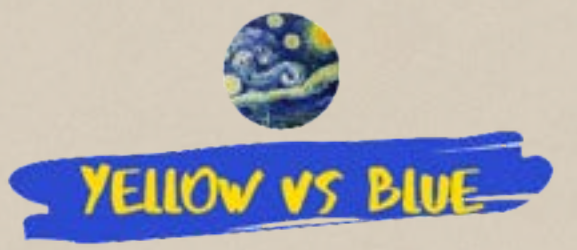




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HOLISTIC WELL-BEING AND
HUMAN RIGHTS SEMINAR



COURSE OUTLINE

Location: Utøya, Norway

Timeline: 25 to 29 of July, 2025

Number of Participants: 20

Duration: 5 Days including Arrival and
Departure days

TRAINING OVERVIEW:

Art of Change is an intensive 5-day training seminar designed for youth workers, trainers, who are passionate about the intersections of mental health, human rights, non-violent communication, and democracy through art.

This compact yet impactful training seminar focuses on personal growth, creative expression, advocacy, and long-lasting impact.

Participants will explore the relationship between artistic expression and well-being while gaining essential skills in filmmaking for educational purposes, and will get to be introduced to Utøya and its story.



UTØYA

ART OF CHANGE



Holistic Well-Being and Human Rights Training Course



TARGET PARTICIPANTS



"Art of Change" is designed to transcend geographical boundaries, welcoming and connecting youth aged 20 to 30 from various corners of the world.

This inclusive approach aims to foster a sense of unity among participants, highlighting that regardless of their individual backgrounds and geographic locations, they share common challenges and aspirations.

WHY ARE WE RUNNING THIS TRAINING AT UTØYA?

We have chosen Utøya because it holds stories and hope.

Given Utøya's rich historical context, we believe that it will provide an ideal environment for deep reflection on mental health, human rights, and the promotion of open dialogue, ultimately fostering peace and supporting participants' well-being.

By immersing themselves in the Utøya story, we anticipate that participants will undergo a profound transformation in their connection with their own humanity.

UTØYA



UTØYA

SEMINAR OBJECTIVES

- **EXPLORE HOLISTIC WELL-BEING:**

Engage participants in a concentrated journey of self-discovery, emotional intelligence, and mindfulness to foster human connections, bond communities, emphasizing the interconnectedness of mental health and well-being.

Participants will start with a focus on personal well-being through self-awareness and mindfulness workshops, setting the stage for a transformative experience.



SEMINAR OBJECTIVES

- **HUMAN RIGHTS ADVOCACY:**

Equip youth with the knowledge and tools to advocate for human rights, non-violent communication, and peaceful dialogue within their communities.

The program's human rights education component will empower participants to become informed advocates, and in a way that will help them to maintain their well-being

