BOOKLET OF BEST PRACTICES



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WE CAN
Objectives

- Provide social inclusion for young people with fewer opportunities, especially migrants and refugees, through creative arts.
- Help youth workers address and overcome stereotypes and prejudices, aiding in youth adaptation within diverse environments.
- Equip participants with essential skills like self-confidence, creativity, and open-mindedness through sustainable youth work solutions.
- Develop teaching videos and a booklet of training plans for youth workers and organizations to support this cause.

WE CAN Activities

1.Kick-off Meeting in Lithuania

Planning and distribution of responsibilities; establishing the structure, topics, and content for training and teaching videos (2 participants from each partner).

2.Transnational Training in Turkey

Sharing best practices for promoting social inclusion through creative arts, testing locally, and planning teaching videos (4 youth worker participants from each partner).

3.Final meeting in Belgium

Presentation of the teaching videos and booklet of training plans; project evaluation and dissemination (2 participants from each partner).

4.Local trainings

Conducted by each partner based on the transnational training.

5.Dissemination Activities

Promoting the project’s outcomes through various channels, including social media and local outreach.

WE CAN Results and Outputs

1.Project website featuring 3 teaching videos (one from each partner).

2.Social media page for project visibility and engagement.

3.Project logo for branding and recognition.

4.Booklet containing 6 training plans on teaching creative arts and mediums for social inclusion.

5.Conduct 1 international and 3 local trainings.

6.12 youth workers trained across partner countries.

7.8 youth workers per country trained locally.

WE CAN PARTNERS

Asociacija IVAIGO (Lithuania)

Asociacija IVAIGO is a Lithuanian NGO focused on promoting social inclusion and equal opportunities through non-formal education, especially for disadvantaged groups such as migrants, refugees, and people living in rural areas. IVAIGO organizes a variety of activities, including creative arts, digital literacy workshops, and language courses, to support the integration and personal development of individuals facing social and economic challenges. The organization is dedicated to fostering a sense of community and belonging through innovative, inclusive approaches and has been actively involved in several Erasmus+ projects that address social inclusion and digital transformation.

Karadeniz Egitim ve Genclik Dernegi (Turkey)

Karadeniz Egitim ve Genclik Dernegi, based in Turkey, is dedicated to promoting social inclusion and equality for young people, particularly those from disadvantaged backgrounds. The organization specializes in using arts and creative activities as a means to engage and empower marginalized communities, including migrants and refugees. With a focus on youth development, Karadeniz Egitim ve Genclik Dernegi organizes various courses and projects aimed at raising awareness about social inclusion and promoting creative skills development. Their work emphasizes collaboration with local and international partners to foster intercultural understanding and social progress.

Cirque et arts en liberté (Belgium)

Cirque et arts en liberté is a non-profit organization based in Belgium that focuses on using circus arts and other creative mediums to engage with diverse communities. The organization offers workshops in acrobatics, dance, and visual arts, catering to a wide range of participants, from children to seniors, and including individuals with special needs.

Their mission is to foster social inclusion and personal development through artistic expression. The organization has a strong track record of involvement in both local and international projects, using creativity as a tool for empowerment and connection.

WE CAN BEST PRACTICES

CREATIVE SPORTS

IDENTIFICATION

Name of the organization/Institution implementing practice
Asociacija IVAIGO

Place of implementation
Asociacija IVAIGO, Vilnius, Lithuania

DESCRIPTION

Target group / Beneficiaries
High school students, local young people up to 30, especially, migrants and refugees

The main objectives
1. To promote healthy life style.
2. To promote social inclusion of people with fewer opportunities via sports.
3. To promote creativity.

Experts/staff
P.E. teachers, sport trainers, coaches, youth workers, sportsmen

The description of the practice
Youth workers together with coaches, trainers and P.E. teachers from our organization chose 3 different activities: basketball, volleyball, and cycling. We invited local migrants and war refugees to join the activities. We had about 12 people in total to participate. Then the experts adopted the chosen activities to the participants using creative mediums according to their possibilities such as volleyball game using only one hand as another one was busy with holding a brush to paint a picture of a game. The duration of the activity CREATIVE SPORTS was 3 days, each game for one day. The participants spent active time with each other and improved their teamwork and empathy skills.

