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Project: “Establishment of a transnational network of
adult education providers for the promotion of social
inclusion of vulnerable groups” – STEP UP

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Good practices - Turkey

Consortium partner: Oba Ütopya Eğitim Sanat Ve Medya
Ticaret Limited Şirketi



1. “Empowerment of Economically Disadvantaged Young Women Project”

Name of organisation implementing the good practice:

Antalya Contemporary Education and Culture Foundation

Methodology: Creative drama, watching and discussing cinematic works, daily newspaper publishing, sports activities and art activities such as stone painting, drawing cartoons were used along with psychological support to empower young women who have been subjected to violence in Antalya.

20 participants (divided into 2 groups) were hosted in a hotel. Along with art based workshops, seminars were held on subjects like women rights; women identity, biology and sexuality; healthy living and healthy nutrition awareness and the importance of women organizations and solidarity.

With the art workshops during the project, all of the participants were able to create their own handcrafts and they organized an exhibition by the end of the project.

This project was supported and funded by World Bank Micro Funds, Heinrich Böll Foundation Funds.

Impact

Women had reported back that the project was an empowering experience for them and they’ve experienced many firsts in their life, like going on holiday, or practising creative drama .

2. Animation and Cartoon Making Trainings for Disadvantaged Groups Living in Rural Areas

Name of organisation implementing the good practice:

The Cartoon Mill

Methodology: Animation and Cartoon Making Trainings can be organized face to face or online. School administrators, teachers or students who want to participate in the announced events can participate after applying and filling out the relevant form. Participants have the opportunity to come together at The Cartoon Mill for a day, or sometimes for a longer period to work on a certain theme.

Daily trainings usually cover an introduction to what animation is. Long-term trainings (1 week to 9 months) cover subjects such as 2d animation, character design, animation history, background drawings.

The trainings are funded under national and European Animation Projects, as well as by volunteer donations and training camp fees.

Impact

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1000 students receive free animation and cartoon making training every year at The Cartoon Mill. The organization has provided education opportunities to 4000 students so far. 200 students who participated in the training turned to this field to work professionally in the field of animation. 1000 students have reached the level of producing 2d animation content through tablet phones and simple applications.

Example for Implementation:

- *“Social Inclusion Through Video Tools Project”*

Date: 18-26 June 2018. Location: Antalya

This course aimed to analyze social inclusion by using cartoon making and animation tools. The course was held in The Cartoon Mill Cartoon Making School (which was formerly in Antalya, Turkey), with the participation of 25 trainers and teachers around Europe. The course was funded by Erasmus Plus Ka1 Projects and co-organized by Utopia Education and Art Organization.



More information:

https://youtu.be/ZcwwlJoiL_U

3. International Filmmor Women’s Film Festival on Wheels

Name of organisation implementing the good practice:

Organized by Filmmor Women’s Cooperative and hosted by many local associations such as Antalya Women's Counseling Center and Solidarity Association

Filmmor aims to increase the involvement of women in cinema and media, to enhance their communication and production areas, opportunities and empower for them to express themselves in these fields, to spread women’s non-sexist representations and experiences.

Methodology:

– Workshops, courses, films with women for women all around gender issue, digital products- acts;

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– photo-video-design exhibitions, such as “Women Through Women’s Eyes,” the film and photo exhibition “Let’s Talk About Honor,” “Let’s Not Be Imprisoned in Housework, Let’s Go Out in Istanbul,” and conferences-campaigns such as “Towards a Non-Sexist Media”, “Building Gender Equality”, Femicide is Preventable”;

– the International Filmmor Women’s Film Festival on Wheels since 2003, every year.

Dreams of a life free of sexism, violence, and discrimination in cinema, media, and, ultimately, everywhere...

-18th and 19th Filmmor Festivals were held online due to the Covid-19 pandemic.

Impact

Watching a women's movie together and discussing it, expressing your life experiences and our struggle for equality strengthens all participants and increases the sense of solidarity. Minds are opened on many issues such as inequality is a system problem, violence is not destiny, and enjoyable times are spent.

At the Filmmor festival, national and international films are watched in a comfortable hall, and many directors and filmmakers are introduced. At least 500 people attend these films in three days, and the number increases every year.



