

BULLETIN

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The living art
The art of living

Awakening cognitive curiosity, sensitivity to art and beauty, and other cultures



THIS ISSUE'S FEATURED ARTICLES:

- Interview with project coordinator, Maggie Tarasiuk - Poland
- The E- Learning course and opportunities
- Who we are
- Going Local: examples of practices from Italy, Uk, Greece
- EU and related partner's news



Co-funded by
the European Union

1. INTERVIEW WITH PROJECT COORDINATOR

Maggie Tarasiuk Poland

- **What a challenging and fascinating title, can you share with us its objectives?**

The main topic of the project is the meaning of art and its impact on human life. Discovering the beauty and art in life allows people to fully discover the value and purpose of life. The project will show the way how to discover the beauty of everyday life, and will help to understand the origin of European culture.

- **How is the European Commission supporting these opportunities?**

We chose the Erasmus+ Strategic Partnerships for adult education programme since it is promoting Transnational Strategic Partnerships aimed to develop initiatives addressing education training and youth and promoting innovation, exchange of experience and know-how. We are really enthusiast and thrilled about this possibility our project will last two years and gather 5 organizations from Greece, Italy, Poland, The UK and Turkey.

- **Do you have a specific target group?**

We want to focus on disadvantaged adults' learners – people facing educational difficulties, social obstacles, cultural differences and economic obstacles, and teachers/tutors.

- **What do you plan to do?**

Project activities mainly focus on enhancing cultural awareness of adult learners and promote attitudes of tolerance, understanding and openness through education on European cultural heritage. The project creates structure and activities that encourage social cohesion, bringing opportunities for personal development and wellbeing.

New learning opportunities (traditional and online) for adult learners will be offered – cultural, motivation and theatre workshops with the support of IT tools.

For adult learners this project will be a chance to get new learning experience and for teachers it will be a way to develop own skills and methods on teaching adults. Both, staff and learners, will have an opportunity to rethink their attitudes and reduce their prejudices through European cooperation.

- **Concretely what are the specific project objectives ?**

- increase adult learners cultural awareness,
- increase adult learners IT skills,
- increase adult learners creativity,
- develop adult learners key competences,
- develop innovative teaching adults methods,
- integrate traditional and distance learning

Reading on this newsletter I invite you to take opportunity to follow our e-learning training course:
<https://e-learning.alteravita.eu/course/view.php?id=38>



2. THE E- LEARNING COURSE

Get an insight to our e-learning course!

Topics:

- **Cultural awareness**

cultural awareness is about understanding that our cultures impact and shape how we see the world; that differences are natural and that when we work with people from other cultures, we need to be aware of where, when, how and when our cultures may either help or hinder us in terms of communication and collaboration.

- **Art and communication**

For thousands of years art has been used to communicate ideas through visual form. As viewers we look at art and try to decipher the message of the artist. As artists we are trying to send a message to the viewer. Art serves to send messages without saying a word.

- **Art and self-confidence**

With the increased emphasis on STEM curriculum (Science, Technology, Engineering & Maths), many educators worry that students might be missing an important element of a well-rounded education...the arts. While STEM subjects are vital to learn and apply, the arts are just as important. Some doubt the need for art education, but it is integral to a person's growth in several ways.

- **Art based on local traditions**

Throughout history, art and culture of various kinds and forms has been part of the evolution of our societies. Festivals, handicrafts, food and songs are bringing stories and knowledge regarding the links between human and nature, in and between generations, and are vital for the feeling of belonging amongst people around the planet. Art and cultural expressions can be in the form of theatre, literature, painting, sculpture, poetry, music, dance, architecture, storytelling, spirituality and rituals.

- **Art-how to fight everyday stress and solicitation**

We are facing huge public health challenges in the UK & the rest of the world. Mental ill-health accounts for more than 20% of these challenges, more than cancer and cardiovascular disease combined. As the number of people with long-term conditions increases, and with an ageing population who may experience high levels of physical inactivity and social isolation, innovative and effective treatments are needed. Getting involved with the arts can have powerful and lasting effects on health. It can help to protect against a range of mental health conditions, help manage mental ill-health and support recovery.



