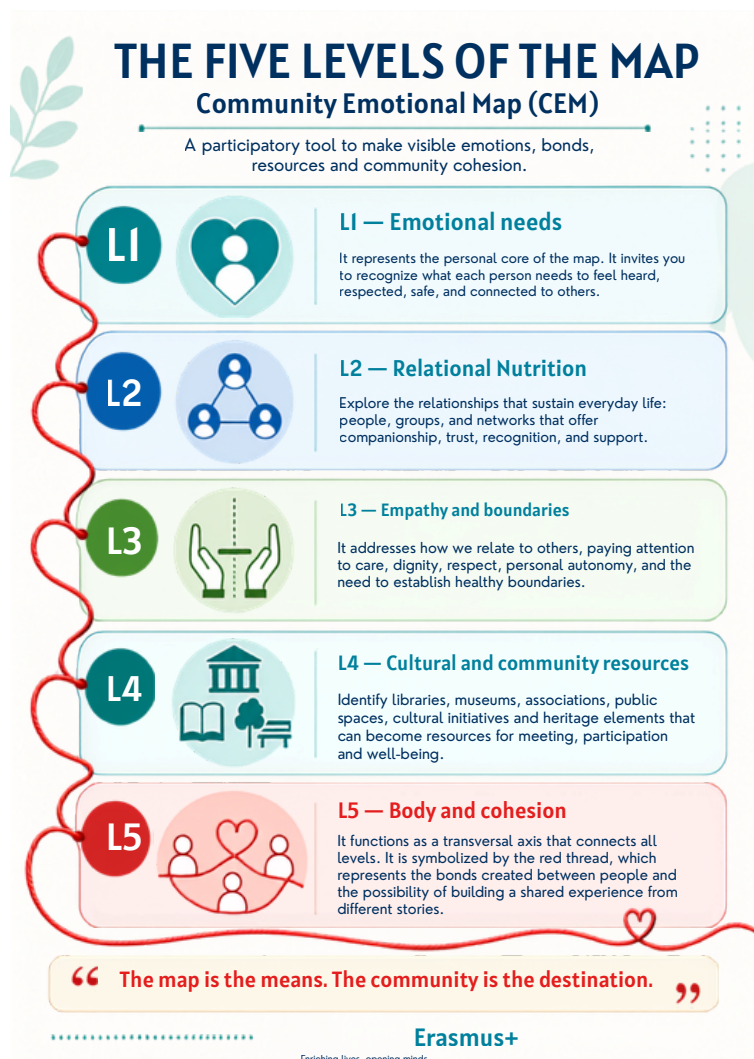


It does not seek to locate places with geographical precision or offer an individual evaluation. Its purpose is to facilitate a shared reflection process through which people can recognize how they feel, what relationships sustain them, what tensions exist, and what personal, cultural, and community resources are available to them.



Through words, symbols, colors, images, and shared experiences, the map makes visible:

- the emotional needs present in the group;
- the relationships and bonds that offer support;
- existing care resources;
- the tensions, difficulties or limitations that affect well-being;
- the cultural and community spaces of the territory;
- the elements that promote trust and group cohesion.



The methodology is organized into five levels and nine facilitation phases. It incorporates the lessons learned during Happiness in Practice and can be adapted to different educational, cultural, and community contexts. The guide is available in four languages.

The CEM transforms individual experiences into a collective understanding. The result is not merely a visual document, but a collaboratively constructed representation that fosters a deeper understanding of the community and helps identify opportunities for care, connection, and shared action.

EUROPEAN COMMUNITY OF PRACTICE

An open, multilingual and participatory space

The European Community of Practice for Happiness in Practice emerged from the connections forged during the project's workshops and activities. Its purpose is to provide a stable space where people interested in well-being, adult education, and community resilience can continue to meet, learn, and share experiences.



Community Launch

The community was officially launched on March 25, 2026, during the international meeting held in Valencia. Its creation expressed a commitment to continue exchanging methodologies, developing local practices, and sharing the resources produced by the project.

From a pilot phase to an open community

During an initial pilot phase, the community functioned as a closed space intended to test its operation, organize the content, and collect the first contributions.

Following this initial phase, the community has opened to the public and currently has 40 registered members. Anyone interested in learning about, using, or adapting the Happiness in Practice methodologies is welcome to participate.

Each member can share experiences, ask questions and contribute practices or resources in their own language, promoting more accessible participation and exchange between people from different countries and contexts.

European Community of Practice



Three dimensions that support shared learning

A community linked to the entire project

The European Community of Practice is a collective outcome of Happiness in Practice. It connects the experiences developed in Italy, Spain, and Belgium, and allows the project's learnings, methodologies, and resources to continue circulating among individuals and organizations.

Who can participate?

The community is open to:

- educators and trainers of adults;
- facilitators and health professionals;
- cultural and community agents;
- social workers and associations;
- participants in the project activities;
- anyone interested in well-being, education, and community participation.

What can be shared?

Within the community it is possible:

- exchange experiences and methodologies;
- share applications from the Happiness Toolkit;
- to present results of the Community Emotional Map;
- propose activities for well-being and resilience;
- ask questions and request input;
- to learn about initiatives developed in other territories;
- to establish contacts for future collaborations.





Join the community
Participate, share practices, and discover how others are applying the *herramientas* of *Happiness in Practice*.
www.happinesspractice.com/groups

“ Every person can find their voice, share it in their own language, and build knowledge together with others. ”

Happiness in Practice: Positive Psychology & Community Resilience

The community is not just a space to receive information: it is built with the knowledge, questions, and experiences that each participant contributes.

FINAL EUROPEAN CONFERENCE

Transforming challenges into shared happiness

The Happiness in Practice final conference brought together educators, facilitators, psychology and social work professionals, students, and volunteers from various countries. With 122 registered participants, the event exceeded expectations and confirmed the interest in practical and accessible methodologies related to emotional well-being and community resilience.

More than a presentation of results, the conference became a space for dialogue and international exchange. Participants from Ukraine, Turkey, Ireland, and Norway shared experiences and reflections on resilience, inclusion, working with vulnerable youth, and non-formal education. They also shared practices related to positive psychology, Empathy Circles, autobiographical storytelling, laughter yoga, and theater.



A shared European journey

During the meeting, the main results developed in Italy, Spain and Belgium were presented:

- el Happiness Toolkit;
- the Community Emotional Map;
- the multilingual website;
- the European Community of Practice.

These resources remain open for educators, facilitators, professionals, and organizations to use, adapt, and share in different contexts. The conference not only marked the end of one phase but also the beginning of the project's continuity and transfer of lessons learned.

The final conference transformed the presentation of results into a lively conversation among people committed to building more connected, inclusive, and resilient communities.

The legacy of Happiness in Practice

Happiness in Practice continues beyond its activities through the people, methodologies, and relationships built during the project.

The training resources and the European Community of Practice remain open to be used, shared and adapted in new educational, cultural and community contexts.

The project ends, but its tools, learnings and connections continue to generate connection, participation and resilience.

Well-being is not an immediate or exclusively individual result, but a daily and collective practice that is cultivated through listening, empathy, creativity and participation.



Explore the resources, join the community, and continue sharing the practice.

Resources that remain open

- [Happiness Toolkit](#)
- [Community Emotional Map](#)
- [Calendar of Happiness](#)
- [European Community of Practice](#)
- [Project materials and articles](#)



[Website](#)



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