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GOOD PRACTICES	
Title of the project, programme	Tule nähdyksi - Be Seen
Duration	1. 9. 2020–28. 2. 2023
Name of the organisation/service responsible for the intervention, with reference to country and location (specific)	Organisations involved in the project: <ul style="list-style-type: none"> - Diaconia University of Applied Sciences - Q-Theatre - Rakastajat Theatre - Tarinateatteri Vox - Vamos Helsinki
Scope (local/regional/national/international)	Local/regional/national
Area	Participatory theatre
History of the project how it was conceived, development and context strategies;	Arts-based methods have been found to be a good tool in the social, health and education sectors. Everyone is worth a story and everyone's story matters. All young people, but especially those at risk of exclusion, need to be involved in community-building activities with other young people.
General description of project/programme <i>Objectives, actions, main actors and challenges, organisations involved, beneficiaries and n° of beneficiaries involved, partners and stakeholders, budget available, implementation period and other relevant information</i>	<p>The project "Be Seen" used applied theatre methods to strengthen young people's participation. The project supported the self-esteem of young people, especially those at risk of social exclusion, smoothed their educational paths and promoted employment.</p> <p>The project also produced content for youth training and a toolkit of applied theatre methods for lecturers at universities of applied sciences.</p> <p>The project made particular use of applied theatre methods such as improvisation and storytelling. Professional actors brought out the emotions and thoughts from the young person's own story, allowing</p>



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<p><i>useful to understand its nature and results);</i></p>	<p>them to see their life from a new perspective, experiencing self-compassion.</p>
<p>Outcomes of the practices, relevant results, impact</p>	<p>As a result of the project, it was anticipated that creative methods would be more widely used in multidisciplinary cooperation to support young people.</p>
<p>Transferability</p>	<p>Finland has a large number of practitioners of applied theatre arts with whom educational institutions and communities can collaborate. Applied theatre can be used to deal with emotions, support group spirit or explore themes that come from within the group itself. Applied theatre exercises create a safe space to face challenging situations. The methods act as a channel for communication and understanding. Because the external workshop facilitators do not know the participants and their challenges from previous experience, they are more daring to commission tasks and take a bolder approach to issues that may seem too sensitive for someone who works with the group regularly. In this way, participants may free themselves in new ways, discover new sides of themselves and share new things.</p> <p>The activity is suitable for seniors with some recommended adaptations:</p> <ul style="list-style-type: none"> - Improvisation: Stimulates laughter, spontaneity, and mental flexibility. - Use prompts like “What advice would you give your younger self?” or “A day I’ll never forget.” - Storytelling & Playback Theatre: Seniors share real-life moments, and professional actors or peers reenact them. Seeing their story performed promotes self-compassion and validation. - Role Reversal: Allows seniors to act as youth, caregivers, or past selves, exploring perspectives and gaining insight. <p>Session Flow:</p> <ul style="list-style-type: none"> - Warm-up: gentle movement or vocal exercises. - Sharing circle: personal memories or current thoughts. - Creative expression: acting, storytelling, or group creation. - Reflection: How did it feel? What did you discover?



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Sustainability	
Links and Sources	https://tulenaahdyksi.fi/ @tulenaahdyksi