Artistic Resonance for Thriving Youth

ARTY

EMPOWERING YOUNG PEOPLE THROUGH ART, INCLUSION, AND WELLBEING

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EMPOWERING YOUTH WORKERS AND ARTISTS THROUGH CREATIVITY, INCLUSION AND WELLBEING

We are thrilled to share the highlights of the Training Mobility held in Greece, a key milestone of the ARTY – Artistic Resonance for Thriving Youth project.

The event brought together youth workers, educators, and artists from Greece, Germany, Romania, and North Macedonia for an immersive learning experience focused on arts-based empowerment, psychosocial wellbeing, and social inclusion.

Hosted by YOUTHABILITY in Kastoria, Greece, the training aimed to strengthen participants' competences in using art as a practical tool for youth engagement and emotional development. The week-long mobility combined experiential learning, intercultural collaboration, and reflection — blending creativity with purpose.

YOUTHABILITY   Jugendvision e.V   DAR ASOCIATIA DEVELOPMENT   EduArt

Erasmus+ Enriching lives, opening minds.   YOUTH AND LIFELONG LEARNING FOUNDATION   Co-funded by the European Union

TRAINING OVERVIEW

Organised as a five-day transnational training course, the activity offered participants the opportunity to experience and test the ARTY methodology, centred on the transformative power of artistic expression.

The training integrated non-formal education, creative workshops, and group reflection sessions, equipping participants with concrete methods to enhance young people's wellbeing and participation through art. Through painting, theatre, movement, and storytelling, the group explored how creative processes can foster confidence, empathy, and inclusion — both in youth work and in everyday community life.

EVENT HIGHLIGHTS

Experiential Workshops: Art as Empowerment

- Participants engaged in interactive workshops led by facilitators from all partner organisations. Activities included expressive painting, improvisational theatre, and collaborative storytelling. Each exercise was designed to highlight the emotional, social, and pedagogical impact of art on personal development.

The ARTY Methodology in Action

- During the training, youth workers applied the Engage–Create–Reflect–Transform model, a core element of the ARTY Toolkit. They explored how to adapt it for various groups, especially young people facing social or emotional challenges.

Creative Dialogue and Reflection Circles

- Daily reflection sessions encouraged participants to connect their experiences with their own professional realities. Discussions focused on emotional safety, inclusion, and the role of art in psychosocial support.

Intercultural Exchange and Community Connection

- The training mobility also celebrated European cooperation. Participants shared stories, artistic techniques, and cultural traditions, building a shared understanding of creativity as a universal language of empowerment. The local community of Kastoria hosted an Open Art Evening, where participants exhibited their creations and interacted with residents.

IMPACT AND NEXT STEPS

The training mobility in Greece marked a significant step in the implementation of the ARTY project. Participants reported improved facilitation skills, deeper awareness of wellbeing-oriented methods, and renewed motivation to use creative practices in their organisations.

The insights and materials developed during the training will contribute directly to the ARTY Toolkit, ensuring that the project's outcomes are accessible, adaptable, and impactful across Europe.

The next phase of the project will focus on local testing of the modules in each partner country and preparation for the final dissemination events.

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- 🌐 Visit: www.arty-project.eu
  - Explore photo galleries, stories, and resources from all partner countries.
- 📷 Follow our journey:
  - Stay updated on ARTY's upcoming international training activities and creative outcomes on our website and social media.