

# AI for Emotional Balance: Empowering Youth Through Intelligent Regulation

ENSA General Assembly 2025-2026,  
Collaboration proposals  
Brussels 2/12/2025

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Project proposal ERASMUS-EDU-2025-PI-FORWARD-DIGITAL-AI

With





# Details

- Call Number: ERASMUS-EDU-2025-PI-FORWARD-DIGITAL-AI
- Topic 7 Digital education: Ethical and effective use of generative Artificial Intelligence systems in education and training'
- <https://www.euro-access.eu/en/calls/1736/Topic-7-Digital-education-Ethical-and-effective-use-of-generative-Artificial-Intelligence-systems-in-education-and-training>

# Coordinator

- The **Veneto Region**, Department of Social Services

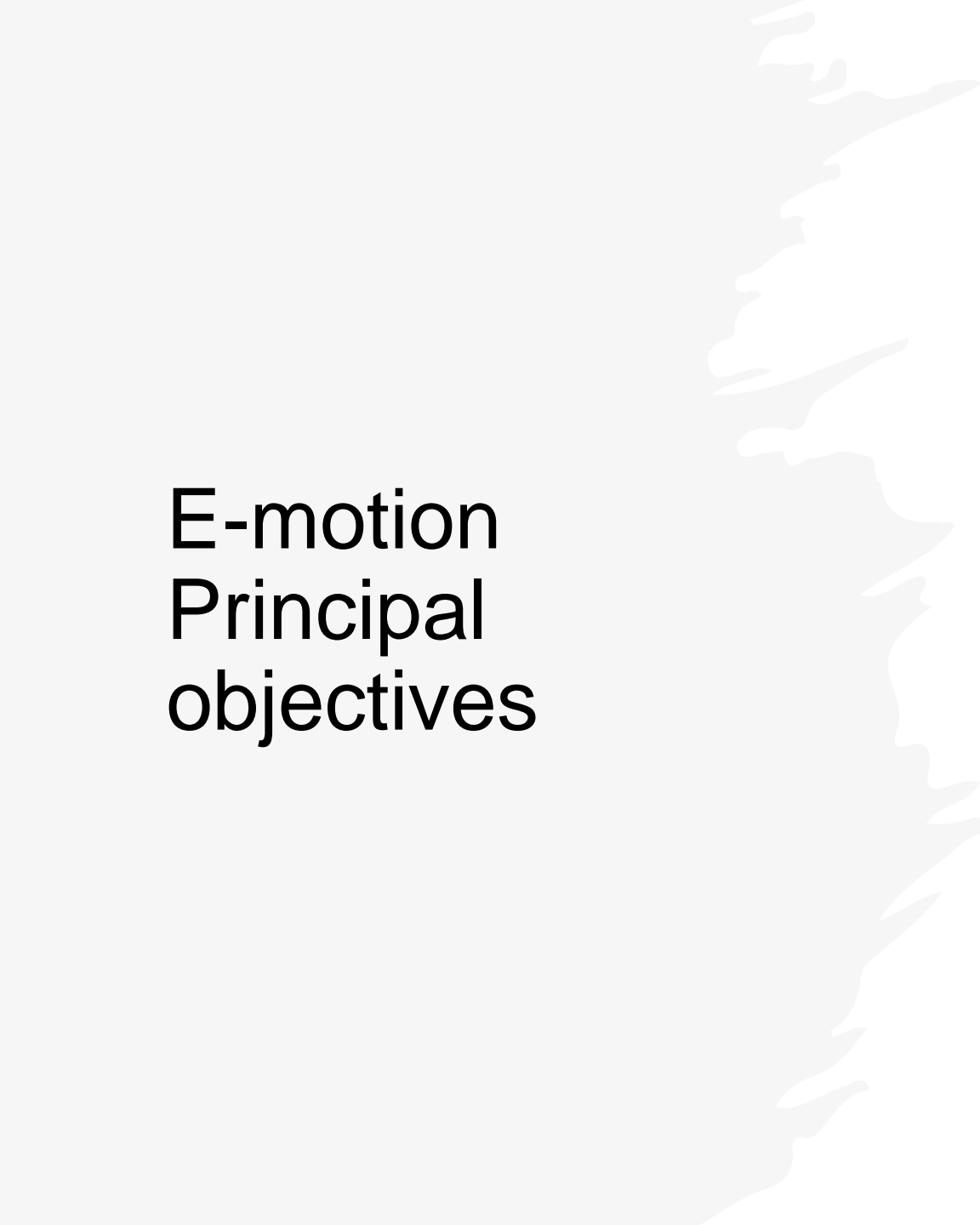
The Directorate oversees the planning and coordination of initiatives designed to support families, youth, and vulnerable populations, ensuring the development of targeted services.