2. THE E- LEARNING COURSE

- **Drama in education**

Here are the key reasons about the importance of drama and arts in education:

- 1.Thechers self-expression
- 2.Life Skill Training
- 3.Learn Constructive Criticism
- 4.Contributes to Personality Development
- 5.Find their Voice
- 6.Problem-solving Skills
- 7.Learn to Lead

- **Creativity and wellbeing**

Even a brief amount of time spent on a creative pastime has powerful benefits for personal wellbeing, according to research commissioned by BBC Arts. More and more adults and children are being diagnosed as having Post Traumatic Stress Disorder. They may have been caught up in a war, natural disaster or suffered long term abuse. Some groups in society are more likely to experience it, including for example refugees and survivors of torture, survivors of domestic violence, survivors of physical and sexual abuse, looked-after children, and veterans. Creativity is playing an increasingly important part in their recovery process.



Miltos Sakellariou
Alterra Vita Cyclades



Brian De Lord
Double Helix Resources

3. WHO WE ARE

Centrum Kształcenia
Ustawicznego w
Białymstoku (The CKU)



The **Centre for Continuing Education** in Białystok was established as the first public school for adults in Podlaskie voivodship. The CKU provides opportunity for gaining and completing general education as well as professional skills and qualifications.

Since 2012 we have been offering a wide range of free vocational courses for students. We also organize seminars, trainings and several educational and cultural activities and projects in co-operation with local and international partners.

Furthermore the Białystok Academy of Family (BAR) is also part of this Center. Last year CKU was awarded with the first prize in a national competition of Presidential Couple "Good Climate for Families". The activities are aimed at all social groups. The main target group of our learners are people of all ages, which for various reasons could not complete their education at the right time. Many of them are indigent who cannot afford the financial rates of private schools. CKU works in a disadvantaged area situated in the north-east part of Poland, with low financial resources and where the unemployment rate is very high.

As an adult education centre (we are called second chance school) we are increasingly facing the problem of lack of understanding and knowledge about the European culture.

Mirciler Mesleki Ve
Teknik Anadolu Lisesi
(Turkey)



Mirciler Mesleki ve Teknik Anadolu Lisesi was established in 1992. It is a secondary education institution, founded in order to help individuals who want to be capable of meeting the needs of the industrial sectors and the vocational and technical educational institutions like the tourism industry.

Our school also offers opportunities for adult education. There are evening and weekend classes for the adults who wants to be educated out of the formal education system. We offer courses for adults in different fields- from language to IT education. We are in contact with Electronic Platform for Adult Learning in Europa and join regularly regional meetings.

The aim of the "Open Education" classes is to provide education opportunities for people who have completed primary education but have not received vocational training for some reason. These persons are over the age of formal education and the objective is to teach vocational knowledge and skills to those who did not have the chance to attend higher education institutions.

The courses are free. This system helps people who want to improve their capacities and have a better position in society and be better prepared for life

3. WHO WE ARE

KOINSEP CYCLADES- ALTERA VITA



Koinsep Cyclades-Altera Vita is a Social Cooperative Enterprise of Collective and Social Benefit based in Syros since 2015 and developing its activities in the area of the prefecture of Cyclades.

We take part in the social affairs of the Cyclades. Our specific objectives are to provide specialized services in the fields of culture, environment, education, health, prevention, the preservation of traditional activities and tourism. Furthermore we are promoting employment, empowerment, social cohesion and sustainable development.

In the field of education, we organize training courses for professionals and training organisations across Europe, funded by the Erasmus+ programme of the European Commission and E-learning courses on vocational subjects or on key skills acquisition. Our distance learning system is based on the use of e-Learning MOODLE Platform. This is a certified free educational content management software.

Let's underline that the contribution to the study and promotion of history, culture and the protection of the environment of Syros and the surrounding islands of the Cyclades is among our priorities.

At European level we are an active member of the European Network of Social Authorities. ENSA.

