



TEACHERS' WELLBEING IN THE TIMES OF CRISIS

The project aims to enhance the well-being of teachers and school principals, particularly in the context of various migration challenges—economic, climatic, social, and political—including the impacts of the war in Ukraine, its associated consequences like inflation, and the rapid pace of digitalization. Its specific goals include:

1. **Identifying Stress and Burnout Causes:** Conducting qualitative and quantitative research among teachers and school leaders in Austria, Poland, Greece, and Turkey; analyzing key sources of stress, professional burnout, and dissatisfaction among educators amidst current socio-political and economic conditions; and pinpointing both common and context-specific factors contributing to stress and burnout across the partner countries.
2. **Developing Support Systems:** Designing psychological and health support systems for teachers facing challenges in their interactions with students, parents, schools, and local communities; creating tools and strategies to help educators and principals address psychological, pedagogical, social, and health-related issues; pilot testing by implementing selected elements of the developed support systems and tools to promote teachers' well-being in a controlled pilot phase.
3. **Digital Support Platform:** Launching an online platform that offers diverse tools and activities—both individual and group-oriented—allowing participants to tailor their support and development pathways to their specific needs.

Details of the project:

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Project partners:

- **University of Warsaw (Project Leader)**
- **Universität Innsbruck**
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