



Co-funded by the
Erasmus+ Programme
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Project “YOU DANCE”

YOUNgsters social inclusion
& refugees integration
through DANCE based
interventions

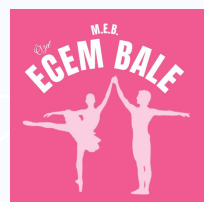
KA210-YOU-1CC48BEA

Project Start Date: 2024-03-03

Project Total Duration: 12 months

Project End Date: 2025-03-02

Partners of the project:



HOW TO FIND US

Visit our official websites:

www.youdanceproject.eu

Follow our Facebook page:

You Dance Project

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@youdanceproject

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PROJECT OVERVIEW

This project uses dance as a **metalanguage** and is dedicated to enhancing the emotional, physical, social, and relational wellbeing of young people aged **16 to 20**, belonging to low-income families, migrants, refugees, and those with traumatic experiences related to conflicts or forced migrations.



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During this transitional stage of life, young people go through significant changes in civil and social status, and our mission is to support youth through these changes with the **following objectives:**

- **Enhancing Self-Efficacy** through helping young people recognize, understand and express their emotions appropriately
- **Building Social and Relational Skills** through positive and effective social interactions.
- **Including Marginalized and Refugee Youth** through fostering a sense of belonging and community.



KEY PROJECT ACTIVITIES

1. Project Management

The management and coordination of the YOU-DANCE project involve comprehensive oversight of **budget control** and **accountability** to ensure efficient resource allocation and cost minimization throughout its 12-month duration.



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The Italian lead partner, supported by Ipazia (Romania), will handle all project management duties, ensuring smooth implementation and the achievement of key project outcomes.



KEY PROJECT ACTIVITIES

2. Research & Development of Training Tools

A series of activities will promote the project and engage potential participants:

- Conducting **meetings** with institutions and community centers to raise awareness.
- Establishing "**YOU-DANCE desks**" in public areas for spontaneous recruitment of young participants.



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- **Training professionals** to administer questionnaires to define the target group of 90 young people.
- Holding **individual online meetings** with selected participants to identify their needs.
- Providing **professional training for staff** involved in the dance-based activities.
- **Setting up venues and materials** for the dance-based sessions.



KEY PROJECT ACTIVITIES

3. Dance-based Intervention, Data Collection, and Material Production



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1) Implementing **dance-based interventions** with 2 weekly sessions for groups of 30 young people per country, focusing on:

- Functional anatomy of the body (5 weeks)

- Expressiveness and emotionality (5 weeks)

- Dramaturgical potential (5 weeks)

- Choreographic planning and sharing (5 weeks)



2) Establishing the "**YOU DANCE - WE HELP**" desk for educational and therapeutic support.

3) Periodically administering questionnaires and interviews for **evidence-based** evaluation.

4) Creating a **digital portfolio** with videos, photos, and interviews documenting the workshops and participants' experiences.



EXPECTED PROJECT RESULTS

1) Individual Well-being: Enhance emotional and bodily well-being through dance experiences, improving self-efficacy in expressing positive emotions and managing negative emotions.



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2) Collective Well-being: Foster social and relational well-being by developing empathetic and relational skills through dance.



3) Proactive Behaviors: Encourage proactive and prosocial behaviors to promote better civic and democratic participation.



ROLE OF THE PROJECT PARTNERS

1) **Borderlinedanza Cultural Association ETS (Italy)**

It brings together expertise from a psychiatrist-choreographer and a dancer-researcher in Experimental Pedagogy. This unique combination allows the organization to contribute to the YOU-DANCE project by integrating artistic creativity in dance with a focus on mental health and enhancing emotional, social, and relational well-being.



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2) **Ipazia Production SRL (Romania)**

It brings extensive experience in managing and coordinating European projects, making it an invaluable partner for the YOU-DANCE initiative. Ipazia actively combats discrimination and inequality. Moreover, due to the strong partnerships with schools and institutions, both locally and nationally, there is a direct access to young communities, especially in key areas for recruiting project's target group.



ROLE OF THE PROJECT PARTNERS

3) ECEM Dance School (Turkey)

It specializes in ballet and dance training, renowned for developing high-quality courses certified through successful participation in national and international competitions.



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ECEM is important for YOU-DANCE project because it provides dance training for disadvantaged young people facing economic, educational, and social challenges. Annually, it actively recruits vulnerable youth, including those affected by traumatic events such as earthquakes and wars