DOUBLE HELIX RESOURCES LTD



Double Helix Resources is a private company, limited by guarantee, that has been set up in September 2015, by Brian De Lord, with the intention of providing educational and therapeutic consultancy, accredited training and related resources for those working with troubled and vulnerable children and their families and parents.

The company is supported by a network of specialist practitioners and researchers: Jim Rose, formerly a Government advisor on the care and development of Juveniles in detention. Dr Julia Gibbs, a senior Educational Psychologist and Educational Therapist Catherine Constable, a Speech & Language Therapist and Educational Psychologist. Bob Townley, a Senior Independent Researcher, Evaluator & Project manager Graham Crowe, Senior Practitioner responsible for sexual crime, Suffolk Youth Offending Team. John Sapsford, Academic Head of Computer Studies, Hertfordshire University Dr. Rachel Pepper, Director of Artification, a community arts organisation. They are engaged to work on specific initiatives and projects, as the opportunities arise.

3. WHO WE ARE

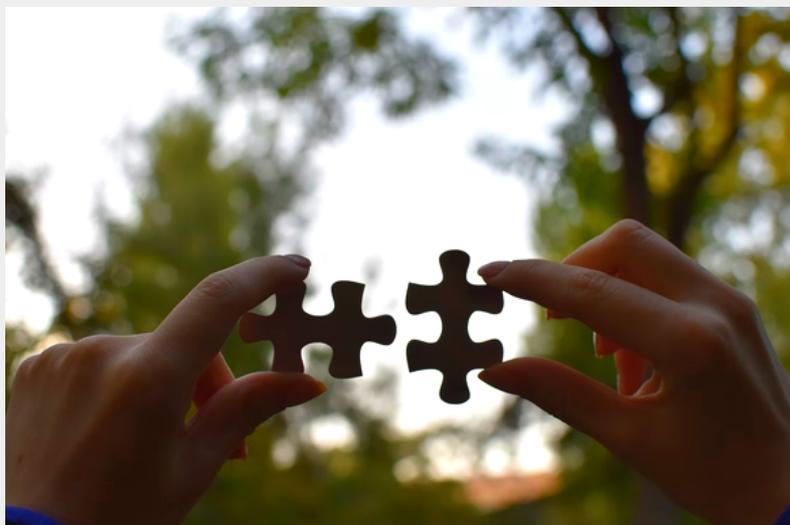
ENSA (EUROPEAN NETWORK OF SOCIAL AUTHORITIES)



ENSA is a network of cities and European Regions coming from 13 member countries that has the aim of promoting international cooperation in the social field. ENSA was established by the Veneto Region in 1999, that is presently in charge of its general coordination. Since then the network has developed and supported solid partnerships between a wide range of European Regions, funded often by European programmes. In addition, it has carried out seminars, conferences, study visit programmes and exchanges of operators.

Its scope of work is to encourage international co-operation, mutual learning, exchange of know-how, of cultural models and of experience in the social sector. Moreover, the objective is to deepen the dialogue concerning social policies with the European Institutions and to favour innovative European answers to social needs.

The network organizes its work in five subject areas of intervention. Each has its own “thematic network”: elderly, youth and family, child issues, disability and social inclusion as transversal topic. This high level platform is open to interested stakeholders, public and private authorities and provides good opportunities for active participation in European policies and strategies.



4. GOING LOCAL: ON THE SPOTLIGHT PRACTICES FROM ITALY, UK, GREECE

VIA QUERINISSIMA

by Antonio Franzina, Head, Press Office Veneto Regional Council

Via Querinissima aspires to trace the route travelled by **Pietro Querini** by sea and land to promote a slow, conscious, sustainable, inclusive, food and wine cultural tourism and aims to obtain Council of Europe certification as an international cultural route in 2023.

Via Querinissima, from myth to history is an international non-profit cultural association that was formally established last June, after a process that began ten years ago with a bilateral friendship agreement between the Municipality of Røst (Norway) and the Municipality of Sandrigo (Vicenza, Italy), which was followed by a bilateral agreement for cultural and economic cooperation between the Region of Nordland (Norway) and the Veneto Region (Italy). The starting point for this dialogue, which was gradually extended over time to other European countries, was the voyage of Venetian nobleman and merchant Pietro Querini, who was shipwrecked and returned home unhoped for, in a rather fortunate manner, between the Mediterranean and the North Seas between 1431 and 1432.

