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## Mindfulness Practices for Students in Society

Mindfulness Practices for Students in Society (MP4s), a 3 year project funded by Erasmus+ as of November 2021, aims to support students develop inner resources through mindfulness practices and training, foster compassionate care of self, others and the planet, within higher education institutions, and promote soft skills competencies and accelerate the social and climate transition.

### Consortium

**Project coordinator:** Institut Polytechnique UniLasalle, France

#### Partners:

- UNICA - Network of Universities from the Capitals of Europe, Belgium
- Università Roma Tre, Italy
- Consorzio Scuola Comunità Impresa, Italy
- Vilniaus Universitetas, Lithuania
- Universidade Nova de Lisboa, Portugal
- Conhecer-Se - associação de crescimento pessoal, Portugal
- Ocak Izi Dergeni, Turkey

#### Associate Partners:

- Agence Française de Développement, France
- Agrianto, Italy
- University of Warsaw, Poland
- University of Granada, Spain

### Objectives

- Publishing a map of emotional challenges and concerns of students, based on research to be conducted by the 4 universities of the consortium;
- Identifying what is currently being offered in terms of Mindfulness practices within the higher education sector in Europe;
- Creating a Mindfulness Toolbox with practices and all related information in English as well as in the languages of the consortium;
- Training and supporting Aware & Active Ambassadors;
- Building an orientation and assessment tool;
- Designing of the SIT4PLANET tailorable syllabus, as well as manuals for teachers and for students;
- Building an learning and skills evaluation tool, and a impact evaluation tool;
- Defining a recognition and certification system;
- Issuing a recommendation note for universities to promote the integration of the SIT4PLANET syllabus in formal and non formal validation processes;
- Issuing a recommendation note for public policies to adopt mindfulness as a resource for students.