4. Art Therapy with Vulnerable Groups

“Art Therapy on Individuals During the Covid-19 Pandemic Process”

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Name of organisation implementing the good practice:

Ezgi Bilgin (freelance artist) in cooperation with Bakus Art Center Antalya

Methodology:

Art therapy is used as a tool for increasing the quality of life, raising awareness by improving emotional and physical health with art and science. For example, the results of art therapy work to cope with the problems of the pandemic process, which contribute to the quality of life more positively and make them feel happy, artistic treatments with cancer patients receiving chemotherapy and the positive results obtained, art festivals with disabled or people with limited opportunities. Mardin Circus and Street Arts festival (2014), Antalya Science Fair: Scientific Perspective on Artistic Treatments (2017), Tarlabası Community Center and workshops for children's social and cultural development (2013), Sulukule Volunteers; Supporting the orientation process to their new neighborhoods and schools (2012), Akdeniz University BESYO with the Disabled Project (2005) are within example projects.

The negative reflections of the Covid-19 pandemic on the mental and physical health of individuals, which are artistic therapeutic methods; By using the disciplines of painting, sculpture and ceramics, prevention and its effects on quality of life are examined.

In the study titled "The Effect of Art Therapy on Individuals During the Covid-19 Pandemic Process"; with the concept, application areas, historical process; The effect on individuals who receive art therapy and their relatives during the pandemic process (Covid-19) is being investigated. The research includes people with different demographic characteristics and their relatives who are adversely affected by the pandemic. A general evaluation was made with the conclusion, suggestions and analyzes.

In the research, the use, methods and techniques of art disciplines for individuals to feel better were planned and applied in the light of the findings in the literature.

Art therapy studies were conducted with individuals of different ages (4-50 years), using the disciplines of painting, sculpture and ceramics. Written and visual recordings were taken during all these studies, and feedback was obtained by evaluating the questionnaire with the participants and their relatives, which lasted for at least 4 weeks. The participant questionnaire, observations and evaluations are reported at the end.

Impact

The results can be summarized as follows;

-Expressionist and awareness-based art therapy studies, based on the disciplines of painting, sculpture and ceramics, made regularly, make individuals, who are victims of the pandemic feel happier;

- Relieves physical and emotional strains;

- It contributes significantly to their quality of life;

- It can be said that the approach of both the participants and their relatives towards the continuation is positive.

More information

<https://ebartcollection.com/art-therapy/>

A poster from the presentation of the artist on “Effects of Art Therapy on Individuals during Covid-19 Pandemic” :



5. Using Playback theatre as a tool for awareness and empowerment workshops with vulnerable groups such as young refugees, women refugees, mothers of children with special-needs and women activists.

Name of organisation implementing the good practice:

İzmir Playback Theater Ensembles

Methodology:

- Playback theater was used as the basic method in most of the workshops. In addition, creative drama, movement and dance techniques were also used.
- First of all, in order to create a safe environment with the groups, icebreaker and energizer activities were carried out.

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- Participants were given the opportunity to connect with their emotions and physical sensations.
- After warm-up exercises, the participants told each other their own personal stories and afterwards they performed each other's stories with playback theater techniques.
- In some projects; when possible; a playback theatre group accompanied participants during the performances.

Most of these workshops were carried out in cooperation with municipalities in İzmir, İzmir Metropolitan Municipality Disability Services Directorate.

Impact

The participants of these workshops reported back that these playback theatre practices and performances made high contributions to their well-being and self-confidence. They stated that they have enjoyed activities a lot and the techniques helped them to reconnect with their emotions and thoughts, to develop a deeper understanding towards their environment. Moreover they have felt stronger, improved their ability to deal with difficult situations and end up with a more positive state of mind.

Examples of implementations:

“Playback theatre workshop with refugee women (from Iran, Iraq and Syria)”

4 workshops and a performance had been implemented during September, October and another single workshop on 30 November 2017. Location: Manisa. Hosted and funded by Manisa by Association for Solidarity with Asylum Seekers and Migrants (SGDD-ASAM)

Methods used: playback theatre, drama and dance techniques. Movement, dance and expression exercises were the most effective for the participants. Many of these refugee women's families remained in the country they had left, they were feeling intense emotions such as longing and despair.