The responsible Organizational Unit for this project: Addiction, Third Sector, New Marginalities, and Social Inclusion.

This work aligns with the Social Services Directorate's broader mission of supporting vulnerable groups, including through targeted services and initiatives, with a focus on social inclusion and community resilience.

Collaboration with the Prevention Directorate of the Veneto Region.

Collaboration with: Roma Tre University, an Italian public research University in Rome for the evolution of ongoing work on preventing various behavioural disorders.



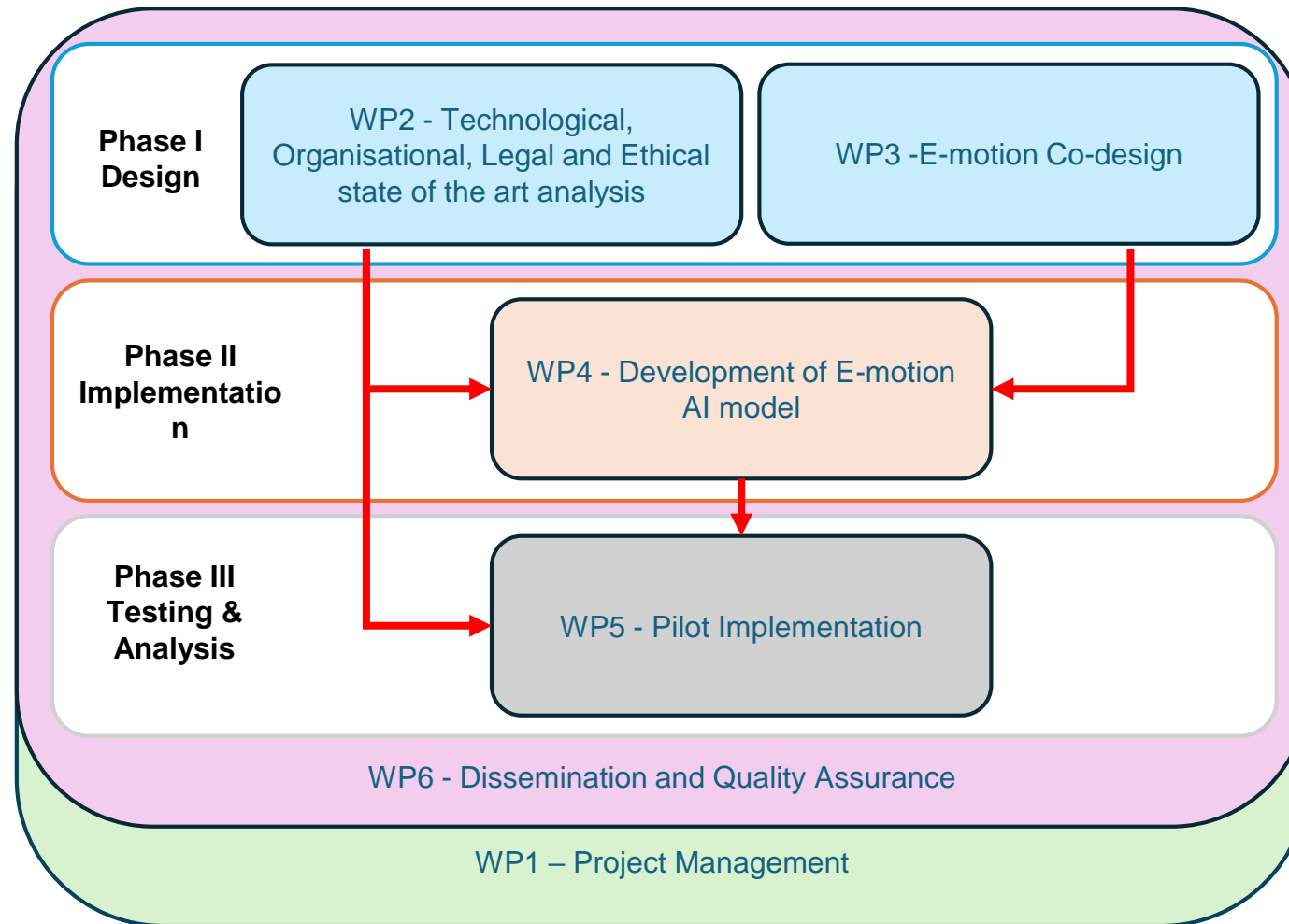
# E-motion Principal objectives

- Enhance emotional regulation skills among young people by providing tools and strategies for recognizing and managing emotions.
- Improving emotional competence, including empathy and emotional understanding, to support adolescents in coping with challenges and preventing behavioural disorders.
- Offer techniques for fostering adaptive emotional responses, promoting overall well-being and social integration.
- Build resilience in youth, reducing vulnerability to psychological issues and improving their ability to face daily challenges.
- Study and develop ethical framework

# Consortium

Country	Public institution	University	Educational Agency	Scientific research center
ITALY	Veneto Region	Uni Roma 3	Engim	
NETHERLANDS		Rotterdam University		
POLAND	kujawsko-Pomorskie Voivodeship		kpcen	
GREECE				Altera Vista
TURKEY		Cannakale University		
AUSTRIA			Diakonie	
SPAIN			Misericòrdia CIPFPM	

# Work packages



Requested EU  
contribution:  
c. 930.000,00 Euros



# Pilot implementation

Pilot testing in 4 pilot site in 4 EU countries:  
Italy, Poland, Greece and Turkey

To test and improve the results for the final  
release

The solution will then be tested in a real  
setting to verify its effectiveness and  
measure the level of satisfaction, usability  
and ease of use by the users involved in the  
pilot

This will identify challenges and success  
factors in implementing generative AI in  