Methodology/Didactic tools
Practice, group work, teamwork

Additional materials /Equipment needed
Sport equipment depending on the activities such mats, balls, bands, etc., arts related materials whatever you have

CONCLUSION

Conclusion
12 people in total joined our CREATIVE SPORTS activity, 6 of them were migrants, 4 war refugees and 2 people from rural areas.. Participants had different types of activities with the basketball coach, volleyball trainer and the sportsman - cyclist. All the activities were adopted to our participants and combined with creative mediums.

Recommendation and guidelines
Experts for the adaptation of the activities is a must. Also, knowing the participants' profile in advance could help.

ERASMUS+ DAYS

IDENTIFICATION

Name of the organization/Institution implementing practice
Asociacija IVAIGO

Place of implementation
Asociacija IVAIGO, Vilnius, Lithuania

DESCRIPTION

Target group / Beneficiaries
High school students, local young people up to 30, especially, migrants and refugees

The main objectives

1. Promote social inclusion of people with fewer opportunities (disabled people, migrants, refugees)
2. Promote Erasmus+ programme and its opportunities
3. Promote non-formal education
4. Promote creativity and critical thinking

Experts/staff
Educators, teachers, youth workers

The description of the practice
Every year in May we organize Erasmus+ Days in Asociacija IVAIGO. We invite 10-15 young people, especially the ones with fewer opportunities, living in rural areas, refugees and migrants, studying at local schools or universities, focusing on the ones that do not know about non-formal education youth opportunities. Our youth workers implement some activities such as group work, play roles, pair work, simulations including disabled people. This year we organized creativity workshops using recycling materials.

Methodology/Didactic tools
Group work, teamwork, individual work

Additional materials /Equipment needed
Trashes to be recycled such as old bottles, cans, magazines, decoration materials, even food, etc.

CONCLUSION

Conclusion
This year 22 people joined our Erasmus+ Days event where we promoted Erasmus+ programme. Young people enjoyed non formal education activities. We included people with fewer opportunities (7 migrants). Participants created masterpieces from recycled materials.

Recommendation and guidelines
We generally choose activities related to our projects' topics that we had during the year, as we present the projects we implemented and then do some activities in relation with the topics of those projects.

Best Practices for sport and music







Best Practices for sport and music









INCLUSION VIA ART

IDENTIFICATION

Name of the organization/Institution implementing practice
Karadeniz Eğitim ve Gençlik Derneği

Place of implementation
İstanbul, Türkiye

DESCRIPTION

Target group / Beneficiaries
Young people with fewer opportunities, especially migrants and refugees

The main objectives

1. To promote social inclusion through creative arts and mediums.
2. To provide sustainable youth work solutions.
3. To equip participants with new competences and skills such as self-confidence, creativity, and open-mindedness.

Experts/staff
Volunteers, Teachers and Youth Workers

The description of the practice
Youth workers, together with volunteers and teachers from our organization, guided a group of young participants to design new artistic materials based on their creative perspectives. This activity fostered social inclusion among the participants and enhanced their creative arts skills. The focus was on encouraging participants to express themselves freely and explore various creative mediums.

Methodology/Didactic tools
Formal learning-Non formal learning - Individual

Additional materials /Equipment needed
Paints, scissors, sheets of paper, cables, etc.

CONCLUSION

Conclusion
A group of young people gathered under the guidance of a teacher or trainer to implement creative activities. The participants were encouraged to be free and creative, fostering self-expression and social inclusion. This practice was particularly beneficial for young people with fewer opportunities, including migrants and refugees.

Recommendation and guidelines
This activity can be adapted for participants of all ages. It is strongly recommended for young people with fewer opportunities, especially migrants and refugees.

EVERYTHING IS POSSIBLE WITH ERASMUS

IDENTIFICATION

Name of the organization/Institution implementing practice
Karadeniz Eğitim ve Gençlik Derneği

Place of implementation
İstanbul, Türkiye

DESCRIPTION

Target group / Beneficiaries
High school students, local young people up to 30, teachers, and adults, especially people with fewer opportunities (migrants and refugees).

