

# New horizons for the BLUE world



## The First Transnational Meeting in Costinesti, Romania

1st Transnational meeting of the partners from New Horizons project was for all partners to meet, become acquainted to the project and discuss potential issues and significant matters at hand concerning the materialisation of the project. We have used the meeting for planning the first months of the project, dividing tasks, establishing methods of communication;

how to accomplish the activities and tasks of the project, to discuss monitoring of activities and reconfirm tasks for the next period.

The lead beneficiary SC PSIHOFOREORLD made practical arrangements, such as providing information on how to arrive etc.

Participants institutions made travel arrangements: booking flights, booking accommodation, prepare necessary information for the meeting.

SC PSIHOFOREORLD started with a short presentation of its profile, while all partners followed with brief presentations of their organizations, by using PowerPoint's slideshows or free speech. While presenting each organization, we have also discussed about the problems that we deal with in implementing our activities or in providing different types of services

### LOCAL ACTIVITIES

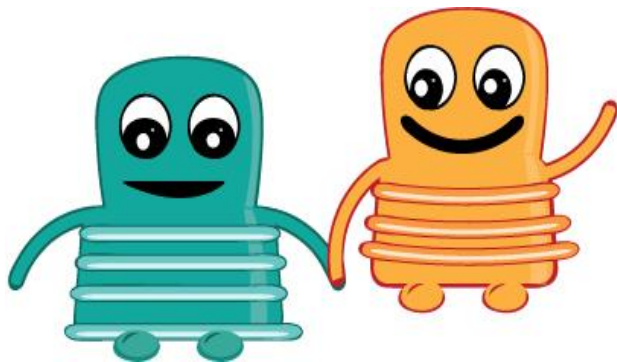
Workshop "Social and work integration" In March 2021, INTEGRARE EUROPEANA IN DOMENIUL TINERETULUI, SPORTULUI, VOLUNTARIATULUI SI CETATENIEI ACTIVE EUROPENE Romania and the project's associated partners conducted the workshop "Social and work integration" attended by people from the Erasmus+ Ka204 project target group "New horizons for the BLUE world" The activity was online for reasons that were easy to understand during this period. Over the workshop of three hours, together with their teachers, there was talk of How to find a job; How to be prepared for an interview etc



## Art therapy and self-expression. March 2021



- An interesting and unusual workshop was organized by the INTEGRARE EUROPEANA IN DOMENIUL TINERETULUI, SPORTULUI, VOLUNTARIATULUI SI CETATENIEI ACTIVE EUROPENE, in the Covid 19 pandemic. Art therapy. Expression through art was absent during this period and that is why the impact of our workshop was very strong on people with autism, on teachers, on volunteers and psychologists, all were caught in the vortex of creation.
- The workshop was organized according to the model launched at the Erasmus+ training course in Barcelona Spain. The technique approached was the technique of artistic expression of Henri Matisse, great French painter, who, in a period of suffering when he could no longer paint classically, began to expose his ideas with the help of paper cut with scissors. Henri Matisse developed a new way of making art. An ongoing illness left him homebound, and during that time, he became inspired by paper. He moved away from drawing and painting and began to make compositions from cut pieces of painted paper. Matisse called his process “drawing with scissors.” His famous explorations of color and line exploded into energetic collages known as cut-outs. He made this technique famous. And we in our workshop approached the same technique of expression through art.
- The cutting technique is currently done according to a drawn outline, but at this workshop it was a great wonder for the participants when they were told that they had to cut as their mind dictates. The beginning was quite shy, no one thought he had the freedom to cut to his heart's content. When they felt the taste of freedom and the possibility of free expression, the young artists took courage, and the works were successfully completed.



### Art therapy activities and self-expression activities

On 22 February 2021 NAMOI from Russia, Veliky Novgorod city for New horizons for the BLUE world 2020-1-FR01-KA204-079996 had thirteen brave young women and man with Autism Spectrum Disorder and young people involved in different Art therapy activities and self-expression activities . We made art therapy with natural therapeutic soap and skincare with pure essential oils. That was an important activity especially due to the covid situation. Washing our hand and taking care of our body health is essential. Participants also created plasticine therapy, tapestry therapy, paper art, sand art, snow ball art, clay art and much more. The use of artistic methods was also a great method to treat psychological disorders and enhance mental health. We used technique rooted in the idea that creative expression can foster healing and mental well-being. Art, either creating it or viewing others' art, is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills. Through art therapy, we used the creative process, to help treatment develop self-awareness, explore emotions, address unresolved emotional conflicts, improve social skills, and raise self-esteem.

