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GOOD PRACTICES	
Title of the project, programme	Exprésate con la Fotografía: Volunteering Experience in AFAS-CADIG El Pilar
Duration	4 months
Name of the organisation/service responsible for the intervention, with reference to country and location (specific)	Organization: AFAS-CADIG El Pilar (La Solana, Spain)
Scope (local/regional/national/inter national)	Local
Area	Participatory Photography
History of the project how it was conceived, development and context strategies;	The project emerged as a response to the growing interest among individuals with intellectual disabilities in photography. Volunteers noticed that participants often requested printed photographs to document their experiences.
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 useful to understand its nature and results);</i>	<p>Objectives</p> <ol style="list-style-type: none"> 1. Introduce participants to photography. 2. Teach development of black-and-white film. 3. Encourage participants to curate their images. 4. Utilize photography as self-expression. 5. Organize a public exhibition. <p>Actions & Main Actors</p> <p>- Participants: Individuals with intellectual disabilities, volunteers.</p>



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	<ul style="list-style-type: none"> - Methods: Practical photography sessions. - Facilitation: A professional photographer provided training.
<p>Outcomes of the practices, relevant results, impact</p>	<ul style="list-style-type: none"> - Increased self-esteem and autonomy. - Strengthened social recognition. - Enhanced volunteer engagement.
<p>Transferability</p>	<p>Applicable to:</p> <ol style="list-style-type: none"> 1. Education: for people with social challenges and immigrants 2. Community Services 3. Cultural Institutions 4. Employment Programs 5. Seniors: <p>the activity is also suitable for seniors, but with reframing the purpose for older adults:</p> <ul style="list-style-type: none"> - Self-Expression and Reflection: Offer seniors a tool to express their life stories, emotions, and personal identity through photography. - Memory Activation: Use photography to recall and celebrate memories from different life stages. - Social Connection: Provide a platform to share experiences with others, fostering community and recognition. - Skill Learning: Introduce new skills that boost confidence and provide mental stimulation. <p>Some suggestions for adaptation of the activity:</p> <ul style="list-style-type: none"> - Use digital cameras or tablets for simplicity, though black-and-white photography could remain as a special artistic option. - Include hands-on sessions
<p>Sustainability</p>	<ul style="list-style-type: none"> - Low cost. - Easily replicable.



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Links and Sources

Press coverage: <http://www.lanzadigital.com>