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<b>GOOD PRACTICES</b>	
<b>Title of the project, programme</b>	Hetki Unelmaa - Moment of Dream
<b>Duration</b>	2011-2013
<b>Name of the organisation/service responsible for the intervention, with reference to country and location (specific)</b>	Keski-Pohjanmaan kansanopisto
<b>Scope (local/regional/national/inter national)</b>	Local
<b>Area</b>	Inclusion through photography
<b>History of the project how it was conceived, development and context strategies;</b>	<p>Sari Hiltunen, who was at the time working with adults with intellectual disabilities, became inspired by a great Finnish professional photographer, who made various social projects with young people. The aim of these projects was to empower the participants by displaying them in the photos just as they wanted to be seen.</p> <p>Sari developed an applied version for her own learners, so that they also got a possibility to shine for a moment and to be seen just as they wanted.</p>
<b>General description of project/programme</b>  <i>Objectives, actions, main actors and challenges, organisations involved, beneficiaries and n° of beneficiaries involved, partners and stakeholders, budget available,</i>	The aim of the project was to create a possibility for adults with intellectual disabilities to make their dreams come true through a photograph. Facilitators helped each participant to find their dreams, because it was not an easy task for all participants. The most common dream was to be a specific profession such as fireman or police, or a kind of role figure such as bride, princess or power animal like a bear.



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<p><b><i>implementation period and other relevant information useful to understand its nature and results);</i></b></p>	<p>Project also involved hairdressers, make-up artists, and two professional photographers as a voluntary basis. The City Theater supported the project by lending costumes free of charge. Photos were taken at the studio.</p> <p>Each participant got a printed book which included all the photos. They had the possibility to tell something about their photos or their process of being involved with the project.</p> <p>The project's highlight was the photo exhibition with all possible show aspects like wearing fine dresses and walking on the red carpet holding their photo in hands.</p>
<p><b>Outcomes of the practices, relevant results, impact</b></p>	<ul style="list-style-type: none"> <li>- Photo book</li> <li>- Photo exhibition</li> <li>- The project was very meaningful for the participants, because they really became seen as they wanted and got a possibility to live their dream come true for a moment</li> <li>- Better self-confidence, new courage to try new things</li> <li>- Empowerment as the participants were heard and nobody told what their dream should be or who they want to be.</li> <li>- Overcoming oneself, posing in front of camera was not easy for participants</li> <li>- The project was meaningful also for the family members</li> </ul>
<p><b>Transferability</b></p>	<p>Any organisation can adapt this project idea. The idea can be easily used also for other target groups such as <b>immigrants, disabled, minority groups</b> etc.</p> <p>The method could also be transferred to activities for <b>seniors</b>. While the original goal was empowerment through role-play and visibility, for seniors the project could emphasize:</p> <ul style="list-style-type: none"> <li>- Honoring life stories and expressing unfulfilled dreams or long-held desires.</li> <li>- Reviving identity beyond age or health limitations.</li> <li>- Celebrating beauty, courage, and creativity in older adulthood.</li> <li>- Use adaptive photography settings for those with mobility aids, vision or hearing impairments.</li> <li>- Involve family or caregivers in suggesting meaningful ideas or forgotten hobbies.</li> </ul>



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<b>Sustainability</b>	The project idea was adapted by many professional photographers in different regions and created several “Moment of Dream” -workshops. It is not known if the idea is still used somewhere.
<b>Links and Sources</b>	