

CALL FOR PARTNERS

KEY ACTION **152** – Youth Exchange
HARMONIC LEARNING



DURATION	LOCATION	NUMBER OF PARTICIPANTS
10 days (including arrival and departure) November 15-24 2026	Silvi Marina - Pescara (Italy)	30 – 6 participants per country

WHO ARE WE?

STORYREC is an organisation created in 2022 in Pescara (Italy) with the aim **to raise awareness about critical social issues** and **empowering individuals to tackle these challenges**. Our work starts from storytelling - the belief that every story has the power to inspire change - and develops through the production of meaningful media content such as photos, videos, music, and innovative digital tools. By combining artistic expression with social awareness, StoryREC creates spaces where creativity becomes a tool for dialogue, inclusion, and transformation.

At the core of our mission lies a dedication to confronting these challenges with a cutting-edge detox approach.

We recognize the detrimental impact of smartphone overuse on cognitive processes and believe that a mindful and limited use of technology can accelerate connections and empower individuals. Through our projects, we have witnessed that **with a conscious and limited use of smartphones, people connect faster and more deeply**, thereby **enhancing their ability to actively engage in addressing social issues**.

Conducting non-formal education activities, **STORYREC** strives to equip individuals with the essential skills and knowledge needed to navigate complex social landscapes, including addressing education disparities, healthcare access, and human rights violations.

Established by a proficient team with expertise in media, photography, video production, storytelling, IT, digital marketing, and non-formal education methodologies, **STORYREC** is dedicated to crafting narratives that not only inspire positive change but also foster a profound understanding of the interconnected challenges confronting our society.

DESCRIPTION OF THE PROJECT

The idea of *Harmonic Learning* was born from the desire to explore how music can become a bridge between inner growth, artistic expression, and intercultural dialogue.

In an age dominated by constant noise and digital distractions, we want to rediscover the essence of creativity - the kind that comes from silence, nature, and authentic human connection.

For one week, participants will live an immersive experience surrounded by nature, far from technology and social media. Through innovative and interactive workshops, they will explore music in all its forms: from songwriting and film scoring to vocal expression, body awareness, and even conducting an orchestra.

The project's goal is to help young people reconnect with themselves and with others, learning to express their emotions and ideas through sound and movement. It is not about performance - it is about *presence*: feeling, listening, creating.

This exchange combines **art, mindfulness, and cultural exchange**, empowering participants to:

- rediscover the joy of creating music without digital tools
- explore their voice and body as instruments of expression
- find inspiration in nature and human connection
- celebrate diversity through collective artistic creation

The week will culminate in a **final performance**, where every participant will share a piece of their personal journey - the version of themselves they discovered through this experience.

We are looking for partner organizations who share our passion for art, creativity, and human connection - and who believe that music can be a powerful tool for inclusion, wellbeing, and transformation. All participants aged 18-25 from across the entire EU network are welcome.

OBJECTIVES

This project aims to help young people rediscover the power of music as a universal language for connection, emotional growth, and cultural dialogue. Through a week-long journey combining artistic expression, mindfulness, and environmental awareness, participants will explore how creativity can foster mental well-being, empathy, and intercultural understanding.

The key objectives are:

- Establish a safe and multicultural environment where participants can express themselves freely through music, reconnect with their inner voice, and explore how sound and silence can enhance emotional awareness and collective harmony.
- Foster reflection on the relationship between personal well-being and the surrounding environment. By reducing the use of digital devices, participants will experience a deeper connection with nature and the community, strengthening their sense of presence and belonging.
- Promote the use of art and media as positive tools for storytelling and social impact - encouraging participants to communicate

messages of inclusion, hope, and sustainability through creative expression.

- Encourage collaboration and intercultural learning through group music creation, body awareness sessions, and shared performances, developing empathy, teamwork, and non-verbal communication skills.
- Raise awareness about the importance of mindful living and the conscious use of technology, supporting participants in building healthier habits and a more sustainable lifestyle - both personally and collectively.

ACTIVITIES

The program of **Harmonic Learning** will unfold over 8 - 10 days of immersive learning, creativity, and connection with nature. The activities will follow the principles of non-formal education and artistic experimentation, combining group reflection, self-expression, and collective creation.