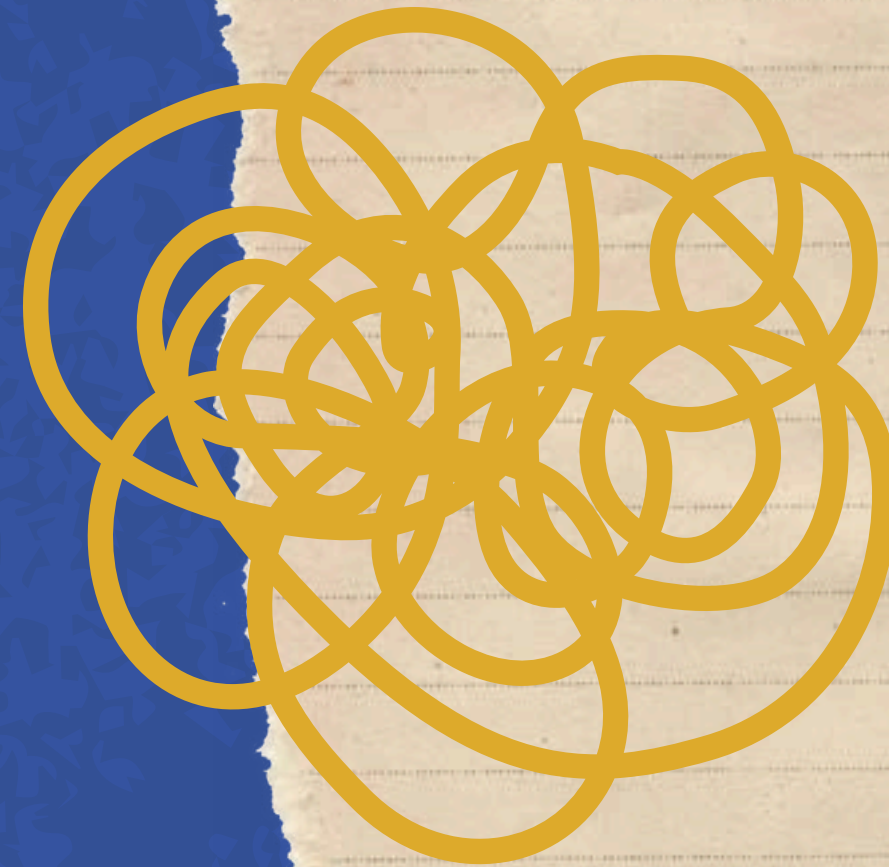


SEMINAR OBJECTIVES:

- **CREATIVE EXPRESSION:**

Provide a platform for participants to harness various art forms, such as art therapy, vocal meditation, theatre, creative writing, contemporary dance, journaling, music, and theater, to express themselves and raise awareness about mental health and human rights.

Artistic expression is woven throughout the program, allowing participants to discover their creative voices.



SEMINAR OBJECTIVES:

- **THEATRIC SKILLS:**

Develop participants' skills in theatre and filmmaking, enabling them to create impactful shows that serve as educational tools to promote mental health and human rights awareness.

The theatre part will culminate in a final project showcasing the intersection of art and advocacy.



SEMINAR OBJECTIVES:

