

Welcome to the second newsletter of the project “**BE OPEN MINDED**”, co-financed by ERASMUS+ under the grant agreement n. 2020-1-PL01-KA204-081435.

In this issue, we'll update you about the activities we're implementing for our projects, and we'll also explore the different topics that we are addressing and exchanging practices on.

We are experimenting on important methodologies for adult education, that we hope could be interesting not only for us, but for all educators and operators working in this field.

While the pandemic crisis seemed to have given its worst in 2020, the situation is still uncertain all over Europe, with the Delta variant spreading in many Countries and creating difficulties for international travel and in-presence meetings.

While we really hope things will gradually go back to normal, and we're planning to have our transnational exchanges of practices in-presence in the following months, we continue to carry on our work online.

As the official motto of the ERASMUS+ programme states, **we continue to enrich our lives and open minded with our project.**



**Erasmus+**  
Enriching lives, opening minds.

## OUR PROJECT MEETINGS IV VIRTUAL TRANSNATIONAL MEETING



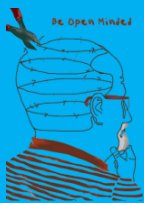
On 24 May 2021, we organised a transnational meeting to discuss and share with each other the activities we're implementing at local level in the frame of the project, to plan an in-presence transnational meeting in Belgium for July 2021.

Unfortunately, the pandemic situation didn't allow us to meet in-presence in Turnhout as we had planned.

## V VIRTUAL TRANSNATIONAL MEETING



On 29 July 2021, we had another transnational meeting online, to plan and organise our first in-presence exchange of practices, in October 2021 in Patras (Greece).



## OUR LOCAL ACTIVITIES

### PHOTO VOICE

#### “BE ACTIVE” FOUNDATION (POLAND)

**Photovoice** is an established method developed initially by health promotion researchers (Wang and Burris, *Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment*, 1997).

By utilising photographs taken and selected by participants, respondents can reflect upon and explore the reasons, emotions and experiences that have guided their chosen images.

**Photovoice** participants photograph positive and negative aspects of their community with the aim of addressing issues of local concern. The photographs taken are used to critically analyze the issue and later serve as a visual platform at public photo exhibits for participants to inform decision makers about the issues documented. The goal of photovoice is to encourage participation in dialogue and action that will lead to a better community (Strack, R. W., Magill, C. & McDonagh, K. *Engaging youth through photovoice. Health Promot. Pract.* 5,2004). Fundacja Bądź Aktywny would like to share the experiences of photovoice with the partners of Be Open Minded Project.

## PHOTOGRAPHY TOURISM ASTURIA (BELGIUM)

**Photography tourism a new driver for rural revitalization after the COVID-19 pandemic of the region Kempen in Belgium**

During spring 2021, two domestic students of the touristic guiding program “Channel Dessel-Schoten” have made interesting projects each and photographed the colorful scenery.

Known as one of the most beautiful spring locations in the province of Antwerp, the channel Dessel-Schoten has become a paradise for photographers.



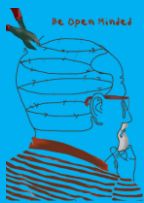
*“I heard the green spring leaves around the channel Dessel-Schoten are perfect for shooting”* said a photography enthusiast from the region who has tried several spots to take the best panoramic photos above the water.

In recent years, the region Kempen in Belgium has been rolling out favorable measures to develop a new model of rural tourism with photography. It has set up several “Best Photo Spots” where tourists can easily take beautiful pictures of the landscape and launched a couple of photography-themed tours, to support local photography tourism.

With the new world cultural heritage site of Wortel Kolonie nearby and many old bunkers of World War II, the channel Dessel-Schoten has inherent tourism advantages.

Recently, two new guided tours were developed with a photo collage, drawing several visitors, even during the COVID-19 pandemic.





The chilling cold of spring 2021 didn't deter the photographers. One could find several cameras with tripods set up around the channel Dessel-Schoten.

*"The ancient lock keeper houses, bunkers, green leaves, and fog in the morning attracted us here. I feel so relaxed seeing the countryside,"* said one of the students while operating his camera.

Besides those with professional equipment, the trail and observation deck is crowded with many tourists with phones and selfie sticks.

*"The pursuit of beauty is not exclusive to professional photographers. Even a random snapshot on a phone can show the beautiful scenery here,"* said another student of the touristic guiding course, who was taking a series of photos on the observation deck. *"My daughter takes me here for the fresh air and fascinating scenery,"* he added.

Statistically, the number of tourists in the region Kempen in Belgium has increased year by year. In 2019, before the COVID-19 pandemic the region Kempen in Belgium received more visitors than the previous years.

"We will continue to expand the photography industry chain and promote the deep integration of photography and tourism," both students said.

## CLOWN THERAPY

### EUTOPIA (ITALY)

Born in the 1970s, **clown therapy** became known above all thanks to the film inspired by the American doctor Hunter PATCH ADAMS (played by Robin Williams), one of the first to address the topic of laughter therapy. In Europe, the first clown doctors appeared in France, thanks to the commitment of the "Le Rire Medecin" Foundation. Today there are dozens of Italian institutes that use "smile therapy" and "clown therapy".



