



Art and Education for Social Inclusion

Erasmus Plus - KA1, Mobility of Youth Workers

The project sees the creation of a course designed to train youth workers and offer them effective tools for working on young people at risk of social exclusion.

Project Aims

The issue of social inclusion is crucial for young people in Europe. The social inclusion of young people can be understood as a process of realization of their potential within the society and as the recognition of this potential by the community. This important process, through which we play the gamble of the future of European society, has for over a decade seriously threatened by a number of factors.

Among the main causes of this situation, we find first of all the exclusion from the labor market resulting in material deprivation and economic poverty.

The poor employment opportunities result in an increase in inactivity causing alarming percentages of young NEETS, defined as a young person who is no longer in the education system and who is not working or being trained for work. In addition to unemployment, the risk factors associated with social exclusion are: low levels of education, residence in remote and / or depressed areas, disability. Other factors of social exclusion are related to psycho-physical discomfort. All these factors contribute to fueling the number of young people who can be included in the Neet category, which has become almost a symbol of this youth crisis in Europe.

Eurofund has identified three categories of NEET at risk of social exclusion:

- young or long-term unemployed;
- young people with family responsibilities (eg mothers), or young people with disabilities;
- Disadvantaged young people, with no perspectives, although lacking specific disabilities, at risk of deviant behaviors.

The project aims to offer youth workers from different countries and European organizations, effective tools for working on young people at risk of social exclusion, with a special focus on young Neet.

In particular, the project aims to provide youth workers from different countries and European organizations with effective tools to work on the social inclusion of these categories of young people through educational paths based on an art therapy approach.

As is well known, art therapy is an educational approach that uses artistic methodologies and creativity as the development of self-knowledge, self-esteem and social and relational skills.

Among the different approaches that are part of the art therapy methodologies, the project will basically focus on two approaches:

- autobiographical methodologies;
- dance-movement-therapy.



Activity

Training of youth workers.

- Participants: 24 youth worker (no age limit).
- Duration: six days, plus two travel days.
- **Period: From 27th May to 1st June 2019 (arrival on 26th May– departure on 2nd June) -**
- Location: Saviano (Na)

Training contents

Methods of work on the inclusion of young people through social gaming methodologies.
Social inclusion of young people through the autobiographical methodologies.
Exchange of educational experiences in the field of the social inclusion of young people.

Applicant organization

Unione Italiana Lotta alla Distrofia Muscolare – Sezione di Saviano (UILDM Saviano – Italian Union For the Fight against Muscular Dystrophy) is a voluntary association founded in 1994 with the aim of pursuing the full integration of people with disabilities.

The Uildm Saviano is a detached section of the Unione Italiana Lotta alla Distrofia Muscolare Onlus, an association founded in 1961, which pursues among others the following purposes:

- promote, by all means, scientific research and health information on progressive muscular dystrophy and other neuromuscular pathologies;
- promote and promote the social inclusion of people with disabilities.

The Association has around 9,000 members and is present throughout the country with 66 Provincial Sections that carry out extensive social work and extensive medical and rehabilitative care, managing in some cases ambulatory rehabilitation, prevention and research centers, in close Collaboration with basic university and socio-sanitary structures. UILDM Saviano is one of the 66 provincial sections and is therefore within a vast network that covers the entire national territory.

Partners

Associacao Recreativa, Cultural E Social De Silveirinhos – Portugal – 4 Participants
Civic Orientation and Social Integration – Romania – 4 participants
Fundacion Red Deporte Y Cooperation – Spain- – 4 Participants
Stowarzyszenie Trenerow Organizacji Pozarzadowych – Poland – 4 Participants
Ulearn Youth – Cyprus – 4 Participants

Contact persons

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LOGISTIC INFO

Dates

The course dates are: from 27th May to 1st June 2019 (arrival on 26th May – departure on 2nd June)

Financial rules

The project finances entirely the costs of travel, food and accommodation for the participants. In order to find the best (and fast) travel solution, we asked you to anticipate only the cost of flight ticket that will be reimbursed after the meeting.

Regarding the travel expenses, please take in account that the maximum travel expenses (flights and any other travel expenses) must remain within these ceilings: 275 euro

At the same time we really ask you to book your flights by March 26, to keep costs as low as possible.

Please take care of boarding pass and all tickets receipt. We need them for accounting to National Agency. In case of loss of these documents we cannot reimburse your expenses.

How to reach Saviano

The nearest Airport is NAPLES – CAPODICHINO (25 km from Saviano). An alternative could be Roma Airports: Ciampino and Fiumicino

Please, at the moment, book only the flights to Naples or Rome.

For other transport in Italy (from Naples or from Rome) we will give you info later, according to the solution you have chosen for the flight

Venue

The training will be held at UILDM venue in Saviano (NA) – Via Mazzini, 17 - 80039

Hotel

You will stay in the hotel Belsito <http://hotelbelsitonola.it/>

Via San Paolo Belsito 376 - 80035 Nola - San Paolo Belsito (NA)

The hotel is located in Nola, the largest city in the area, and is 5km from the place where the training takes place. Transport to the training venue will be provided by Uildm Saviano



Workshop programme

| May 26th- 2019 | | |
|-------------------------|---|---|
| Arrival of participants | | |
| DAY 1 - May 27th - 2019 | | |
| Time | Content | Methods |
| 09-13 | - Project presentation - Presentation of the participants | - Non formal methodologies - Survey of the needs and expectations. |
| 14-18 | - Group building - Young people and social inclusion in Europe | - Cooperative learning. |
| DAY2 - May 28th - 2019 | | |
| 09-13 | Introduction to art-therapy as an educational approach: autobiographical methodologies; the dance-movement therapy. | Autobiographical methods, game methodologies, cooperative learning, |
| 14-18 | Exercises on autobiographical methodologies; | |
| 20-22 | Intercultural evening. Collective activity in which participants will present their country and their culture. | Interactive presentation by the participants, Bazar Meeting methodology |
| DAY 3 – May 29th - 2019 | | |
| 09-13 AM | Methods of conducting the autobiographical laboratory; | - Autobiographical Methodologies; |
| 14-18 PM | Group exercises on the conduct of the laboratories. | - Cooperative learning; game methodologies, theatrical methodologies |
| DAY 4 – May 30th - 2019 | | |
| 09-13 AM | Workshop on Dance therapy on group knowledge; | - Autobiographical Methodologies; dance movement therapy |
| 14-15,30 PM | Dance therapy exercises to deepen the themes of encounter with the other, difference, dialogue | - Cooperative Learning |



| DAY 5 – May 31st - 2019 | | |
|--------------------------------|---|---|
| 09-13 AM | Deepening on the conduct of therapy exercises for groups of young people aimed at social inclusion. | - dance movement therapy - Cooperative Methodologies; - Evaluation games. |
| 14-18 PM | Practical exercises in group conducting dance therapy movement paths. | |
| DAY6 – Jun 1st - 2019 | | |
| 09-13 AM | Group work on how to transfer the knowledge acquired during the course in one's work contexts; Introduction to the Erasmus Plus Program. Networking activities and final event | Cooperative methodologies; - Evaluation games. Open Space Technology |
| 14-18 PM | | |
| DAY 7 – June 2nd - 2019 | | |
| Departure of participants | | |



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