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Sonrie
aEuropa



W.A.L.D.E.N.

Wellbeing and Artistic Learning During Erasmus+ in Nature

A SMALL INTRO

W.A.L.D.E.N. (Wellbeing and Artistic Learning During Erasmus+ in Nature) is an Erasmus+ Youth Exchange co-funded by the European Union created to provide a space that would foster the *spread of youth art* in contexts often excluded from mainstream cultural circuits: **rural areas**.

It involved *thirty seven participants, and five countries* - Italy, Spain, Greece, Bulgaria, and Turkey - and took place from the 7th to the 15th of July 2024 in the **Mountain Maiella village of Lama dei Peligni, Italy**.

Participants engaged with the theme of artistic creation in its various forms, exploring concepts such as ***artivism, mental health, and environmental preservation*** from the perspective of young people's **right to creativity**.



Mani che Vedono -
Hands that See

Performance by Ela
Clotilde Falone
(WALDEN FESTIVAL)



“WA.L.D.E.N. experience made us laugh, dance, paint, sing, and create together. We plunged into icy rivers, played like children, meditated and reflected on love, identity, and equality.

We debated politics, social matters, explored rural life, and dreamed of a better world. Through art and shared moments, we planted seeds of hope and change.”

Our Network



LEADER ORGANISATION - 01 21 Aps (ITALY)



PARTNER ORGANISATION - Amazing Youth (GREECE)



PARTNER ORGANISATION - Mladezhda (BULGARIA)



PARTNER ORGANISATION - Sonrie a Europa (SPAIN)



PARTNER ORGANISATION - Nicea (TURKEY)



WALDEN involved *local* partners to promote more *sustainable* networks

AS LOGISTIC PARTNERS

Maia Camping @maia.camping

Community of Lama dei Peligni @lamadeipeligni

Vegan Abruzzo @veganabruzzo

AND TO EXCHANGE KNOWLEDGE AND COMPETENCES AMONG YOUNG EUROPEAN AND ITALIAN ARTISTS

Ela Clotilde Falone @ilvinodegliamanti_ and the project @trans.umanza

Federica Lucia Carducci @fedeluciducci

Antonella Pompameo @toti__p and Chiara Martino @chiara_bbo from the NGO @ponte_aps

Primiano Calà @primiano_cala and Paolo Camplone @paolo_camplone from the Jammers



The index of our *contents*



1. WALDEN ERASMUS+

Intro to Erasmus+, Youth Exchanges and non-formal education



2. WALDEN TIMELINE

The programme of activities we implemented



3. WALDEN LEARNING

Some comments and reflections about what we learned



4. WALDEN CREATIONS

The magic pieces of art we created together

1. WALDEN *erasmus*⁺

Erasmus⁺ world
Focus on Youth Exchanges
Non-Formal Education
NFE in WALDEN



Erasmus+ World

Erasmus+ is the **European Union**'s flagship program for *education, training, youth, and sport*. It aims to promote **lifelong learning, intercultural understanding, and cooperation** across Europe and beyond.

Key Objectives

Education and Skills: Enhance learning opportunities for students, educators, and professionals.

Youth Empowerment: Support young people in developing key skills and engaging in active citizenship.

Cultural Exchange: Foster intercultural dialogue and mutual understanding among participants.

Innovation and Collaboration: Strengthen partnerships between organizations in education, training, and youth sectors.

Opportunities Within *Erasmus+*

Student Mobility

Study, train, or intern abroad
to gain international
experience

Professional Development

Access training for teachers,
educators, and youth workers.

Volunteering Activities

Contribute to meaningful causes
through the European Solidarity
Corps

Youth Exchanges

Collaborate with peers on
social, cultural, and creative
projects

WALDEN WAS A YOUTH
EXCHANGE

A SMALL FOCUS

LET'S KNOW MORE ABOUT YOUTH EXCHANGES



THEY ARE TRANSFORMATIVE EXPERIENCES THAT BRING TOGETHER YOUNG PEOPLE FROM DIFFERENT COUNTRIES TO COLLABORATE, LEARN, AND GROW IN AN INTERCULTURAL ENVIRONMENT.

Duration: Typically 5 to 21 days

Participants: Young people aged 13-30 from diverse backgrounds

Cost: It's free! Travel, staying and food are covered by EU

Activities: Group discussions, outdoor activities, creative workshops, cultural visits, and more

Themes: Focus on topics like sustainability, human rights, art, technology, and social inclusion

IT'S BASED ON...

NON - FORMAL EDUCATION



Learner-Centered: Tailored to participants' needs and interests

Experiential: Learning by doing through workshops, role-playing, and hands-on activities

Collaborative: Encourages teamwork, dialogue, and peer-to-peer learning

Flexible: Adaptable to diverse contexts, cultures, and age groups

Inclusive: Accessible to everyone, promoting equality and participation

Non-Formal and Informal Methods in W.A.L.D.E.N.

In the W.A.L.D.E.N. youth exchange, we embraced non-formal and informal methods to foster learning, creativity, and connection. These approaches allowed participants to explore, express, and grow in a supportive and dynamic environment.



Our *key* methods



Creative Workshops

Sessions in **music**, **photography**, **painting**, and **creative writing** encouraged self-expression and collaboration.

Participants engaged in **spoken word performances**, blending storytelling with creativity



Nature-Based Learning

Activities like **mindfulness walks** and **nature observation** fostered a connection to the environment.