*"Thousands of studies, documents, researches" - explained the famous Patch Adams – "now demonstrate the enormous importance of humour for health. Researchers have found an important relationship: when we are happy in our organism chemical reactions take place: an increase in endorphins and catecholamines and a decrease in the secretion of cholesterol (bad cholesterol) are produced. That is, laughter is a stimulant for the immune system and has many positive effects on the heart and lungs".*

The Italian partner hosted clown therapy workshops in San Benedetto del Tronto, on 10 and 11 May 2021, with Alceste Aubert and the clown **"Ciogo"** as special host.

The participants then went along practicing clown therapy at a local Retirement Home, to boost the morale of the residing senior citizens, proved by the COVID-19 pandemic.

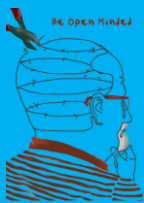
## PET THERAPY

### EUTOPIA (ITALY)

Animals are good for health. In the presence of a mental or physical discomfort or disability, then, they are an incredibly powerful support and with evident effects on the patient's well-being.

**Pet Therapy** is based on this: animal-assisted therapy that has struggled a little before being able to establish itself but which today often supports traditional medicine in the treatment pathways. Man has always surrounded himself with pets to get better, but for several years, man's best friends have also been successfully used in the health sector. Nowadays, there is no





Italian region that does not have at least one unit that carries out a project of assisted therapy with people and animals: from schools to recovery communities, from hospitals to prisons.



Dogs in particular are very well suited for this kind of therapy, thanks to their natural attitude to playfulness and their special relationship with humans, but also horses (hypotherapy), with their ability to establish empathy with humans, are used in this kind of therapy.

**The Italian partner hosted a workshop on pet therapy in San Benedetto del Tronto on 19 May 2021, with Dr. Stefania Di Martino, Veterinarian.**

## THEATRE THERAPY ACHAIA (GREECE)

"I regard the theater as the greatest of all art forms, the most immediate way in which a human being can share with another the sense of what it is to be a human being." Oscar Wilde

**What is theater?** What could it offer to all of us? The theater consists a cradle of culture but also a way of escape in a world full of fantasies and dreams. A world that aims at the presentation and emergence of the everyday and the realistic, but with its main goal to create a better tomorrow. Theater and theatrical play aims at children, adolescents, adults and the elderly.



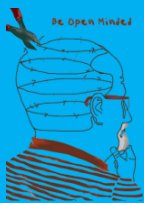
The gifts it could offer to its age group are unique and equally important. Through this program our goal is to find out exactly what an elder could gain and earn from his/her participation in a theatrical activity.

We believe that every form of theater is a healthy way of expression that can benefit man in the following areas:

- connection and communication with the body
- increasing self confidence



- creation of a theatrical piece or a memory
- management of free time
- learning the value of art in the most direct way
- creating the spirit of trust
- broadening our horizons through new experiences, adventures and explorations
- discovery of ourselves.
- releasing negative emotions and concentration
- the discovery of rhythm
- activating all our senses
- developing team spirit and finally, **theater leads that a person can feel nice feelings, feeling like a child again.**



## WELLIES PROJECT STAFFORDSHIRE CARE FARMING DEVELOPMENT CIC (U.K.)

The Wellies project is a project using animals, plants and the countryside to help those recovering from poor mental ill health. The effects of gentle exercise, fresh air, meeting people, making friends, fun and informal learning have a positive impact on people's health and well-being. It's very simple, but really works. 99% of our learners reported a positive improvement in their health after a recent project.

Activities include fishing, cookery, gardening, rural crafts, floristry, dog training, woodwork, countryside management, looking after chickens and vintage tractor renovation.

There is also a Confidence Through Creativity Group that is a gentle craft course.

WELLIES is passionate about eating fresh, healthy, seasonal, local food and the effect it has on well-being. Each day a healthy lunch is cooked and enjoyed by the group, often using produce from the garden and eggs from the WELLIES chickens.



Our website is [www.welliesproject.org.uk](http://www.welliesproject.org.uk)

Past participants have said: *"I love being outdoors and trying things I wouldn't try on my own, it is very supportive and no-one judges you."*

*"I feel so much more confident and I sleep really well when I've been to WELLIES."*

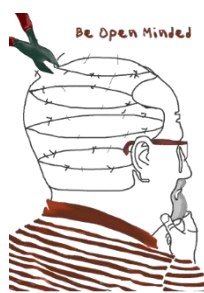
*"So much fun, love the fresh air and friendship."*

*"I have realised what makes me feel well and learned new things, I've not laughed so much for ages."*

In 2015 WELLIES Project won an award for 'Access to the Countryside' at the [Farming and Countryside Education](#) Awards.

You can have a look at our video on [Youtube](#).

In 2016 WELLIES Project was nominated for an award for the [Festival of Learning](#).



This newsletter is produced in the framework of the project:  
**ERASMUS+ BE OPEN MINDED.**



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