

# ESCAPE TO HAPPINESS NEWSLETTER

After much research, collaboration, and dedication, we're proud to present a comprehensive guide that promises to redefine the contours of adult education.

Unearth the intrinsic connection between happiness and effective learning. This booklet illuminates the path forward with knowledge that truly makes a difference.

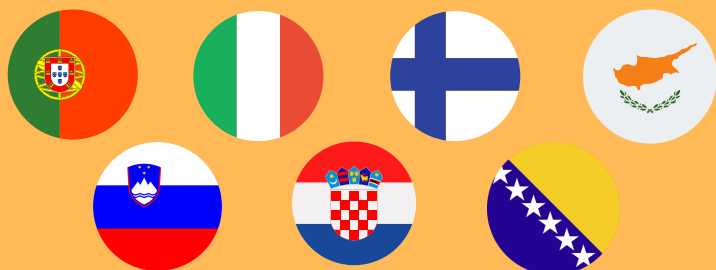


## WHY THIS BOOKLET?

Whether you're an educator, institution head, or policy-maker, this booklet serves as your guide to enriching your programmes, enhancing learner experiences, and ultimately, forging a brighter future for adult education



## PARTNER COUNTRIES



Co-funded by  
the European Union