



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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