

DISSEMINATION

ART FOR DEMOCRACY



A brief presentation showcasing the practical application of art based methodology in a workshop together with youth (students).

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Introduction to where and how

The knowledge and skills acquired during the Art for Democracy course were applied through the design and implementation of a structured workshop conducted in Vilnius, Lithuania.



important: target group

The activity was organized as workshop initiative that brought together students (age 19-24) from several different study programs, ensuring inclusive participation of all participants, with particular attention given to creative, civic engagement.

The workshop integrated art-based methodology and non-formal education approach into practical and experiential activity aimed at strengthening youth participation, democratic engagement, and European active citizenship. Through creative method such as photography participants explored innovative ways to foster dialogue, collaboration, inclusion, and mutual understanding among themselves.



The workshop was designed to foster a supportive and low-pressure environment

1. Encouraged collaboration across all participants.
2. Strengthened team cohesion
3. Ensured a meaningful and engaging learning experience

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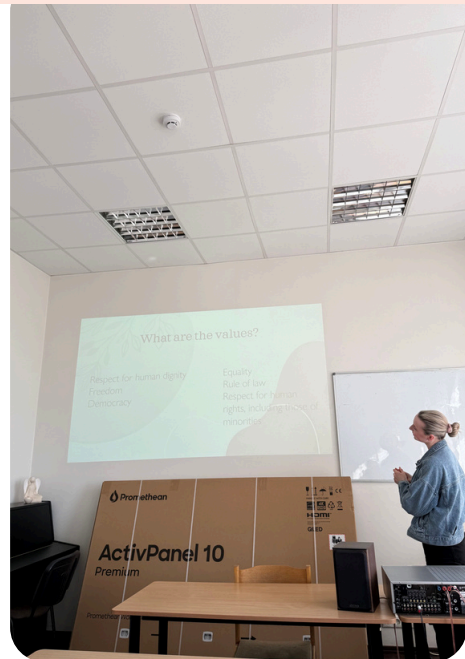
It was an interesting experience in which you have to not only to collaborate but also to express yourself in a creative way keeping EU values in mind.”





Our own feedback

Learning is only half of the work—putting it into practice completes the process. Both parts were a valuable experience, for which we are sincerely grateful.



The impact of using new competences we gained though the training in our work

The application of the new competences reinforced the understanding that the same tasks and goals can be achieved through multiple approaches. Art-based methods proved to be effective not only in reaching objectives, but also in reducing stress and supporting emotional well-being, particularly for younger people facing high expectations and pressure in modern work/university environments.
