



UP-RES Project Newsletter 1 Creation of the E-Learning Portal

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Erasmus+

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During the project, we successfully developed the UP-RES E-Learning Portal - a comprehensive online training environment designed to support teachers working with immigrant and migrant-background students and to provide resilience-building activities and interactive tools for students and practitioners. It helps to become more resilient by managing stress, thinking more positively, solving problems, and building strong, supportive relationships at school and at home.

Seven Interactive Training Modules

The platform included seven fully interactive training modules:

1. Regulation of Emotion and Cognition
2. Coping
3. Adaptability and Flexibility
4. Meaningfulness and Purpose
5. Optimism
6. Self-Efficacy
7. Resilience

Each module contained scenario-based videos, reflection journals, and interactive tasks, allowing teachers to explore real-world situations and practise resilience-building strategies with students.

Certification and Accessibility

The portal provided automatic certification upon completion of the modules, helping participants document their new competencies. The content was designed to be intuitive, accessible, and fully aligned with the project's goal of strengthening academic achievement and social inclusion through resilience-building.

Impact

With the launch of the e-learning portal, students across partner countries gained access to a unified digital space where they could learn, reflect, and apply resilience strategies at their own pace. This digital resource became one of the core outcomes of the UP-RES project, supporting long-term capacity-building in schools and contributing to more inclusive and supportive learning environments.

All materials were made available in 5 languages: German, English, Turkish, Greek, and Ukrainian.