

Sant Joan Despí | 7-13 July, 2024

INFOPACK YOUTH EXCHANGE

# EMOTION ART



Co-funded by the  
Erasmus+ Programme  
of the European Union



Consell Comarcal  
del Baix Llobregat



AJUNTAMENT DE  
SANT JOAN DESPÍ

# EMOTION ART

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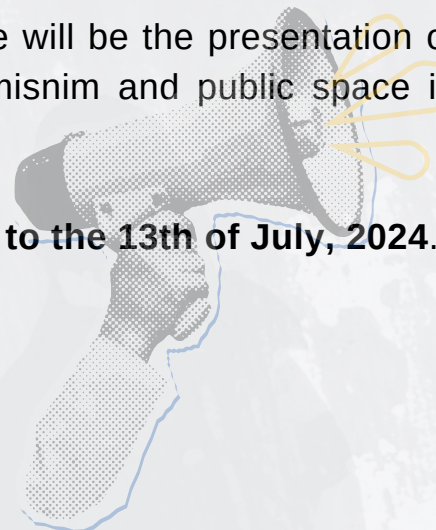
"**EMOTION ART**" (2023-1-ES02-KA151-YOU-000137440) is a youth exchange that arises from the initiative of a group of young people from different municipalities of Baix Llobregat region linked to the entity through various local and European projects, and interested in participating in an international experience framed in the Erasmus+ program.

This project aims to exchange and raise knowledge between different young people from different countries about **how art and artistic activities in their daily life can affect and promote their mental health**. The potential of the art in the different spheres of youth life and the empowerment will be worked through **intercultural exchange** and the **promotion of artistic expression**.

The project also offers the opportunity to learn, grow and share realities with other countries, **creating specific spaces to explore and express through creative methods their emotions and feelings**, and learn how to manage and share it in a healthy way.

The 40 participants (including group leaders) from **Czech Republic, Italy, Lithuania, North Macedonia, Romania and Spain** will participate in talks, debates, dynamics, video forums and activities in a process of exchanging experiences and intercultural learning through non-formal education. In addition, the final "performance" of the exchange will be the presentation of what learned about the interaction between feminism and public space in front of the citizens of Sant Joan Despí.

The youth exchange will take place **from the 7th to the 13th of July, 2024**.



# Objectives

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## GENERAL OBJECTIVE:

1.0. To reflect on the relation between mental health and creative and artistic activities.

## SPECIFIC OBJECTIVES:

1.1. To promote the work in mental health as a prevention tool.

1.2. To analyse the mental health state of youth and the importance on promoting it.

1.3. To make proposals to aware about the importance of youth mental health through artistic methodologies.

1.4. To identify needs in the local and international environment related to mental health.

1.5. To promote mental health reflection and the breaking of stereotypes.

1.6. To promote the active participation of young people in artistic methodologies.

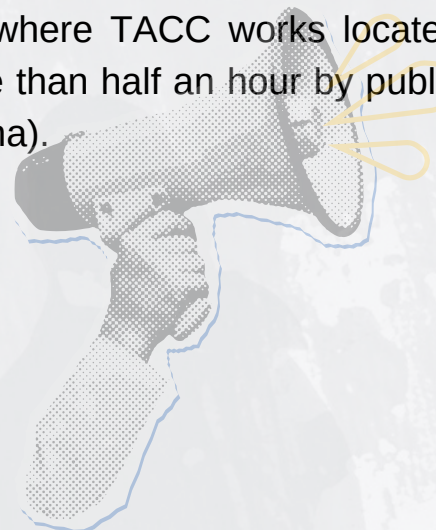
1.7. To guide participants to discover their personal attitudes and how to follow their studies.

1.8. To inform young people about the opportunities around and throughout Europe.

# Location

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- The **Youth Exchange** will take place in Barcelona (accommodation) and Sant Joan Despí (activities), a municipality where TACC works located ~20km far from Barcelona (it takes a bit more than half an hour by public transport from the accommodation in Barcelona).



# Participants

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**Brno for you**  
(Czech Republic)



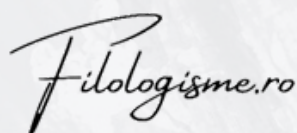
**Scambi Europei**  
(Italy)



**Mano Europa**  
(Lithuania)



**Info Front - Prilep**  
(North Macedonia)



**Asociația Filologisme**  
(Romania)



**Taller d'Art, Cultura i Creació**  
(Spain)

# Collaborators

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Consell Comarcal  
del **Baix Llobregat**



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**SANT JOAN DESPÍ**

# SEE YOU SOON!



930 130 256  
taccbcn.com



ONGD - Associació