Combining **art and nature**, participants painted, wrote, and reflected in the forest.



Collaborative Activities

Teams worked **together** to create photo exhibitions, educational tools, and artistic displays.

Open discussions on mental health and social issues, encouraged **mutual understanding**.



Experiential Learning

Participants explored **forest learning, music group creation,** and **mindful art** practices.

Icebreakers and **team-building** activities promoted trust and communication.



Reflection and Sharing

Guided sessions helped participants process experiences and articulate **learning outcomes.**

Constructive exchanges allowed for growth in communication and **self-awareness.**



Cultural Exchange

Sharing personal stories, traditions, and songs fostered **cultural appreciation.**

Preparing and sharing meals became a space for **informal learning and bonding.**

2. WALDEN

timeline

WELCOME TO THE TIMELINE SECTION, BASED ON THE DIARY
OF WALDEN CREATED AND SHARED ON SOCIAL MEDIA

INSTAGRAM
HIGHLIGHTS

WALDEN

DAY 1 - SOCIAL MEDIA DIARY



Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama dei Peligni

[TO THE DIARY](#)

WALDEN

DAY 2 - SOCIAL MEDIA DIARY



Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama dei Peligni

[TO THE DIARY](#)

WALDEN DAY 3 - SOCIAL MEDIA DIARY



Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama dei Peligni

[TO THE DIARY](#)

WALDEN DAY 4 - SOCIAL MEDIA DIARY



Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama dei Peligni

[TO THE DIARY](#)

WALDEN DAY 5 - SOCIAL MEDIA DIARY



Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama del Peligni

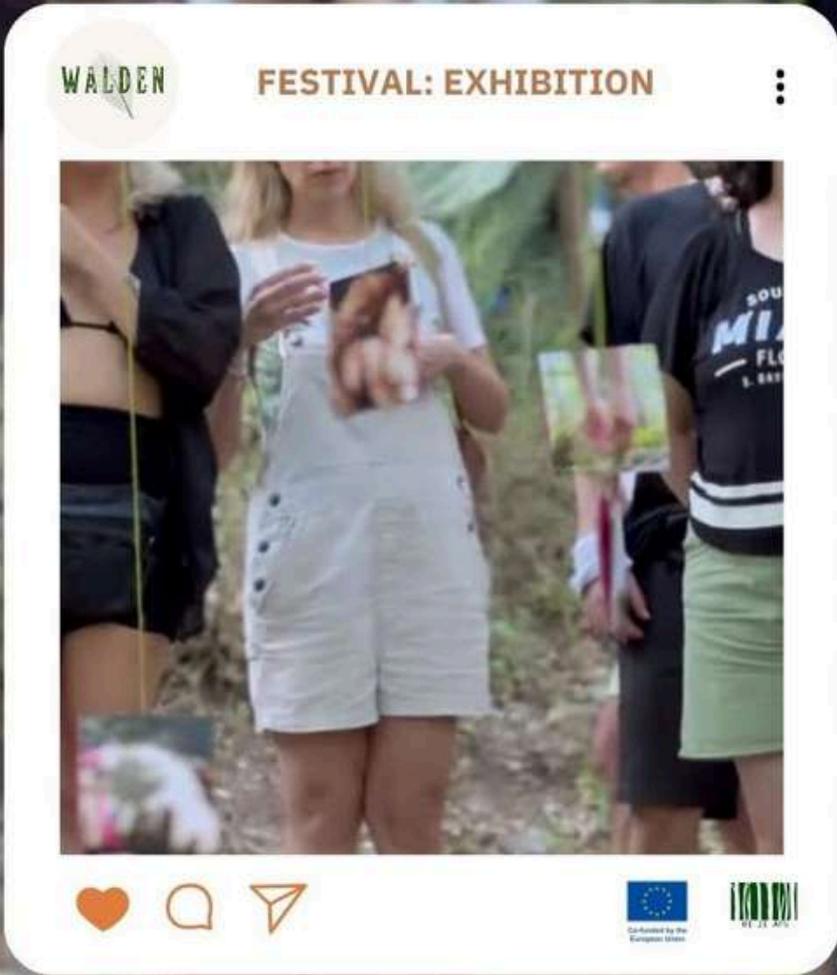
[TO THE DIARY](#)

