FUCINA SALENTINA

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ART
YOUR
RIGHTS

TRAINING COURSE

19-27 MAY
LECCE, ITALY

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TABLE OF CONTENTS

BRUSHSTROKES OF PURPOSE

This booklet has been carried out in the scope of the training course "**Art Your Rights**" funded by the Erasmus+ Programme of the European Commission.

The project took place in Lecce, Italy from the 19th to the 27th of May 2025. It was led and hosted by the Italian organization **Fucina Salentina** with the collaboration of 5 partner organisations: Algeti Youth Center (Georgia), Gutta-Club (Moldova), MOLODIZHNI INITSIATIUI KROKYUT SVITOM (Ukraine, ASSOCIACIO OBRE'T'EBRE (Spain), Polychoros Voroklinis (Cyprus).

The idea of the training course is to bring together 30 youth worker from 6 countries, aged 18-35 from various countries to facilitate impactful human rights education through art who can create positive change and promote a culture of respect for human rights among today's youth.

The objectives of our training course are:

Increase knowledge and awareness of human rights among youth workers

Equip youth workers with innovative strategies for engaging young people on human rights issues using art-based approaches

Develop youth worker's competencies in facilitating learning, networking and advocating.

WHAT ARE HUMAN RIGHTS

Human rights are the basic rights and freedoms that belong to every person — no matter where they're from, what language they speak, what they believe in, or how they live. These rights include the right to live safely, speak freely, learn, express yourself, be treated equally, and be who you are without fear or discrimination.

These rights are written in a document called the **Universal Declaration of Human Rights (UDHR)**, created in 1948 after World War II. It includes 30 rights that apply to everyone — just because they're human.

Human rights aren't just big words in dusty documents. They're connected to your daily life:

- Going to school? That's your right to education.
- Feeling safe at home or in public? That's your right to security.
- Sharing a post online? That's freedom of expression.
- Choosing your friends or gender identity? That's freedom and equality.
- Being part of decisions in your community? That's your right to participation.

When these rights are respected, we live in a more just and inclusive world. But when they're ignored or violated, people can be silenced, hurt, or left behind.

WHY ART?

Throughout history, art has been a powerful tool to fight injustice and defend rights. Art gives people a voice when words aren't enough. It can make invisible issues visible — and even move entire communities to action.

Art has always been more than just something to look at or listen to — it's a powerful way to speak up, to question, to feel, and to act. When words fail, art becomes the voice. Whether it's a street mural, a spoken word performance, a protest song, or a viral meme, creative expression helps young people stand up for their rights — and the rights of others.

In youth work, using art to explore and promote human rights can make tough topics easier to understand, more personal, and more engaging.

Below, there are presented different types of art with one real example that could push youth workers and leaders to use them as a way to promote human rights within their communities.
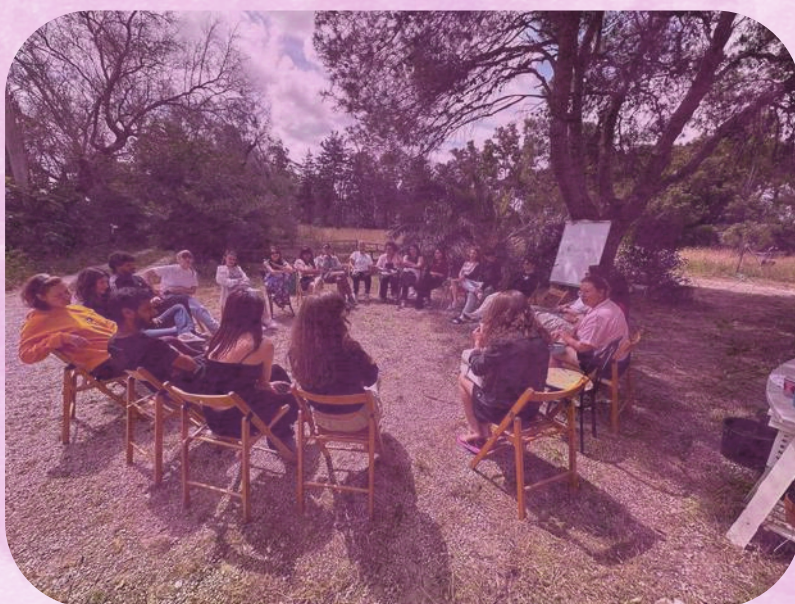
VISUAL ART

Drawing, painting, graffiti, comics, collage — all of these can make invisible stories visible. A single image can spark questions, conversation, or even movements.

Example: **Banksy – Street Art**

The anonymous street artist Banksy uses graffiti to highlight issues like war, surveillance, and inequality. His mural "Girl with a Balloon" has been interpreted as a message of lost innocence and hope. In refugee camps, some of his pieces (like a child on a swing hanging from a surveillance tower) critique injustice powerfully — without saying a word.

During the training course the participants tested creating of street art, they wrote and stencilled words/symbols on a big paper wall — their spontaneous messages to the world on human rights.