The main objectives

1. Promote social inclusion of people with fewer opportunities (migrants, refugees)
2. Promote the Erasmus+ program and its opportunities
3. Promote non-formal education
4. Promote creativity and critical thinking

Experts/staff
Volunteers, Teachers, and Youth Workers

The description of the practice
In October 2023, we organized activities during a three-day period from the 13th to the 15th. We invited 15 young people, especially those with fewer opportunities, studying at local schools or universities. Our focus was on participants who were unaware of non-formal education and youth opportunities. Our youth workers implemented various activities such as group work, role-play, pair work, and simulations, with a focus on inclusion, particularly involving disabled individuals.

Methodology/Didactic tools
Non-formal learning, individual work, group work

Additional materials /Equipment needed
Presentations, flyers, booklets.

CONCLUSION

Conclusion
During this event, we will promote Erasmus+ opportunities and engage participants in non-formal education activities. We aim to include people with fewer opportunities, enhancing their knowledge and skills through interactive sessions.

Recommendation and guidelines
We plan to organize these Erasmus+ Days annually, ensuring the activities grow and expand year by year, involving more young people and making a broader impact.

Best Practices for Ebru arts









Best Practices for Ebru arts









CIRCUS FOR ALL

IDENTIFICATION

Name of the organization/Institution implementing practice
CIRQUE ET ARTS EN LIBERTE ASBL

Place of implementation
Milmort, Louis Donnay school
Liège, Youth center Vennes

DESCRIPTION

Target group / Beneficiaries
People with fewer opportunities: Some participants are of immigrant origin, while others face specific challenges due to family difficulties. Additionally, Milmort, the area where many of these young people live, has limited access to public transportation and few cultural or social activities. This geographic isolation further exacerbates the inequalities in access to personal and professional development opportunities..

The main objectives

1. Ensure access to the circus for all, without distinction: Promote inclusivity by offering circus arts to individuals from diverse backgrounds, regardless of age, gender, social status, or physical ability.
2. Foster exchange and openness to new experiences: Encourage participants to engage in cultural and artistic exchanges, promoting curiosity, creativity, and the appreciation of different perspectives.
3. Promote physical development through sports and movement: Support participants' physical and motor skills development by incorporating athletic elements into circus arts, contributing to their overall well-being and fitness.

Experts/staff
Youth worker, artists and volunteers

The description of the practice

We conduct circus workshops in small groups, focusing on peer learning to foster collaboration and skill-sharing. Each group is encouraged to explore various disciplines, such as juggling, balance, and aerial acrobatics, allowing participants to discover their strengths and preferences.

When a participant encounters a challenge, they are prompted to reflect critically: Why didn't it work? What strategies could I use to succeed? This approach develops problem-solving skills and resilience. Those who master a technique are then encouraged to teach their peers, reinforcing their own understanding and promoting a supportive learning environment.

Groups are limited to a maximum of 15 participants, ensuring that each individual has the opportunity to try all activities and receive personalized guidance and feedback.

Methodology/Didactic tools

Our approach is rooted in peer education and collaborative teamwork, designed to cultivate both individual and group growth. Participants are encouraged to actively learn from and support one another, creating an environment where everyone contributes to the collective success.

In this framework, individuals who acquire new skills are encouraged to share their knowledge with their peers, enhancing their own mastery while fostering a sense of responsibility and leadership. This peer-to-peer teaching approach not only solidifies understanding but also builds trust, communication, and mutual respect within the group.

Through team-based activities, participants work together to overcome challenges, developing critical skills such as collaboration, problem-solving, and adaptability. Each member plays an active role in the group’s achievements, fostering a sense of belonging and shared responsibility. This method emphasizes the value of learning from others’ strengths and experiences, promoting both personal confidence and group cohesion.

By blending peer education with teamwork, this methodology ensures that learning is a dynamic, reciprocal process where everyone has the opportunity to lead, learn, and grow together.

Additional materials /Equipment needed

Gym room, circus equipment and safety mats for aerial acrobatics.

CONCLUSION

Conclusion

In total, the events involved six school classes, accounting for approximately 60 students, and an additional group of around ten participants from the Youth Center. Overall, 70 young people facing fewer opportunities were able to actively participate in the workshops, benefiting from this inclusive and engaging experience.

