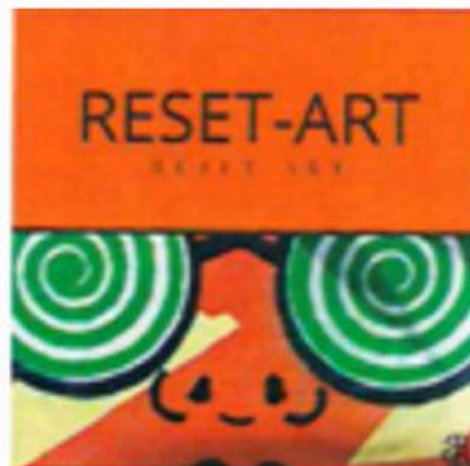




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# RESET-ART DISSEMINATION

Reset-Art- Renforcer les capacités des travailleurs de jeunesse pour soutenir les jeunes souffrant d'éco anxiété par le biais d'activités culturelles.

2023-1-FR02-KA210-YOU-000160802



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## The project

Reset Art is a collaborative and creative initiative that explores the intersection of youth engagement, climate action, and mental health through the lens of art and culture. The project responds to the growing challenge of eco-anxiety among young people, aiming to empower them as active citizens in the climate transition. By combining artistic expression, civic engagement, and educational tools, ReSet Art creates inclusive spaces where young people can reflect, express, and take action.

The project focuses on three core objectives:

- Strengthening the capacities of youth workers by equipping them with knowledge, data, and best practices related to the mental health impacts of climate change on young people.
- Developing positive and accessible communication tools to address eco-anxiety and support young people's commitment to eco-citizenship.
- Fostering active youth participation through creative, community-based workshops that encourage engagement in climate-related issues.

Over 12 months, the project involves two international study visits (Greece and Guadeloupe), the co-creation of an open-source e-toolkit with guides, podcasts, and awareness-raising materials, and the implementation of local creative workshops led by young people and artists. ReSet Art engages youth workers, artists, and local communities across diverse regions to promote new narratives of hope, action, and resilience in the face of climate challenges.



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# Dissemination Activities

46 posts in total Social Media



COLOURING THE FUTURE: YOUTH ART AS RESILIENCE  
CLIMATE CHANGE BY MARTINA KOSTA DIANKOVA







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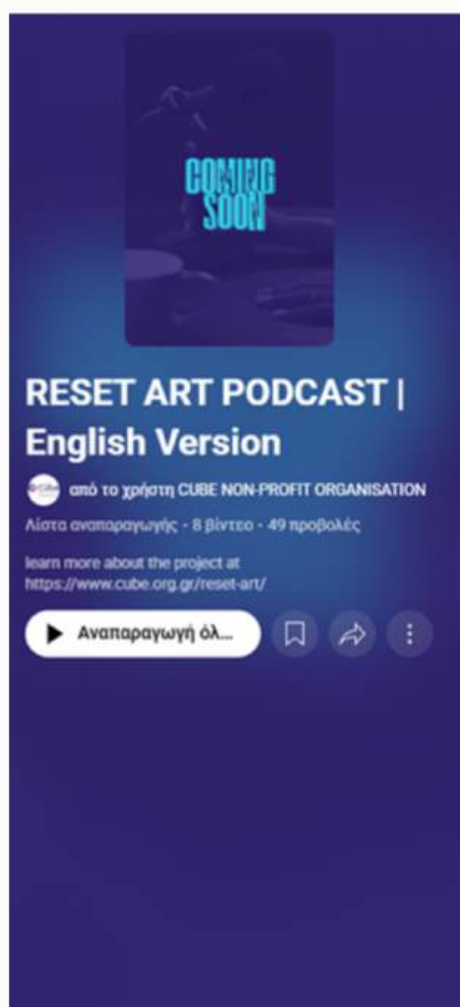