WALDEN DAY 6 - SOCIAL MEDIA DIARY

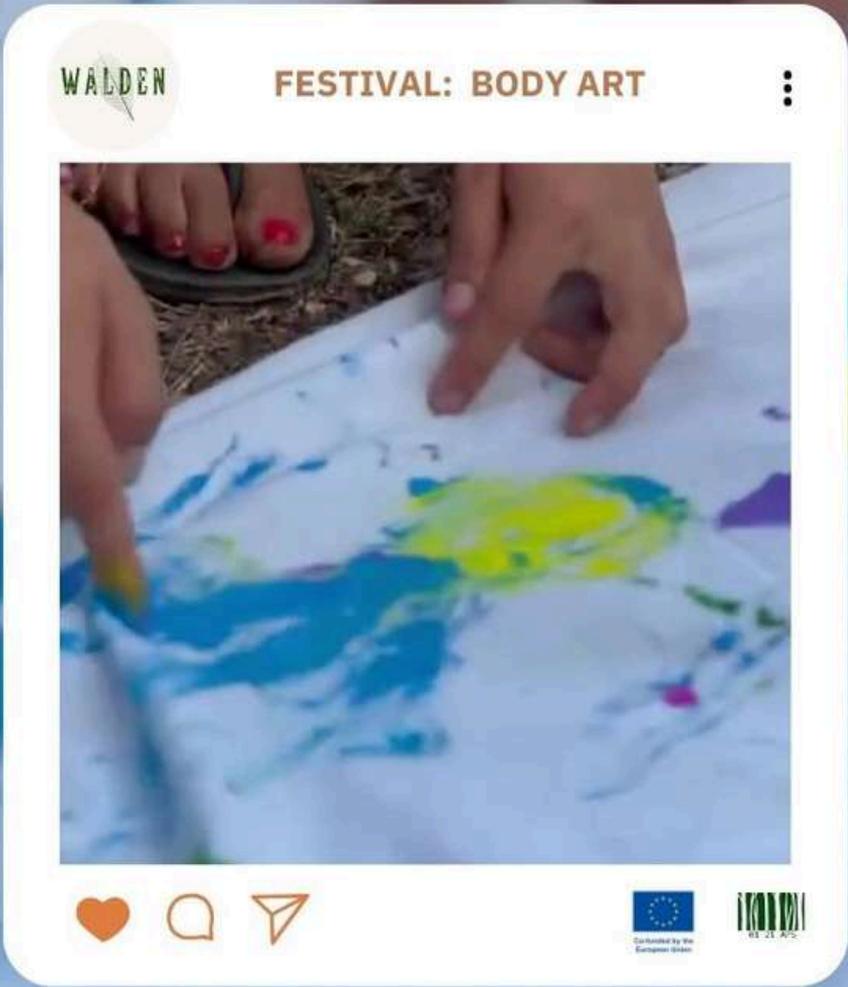


Erasmus+ Youth Exchange W.A.L.D.E.N.
July 2024 - Lama del Peligni

[TO THE DIARY](#)



