

Hope | Content of App

Hope is a well-beingApp supporting development of sustainable self-care, and continuous personal growth. At the same time, it is offering a series of diverse well-being activities that can be used when working with groups.

Sections

Hope is divided into several sections:

1. **Profile**, where you can review your personal progress
2. **Journey**, where you can see experiences (activities) you are currently working on, or which you did in the past
3. **Experiences**, where you can access all the activities the App is offering, viewed either through
 - a. **gamified interface** (which allows you taking only 1-3 experiences at the same time, to support individual development of healthy habits),
 - b. **classical interface** (allowing you to browse all the content of App as a source of inspiration)

Experiences

There are 7 categories of experiences (activities) user can take:

1. Self-esteem, confidence
2. Self-care
3. Discipline, resilience
4. Social & emotional intelligence
5. Communication & self-expression
6. Meditation, nature, mindfulness
7. Time-management & life-balance

Every category contains several sub-categories, every sub-category contains several experiences. There are **over 40 different** experiences at the moment.

Every experience contains 10 levels - simple tasks users can do on their own, or in the group. Each level should be followed for approx. 3 days to support development of a habit.

Example of a level:

Morning Deep Breaths:

Set a calm and focused tone for the day, promoting mental clarity and emotional stability, by starting each day with 5 minutes of deep breathing as soon as you wake up. Sit comfortably, inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.

Background

Hope was developed under the KA2 project “Chakras” (no. 2022-3-CZ01-KA210-YOU-000097244) that focuses on the well-being of youth, by consortium of INspire, z. s. (Czech Republic), Innovation Education Lab (Romania), Hopeland (Greece), YOUth Connect (Italy). The project is co-funded by the European Union.

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