
Erasmus+ KA2 BALANCE

Building Active Lifestyles and Nurturing Cultural Engagement



BALANCE is a two-year Erasmus+ project coordinated by the Faculty of Physical Education and Sport at Charles University. The project addresses current challenges related to the lifestyle and mental health of young people. It combines scientific knowledge, innovative educational approaches, and the voices of young people themselves. The consortium brings together eight universities from seven countries:

- **Czech Republic** – Charles University, Faculty of Physical Education and Sport (Coordinator)
- **Slovakia** – Comenius University in Bratislava
- **Finland** – Jyväskylä University of Applied Sciences
- **France** – University of Bordeaux
- **Spain** – University of Málaga
- **Portugal** – Polytechnic Institute of Santarém
- **Ukraine** – Oles Honchar Dnipro National University
- **Spain** – University of La Laguna

The project was officially launched on **28 August 2025**, with activities starting at the **online kick-off meeting on 30 September 2025**, which brought together students, educators, experts, as well as representatives of public authorities and sport organisations. You can read more about this event in our press release below on this page.

The project will lead to the creation of a European network of youth ambassadors who will inspire their peers and share their experiences of healthy lifestyles and mental well-being. One of the first outputs will be a report on the needs of young people in the field of health and lifestyle. Based on these findings, educational materials, training, and further activities will be prepared to directly respond to the identified needs.

The project will also produce educational modules and resources, which will be freely available online and will help teachers, coaches, and youth workers to better support the healthy development of young people. It will also provide training and mentorship, enabling participants to develop new skills and experiences that can be applied in practice.

Local workshops and events will take place in all partner countries, directly involving young people in project activities and helping them adopt healthier habits and a more active lifestyle. Thanks to international cooperation and the online sharing of outputs, the project's results will remain accessible even after its conclusion.

Ongoing information about the project's activities and outputs can be found on our website <https://euprojectbalance.eu/> and on our social media channels:

- **LinkedIn:** [Balance Project EU](#)
- **Instagram:** [@projectbalance_eu](#)
- **Facebook:** [Balance Project EU](#)
- **X (Twitter):** [@ProjectBALANCE_](#)

The project partners meet online once a month to coordinate their joint work. The first in-person consortium meeting will take place in **December 2025 in Prague**.

Press release