Recommendation and guidelines

We have put together a guide to circus activities.

YOGA AND CIRCUS ARTS

IDENTIFICATION

Name of the organization/Institution implementing practice
CIRQUE ET ARTS EN LIBERTE ASBL

Place of implementation
Liège, IFAPME, Château Massart

DESCRIPTION

Target group / Beneficiaries
These are young people who have struggled to find their place within traditional education systems and have therefore turned to IFAPME, which offers work-study programs. The participants come from diverse backgrounds, often including those with fewer opportunities, whether due to economic hardship or cultural disadvantage.

The main objectives
To help you build confidence in yourself and your abilities through circus arts and yoga, while also exploring new and unfamiliar activities.

Experts/staff
Youth worker, facilitator

The description of the practice
Each week, we offer introductory workshops in yoga and circus arts. Participants can sign up voluntarily, ensuring that each session is filled with motivated individuals. This approach fosters small, engaged groups where everyone receives personalized attention and feels truly heard.

Methodology/Didactic tools
Our approach emphasizes peer education, where participants learn from and support one another, fostering a collaborative learning environment. By engaging in teamwork, individuals can share insights, build skills together, and enhance their overall experience through mutual encouragement and shared goals.

Additional materials /Equipment needed
Circus equipment and yoga equipment

CONCLUSION

Conclusion
The project set up in collaboration with IFAPME of Liège is a pilot project: it took place from September to December and an evaluation will take place in January to find out if it will continue. The ifapme of Huy and Verviers have already expressed their interest in this one. In total, 83 students were impacted by this project.

Recommendations and guidelines

1. **Ongoing Evaluation**
   - **Regular Monitoring**: Implement a system for regular follow-up with participants to assess their progress and gather feedback.
   - **Constructive Feedback**: Encourage constructive feedback from participants to make real-time adjustments to the workshops and address their needs.
2. **Communication and Collaboration**
   - **Clear Communication**: Ensure that the project's objectives, expectations, and schedule are clearly communicated to both participants and partners.
   - **Active Partnerships**: Maintain regular communication with partners (IFAPME of Liège, Huy, and Verviers) to coordinate efforts and share best practices.
3. **Personalization and Flexibility**
   - **Adaptability**: Be prepared to adjust workshops based on participant feedback and interim evaluation results.
   - **Personalized Approach**: Offer individualized support when possible to address the specific needs of each participant.
4. **Evaluation and Measuring Results**
   - **Evaluation Criteria**: Define clear criteria for assessing the success of the project, including skills acquired, participant satisfaction, and impacts on confidence and motivation.
   - **Data Analysis**: Use collected data to analyze results and identify strengths and areas for improvement.

