



The COPE project is focused on developing forward-looking learning centres and supporting local learning environments and social inclusion by encouraging learning centres to work together in order to motivate and enable adults of all ages to learn the necessary key competences to be resilient and adaptable in the face of change and uncertainty.



WHAT IS RESILIENCE?

"Resilience is that ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes."

Psychology Today

LAUNCH OF THE WEBSITE

Find out more on our website:

www.cope-euproject.eu



PRODUCTS

The partners are planning to develop:

- a **training guide** on the basics of teaching resilience to adults
- a **practical toolkit** of activities for face-to-face and online application
- an **empowerment kit** for local learning centres

All products will be available publicly on our website.



About the project

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[FIND OUT MORE](#)

THE PARTNERS

The COPE project connects partners from Bulgaria, Iceland and Spain.

- **Happiness Academy, BG**
- **Einurd, IS**
- **Consultoría de Innovación Social, ES**



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