



## About the MENTOR+ project

MENTOR+ (Multidimensional and transversal well-being program for Teleworking) is a two-year program (01/11/2022 – 31/10/2024), funded by the ERASMUS+ Programme of the European Union. It aims to promote and improve the health and well-being of teleworkers through new and flexible forms of learning, taking into account the priority areas of physical, mental, and nutritional health when working remotely.

## The MENTOR+ web app

With this objective in mind, **the project has developed an online web app for teleworkers, to be used on a global level regardless of the sector in which they work, with content and activities that can improve their mental, physical, and nutritional wellbeing.**

**The prototype of the MENTOR+ e-learning platform** developed by the project partners was presented to a varied audience at the Polibienestar Institute of the University of Valencia, where the testing and validation of the platform and its contents were carried out on February 21, 22, and 23.

The validation sessions of the application and its content were attended by 26 people, representing a range of professional profiles. Among them, there were members of the project team from the partner countries (Spain, Greece, Italy) and partner organizations (Social IT, Coop. AMICA, Prolepsis Institute, and Polibienestar), experts in physical health and emotional well-being, as well as several teleworkers who were able to learn first-hand about the advantages of the application for their daily working lives.

During the conference, **all participants attended a presentation of the application, taking part in workshops and demonstrations of the use of**

**the web app.** In addition to publicizing the application, the aim was to obtain a series of suggestions for improvements from future users and experts in the field, which would help refine its content and functionality.

## Day 1

To this end, the first day of the training was devoted to a presentation of the **MENTOR+ web app** (<https://www.mentorplusapp.eu/>) by **SOCIAL IT** (Trento, Italy), with a special emphasis on its sections, content, user experience, and functionality so that teleworkers know how to use it and get the maximum benefit from it.



**Polibienestar** (Valencia, Spain) then presented the content on mental health, both theoretical and practical sections. Attendees had the opportunity to put the contents of this module into practice and test its usefulness in their day-to-day work during the session.

## Day 2

**Prolepsis Institute** (Athens, Greece) presented the nutrition module designed specifically for teleworkers on the second day of the training conference, demonstrating the use of the nutritional habits quiz and healthy eating tips features of the web app.



In addition, the team from **Cooperativa AM.IC.A** (Trento, Italy) showed and validated the physical activity module of the web app developed for teleworkers' physical well-being, with demonstrations of the video content of this module.



## Day 3

The final day of the training conference focused on a more in-depth exploration of the tools used to develop the modules. An expert in Mindfulness from the University of Valencia, Antonia Sajardo, led a mindfulness workshop for the attendees, aimed at reducing stress, anxiety, and depression, presenting tools and techniques that can be applied during teleworking.



The evaluation of the training conference was also carried out on the final day, and attendees were found to have positively assessed the organization of the training activity as well as the agenda, the facilities of the host institution, and the materials used for the demonstrations of the web app.

All participants were generally satisfied or very satisfied with the training program developed in Valencia under the MENTOR+ project, and it was found that overall, this was a successful and comprehensive precursor to the piloting stage of the project, where the attendees of the training conference will be called upon to provide a similar training to a larger group of teleworkers.



## WP4 - Pilot & Evaluation

Work package 4 is in progress. Having concluded the pilot experience (C1), participants will be able now to transfer their knowledge within their own organizations in local pilot actions. As a result, partners will be able to realize a collection of final considerations about training and piloting activities implemented, concerning the **Well-Being Programme (WP2)** and the **MENTOR+ web app (WP3)**.

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## Next steps:

- ▶ **The pilot phase of the MENTOR+ project** will begin in each partner country in April and will be completed by the end of July 2024
  - ▶ **The impact analysis of MENTOR+ will start in the summer of 2024** and will be completed in October 2024.
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## partners



Social IT, Italy - **Project coordinator**



The Research Institute on Social Welfare Policy- POLIBIENESTAR, Spain



Prolepsis Institute, Greece



AM.IC.A Società Cooperativa Sociale,  
Italy

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