



AYDRESS NEWSLETTER



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**GOAL OF THE AYDRESS
PROJECT**



**MAIN WORKSHOP
ACTIVITIES**



**COUNTRY-SPECIFIC
EXPERIENCES**

AYDRESS in Action: Empowering the Next Generation of Disaster Responders

Active Youth for Disaster Resilient Society

Across Europe, young people are stepping up to face the growing challenges of climate change and natural disasters. The AYDRESS project brings together youth from France, Spain, Italy, Sweden, Norway and Estonia to participate in dynamic workshops that combine simulations, interactive games, discussions, and role-playing exercises. These experiences aim to equip them with the skills, mindset, and confidence needed to respond effectively to emergencies and become agents of change in their communities.



Co-funded by
the European Union

PROJECT NUMBER: KA220-YOU-BB324D75



Empowering Future Rescuers in France, Spain, Italy, Sweden, Norway and Estonia



Spain: Learning Through Realistic Scenarios

Students from a vocational program in Civil Protection and Emergencies joined a workshop with Instituto Ikigai, where they explored how to react to different types of disasters. Through presentations, open discussions, and the interactive serious game INUNDO, they practiced decision-making and teamwork, gaining hands-on experience in handling emergencies and supporting their communities.

Italy: From Awareness to Action

In Italy, young participants learned how to respond in real emergency situations. Using presentations, discussions, and INUNDO, they developed the ability to make quick decisions, coordinate effectively, and protect those around them, reinforcing their sense of responsibility and readiness.

Sweden: Preparing Local Change-Makers

At KC Kompetenscenter, workshops focused on equipping young people with the tools to act before, during, and after emergencies. Participants explored disaster response, teamwork under pressure, and the local impact of climate-related crises, learning how to support communities while recognizing their own power as change-makers.





Norway: Turning Awareness Into Action

YYOUTH hosted workshops where participants engaged in simulations, discussions, and INUNDO to practice protecting themselves and others. A key takeaway emphasized by Norwegian authorities is that everyone should be able to manage independently for at least one week, so emergency services can focus on the most vulnerable. Young people left these sessions feeling empowered, connected, and ready to act in real situations.



Estonia: Learning by Doing

At K&K Academy, participants immersed themselves in disaster response scenarios. Maria, 22, reflected:

"I'll never forget this experience. It made me realise how unprepared we often are - and how much we can actually do."

Through simulations, discussions, and the INUNDO game, students learned not only to react and assist others but also to lead in emergencies and mobilize their peers, turning knowledge into practical action.



Across all workshops, the emphasis was on hands-on learning, collaboration, and practical problem-solving. Participants left with a stronger sense of resilience, civic responsibility, and climate awareness. These initiatives show how empowering youth with the right tools and knowledge can transform awareness into action, ensuring communities are better prepared for the challenges of today and tomorrow.

We invite you to join us in building a safer, more resilient future for all.

Thanks for reading!

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