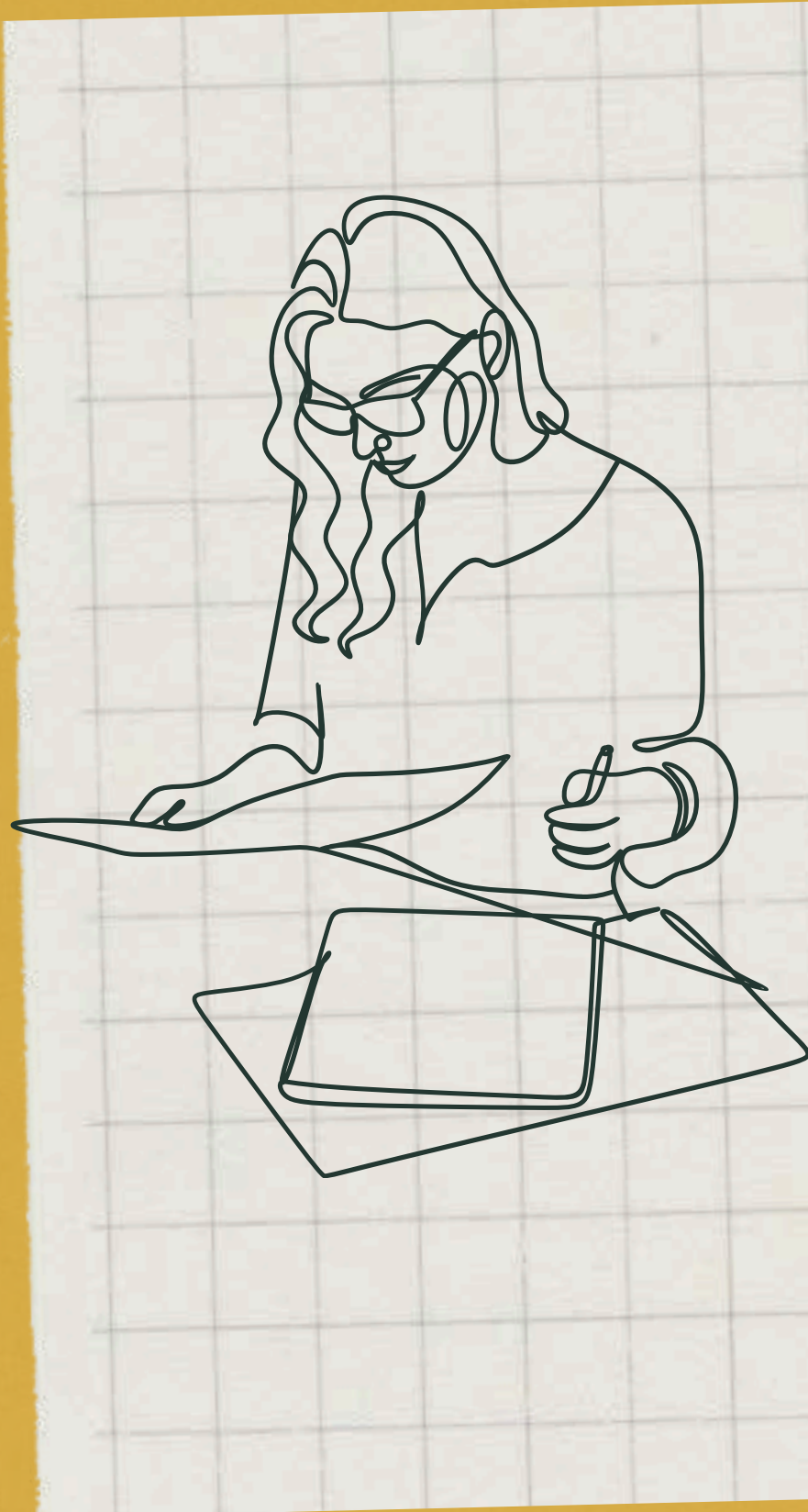
- **IDENTITY AND CONNECTION:**

Encourage self-awareness, identity exploration, and deeper connections among participants, fostering an environment for peaceful dialogues on human rights and non-violent communication.

Through various creative activities, participants will build connections and explore their own identities.

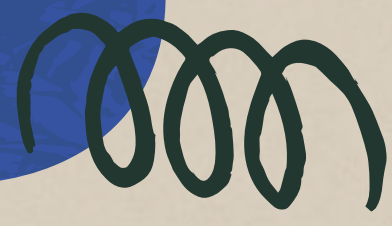


SEMINAR OUTCOMES:



- 1 Participants will gain a deep understanding of the relationship between holistic well-being, human rights, and non-violent communication through personal growth and advocacy training.
- 2 They will develop skills in various art forms, theatre and filmmaking to create educational content that raises awareness about mental health and human rights, aligning with the program's focus on creative expression that will be used for educational purposes for youth and non formal education.
- 3 Graduates will be prepared to engage in advocacy for mental health and human rights, fostering peaceful dialogues, advocating for non-violent communication practices through non-formal education methods
- 4 The training will result in a network of youth advocates committed to promoting holistic well-being and human rights globally, connecting personal growth and creative expression with advocacy and social change.



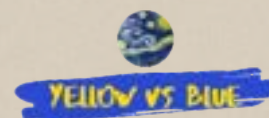


GRADUATION PROJECT AND POST-SEMINAR INITIATIVE:

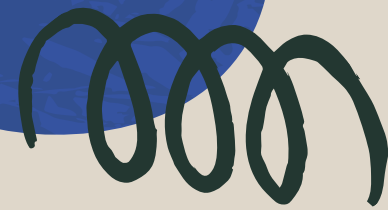
A theatric show, and celebration ceremony!

During the graduation ceremony, each participant will present their group theatre/filmmaking project created during the program, highlighting its connection to mental health, well-being, and human rights.

These short films/theatric shows will serve as powerful and creative tools, as well as educational content for youth and non-formal education settings, extending the program's impact far beyond its duration.



UTØYA



GRADUATION PROJECT AND POST-SEMINAR INITIATIVE:

In addition, participants will engage in a project initiation workshop where they will be guided on how to initiate and lead a mental health or human rights-related project or initiative in their home communities. They will receive support, resources, and mentorship for 6 months from program facilitators to help them turn their ideas into impactful actions.

Art Of Change' emphasis on the graduation project and post-training initiative aims to ensure that the knowledge and skills gained during the training course translate into real-world action, benefiting their communities and contributing to the global conversation on mental health, human rights, and non-violent communication.



IMPORTANT NOTES

- There will be 2 virtual calls organized before the training starts at Utøya. And 6 months post-program mentorship, a total of 10 Zoom calls from July to December 2025, to support you with implementing your community project and keep this community alive! So please make sure you can commit to this.
- Check AOC 2024 wrap up video from [here](#) to get an idea about how it is all about! Also through our IG page, you can find more about the first round and the participants graduation projects.
- Certification upon successful completion of the training is provided.



UTØYA



WHAT IS COVERED?

