

Think Unlimited

# ESCAPE TO HAPPINESS

## 1. About the Project

**Restoring Smiles in Uncertain Times**  
Escape to Happiness aims to develop innovative educational approaches for adults, focusing on emotional well-being and motivation. Through tailored training for educators, the project fosters environments that support both learning and life satisfaction.



## 2. The Problem We Address

**Why Adult Education Needs a New Approach**

Adults today face mental health challenges caused by crises like COVID-19 and war, as well as changing family and career dynamics. These pressures reduce motivation and lead to early drop-out from adult education programmes.



## 3. Understanding the Target Group

Many adults struggle to adapt to digitalization, shifting job demands, and social isolation. Feelings of self-doubt and disconnection are common, which negatively affects engagement in lifelong learning activities.

## 4. Challenges for Educators

**Low Motivation, High Stress**  
Educators often face low impact, demotivated participants, and early dropouts. This creates frustration and burnout, especially when educational goals are not met. A new approach is urgently needed.



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## 5. Our Solution: Happiness-Oriented Education

Introducing the "Dissatisfaction Escape Room"

We will create an innovative methodology including the "Escape Room of Dissatisfaction" – a dynamic tool that helps adult learners rediscover self-worth, satisfaction, and readiness to learn.



## 6. Long-Term Impact

Well-being and Education Go Hand in Hand

Emotional well-being enhances educational outcomes—and vice versa. Our methodology will be shared with adult educators, youth workers, teachers, and social professionals across Europe to strengthen learning environments that nurture both growth and happiness.



## 7. Empowering Educators

Training Those Who Teach Adults

We equip adult educators with practical tools and emotional intelligence strategies to better engage learners, reduce stress, and foster a more positive and supportive educational environment.

## 8. Transferability Across Sectors

Beyond Adult Education

Our tools and methods are designed to be used not only by adult educators but also by youth workers, teachers, and social workers—anyone working to improve mental well-being and motivation through education.

