



Developing Attunement through the Experience of Joy

# Ode to Joy

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the Experience of Joy



Co-funded by  
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## Welcome to the JOY project

JOY is a 30 months European project which started in November 2021, funded by the Erasmus + programme and coordinated by Rogers Foundation for Person-Centered Education.

The project activities will be tested and implemented in Hungary, Italy, Austria and Germany.

The project is addressed to NEETs and Adult Educators, using experience-based methods, such as drama, bodywork, dance, music, symbolwork, storytelling, nature work, together with more formal VPL (Valuation of prior learnings) methods and CH-Q procedure, making the outcomes of non-formal and informal learning visible and recognized / validated.



Ode to Joy aims to:

- **increase the ability of people to experience positive emotions** and to use these as evaluative perceptions, evaluative feelings and patterns of salience;
- **create a higher level of intrinsic motivation for learning** and for recognition of their competences, both in their professional and in their personal life.

## WHY JOY?



Society is changing rapidly, with increasing pace of change. Many young adults can't balance anymore the (everchanging) expectations from society/school/work with their inner-self, their personal characteristics and their social roles and they follow their own learning pathway.

The project **Ode to Joy**, is named after one of the positive emotions (joy, pride, contentment, esteem) which are catalysts for increasing people's satisfaction generally in their personal lives and professionally in their work.

The JOY project wants to stimulate JOY and positive emotions through **experience-based methods** such as drama, bodywork, dance, music, symbolwork, storytelling, nature work, to help NEETs reconnect with their body and mind, increasing their ability to experience joy and to connect and through this experience develop a greater sense of attunement and joy.

Moreover, **recognition and validation of the competences** acquired in non-formal and informal settings is difficult but extremely important for employability and participation. The Ode to Joy project intervenes with specific instruments that are able to connect with the deeper layers of a person (invisible knowledge and skills, social roles, self-image, personal characteristics, motives, and underlying positive emotions). The use of positive emotions makes them more visible and connects them with recognizable demands from companies/organisations, through **valuation of prior learning**.



# What have been done so far?

Partners organisation from 4 different European countries are working on the development of the JOY MODEL, a research-based **guideline for a pedagogical methodology** for the JOY-training instruments.

In June 2022, partners and trainers met for a **training and learning experience** in Germany for experiencing the above-mentioned methods first-hand, and reflecting on them in order to create a coherent learning pathway to achieve the project goals.

In the next months, **a set of Resources will be made available**, aimed at providing trainers and adult educators with detailed knowledge to enrich their working practice and supporting them in their curriculum-planning and implementation task:

- a **Toolbox** with a collection of specific exercises and instruments of the methods (drama, storytelling, working with nature, bodywork, symbol work, bottom-up valuation of prior learning) that aim to enhance the experience of positive emotions will be created;
- a **Handbook** with a collection of articles about the approaches and the impact mechanism of the methods serving as a “theoretical” background for the Toolbox will be produced;
- a **Training Course for adult educators** will be held;
- a **Positioning Paper** will be developed with policy recommendations.



# Do you want to be involved in JOY?

Several adult educators, trainers, artists, counsellors working with NEETs and adult learners, have been already involved in interviews and focus groups for contributing to our research.

In the next months, info-sessions, events and a training course for testing the JOY methodology will be held. The website will be extended with a blog in which you will find backgrounds articles and reactions.

**Would you like to get involved?** Would you deepen the topic of the project and check the resources we are preparing for you?

For news coming soon,  
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## Partners

The project activities will be implemented in : Hungary, Italy, Austria and Germany.



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