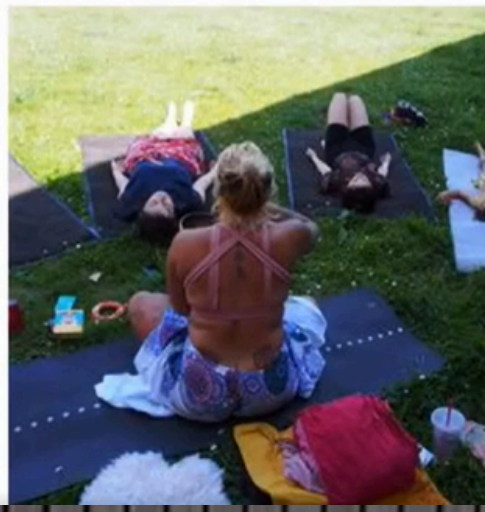
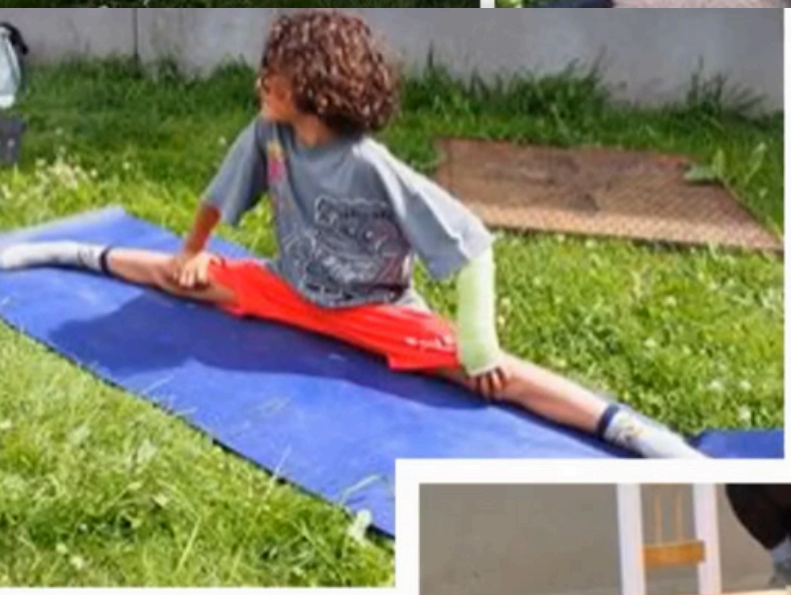
1. **Engagement and Motivation**
    - **Inspiration and Motivation:** Ensure that workshops are inspiring and motivating to encourage active participation and engagement from students.
    - **Recognition of Efforts:** Acknowledge participants' achievements and efforts to reinforce their commitment and motivation.
2. **Resource Development**
    - **Materials and Resources:** Provide participants with the necessary resources to maximize their workshop experience, including educational materials and appropriate equipment.
    - **Trainer Training:** Ensure that workshop facilitators are well-trained and possess the necessary skills to deliver a valuable experience.
3. **Planning and Management**
    - **Detailed Schedule:** Develop a detailed schedule for the project's implementation, including workshop dates, evaluation periods, and key deadlines.
    - **Risk Management:** Identify potential risks and develop strategies to mitigate them to ensure the smooth operation of the project.

By following these recommendations, you will enhance the chances of the project's success and contribute to a positive and lasting impact for the participants.

Best Practices for circus and yoga



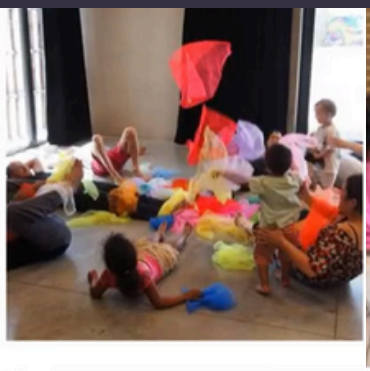


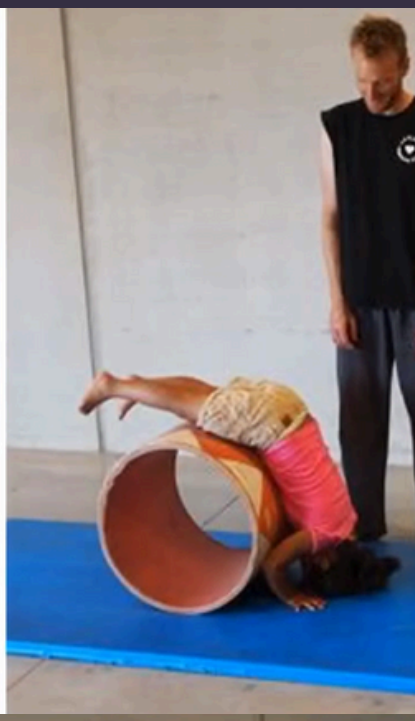





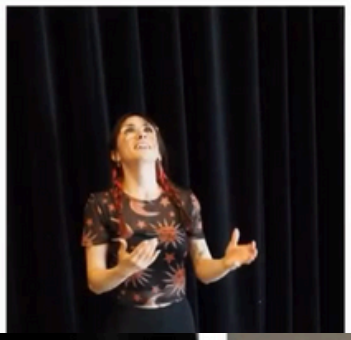


Best Practices for circus and yoga



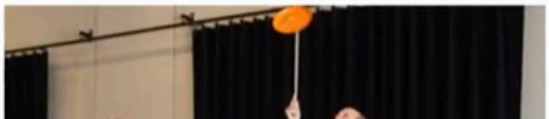















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