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WALDEN

FESTIVAL: JAM SESSION



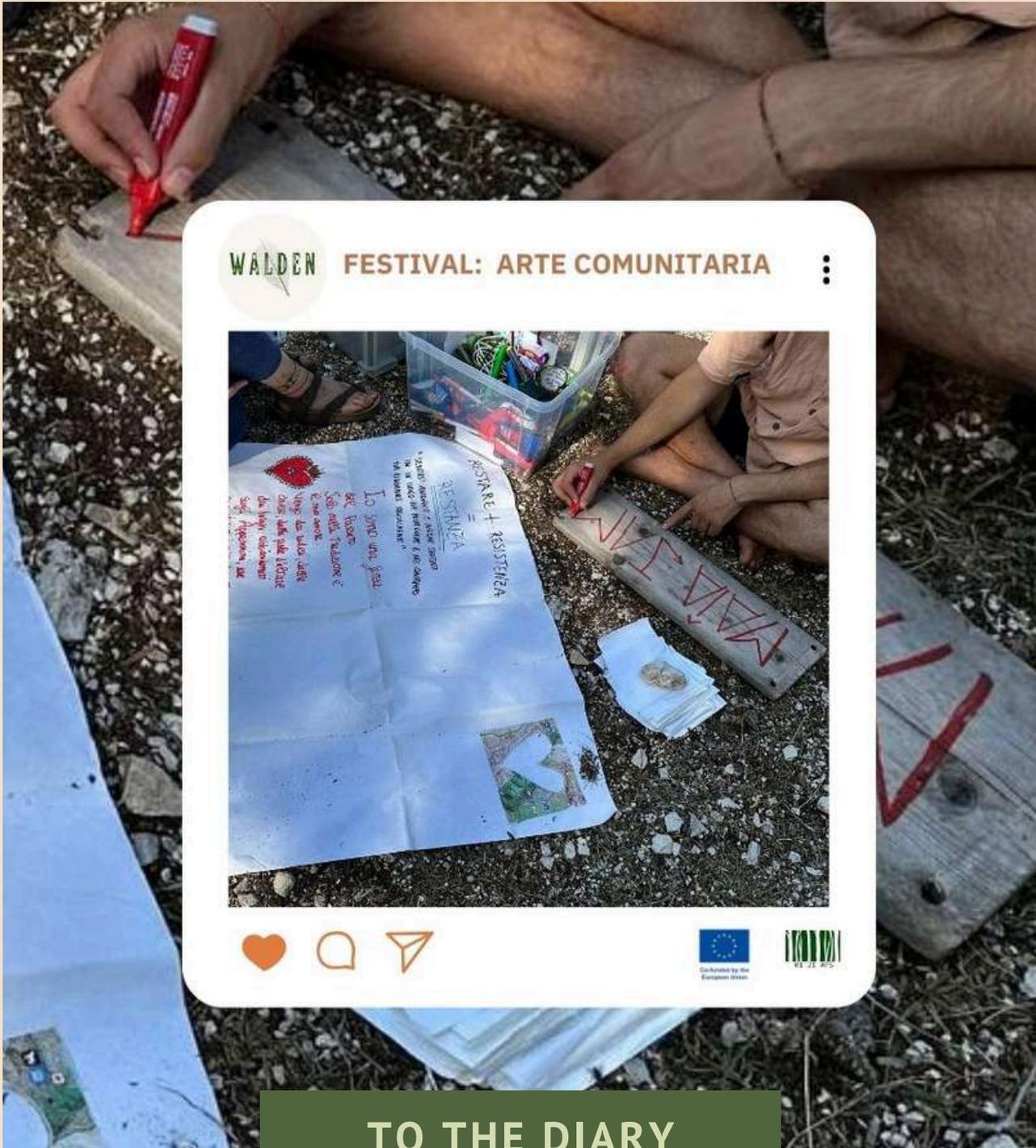
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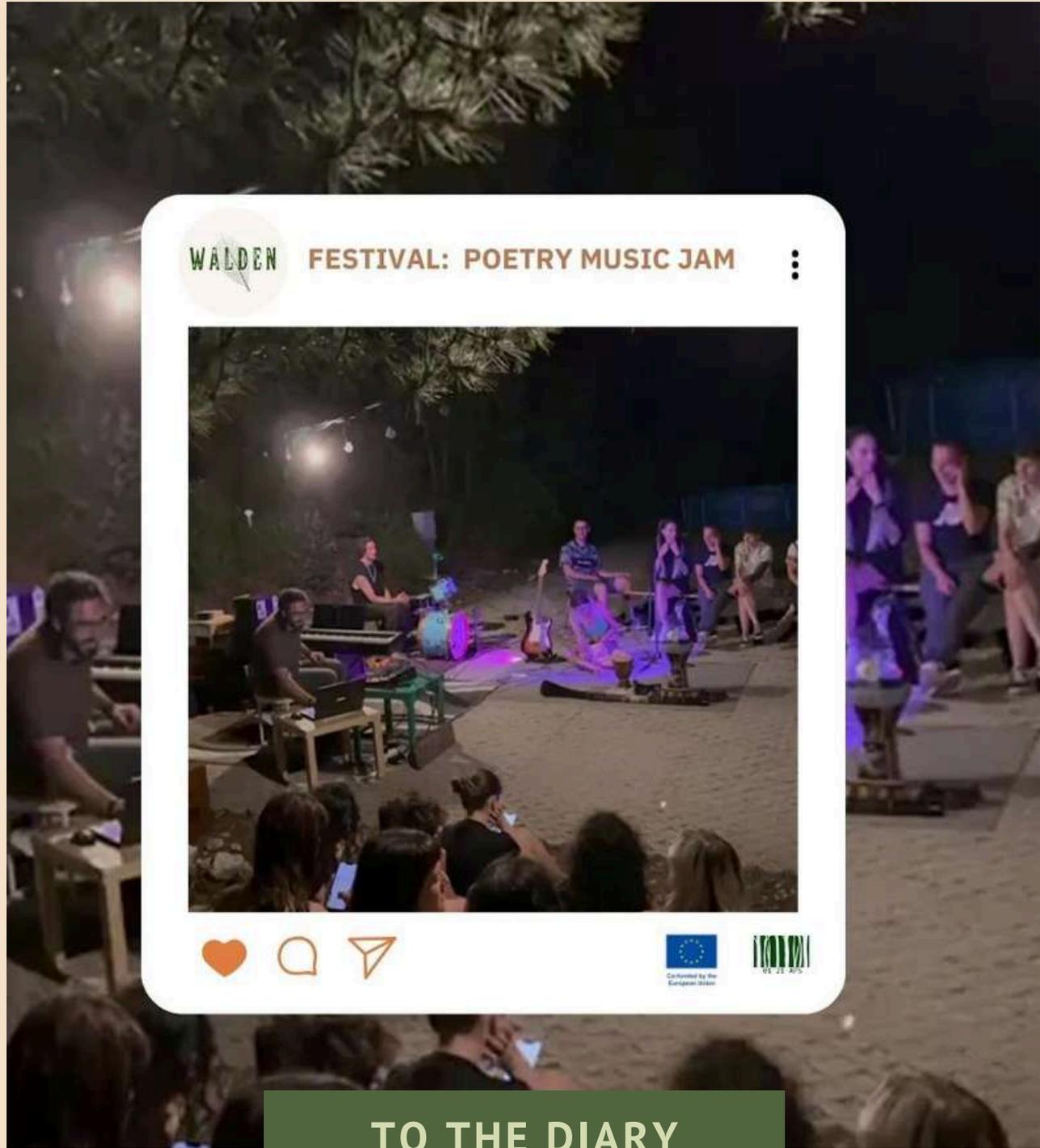
FESTIVAL: MINDFULNESS



TO THE DIARY



TO THE DIARY



TO THE DIARY

WALDEN

DAY 9 - SOCIAL MEDIA DIARY



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TO THE DIARY

3. WALDEN *learning*

TO REFLECT ON AND ANALYZE OUR LEARNING JOURNEY, WE UTILIZED THE *YOUTHPASS* TOOLS AND CERTIFICATION.

THIS ALLOWED US TO FORMALIZE THE OUTCOMES OF THE MANY FEEDBACK SESSIONS CONDUCTED THROUGHOUT THE YOUTH EXCHANGE.

scrolling some comments from our Youthpasses





Tsvetelina, Bulgaria

Throughout WALDEN, I significantly enhanced my *cultural awareness* and *expression competence* by engaging in various artistic and cultural activities that fostered *creativity and self-expression*.

