

# NEW HORIZONS FOR THE BLUE WORLD



## What's new?

KA204 - Strategic  
Partnerships for adult  
education  
2020-1-FR01-KA204-  
079996

New horizons  
for the BLUE  
world

We are happy to announce that the project e-learning platform is now ready! All details were discussed and finalised during our last online meeting.

The next step will be for each partner to develop the course content and activities to be uploaded to the platform.

Some of the partners have conducted art therapy workshops with adults with autism



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On 22 February 2021 NAMOI from Russia, Veliky Novgorod city had thirteen brave young women and men with Autism Spectrum Disorder involved in different Art therapy and self-expression activities.

They made natural therapeutic soap and skincare with pure essential oils. That was an important activity especially due to the covid situation. Washing our hands and taking care of our personal health is essential. Participants also made play-doh, tapestry, paper, sand, snowball, and clay creations.

The use of artistic methods was also a great method to treat psychological disorders and enhance mental health. We used a 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. We believe through those activities we helped individuals experiencing emotional and psychological challenges, improve their well-being.



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# The partnership



<https://new-horizons project.org/>



<https://bluehorizons.eurosyvec.eu/>

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