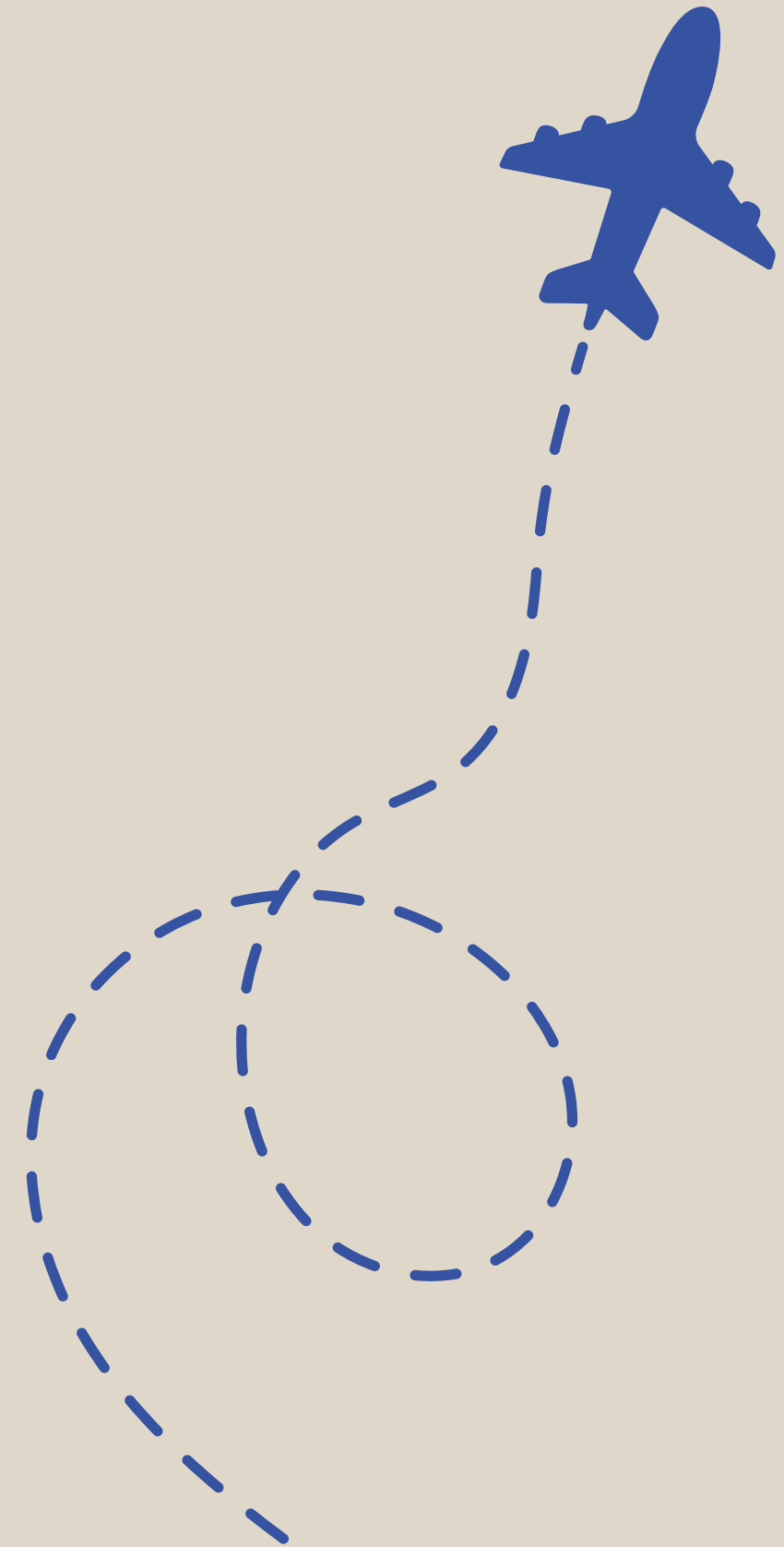
Thanks to the donors of this program, the training covers accommodation for 5 days at Utøya, 3 meals per day, snacks, transportation from Oslo city center to the island, ferry to the island and back, and all sessions + materials for participants outside of Norway.

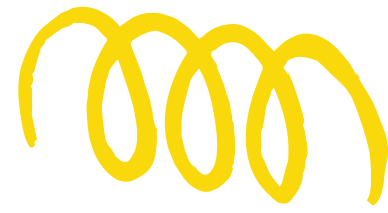
Therefore, the fees contribute to the space of the training and cover the mentioned amenities. We, as the Yellow vs. Blue team and our partners, are completely volunteering to make this program happen.

However, the fund does **NOT** include flight tickets.

You can check with your national agency or your youth city council for funding your flight tickets if you can not afford it.

Program fees for Norwegian participants are available [here](#).





@yellowvsblues

Apply from [here](#)

For any questions, contact:

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Yellow vs. Blue