- **Ice-breaking games and energizers** at the beginning of each session (morning and afternoon), meant to stimulate group cohesiveness and trust, especially during the first days;
- **Workshops on Music Composition and Songwriting** – Guided by a composer and a filmmaker, participants will experiment with creating original compositions inspired by natural sounds, emotions, and personal stories. From songwriting to film scoring, they will learn how to translate feelings and experiences into music.
- **Vocal and Body Awareness Sessions** – Led by a psychologist and a vocal coach, these sessions will help participants reconnect with their bodies and voices as instruments of communication and emotion. Breathing techniques, movement, and improvisation will support personal expression and mental well-being.
- **Conducting and Collective Music Experience** – Participants will have the opportunity to experience the thrill of leading a

small ensemble, exploring rhythm, coordination, and non-verbal leadership through music.

- **Nature Immersion and Outdoor Activities** – Writing, composing, and reflecting in unique natural settings such as Campo Imperatore or the Cerrano coast. These outdoor sessions will combine creativity with mindfulness, allowing participants to draw inspiration from silence, landscape, and community.
- **Analog Media Lab** – Participants will experiment with recording their music or sounds using analog tools (cassette recorders, acoustic instruments), rediscovering the value of imperfection and authenticity in artistic creation.
- **Evening Sharing Circles and Cultural Nights** – Every evening, participants will gather around music, stories, and cultural exchange moments, replacing social media scrolling with genuine human connection — a night by the fire, collective singing, or open discussions about fear, identity, and dreams.
- **Final Performance / Concert** – The project will conclude with a collective concert or artistic presentation in which each participant shares the version of themselves they discovered during the week — through music, storytelling, or performance. The final event will also present the project's educational process and outcomes to a local audience.
- **Critical Thinking and Concept Linking Activities**: Encouraging critical thinking and linking concepts, these exercises promote empathy and self-reflection, empowering individuals to recognize their societal roles and explore avenues for positive change.
- **Use of Media as a tool to spread awareness** on the existing solutions to the current problems;
- **Creative Storytelling Workshops**: Participants join in activities that help them create and share personal stories, imagine ideal futures, and gain a better understanding of their own narratives.
- **Fostering Autonomy in Thought**: Our program is dedicated to nurturing critical thinking skills, empowering participants not just to think critically but to confidently shape their unique perspectives.

METHODOLOGY

The methodology, based on the reinforcement of non formal education values, workshops, debates, will encourage an active involvement of each participant. Each personal phone will be used only after 8pm until midnight.

PROFILE OF THE PARTICIPANTS

6 participants per country aged 18-25 years old. Ideally, they are active members of the partner associations. They should be youth workers or have an interest in the field. It's important to try to find a balance between genres in order to make the project more rich and equal.

RESULTS

Expected outcomes include both personal growth and collective achievements, combining artistic creation, emotional awareness, and intercultural learning. Participants will leave the exchange not only with new creative skills but also with a deeper sense of connection to themselves, others, and the environment.

- **Creation of Original Musical and Artistic Works.** Participants will compose and perform original pieces born from their experience - songs, instrumental scores, or soundscapes inspired by nature and human connection.
- **Personal Growth through Music and Mindfulness.** Each participant will develop greater self-awareness, emotional balance, and confidence in expressing feelings through artistic and non-verbal communication.
- **Enhanced Understanding of the Link between Art, Mental Health, and Nature.** Participants will recognize how music and creativity can support well-being, reduce anxiety, and foster empathy and community.
- **Development of Soft and Social Skills.** The project will strengthen teamwork, intercultural communication, leadership, and

collaboration - essential skills for youth engagement and active citizenship.

- **Analog and Creative Experimentation.** Participants will rediscover the value of creating without digital dependence, using analog tools and real instruments to express their individuality.
- **Final Collective Performance.** The project will culminate in a live concert or artistic presentation open to the community, sharing the outcomes and emotions of the journey.
- **Follow-up and Multiplication Effect.** Participants and partner organizations will be encouraged to reproduce similar workshops or community events in their own countries, spreading the project's message about creativity, presence, and mindful connection.
- **Networking and Future Collaborations.** The exchange will strengthen ties among participating organizations, fostering future artistic and educational projects within the Erasmus+ network.

Travel costs will be covered according to Erasmus+ unit cost standards. Food and accommodation will be provided at 100%.