

EMOTIONAL WELL-BEING ART AND YOUTH WORK

-Second Edition-

**26th September-5th October 2024
Balestrand, Norway**

CALL FOR PARTICIPANTS



The **first edition** of this project took place in June 2022 organized by the Norwegian National Agency. **You can check a glimpse of that learning journey [here](#).** The second edition represents an upgrade of the first edition based on the feedback and the post-training reflections of the project team and the participants.



WITH THIS PROJECT

we invite youth workers to learn more about **how to use art to support the emotional well-being of young people.**

The course provides **knowledge on emotional well-being, practical art workshops and reflection sessions** about the role of youth workers in fostering emotional well-being among young people.

"Emotional Well-being, Art and Youth Work" is a **training course for professional and volunteer youth workers working directly with young people regularly.**



THE MAIN AIM

of the training course is to increase youth workers' competencies in using art methods to support the emotional well-being of young people.



OBJECTIVES

- To provide knowledge regarding emotional well-being specific and relevant within the professional limitations of youth work;
- To develop basic practical skills for applying creative and artistic methods (such as creative writing, Ebru painting, theatre, etc.) for fostering the emotional well-being of young people;
- To inspire and motivate youth workers to use new methods and reach out to young people holistically and sensibly;
- To explore the relationship between creative and artistic methods and their influence on the well-being of young people;
- To exchange, expand and improve youth workers working methods by sharing best practices, techniques and context-based learning from different realities, communities, and youth groups, about emotional well-being;



The learning process will be guided and facilitated by an experienced team:

- **Andreea-Loredana Tudorache** has been involved in the international youth work field since 2003 in various capacities. She is one of the founders of A.R.T. Fusion Association (Romania) and over the years has trained numerous professionals around the work in various topics. (<http://trainers.salto-youth.net/AndreeaLoredanaTudorache>)
- **Tuba Ardic** is the Director of Creative Connections Norway, a trainer at the National Agency of Norway and a passionate youth worker, active mentor, trainer, facilitator and social researcher since 2010.
- **Elena Stevkovska**, youth worker, volunteers manager, theatre facilitator and trainer since 2021 (<https://www.salto-youth.net/tools/toy/elena-stevkovska.6009/>)



The training course will be hosted in **Balestrand, Norway**. Art is a driving force in this community, and it is the soul of the village. Artists have been drawn to this village since the 19th century, attracted to the unique features of this area and have established an artist's "colony" in the village. Today, various artists are using their skills and art in different social projects.

The location of the village, **in the hearts of the fjords**, with a nice nature location and good views at every step, preserved and cherished by the local community will enable deep reflection, foster well-being in general and also inspire participants to appreciate the role of nature and how nature impact the status of emotional well-being.

The local host, **Creative Connections Norway**, is based in Balestrand and uses art as a methodology in their work with young people to create arenas for meaningful experiences. The organisation has an **Art Factory** where local youth get in touch with different forms of art activities and also can create and develop their own artistic projects.

DO YOU RESONATE WITH THIS COURSE AND WANT TO BE PART OF IT?