I actively participated in workshops that encouraged the development of *personal artistic projects*, where I was able to express my own ideas and emotions using various *cultural and artistic media*. This experience not only broadened my knowledge of local and global cultural practices but also developed my openness and curiosity toward different artistic expressions.

The activities during the days improved our *teamwork, creativity, and critical thinking* skills. In the evenings, we enjoyed cultural activities where we discovered different countries' music, dances, and food. These activities helped me communicate better with people from other cultures and overcome my prejudices.

This project helped me a lot in my *personal development*. I feel more confident and better at communication. It also showed me the power of *working together* with people from different cultures. In the future, I want to join similar projects and share what I learned.



Firat, Turkey



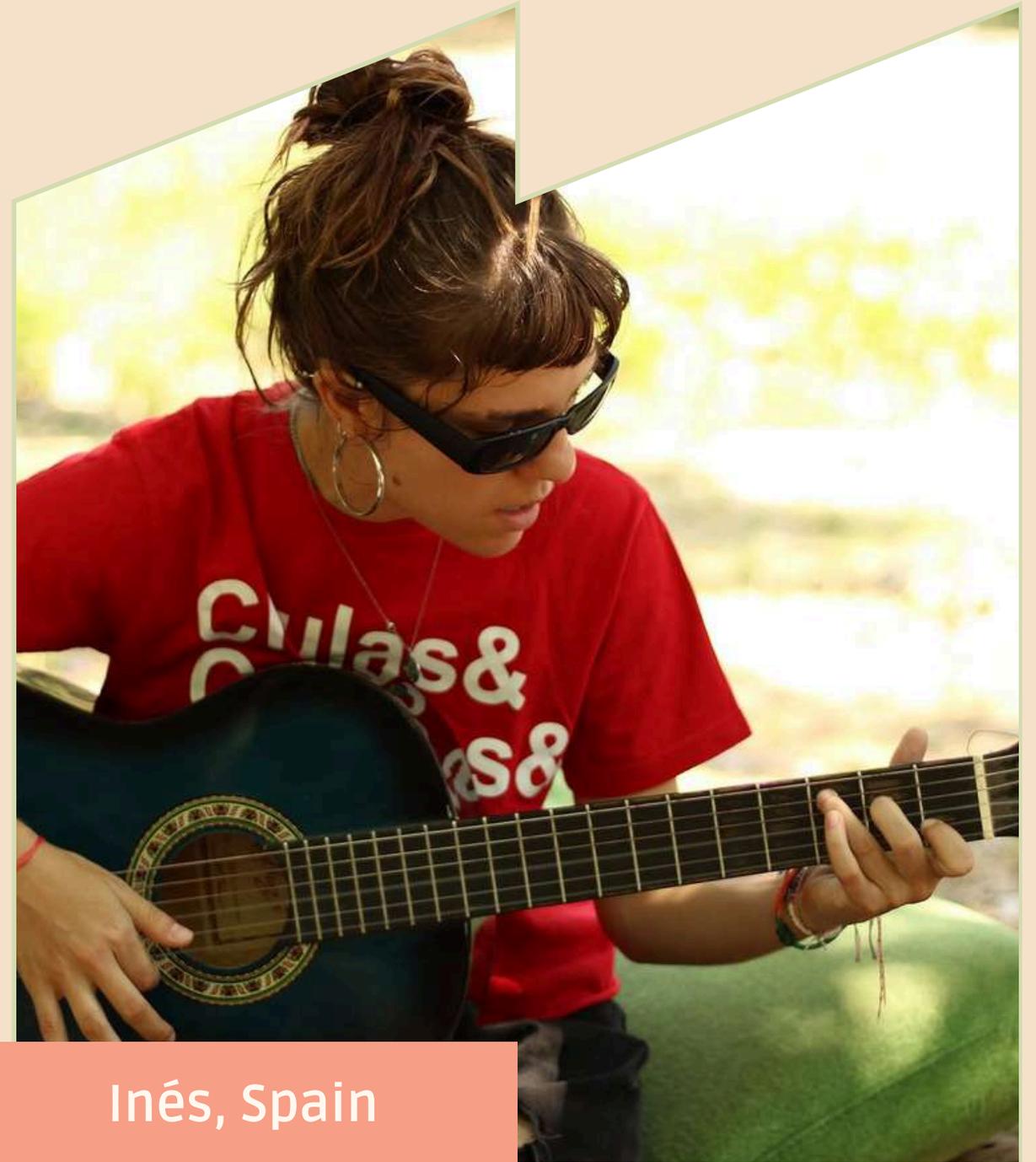
Gabriel, Spain

We learnt to adapt to a whole new environment, overcoming challenges and *managing stress*. We also built *social relationships* with people from diverse backgrounds.

We *practiced tolerance, respect for diversity and inclusion* by recognizing and valuing different cultural and social perspectives within the project. We used *innovative thinking* to develop new ideas. We worked on proactive initiatives, demonstrating *leadership, proactivity and a willingness* to take on new challenges. We developed the ability to recognize, appreciate and adapt to cultural differences in art, traditions and social practices. We used *various forms of creative expressions (painting, music, etc.)* as a means of communication and engagement.

This project enabled me to better understand my *strengths* and *weaknesses*, *manage my emotions*, and work collaboratively with others. I became more adept at setting personal learning goals and *reflecting on my progress*, which enhanced my adaptability and self-directed learning.

