OID: E10235565
PIC: 881126855
Org.nr: 802528-3931
Adress: Nobelvägen 21, Box 10, Föreningscenter Nobel 21, 214 29 Malmö, Sweden
Website: https://www.wellbeinglab.org/
Facebook: https://www.facebook.com/wellbeingLAB.se
IG: https://www.instagram.com/wellbeinglabsweden/
Linkedin: https://www.linkedin.com/company/well-being-lab/

LEGAL REPRESENTATIVE:
Female
Carina Gunnarsdotter
President
+46793396938
hello@wellbeinglab.org (use this for ECAS, this is the main email for ECAS)

Contact Person:

Ieva Ugne Ulianskaite
ieva@wellbeinglab.org (please add this to application when your main contact is Ieva)
+46762368292

Karolina Mazetyte
karolina@wellbeinglab.org (please add this to application ECAS when your main contact is Karolina)

Please briefly present the organization.

Well-being Lab is an educational organization based in Malmö, Sweden, founded with the intention of making well-being and mental health tools accessible and inclusive for all. It was established by a group of educators, psychologists, and facilitators who saw a need for safe, human-centered spaces where people of all ages and educators could explore their emotional and psychological well-being outside of traditional clinical settings.

The organization works with both youth and adult education as well as the educators. The primary target group are young people aged 18 to 30 years old. Secondary target groups are adult educators, especially those from migrant, minority, or underserved backgrounds. It offers non-formal education opportunities and learning spaces focused on themes such as stress

management, emotional literacy, well-being, mental health, belonging, and identity. Through creative workshops, retreats, mentoring, and dialogue sessions, Well-being Lab supports personal growth and mental health in a way that is inclusive, culturally sensitive, and deeply participatory.

Based on principles of non-formal education and peer learning, the organization blends experiential practices such as mindfulness, storytelling, and body-based learning with structured facilitation. Its long-term goal is to grow a strong and inclusive local community of young people, adult educators and community leaders, including migrants and those facing social barriers, who regularly engage in well-being-centered activities and share their experiences with others.

Well-being Lab also works internationally, collaborating with organizations across Europe to design and implement EU funded projects that promote mental well-being, inclusion, and personal empowerment.

What are the activities and experiences of the organization?

The Well-being Lab is a public organization that focuses on promoting well-being and mental health among young adults, adults and educators who work with diverse target groups in Malmo, Sweden. The organization achieves its objectives by offering various activities that promote non-formal education, lifelong learning, and well-being.

Some of the activities and experiences of the Well-being Lab include:

Well-being workshops and Retreats: The Well-being Lab offers workshops to young people and educators in Sweden. The workshops aim to provide participants with knowledge and skills to take care of their mental health and well-being. These retreats cover topics such as stress management, mindfulness, self-care, mental health awareness and help to experience benefits of well-being tools deeper.

Education for Facilitators: The organization provides mentoring to young people who need support and guidance. The mentoring program is designed to help young people identify their strengths and weaknesses and develop strategies to overcome challenges they face.

Mental health gatherings: The Well-being Lab organizes mental health gatherings for young people and educators. These gatherings provide a safe space for participants to share their experiences and challenges related to mental health. The gatherings also aim to reduce the stigma associated with mental illness and promote open communication.

Non-formal education activities: The Well-being Lab offers non-formal education activities that promote lifelong learning and personal development. These activities include retreat activities, training courses, youth exchanges, study visits, fika’s, cultural events, workshops.

Inclusion and community building: The Well-being Lab aims to promote inclusion and community building among young people and educators in Malmo. The organization works with young people from diverse backgrounds and social groups to create a sense of belonging and social support.

Overall, the Well-being Lab's activities and experiences are designed to promote well-being, lifelong learning, and community building among young people and educators in Malmo. The organization's approach is based on non-formal education, which provides participants with opportunities to learn and develop outside of the traditional classroom setting. The Well-being Lab's activities aim to empower young people to take control of their lives, develop their strengths, and overcome challenges.

Please give information on the key staff/persons involved in this application and on the competences and previous experience that they will bring to the project.

Karolina Mazetyte, co-founder, trainer is a holistic well-being practitioner, TEDx speaker, social entrepreneur, co-author of a book ‘’A mile in our shoes: stories of global journeys’’, facilitator and trainer. Karolina has 14 years of project management experience and event planning. Organizing and leading teams in various countries globally. Her goal is to help people to let go of their mental and emotional pain and negative patterns and open their hearts to experience more love, better relationships and peace of mind. Through RELEASING sessions, she helps people to address unresolved issues from childhood, relationship problems, addictions, grief, abuse, anxiety, depression, trauma, limiting beliefs, emotions and more, giving my clients a clearer perspective of the past and a deeper sense of peace and overall well being in the present. She has learnt about the releasing work from her teacher Wayne Walker who has practiced RELEASING since 1999 and learnt it by living 7 years in an Ashram in India. Through the workshops on ‘’Re-framing your limiting beliefs & life patterns’’, Well-being for Changemakers’’ and ‘’Re-thinking your identity’’ and public talks Karolina helps people to become aware of everything what’s blocking them from becoming & being their real authentic selves, living a life their heart truly desires, creating a harmony and balance in both personal & professional life. She has received a meditation & mindfulness teacher’s education in Thailand by spending time in a monastery and learning from the Buddhist monks. She has been practicing and teaching meditation & mindfulness since 2014 in 40+ countries.

