

## IT IS NORMAL TO FEEL...

- Overwhelmed by stress
- Lost about your future
- Pressured by school, family, or personal problems
- Like you don't belong

But giving up on education is not the only way forward.

## HERE IS WHAT YOU CAN DO:

**Talk to someone you trust** – a teacher, mentor, or friend.

**Ask for professional support** – school counselors and youth workers are trained to help.

**Remember your goals** – even small steps forward can make a big difference.

## THE TESTED PROJECT

“TeSTED” is more than a project; it's a movement towards breaking down the socio-economic barriers to education.

As we embark on this path, we invite you to explore, engage, and contribute to a venture that promises to reshape the landscape of vocational training for generations to come.

## MORE INFORMATION:

<https://tested-project.eu/>



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**STAY ON TRACK  
DON'T DROP OUT!**

# YOUR FUTURE, YOUR CHOICE

## BUT YOU ARE NOT ALONE!

Your school and teachers are a very good support network. Trust them!

They are trained to listen and guide you. They can share with you practical tools for stress management, motivation, and planning.

Your school can be a safe space to share difficulties without judgment.

Ask your school to provide you with a mentor or counselor

Learn about time management and study skills to make school easier



## KEY BENEFITS OF EDUCATION

- 1 More Job Opportunities, with higher income
- 2 Gaining Independence & Freedom in the long-term
- 3 Boosting confidence and self-esteem
- 4 Meeting new peers & Networking
- 5 Gaining life skills, like resilience and motivation
- 6 Achieving personal growth & developing new talents
- 7 Making a difference in your community



**Knowledge unlocks opportunities and expands horizons.**

**The difference relies on choosing long-term thinking!**