I also understood the importance of *civic engagement*, *respect for diversity*, and contributing to the well-being of the community. Working in an international environment strengthened my appreciation for *democratic values* and social responsibility.



Inés, Spain

A close-up photograph of a person's hands holding a small, green plant with white flowers. The hands are positioned in the center of the frame, with the fingers gently cupping the plant. The background is a lush, green forest with sunlight filtering through the trees. The overall mood is peaceful and natural.

4. WALDEN *creations*

*Visual Storytelling
Poetry Music Jam Album*



From WALDEN Festival

Exhibition of visual projects

Visual Storytelling Projects and Exhibitions

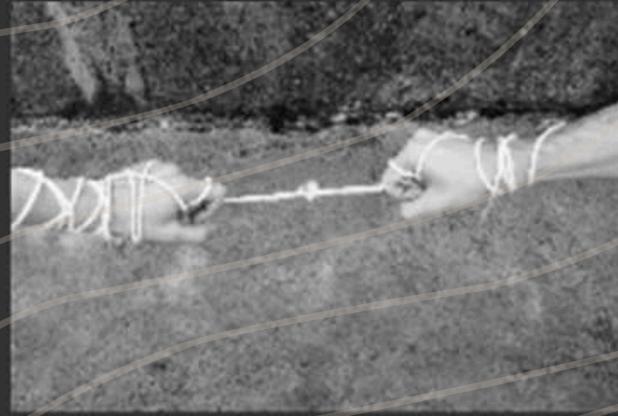
Thanks to the facilitation of Federica Lucia Carducci and Ela Clotilde Falone, participants collaborated in groups to create *visual storytelling projects*. These explored themes of identity, the connection of human and ecological communities, relationships, and the idea of beauty in imperfection.

Nature played a central role as a backdrop, a dialogue partner, and sometimes the protagonist. The final works were showcased in an open-air exhibition set within the forest that had hosted the Youth Exchange and artistic residency.

Each stage of the creative process was shaped by the participants, making the experience both dynamic and deeply engaging.

[CLICK FOR THE REEL](#)



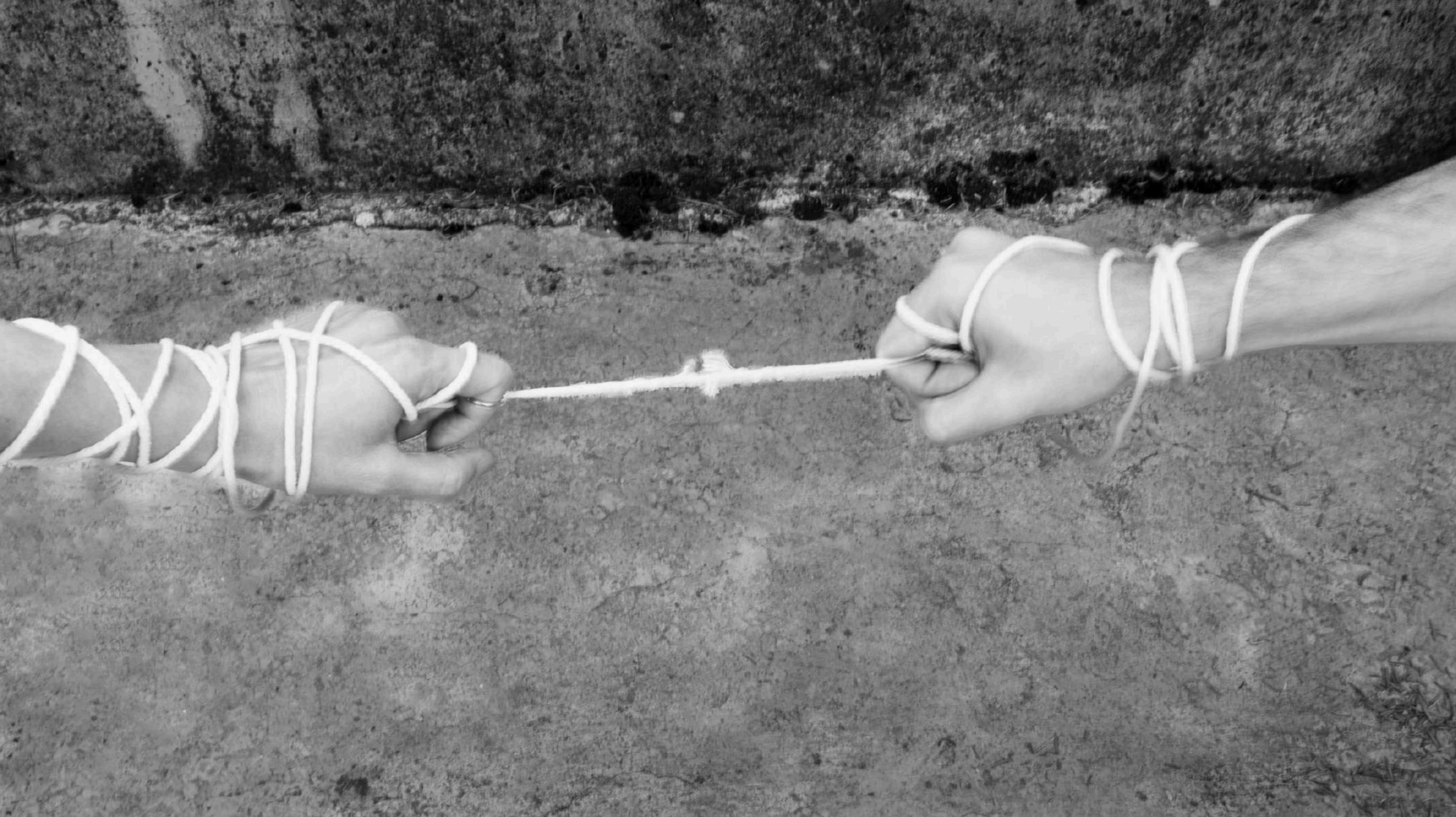


Visual Storytelling
“TIGHTLY TIED”



