# PODCASTS

**10 Podcasts in English, in french and in Greek**

[RESET ART PODCAST | Ελληνική Έκδοση](#)

[RESET ART PODCAST | English Version - YouTube](#)



1 μη διαθέσιμο βίντεο αποκρύπτεται

Όλα Βίντεο Shorts

- 1 **Art & Culture Corner Podcast | Coming Soon**  
CUBE NON-PROFIT ORGANISATION • 8 προβολές • πριν από 8 μήνες  
0:06
- 2 **Art & Culture Corner | Ep 1**  
CUBE NON-PROFIT ORGANISATION • 40 προβολές • πριν από 8 μήνες  
5:04
- 3 **Let's Talk About Eco-Anxiety among Young People | Ep2**  
CUBE NON-PROFIT ORGANISATION • 12 προβολές • πριν από 7 μήνες  
10:39
- 4 **How Young Artists Turn Eco-Anxiety into Inspiring Art? Ep3**  
CUBE NON-PROFIT ORGANISATION • 8 προβολές • πριν από 7 μήνες  
6:18
- 5 **Eco-Anxiety: What is it? Ep 4**  
CUBE NON-PROFIT ORGANISATION • 10 προβολές • πριν από 7 μήνες  
6:38



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[RESET ART PODCAST | English Version - YouTube](#)



**RESET ART PODCAST | English Version**

από το χέρι της CUBE NON-PROFIT ORGANISATION

Ακούστε περισσότερα στο <https://www.cube.org.gr/reset-art/>

▶ Αναπαραγωγή όλων...

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Όλα Bίντεο Shorts

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## The Final Event

Organization of a HYBRID Final Event on 17th of June 2025: On 17th June 2025, CUBE successfully organized a hybrid Final Event as part of the RESET ART project. The event brought together 15 participants in person, while also welcoming the Coordinator of the project, Mrs. Lucie Saban, who joined remotely during the final part of the session. Her presence allowed for meaningful interaction with the Greek participants and enriched the overall discussion. During the event, the results of the project were presented, followed by a focused discussion on the topic of eco-anxiety among young people. A key point that emerged from the dialogue with Mrs. Saban was the difference in target groups between the two project partners. ARRIMAGE had worked with youth of school age, while CUBE focused on young adults over the age of 18. This distinction led to an insightful conversation about how age influences the way young people engage with and express eco-anxiety. It was observed that school-age youth tend to express themselves more freely, especially around environmental concerns, likely because they are not yet burdened by the responsibilities and stressors of adult life. On the other hand, young adults over 18, although equally or even more concerned about environmental issues, often struggle to express these feelings openly. This is largely due to the pressure they face from other serious life challenges, such as financial insecurity or career uncertainty, which tend to overshadow their environmental concerns. As a result, eco-anxiety often plays a secondary role in their lives.

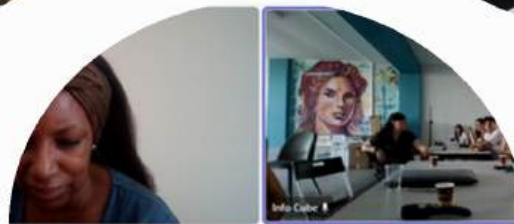




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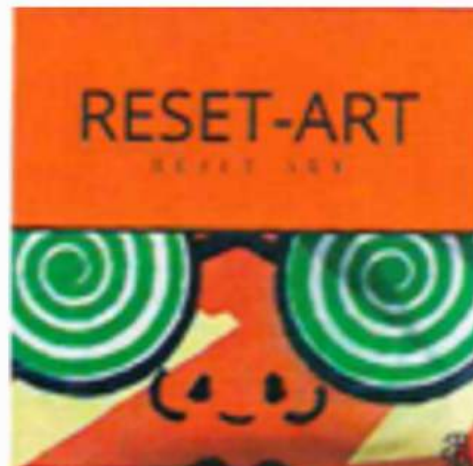


# The Final Event





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