PERFORMING ART

Theatre, role-play, dance, and spoken word give young people the chance to step into someone else's shoes, explore injustice emotionally, and imagine solutions.

JANA SANSKRITI (Bengali for "People's Culture") mixes Indian folk theater with the political action of Augusto Boal's Theater of the Oppressed. Teams of actors perform plays in their villages, enacting the problems of rural society—patriarchy, sexism, alcoholism, religious bigotry, imperialism, political corruption—then each audience member has the opportunity to take the place of an oppressed character onstage, replaying a scene and trying to change the situation by breaking the oppression. This "Forum Theater" is a rehearsal for reality: the entire community sees issues from many perspectives, along with their possible alternatives, and ideas that were tested and worked onstage can then be adopted into everyday life. By touring and returning to villages several times, Jana Sanskriti multiplies their movement, fostering more Forum Theater teams who answer the needs of their communities. In this way, millions of people participate in Jana Sanskriti's work of dismantling oppression and changing society.

CELEBRATE PEOPLE'S HISTORY

Example: **Jana Sanskriti – Forum Theatre in India**

Jana Sanskriti is a movement in India that uses Forum Theatre to empower communities to explore social justice issues. In each play, the audience can stop the performance and suggest solutions to the conflict — making theatre interactive and solution-focused.

During the training course, the participants developed the idea of flashmob dance about equality, practised and presented it in the city center of San Cesario di Lecce. Please see the **video**.

MUSIC

Music can spread messages fast — across cultures and borders. Whether it's rap, protest songs, or collaborative songwriting, it allows expression that's raw, emotional, and real.

Example: **Playing for Change – Global Music Movement**
   Playing for Change connects musicians from around the world to record songs that promote peace, unity, and justice.

One powerful video features artists from different countries singing Bob Marley's "One Love", blending cultures and voices into a shared message.

PHOTOGRAPHY AND FILM

Images tell stories that words sometimes can't. Through photography or short videos, youth can document rights violations or share empowering messages from their own lives.

Example: On the project Art Your Rights, the participants took 5 pictures about different human rights issues.

The pictures were spread on social media and presented during the artwork's presentation in the center of San Cesario di Lecce.

DIGITAL ART

Today's generation uses memes, reels, podcasts, and infographics to express themselves. Social media becomes a stage for raising awareness — and inviting others to act.

Example: **#MeToo Digital Movement**
The global #MeToo movement began on social media as a way for survivors of sexual harassment and assault to share their stories. It led to widespread awareness, legal changes, and new policies in many countries.

Youth workers from the project tested creation of digital artwork and they created 3 posters

about three types of human right issues. The posters was shared via social media.

TIPS AND HINTS FOR YOUTH WORKERS

Start from Their Reality
Before diving into abstract rights or global issues, connect with what matters to the group

Choose the Right Medium
Not all youth feel comfortable drawing or acting — so offer different artistic options: visual art, digital design, movement, writing, video, music, or memes.

Guide, Don't Control
You don't need to be a professional artist. Your role is to hold the space, ask good questions, and encourage expression — not to judge the artistic output.

Open Up Space for Reflection
Always leave time for talking, feeling, and connecting after creative work

Create a Safe & Brave Space
Some topics (discrimination, trauma, identity) can be heavy. Set clear group agreements at the beginning.

Make It Visible & Shareable
Encourage participants to share their art (if they feel comfortable).

Adapt and Remix
Every group is different. Be ready to adapt activities based on energy levels, abilities, group dynamics, or current events.

Equip Yourself
Keep a creative toolkit ready:
- Free platforms: Canva, Mentimeter, Padlet, Anchor.fm
- Basic art supplies (even recycled materials)
- Music or video editing apps
- Local artists, activists, or youth mentors you can invite in

READY-TO-USE CREATIVE ACTIVITIES

"Art Your Rights"

This workshop aims to raise awareness about human rights through various forms of artistic expression. Participants engage in a facilitated discussion exploring the historical and contemporary significance of art in promoting human rights.
Materials: Some artworks printed.
The participants have 10 minutes to take a look all of them. Then, they are divided into peers and talk about their thoughts about which one is their favourite one and why and what prehistory they see in it. Afterwards, the facilitator will wrap up the session and give some time to the pax to share their key takeaways.

"Act It Out"

It is a mimed presentation. The participants get into small groups of between 4 and 6 people.
Materials needed: paper, markers, glue, scarfs/other clothes.
The groups have 10 minutes to brainstorm all their ideas about human rights and then to identify two or three key ideas they would like to bring out most strongly in the mime. Then, they have 30 minutes to rehearse their mime. Afterwards, they group together so that everyone can watch each other's performances.
After every performance, there have a few minutes to give each other feedback and try to guess the key ideas that the performance attempted to portray. Lastly, there will be a debriefing.