Karina Minda, co-founder, trainer is a certified clinical psychologist and licensed transpersonal psychotherapist (Romania). She has a bachelor’s degree in Psychology and a master’s degree in Clinical Psychology and Psychological Counseling. In 2012 she started her psychotherapy training, and, with it, an intensive self-exploratory journey through which she found the joy of living with awareness, presence and love. Since 2016 she is certified in Transpersonal Analysis and Pneuma Breathwork, by Inkarri Cultural Association. Through her work she helps people rediscover who they are, to see the beauty of their own beings, to live

healthier and take responsibility for their own life and happiness. In 2017, she created the project On Life and Meaning, organizing personal development groups, weekly meditation sessions and public talks on the topics of wellbeing, stress management, self-awareness and mental health.

Ieva Ugne Ulianskaite, co-founder, project manager is a lover of mindfulness and meditation with lawyers education, working with mindfulness and ERASMUS+ projects since 2013. Being an EVS volunteer, ERASMUS student, Erasmus young entrepreneur, participant and coordinator in numerous YiA and E+ projects, Ieva understands the importance of developing positive lifestyle habits as a young adult.
Ieva contributes to Well-being Lab projects by offering her mentoring, coordination and workshops relevant to her expertise and passions.
https://www.salto-youth.net/tools/toy/ieva-ulianskaite.5184/

Carina Gunnarsdotter, President of Well-being LAB, entrepreneur, facilitator, educator, coach and co-author of the anthology "The spirit of business in the future; in touch with soul, intuition and energy". She is also the founder and CEO of Changing Perspective.

Christian Boysen, board member, strategic advisor
encompassing experience in start-ups, business development, project management, event coordination, and CSR, along with a robust network within the start-up and innovation industry, Christian is poised to be a valuable guide in navigating the fast-growing South Swedish start-up ecosystem.
His primary objective is to assist start-ups and SMEs in fortifying and expanding their businesses, enhancing performance, marketing strategies, and leadership skills in a sustainable manner. He achieves this by harnessing cutting-edge technology and innovative methodologies.
Christian is readily available for discussions on LinkedIn or any preferred platform, eager to engage in various projects of differing complexities, all with a steadfast commitment to shaping a sustainable future.

Lisa Remnelid, board member, business advisor Lisa derives energy and insight from life and interactions, aiming to reciprocate in kind. She possesses a unique ability to anticipate opportunities before they materialize, akin to a skillful gardener who sows seeds and then monitors their growth with nurturing care. Embracing reverse mentoring and parallel guidance, she has grown to value these approaches profoundly. Throughout her career, Lisa has consistently been praised for her action-oriented disposition, igniting passion and enthusiasm in those around her. Her philosophy centers on experimenting with concepts, executing them, and subsequently learning and adapting. This mindset has propelled her toward numerous prospects, granting her insights into herself, various industries, and the global landscape.It's worth noting

that Lisa is a staunch supporter, advocate, and devotee of promoting well-being within organizations and personal lives.

Impact

Well-being Lab's impact is both individual and collective. Participants report improved emotional awareness, communication skills, and stress management capacity. Many have overcome anxiety, built healthier relationships, and gained confidence in their personal and professional paths.

Beyond individuals, the organization contributes to greater awareness about mental health in the local and international communities. It works to break stigma, create safe discussion spaces, and inspire young people to prioritize their own well-being and support others.

The organization's work often leads to long-term personal transformation and community leadership among its participants, who are encouraged to apply what they have learned in their everyday lives, families, schools, and workplaces.

Dissemination

Well-being Lab shares the outcomes of its projects through social media, local events, and community engagement. The organization uses platforms such as Facebook, Instagram, and LinkedIn to reach a wide audience, and collaborates with other organisations and networks, such as Anna Lindh Foundation network in Sweden, ESN Lund, Europe Direct Lund, Malmö Ideella cultural groups, and media to promote mental health awareness and inclusive practices.

Participants also play a key role in dissemination, sharing their experiences in peer networks and local events. Through this organic approach, the impact of the organization's work extends well beyond the project itself.

Our work with participants

Well-being Lab is committed to ensuring that every participant feels prepared, supported, and empowered. Participants are selected based on motivation and interest, with special attention given to those facing economic, geographic, or social obstacles.

Before each activity, participants are invited to preparatory meetings and online support groups. The organization assists with travel arrangements and provides guidance throughout the process. Emotional safety and accessibility are top priorities.

After the project, participants are encouraged to stay engaged through follow-up sessions and new initiatives. Many return as peer mentors or contributors, helping to expand the community and continue the ripple effect of shared well-being.

PROJECTS

WBL. List of previous projects.docx

Current projects:
https://www.wellbeinglab.org/projects

Past projects:
https://www.wellbeinglab.org/past-projects

ECONOMY

To be shared upon request

CHILD PROTECTION POLICY and CVs of Team Members:
PIF WBL 2026