“Tightly Tied” is a visual narrative in black and white that through the symbolic use of rope, analyze the topic of connection, relationships, and tension, brought to life by the natural surroundings.

The rope becomes a *metaphor for invisible ties*—family, friendship, love, or conflict—and the organic movement of the bodies creates a dance of balance and separation, seamlessly blending with the environment. In every frame, nature becomes part of the dialogue, adding depth and breathing life into the relationships portrayed.

A project that invites reflection on what binds us and how context, movement, and interaction with the landscape can shape meanings that continuously evolve.

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Visual Storytelling
“KEEP IN TOUCH”





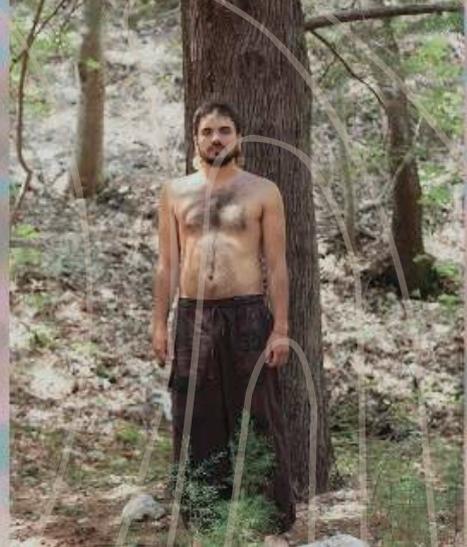


“Keep in Touch” is an exploration of closeness and physicality, narrated through the simplicity and intensity of hands.

Hands that brush against each other, open to nature, touch, and feel—a language of shadows and movements, with humans, animals, and plants intertwined in a tactile dialogue.

“Keep in Touch” reminds us that touch is a universal language—one that speaks of care, exploration, and discovery, awakening the profound connection between ourselves and the world around us.

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Visual Storytelling
“INTERDEPENDANCE”















“Interdependance” analyzes the intricate relationship between the human body and the natural environment, narrated through a dance that dissolves the boundaries between people and the landscape.

Human forms, through their poses and expressions, align with and lose themselves in the geometries of nature, as if their bodies were dancing in symbiosis with the surrounding environment.

“Interdependance” invites us to reflect on how our lives are intricately woven with those of other beings, both visible and invisible. It is a dialogue of movements, shapes, and natural harmonies that transcend the individual and celebrate interconnected existence.

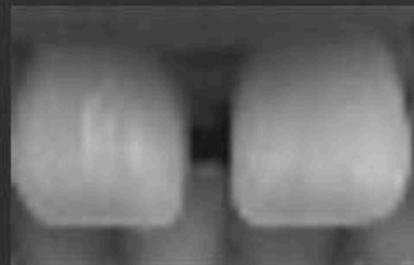
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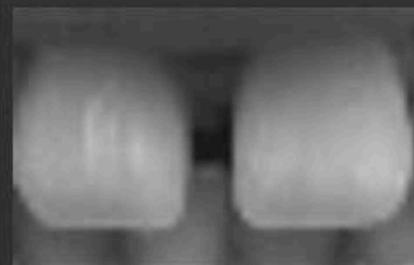
Visual Storytelling
“IMPERFECCIONES”