teaching, training, learning and assessment  
at all levels of education and training, for  
emotional regulation and well-being  
promotion.



# Platform and multimedia

- Target Audience: **young people** attending upper secondary schools, health operators, teachers
- Development of **training content** aimed at creating useful exercises, based on scientific evidence, to enhance the ability to manage emotions, reduce impulsivity, and develop empathy.
- Developing a **multimedia teaching toolkit** consisting of: a manual illustrating the contents; a guide detailing the exercises and behavioural techniques to achieve the objectives; video tutorials; audio guides; teaching sheets; a diary/register for evaluation; a timeline of activities; a section dedicated to the training of young peer educators.
- Design and creation of the **interactive platform** that will serve as the final container for all the information and documentation produced, implemented in compliance with current accessibility regulations and accessible from mobile devices (smartphones and tablets). It will host an informational section and a section dedicated to distance learning, the latter organized for effective learning.





## E-motion evaluation

- Scores 79 (Threshold: 70)
- No critical issues were identified regarding the consistency with the call objectives, the structure, and the project methodology.
- Some notes are raised regarding budget management and the clarification of certain steps in the plan
- Concerning the consortium, while recognizing the value of the partners, it is specified that the absence of Nordic partners reduces geographical diversity and the breadth of perspectives represented.



## Next steps

Organize and clarify those aspects of the project that were subject to observations

Resubmit it to the first relevant call

At this stage, we are gathering the availability of partners and are open to new collaborations, possibly coming from the north to meet the commission's request.



## Contact details

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