Key points of the Querinissima:

- It links different peoples and cultures, from the Latin-Mediterranean sphere (Greece-Italy-Spain-Portugal) to the Scandinavian-Baltic sphere, passing through German, English, Flemish and Swiss culture.
- It is the first European cultural itinerary that also includes a maritime route and thus revives the culture of the sea and peripheral maritime regions
- Historically, it is characterised by a strong sense of solidarity and hospitality and is attested by autograph texts, starting with the diary of Pietro Querini kept in the Vatican Codex 5659 in the Vatican Library, as well as Frà Mauro's splendid Map of the World, commissioned in the mid-15th century by the Portuguese crown and now kept in the Biblioteca Marciana in Venice, in which we have the first cartographic description of the Scandinavian area

For the **Council of Europe**, cultural itineraries are a tool to demonstrate, through transversal and transnational routes, that the cultural heritage of different countries is actually a common heritage. They are, therefore, primarily a vehicle for communication and exchange between nations and cultures, i.e. a tool for consolidating European identity, a virtuous process of democratic re-appropriation of one's own being as a community (Becker Steinecke, 1993).



Antonio Franzina
Head press Office Veneto Regional Council

Empowerment and inclusion of young people and their families in situation of psychological distress.

Veneto Region, “Teenage District Functional Unit - UFDA”.

Recently, the Veneto Region launched a new service to be implemented locally in cooperation with the Local Social Health Units, called “Teenage District Functional Unit - UFDA” **UDFA is made by a territorial team of experts for the multidisciplinary care of young people and families suffering depression due to the effects of the containment measures of the Covid-19 pandemic.** With the spread of the infection and the introduction of measures to prevent it, young people were the first to experience the consequences of social distancing and other measures in the school context.

The pandemic had a heavy psychological impact on children, adolescents and families in terms of restrictions and radical changes in habits. In particular, according to a recent study by the Giannina Gaslini Institute in Genoa, in children and adolescents between the ages of 6 and 18. The most frequent symptoms included an increased emotional instability with irritability and changes in mood, sleep and anxiety disorders. As stress symptoms caused by Covid-19 in parents increase, behavioural disorders in children and teenagers raise up as well.

To cope with this difficult situation and provide support to children and their families, the Veneto Region in collaboration with the Social Services Unit of Family, Minors, Young People and Civil Service approved Resolution no. 1215/2001 of 07/09/2021, which establishes the guidelines for the nine Local Social Health Units of the Region in order to implement UFDA experts’ groups, including psychologists, social workers and professional educators.

These multi-disciplinary working groups are open and available to offer counselling and takeover to adolescents and their families on the various possible mental disorders and/or disturbances related to the pandemic. The proposal, which pursues an approach to the person and not to her/his symptoms or state of need, and which favours an early interception of distress and the taking into account of different levels of intensity, is part of a broader context linked to regional programming on the subject. UFDA will allow adequate responses and will lead, in the three-year period 2021-2023, to the achievement of an ad hoc service.

The UFDA experience has been selected as an example of good practice for the project “The living art-The art of living” since it develops a process of multidisciplinary care of young people and their families in a situation of psychological distress enabling the promotion of individual and collective psychological well-being. The concept of the “art of living” is enhanced by managing a situation of psychological distress through rediscovering the value, beauty and purpose of life.



Pasquale Borsellino
Veneto Region, social services

4. GOING LOCAL: UK - LONDON

First transnational project training meeting London 28-29 April 2022

This 2 days project meeting was held at **Berrymede Junior School** and aimed at preparing the learning activities which will take place in Greece, Italy and Turkey. The UK contribution to The Living Art/Art of Living Project based at aforementioned School, involved another partner **ARTification**, a long-established local community arts based organisation. A series of activities and preparations had been carried out with the intention of opening a “**wellness centre**” for parents, teachers and students at the school.

ARTification will take over the development & management of the wellness centre initiative, with their history of creative projects over the past few decades.

