

REFLECTIONS FROM RESILIENCE

ITALIAN REFLECTION

The Breakthrough for Resilience project is now finished. This project was an inspiring and lovely work that allowed Vol.To to contribute to the realization of instruments and opportunities to develop resilience in different forms.

Thanks to this project, people from Vol.To and also other Italian associations (ProNatura and Triciclo) had the opportunity to get involved in an immersive experience.

This opportunity of sharing ideas, points of view, and different knowledge between people all around Europe was the start of the incredible involvement in Breakthrough for Resilience that led to the creation - among all the other things - of workshops and videos about the resilience of individuals, places, and communities.

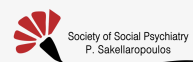
The entire Italian project team would like to confirm the passion for Breakthrough for Resilience and the hope that its results will be useful and impactful.



UK REFLECTION

We had no idea the concept of resilience would be so apt when we put in the application, but starting the project during the Covid pandemic elevated the necessity of looking at individual, community and place-base resilience. Being able to run the workshops online gave more people the opportunity to join in the project activities, enriching the outcomes.

It was a pleasure to work with our partners across Europe and we, as always with these projects, learned valuable lessons from that aspect as well as the project outcomes.



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SWEDISH REFLECTION

The Breakthrough for Resilience project has now come to an end. Here is the Swedish teams reflection of the Project. This project was truly an inspiring and taught us many aspects of Resilience we took for granted before. It allowed the MExpert team to contribute to the realization of tools, opportunities and experiences that can lead to the development of resilience in different ways.

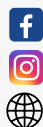
Thanks to this project, we were able to expand our network and have the opportunity to get involved more within our community and gain more Resilience through the Covid pandemic.

We were allowed the opportunity to share our ideas, tools, experiences, and different knowledge in the Breakthrough for Resilience which led to the creation and cooperation between our partners of Italy, UK and Greece. We also produced workshops and videos about the resilience of individuals, places, and communities.

The MExpert Team would like to reflect and confirm that the Breakthrough for Resilience project has been useful and impactful.



**Follow the progress of the project
and upcoming events here :**



Breakthrough for Resilience
breakthrough_for_resilience
<http://resilienceproject.eu/>