As an evaluation, participants said that sharing feelings and thoughts felt very good, they were emotionally relieved, and they felt much less anxiety after the workshops.

“Playback theatre workshop for mothers of children with special-needs”

Date: Held once a week in March and April 2019. Location: İzmir

Hosted and funded by İzmir Metropolitan Municipality Disabled Services Directorate.

Methods used: Playback theatre, movement and dance practices, meditation practices

With the evaluations made two months after the workshops had been completed, participants reported back that their well-being has positively changed with the impact of this workshop series. They stated that their self-awareness has increased, and they feel happier, more hopeful and stronger.

During the pandemic period, the same workshops were carried out online with smaller groups over zoom from May 2020 until December 2020.

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6. “To Music with Waste, To Camp with Music!”

Name of organisation implementing the good practice:

Green Art Organization

Methodology:

All the projects which had been carried out so far by Green Art Organization aimed to include economically disadvantaged young people in artistic and sports activities while raising environmental awareness.

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Many young people in Turkey cannot experience sports and art activities due to family pressure, economic restrictions or lack of self-confidence. This project aims for economically disadvantaged young people to experience an outdoor camping activity without having to pay for it; help them understand the importance of contributing to the perseverance of the environment; make their own musical instrument and develop a new point of view towards art. Within the scope of the project transportation, necessary equipment for outdoor camping, and all of the expenses are covered.

While implementing the project "**To Music with Waste, To Camp with Music!**", they have used 'non-formal learning' methods besides art and sports as tools for social inclusion. Moreover, they supported the participants to develop new soft skills, learn new methods and tools and improve their creativity. On the first day of the project camp, they implemented icebreaker, energizer and group activities in order to help participants get to know each other and the next day they produced musical instruments from the waste materials we collected. Finally they made an outdoor concert with recycled instruments.



Impact

Most of the participants didn't have an opportunity to experience outdoor camping before the project. All of the participants gave positive feedback after the events. Even the participants who didn't feel socially comfortable before the camp, had reported back that they wished this camp lasted longer.

7. "Audio Library Project for Visually Impaired Individuals"

Name of organisation implementing the good practice:

Turkish Ministry of Youth and Sports, Özgecan Aslan Youth Center

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Methodology:

Youth Centers contribute to the social lives of disadvantaged young people by providing them with artistic and sportive skills and by offering courses where they can improve themselves.

This project was carried out at different time periods during 2019, by including different groups. Several audio books were recorded with voluntary young people, for visually impaired individuals in Özgecan Aslan Youth Center Sound Recording Studio.

Moreover, there were book reading gatherings with voluntary young people and visually impaired young people. More than 30 young people had participated in this project.

Impact

There is no evaluation on the project yet. However the participants gave positive verbal feedback for the project and activities.

More information

<https://www.youtube.com/watch?v=vWD71USIX94>

8. “Circus Art with Young People: Circus Heroes”**Name of organisation implementing the good practice:**

Art Anywhere Foundation, Sirkhane

Methodology:

Art Anywhere Association was founded in 2012 and firstly initiated a one-time festival in Mardin. Sirkhane Social Circus and Art School within the Association provides a life space which brings together Turkish and refugee children and young people where the only common language is art. Trainers of Sirkhane use social circus as a pedagogical tool. With the trainings they provide, they help children with less opportunities to overcome negative effects of war and to develop their imagination. There are a wide range of training opportunities in Sirkhane from juggling, acrobatics and stilt to painting and photography. Young people that are trained in Sirkhane become Circus Heroes and start guiding new trainees called Circus Habibi. To date, Art Anywhere Association touched the lives of 300 thousand children and young people with trainings and festivals.

Impact

Art Anywhere Association enabled young people to come together in a place free from discrimination through art. It helped them to improve their self-confidence with physical and mental activities. It created an unforgettable difference both in their future and their imaginary world. Circus heroes are the young people who are long-term members of the Sirkhane family, they are resilient and kind to each other who stick to circus discipline, improve themselves as an artist and trainers in order to mobilize, stabilize and sustain Sirkhane activities in Turkey and Iraq. Within the training of trainers program Circus Heroes

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not only improve their circus discipline but also their pedagogical approaches by helping others through social circus.

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