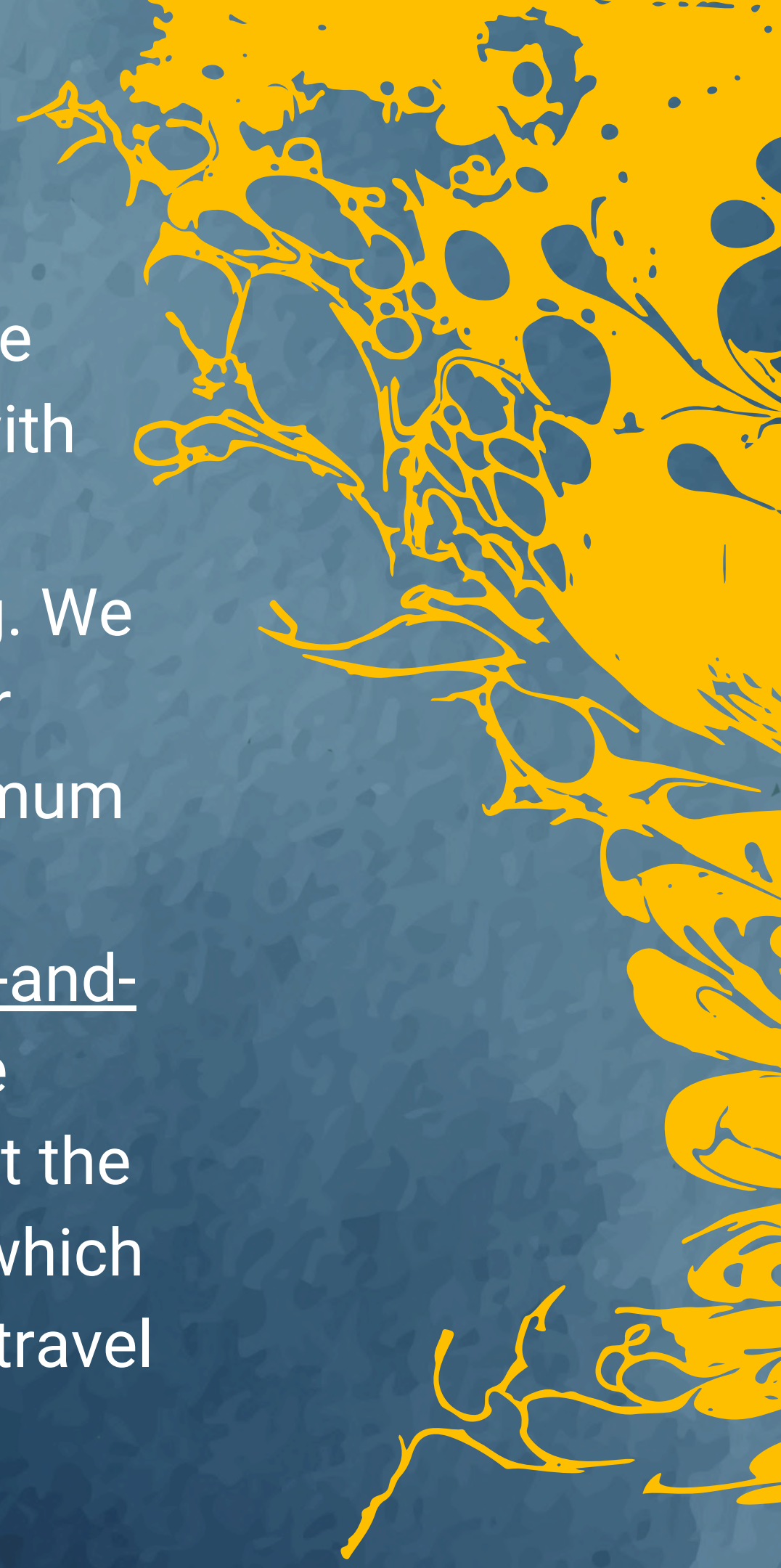
WE ARE LOOKING FOR:

- **Members or close collaborators of active Youth Organization** for at least 1 year (staff or active member, paid or not). The organization should have a valid OID number.
- A **strong and genuine interest** in fostering the emotional well-being of young people.
- An **open heart, mind and willingness** to develop practical competencies in different art methods.
- Capable of communicating in **English**.
- People **older than 18 years** and with a **legal residence** (proven by documents) in the country they are currently residing in.



EXPENSES:

- **Board and lodging** for the training course are fully covered by the local organizers during the period mentioned in shared rooms with bunk beds (3-5 people in one room).
- Each participant is free to choose the preferred way of travelling. We strongly encourage the use of green travel. If flights are used for more than 50% of the total travel distance (roundway) the maximum budget allocated available will be from standard travel!
- [Use this website \(https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator\)](https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator) to find out your distance. Write at the START, your location, from where you will start your travel and at the END, Balestrand, Norway. You will get a km number as a result which will correspond to financial support which you may get for your travel costs.



The individual maximum budget allowance for travel, per person, is the following:

- 10 – 99 km 23 EUR (Standard Travel) / No Green Travel Available
- 100 – 499 km 180 EUR (Standard Travel) / 210 EUR (Green Travel)
- 500 – 1999 km 275 EUR (Standard Travel) / 320 EUR (Green Travel)
- 2000 – 2999 km 360 EUR (Standard Travel) / 410 EUR (Green Travel)
- 3000 – 3999 km 530 EUR (Standard Travel) / 610 EUR (Green Travel)
- 4000 – 7999 km 820 EUR (Standard Travel) / No Green Travel Available





We are taking the application process very seriously and we believe in the importance of personal input and honesty in the answers in the application form.

Therefore, we want to strongly discourage of using AI-generated content in your applications. This can lead to your disqualification or at least negatively influence the evaluation of your application.

If you decide to apply, we would appreciate if you approach the application process with honesty, integrity and dedication. We are curious about your unique perspectives, experiences and motivations to be part of the training course, and it is of high importance to us.

Feel free to ask any additional questions to the contact person (mentioned next) if you are not sure if this training is suitable for your learning and professional needs before deciding to apply.

Elena Stevkovska
stevkovska.elena@yahoo.com



Erasmus+
ungdom



Funded by the
Erasmus+ Programme
of the European Union

