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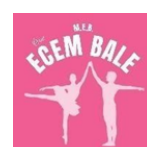


Project Agreement numbers – 2023-3-IT03-KA210-YOU-000182993 (KA210 YOU-DANCE)



REPORT

INTRODUCTION





This report documents the activities carried out and the data collected within the framework of the A2 activities planned by the “YOU DANCE” project. The main objective of this document is to provide a comprehensive overview of the work carried out for this project Activity, presenting in a structured manner the different phases of the A2, the participants involved, the tools used, and the results that emerged, both in a quantitative and in a qualitative way.

The structure of the report is designed to guide the reader through the logical path followed during the investigation/intervention.

- **Initial Phase:** The report begins by introducing the first data collection tool, **Questionnaire 1 (Q1)**, supported by the **Vademecum A2**, which served as the agreed guideline for the entire partnership for the effective recruitment of the project's target group. Given that the A2 activities would flow into A3, this vademecum also introduces the questionnaires that were subsequently administered in the A3 phase. It should be specified that the questionnaires, presented here in English, were translated by each partner into their national language and were administered to their local contacts using Google Forms, then subsequently collected, cleaned, and processed.
- Following this are the detailed lists of participants involved in this initial survey, divided by partner: **Italy (109 participants)**, **Romania (103 participants)**, and **Turkey (99 participants)**. It should be noted that the number of participants declared during the project application phase was 90 per partner. Thanks to excellent networking in each local area, in collaboration with various established partners, each national “YOU DANCE” partner managed to exceed the planned minimum number of participants.



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- **Quantitative Analysis:** The subsequent sections are dedicated to the presentation of the quantitative data emerging from Q1. The analysis is disaggregated for each national group (**Italy, Romania, Turkey**), allowing for a comparative reading of the numerical results obtained.
- **Qualitative Analysis:** The report then moves on to a qualitative analysis, offering an in-depth discussion of the collected data, considering the total group of participants. This section aims to explore in depth the experiences and perceptions that emerged. To support this, following the general discussion of qualitative data, the qualitative categories identified during the data analysis for the entire group are illustrated, grouped into 4 specific themes: **a) Emotional Discomfort, b) Causes, c) Consequences, and d) Strategies adopted.**
- **Subsequent Phase (A3):** The report continues by documenting the transition from A2 to A3. From the A2 list, following one-to-one meetings and gathering availability/unavailability to participate in A3 activities, the lists of participants involved in the subsequent Work Package (WP) were defined, again divided by nationality: **Italy (107 participants), Romania (30 participants), and Turkey (30 participants).** It is important to clarify that, during the project application phase, it was stated that each partner would work with 30 selected participants out of the 90 from A2. The lead partner, thanks to meticulous and widespread organizational work in the territory, accompanied by extra-project financial support, managed to guarantee the A3 activity for almost the entire group recruited in A2 (107 out of 109). For this reason, the lists for the Italian partner are more extensive: they reflect the division into working groups. Furthermore, it should be noted that the identification codes for each participant, ensuring their anonymity, are repeated three times to



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Project Agreement numbers – 2023-3-IT03-KA210-YOU-000182993 (KA210 YOU-DANCE) account for the fact that, in A3, data collection was carried out at **baseline (T0**, at the beginning of “in-class” activities), **mid-term (T1**, at the half of the training course), and **at the end of the activities (T2**, once “in-class” activities were completed).

- **A3 Tools and Methodologies:** Finally, the last sections describe the tools and approaches used specifically for the A3 activity. The **A3 Training Tools** are presented, i.e., the training instruments used, and the video tutorials for sharing the same dance-based activities to be carried out with the participant groups with the partners. The subsequent part offers insights into the “chosen movement methodology” (**Dance-based Methodology A3**), which characterized this intervention.

This document therefore intends to offer an organic and detailed view of the path undertaken, the tools adopted, and the main results obtained, providing the reader with all the necessary elements to fully understand the scope and specifics of the work carried out for Activity 2 in each project partner country. We invite the reader to consult the individual sections to delve deeper into each aspect covered.

