



## Meet BuildRes: an Erasmus+ project about reproductive wellness

This year, we joined the Erasmus+ project **BuildRes: Building Resilience – Empowering Young Families and Reproductive Wellness for Europe’s Future**, a transnational initiative addressing one of Europe’s urgent challenges: the declining birth rate and its impact on economic and social sustainability.

The project promotes **work-life balance, reproductive health, financial stability, and informed decision-making** through training sessions, an online resource platform, and information campaigns.

The **objective** is clear: a favourable environment for young families and public policies that support a sustainable future.

## What have we learned so far? 🔍

Our preliminary research in Romania, France, Greece, Poland, and Cyprus indicates that the majority of respondents lack information about reproductive well-being and family planning.

- In Poland - 88% of participants said that they do not feel informed at all about reproductive health.
- In France - over 50% express the same concern.

The results underline the **urgent need for clear, accessible and reliable information** for young people in Europe.

## Help us understand more!

We have launched a **new questionnaire** to explore what factors influence family life decisions and the needs of young families.

If you're already a parent or want to become one in the future, help us by filling in the form (it takes 15 minutes):

[Questionnaire](#)

## Who are we for?

- **Young adults and couples in their 20s and 30s** who are thinking of **becoming parents**;
- **Existing parents** who need more support to balance work, family life and financial planning.

## Project partners:

**Cross Culture International Foundation Cyprus** – Pafos, Cyprus (coordinator)

**Association Hexagonale de l'Innovation Sociale et de l'Education** – Goussainville, France

**Danmar Computers** – Rzeszow, Poland

**Adaptora LTD** – Limassol, Cyprus

**Timis County Youth Foundation** – Timisoara, Romania

**University Of Thessaly** – Volos, Greece

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