The plan is to open a centre that offering services around these headings:

- Mental -Village in the City Group,
- Physical - Exercise and Fitness classes
- Social – Village in the City Group
- Financial - advice from financial advisors at Armenian Centre
- Spiritual – Discussion groups
- Environmental – Continuation of Harmony Project
- Vocational – Art, Photography, Film making

The ‘**Village in the City**’ idea, is an important component of the Wellness Centre. It was set up during the pandemic by Dr. Mark McKergow, based in Scotland. As the post-pandemic ‘new normal’ emerges and develops, the usefulness and resilience of very local connections has become increasingly clear. The levels of local can be seen as house; street; village; town; district; city. The potential for connection at the village level – even in much bigger settlements like towns and cities – is clear. Architect Richard Rogers (2017) identified over 620 ‘High Streets’ in London alone, each of which is central to its own village.

Village-level activity can:

- Improve all our lives in the short and long term. Building and participating in an active community are positive experiences.
- Build inclusive cross-generational & cross-demographic community to expand our awareness of the world
- Build resilience and mutual support with people.
- Connect businesses, families, support groups, religious groups, secular groups & everyone else with an identity and local participation.

•As a necessary counterbalance to the recent developments in on-line communication.

- Help people become more empowered and purposefully connected than they have been in recent years.

<https://villageinthecity.net/manifesto/>



4. GOING LOCAL: GREECE - SYROS

Second transnational project training meeting Syros 24-28 June 2022

This 4 days project meeting was held in the **Syros** island which "in se" is a **laboratory of art and inclusion**. The agenda was quite full and included traditional dance festival, visits to experimental elementary school, group activities, workshops, drama and theater techniques for effective adult education, environmental activities. The valorization of local traditions was enhanced in the Social Cooperative of Cyclades in Kepos- Manna village, with food the farm prepared by the members.

General picture:

Ermoupolis is the capital of the **Cyclades** and the **capital of Syros** Island as well. Syros is also the administrative center of one of the thirteen regions of Greece, the Region of the Southern Aegean Sea. The island covers an area of 84 km² and has around 22000 inhabitants. The history of Syros is as old as the prehistoric period. Findings of a prehistoric settlement in the North part of the island dating back to 2700-2200 BC, show that not only was Syros inhabited, but it also was the center of one of the phases of the First Cycladic Civilization. Findings also suggest that Syros had developed trade and was connected to various other islands, as well as to the mainland.

Among the **cultural study visits**, let's focus on the example of a non profit organisation in Ermoupolis called litteraly "**strings and pipes**". the organisation also pays a tribute to the patriarch of rebetiko music, Markos Vamvakaris born in Syros.

The aim of this practice is to highlight and preserve the cultural heritage of rebetiko music.

The ultimate vision of EN ΧΟΡΔΑΙΣ & ΟΡΓΑΝΟΙΣ is the **gradual development of the School into a musical culture hub**: the creation of an exemplary infrastructure (cutting-edge acoustic technologies, state-of-the-art classrooms, auditoriums, the opportunity to host young musicians as interns from Greece and internationally), which will serve as a reference point and will highlight the folk and traditional music of Greece. In this way, an international spotlight of cultural attraction can be created in Syros, linking scholars to music universities and to the wider music community.

Another experience is related to the traditional dance festival called "**Syrianopato**". In that context the folklore - Dance Group "the wisdom of tradition", provides an open invitation to participate in a cultural 4-day event full of dance, music and love for tradition in the cosmopolitan "Queen of the Cyclades» Syros Island.



5. EU AND RELATED PARTNER'S NEWS

Third transnational training partner meeting Treviso 10-15 February 2023

This 5 days project meeting will be held in Venice and Treviso. the days in Treviso will be hosted by ISRAA (Istituto per Servizi di Ricovero e Assistenza agli Anziani) in FABER Europa member of the ENSA network.

INTERESTED TO LEARN MORE ABOUT THE PROJECT

<https://e-learning.alteravita.eu/login/index.php#section-11>



Greetings from the Art of Living partnership

Editors: Veneto Region Brussels Office

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