"Draw The Word"

The trainer starts the workshop with brief information about the Universal Declaration of Human Rights and then, ask participants to get into small groups of four to five people and to choose a name for their group/team.
Materials: Papers, markers, colored pencils, printed UDHR.
They are competing in teams. The trainer gives one person in each team an Article from the UDHR to draw. The others in the team have to guess which right it is. Then, the second person takes the next article and draw, and it will end when every person in the team paints at least once. After each round, all the drawers write on their picture what the right was, whether they finished it or not, and to put the paper to one side. The team that guesses first scores a point. The team with the most points at the end wins. At the end, the groups pin up their pictures so that the different interpretations and images of the different rights can be compared and discussed.

READY-TO-USE CREATIVE ACTIVITIES

"Stand-Up"

The participants need to develop the mini-stand-up.

Materials: flipchart, markers, board.

First, the trainer takes the flipchart and markers and start brainstorming with the group of pax about gender inequality problems and write them down on the flipchart. Then, they are distributed in groups and start working on preparing a speech for the "Stand-up Show" (the idea is to present their country's most relevant problems and situations young people are facing). The examples need to be shared, and the trainer should support them during the preparation. Then, each group have 2-3 minutes to present their speech. The participants get insights about inequality through humour. Lastly, the debriefing should be done to sum up their attitude towards gender equality and realise each country's problems.

"Walking Through Art"

participants to experience different forms of artistic expression first-hand and reflect on the diverse ways art can be created, perceived, and used.

Participants rotate through stations, each offering a different artistic medium and challenge.

Set up 5 "Art Experience Zones" (details below). Divide the group into 5 smaller groups of 6 people. Each group rotates every ~15 minutes. Assign facilitators/helpers to guide each zone.

1. Sound & Movement: "Art in Motion"

Participants use their bodies to express emotions to music.

2. Visual Chaos: "Blind Drawing"

Participants draw a topic (e.g., equality, censorship) with eyes closed, non-dominant hand, or with a limited medium (e.g., only 2 colors).

3. Street Art Wall: "Message to the World"

Participants write or stencil words/symbols on a big paper wall — their spontaneous messages to the world on human rights.

4. Found Object Sculpture: "Trash Talks" A pile of recyclable or everyday items. In small groups, participants create a symbolic sculpture to represent a human right or injustice.

5. Spoken Word & Sound: "Voice Is Art". Participants are given 10 minutes to write a short poem, chant, or spoken word piece.

After all rotations, gather for a plenary reflection

"Human Rights in Photography"

The trainer presents some pictures which are taken by the human rights photographer, gives the participants a few minutes to take a look at them and brainstorm their ideas, what kind of ideas these pictures are keeping. Then, the facilitator explains the history of each of them. afterwards, the national groups have tasks to think about the most important human rights problems that they are facing and take a picture/s.

Materials: Markers, papers and other materials to make their ideas into reality and take photos. Then, the teams present their works and explain the history behind them.

RESOURCES

Below are some recommended platforms, toolkits, and creative tools to support your human rights–based youth work. You can always use your creativity and combine already developed activities with the art and develop fresh activities which will grab young people's attention and support human rights to be heard and defended.

COMPASS - Manual for Human Rights Education with Young People
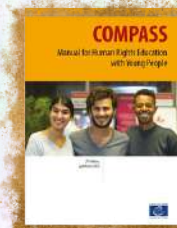
We CAN! - Taking Action Against Hate Speech Through Counter and Alternative Narratives

Bookmarks - Manual Against Hate Speech for Schools

SALTO-YOUTH Resource Centres- Non-formal education tools, youth participation resources, and project inspiration
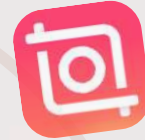
EU–Council of Europe Youth Partnership -Research, trends, and youth policy publications.

SALTO's digital learning platform includes online courses, self-paced learning, and thematic sessions on topics
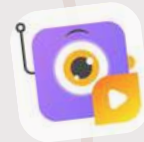
DIGITAL TOOLS

InShot – Easy mobile video editing (perfect for TikToks, reels, and youth stories).

CapCut – Trendy mobile video editor with effects and subtitles.

Animaker – Drag-and-drop animation tool (great for explainer videos on rights).

Piktochart – Create infographics and visual reports for campaigns..

Padlet – Collaborative digital board (great for brainstorming or photovoice).

Mentimeter – Polls, quizzes, and interactive reflections.

Imgflip Meme Generator – Create funny or powerful memes with your own text.

Gamifyouthwork – A groundbreaking platform combining gaming and education to transform youth engagement. IControl attendance of pax, includes quiz, performances, voting.

Actionbound – Create interactive scavenger hunts or walking tours (perfect for local actions).

FINAL BRUSHSTROKES

As a result of the Erasmus+ KA153 Mobility for Youth Workers, training course "**Art Your Rights**", the participants improved their competencies in promoting human rights using different artiscit methods, improved digital skills, developed creative ideas, and familiarised with the good practices of different countries. Increased their knowledge of the Erasmus+ Programme, Youthpass and Europass CV. Get acquainted with methods of non-formal learning and establish a long-term partnership between youth workers and their organisations.

thank you