

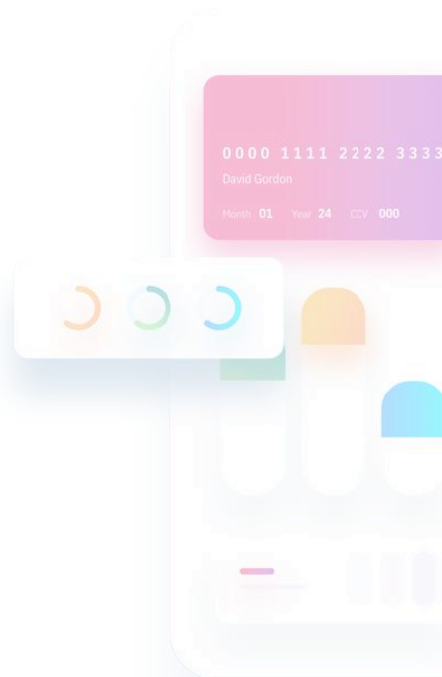
ME-App Newsletter 1

We are excited to update you on the latest progress of the Motivation and Empowerment App (ME-App) project!



What is the ME-App?

The ME-App is a mobile application, which is currently being developed as part of a project funded by the EU's Erasmus+ programme. It is designed to help unemployed adults and other users track and manage various psycho-social challenges they might face, such as challenges related to mood, stress or sleep. Available in English, German, Slovenian and Polish, the ME App will offer motivational messages and interactive tools to support users in their personal growth. By consolidating multiple features into one easy-to-use platform, the app simplifies the process of monitoring interconnected psycho-social challenges, empowering users to take control of their journey. Available in German, Polish, Slovenian and English, it is being designed to fit individual preferences and learning styles, offering practical, ongoing support.



Why Are We Developing the ME-App?

Empowerment and Motivation are key drivers behind the ME-App. Many unemployed adults face psycho-social challenges like low self-esteem and health-related problems, but there is often insufficient in-person support to help them overcome these obstacles. While external support like therapy or doctor appointments exists, it is not always consistent or comprehensive enough. The ME-App aims to bridge this gap by offering a complementary tool that can be used both during and after participation in Active Labour Market Participation Programmes (ALMP-Ps). Though many unemployed adults are familiar with using apps, there is currently no centralised tool that helps them track multiple challenges over the long term. Existing apps may address specific issues, but they often require users to juggle different tools, which can lead to disengagement. The ME-App is being developed to meet this specific need—allowing users to self-monitor their progress in a single platform, empowering them to stay motivated and on track toward overcoming barriers to employment.



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Mapping Reports Completed

To provide input to the development of the beta-version of the ME-App, we conducted research and surveys between March and August this year. The aim was to better understand the specific obstacles unemployed adults face so that we could identify the most relevant features the ME App should have to address these obstacles. We surveyed unemployed adults and educators in Austria, Poland, Slovakia and Germany and wrote up our findings into 2 Mapping Reports, which are crucial for tailoring the ME-App to better serve both users and educators.

The 2 mapping reports cover findings on how unemployed adults and educators interact with digital tools like the ME-App and provide useful input on what kinds of features the ME-App should have to be really useful, engaging and relevant! For example, the first report „Report on App Usage Among Unemployed Adults“, focusing on input from unemployed adults, reveals the most common challenges they face in daily life, from managing stress to maintaining a healthy routine, with important implications for the features that we are going to develop for the ME App. The second report „Educators’ Report on App Usage“, focusing on input from educators working with unemployed adults, provides insights into how they use apps in their training classes and what information about app usage they would find useful in the future.

If you're looking to improve your active labour market programmes, these findings are invaluable! You can access these reports (in English) on our Me-App platform: <https://meapp-platform.eu/resources/>

Developing the beta-version of the ME-App!

Our team is working hard on the beta version, which will allow users to track key psycho social challenges, such as sleep, mood, stress, self-esteem, stress and daily routine management.

The beta version will be ready for testing in early 2025.

We can't wait to share it with you! Join our growing community!



Meet the Project Team!

We are a dynamic group of partners with a shared mission: to empower unemployed adults by developing the innovative ME-App. Our team is composed of experienced organisations from across Europe, each bringing unique expertise in training, education, and digital development. Together, we are committed to creating a digital solution that addresses the specific needs of unemployed adults and the professionals who support them, ensuring a path to sustainable employment and personal growth.

Here's a closer look at who we are:

Training Partners: Understanding User Needs

DATEY (Germany) brings over 38 years of experience in adult education and VET training across sectors like health, digital and finance. With its expertise in labour market integration, DATEY plays a key role in ensuring that the ME-App addresses real-world challenges faced by unemployed adults and migrants.

Ozara (Slovenia) specialises in supporting individuals with disabilities and employment barriers, providing tailored programmes for social integration and workforce inclusion. With its mission to promote diversity and equal opportunities, Ozara is instrumental in shaping the app's focus on overcoming psycho-social challenges.

IPCenter (Austria) is a leading training provider with over 20 years of experience in vocational and adult education. Known for innovative approaches like e-learning and gamification, ipcenter contributes its deep knowledge of educational needs analysis and training development to the project.

ADN Institute (Poland), one of the largest training companies in the country, is known for its innovative teaching methods and vast network of collaborators. With over 150 EU co-financed projects under its belt, ADN ensures that the ME-App is built on research-backed methods and addresses both professional and personal development needs.

Tech Partners: Innovators Behind the ME-App

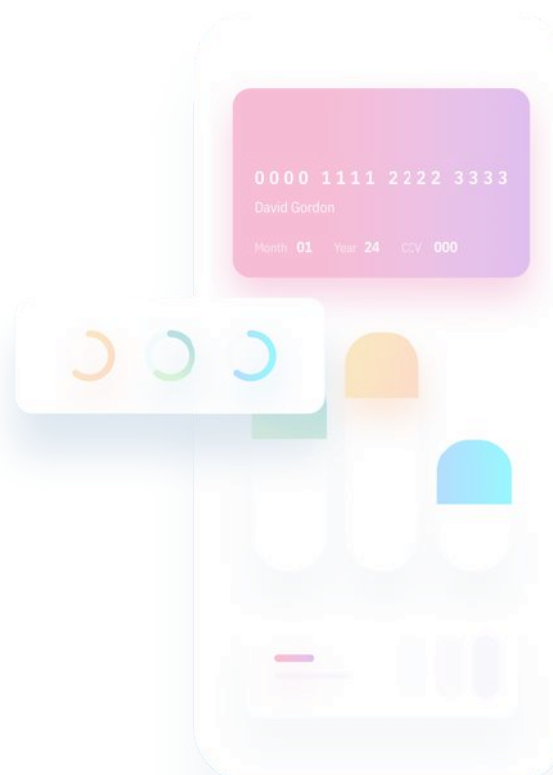
SYSTSERV (Greece) is leading the technical development of the ME-App. With its expertise in medical informatics and ICT solutions, SYSTSERV is at the forefront of creating user-friendly, scalable digital solutions that will power the app's functionalities.

Lidi Smart Solutions (Netherlands) is a forward-thinking company that specialises in web-education and digital innovation. Lidi is providing input to ensure the ME-App leverages cutting-edge technologies, making it a powerful tool for personal empowerment and employability.

We look forward to bringing you more exciting updates soon!

**Warm regards,
The ME-App Team**

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