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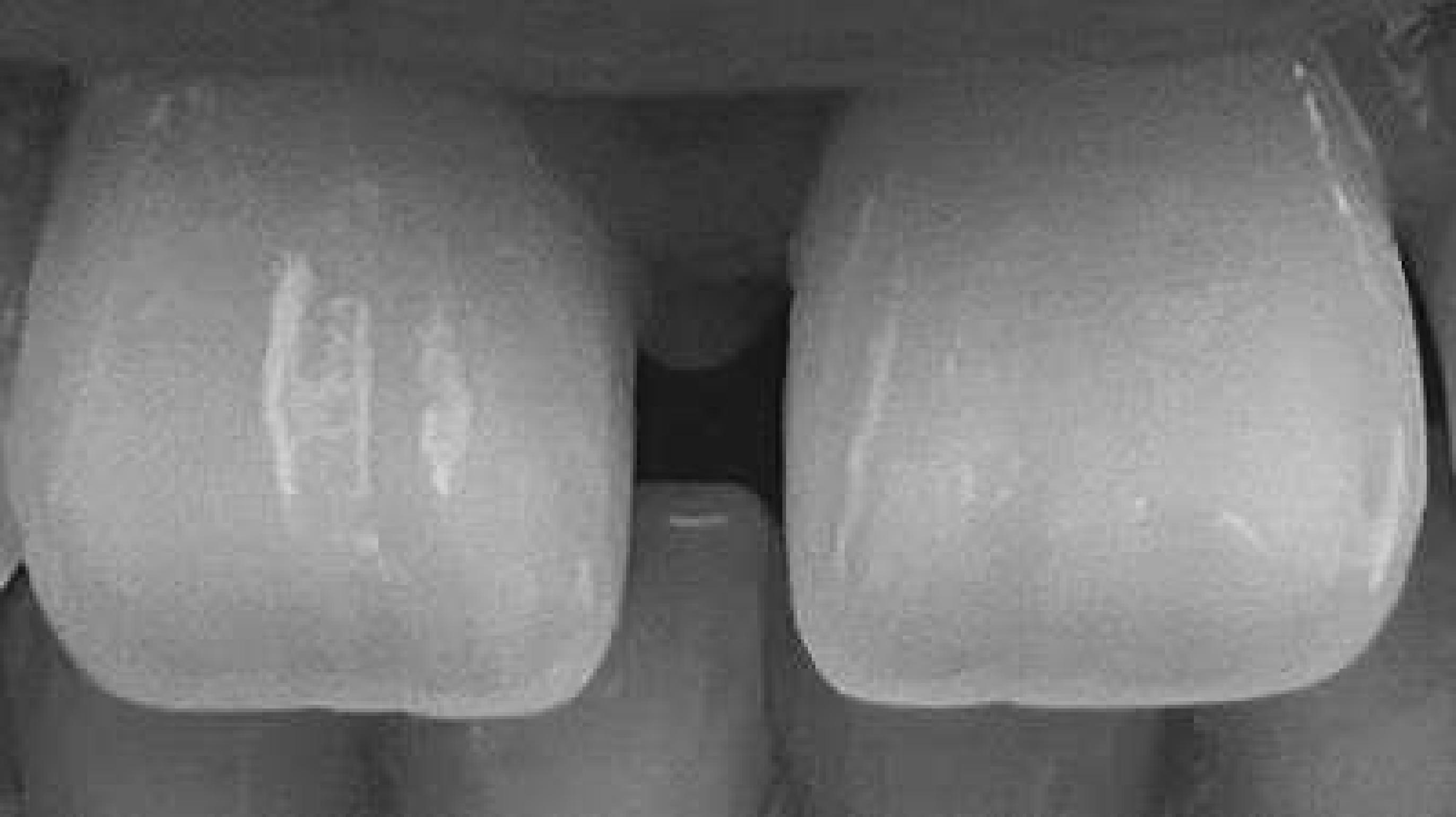


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“Imperfecciones” is a tribute to the beauty of human imperfections, viewed through a lens that magnifies their value and celebrates their uniqueness.

Natural forms are mirrored in human anatomy: veins resembling rivers, stretch marks echoing tree bark, wrinkles like furrows in the earth, freckles evoking vegetation, hairs like blades of grass, and teeth standing out like stone arches. In this project, nature becomes a subtle muse, emerging in every shape and curve, highlighting the infinite connection between the human body and the natural world.

[CLICK FOR MORE](#)

From WALDEN Festival

International Poetry Music Jam Session

Poetry Music Jam Album

The closing evening of WALDEN festival reached its emotional peak with an international poetry-music jam—a unique experience that brought together poetry and music in a deeply meaningful intercultural dialogue in Turkish, Greek, Spanish, Bulgarian, and Italian.

Each poem was a fragment of culture; the improvised music responded to the feelings evoked by the verses, shifting between delicate and intense rhythms, creating a sonic whirlwind of melancholy, joy, and reflection.

From this evocative experience, a digital album of music and poetry was created, offering a rich resource for future creative projects and content.

CLICK FOR THE REEL



WALDEN

international poetry music jam
forest session

TRACK 1. BULGARIAN LETTING GO

[LISTEN ON YOU TUBE](#)

TRACK 2. SPANISH MELANCHOLIC LOVE

[LISTEN ON YOU TUBE](#)

TRACK 3. TURKISH DEPTH

[LISTEN ON YOU TUBE](#)

TRACK 4. SPANISH WISHES

[LISTEN ON YOU TUBE](#)

TRACK 5. ITALIAN ROOTS

[LISTEN ON YOU TUBE](#)

TRACK 6. A GREEK STORY

[LISTEN ON YOU TUBE](#)

WALDEN

international poetry music jam
forest session

TRACK 7. ITALIAN DREAM

[LISTEN ON YOU TUBE](#)

TRACK 8. CATALAN FRAMES

[LISTEN ON YOU TUBE](#)

TRACK 9. GREEK TASTE

[LISTEN ON YOU TUBE](#)

TRACK 10. ITALIAN OBLIVION

[LISTEN ON YOU TUBE](#)

TRACK 11. TURKEY'S RISE

[LISTEN ON YOU TUBE](#)

TRACK 12. GREEK LOSS

[LISTEN ON YOU TUBE](#)

WALDEN

international poetry music jam
forest session

TRACK 13. VALENCIAN DIALOGUES

[LISTEN ON YOU TUBE](#)

TRACK 14. BULGARIAN HEARTBEATS

[LISTEN ON YOU TUBE](#)

BONUS TRACK: NURIA'S SONG

[LISTEN ON YOU TUBE](#)

BONUS TRACK: JAM SESSION FLOW

[LISTEN ON YOU TUBE](#)



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