



Developing Attunement through the Experience of Joy

Ode to Joy

Developing Attunement through
the Experience of Joy



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The JOY project comes to an end - All resources available

Here you have an overview of all the results of the JOY project. It is the outcome of a 2.5-year research, learning, trials, and above all, joy, satisfaction, commitment, and collaborative working to a result that helps adult educators to support young adults to discover, and be aware of their competencies, personality traits, and emotions. In a joyful way, it is a support to all to deal with the challenges of the 21st century.

Result 1

Guide to Developing Attunement for the Experience of JOY

In our guide to the JOY project, we outline the JOY model and how our methods aim to impact lives. We also detail the JOY criteria, which assist professionals in creating meaningful and enjoyable experiences for participants using various approaches, including storytelling, drama, nature, arts, and somatic practices.

Research Report for the JOY model

To develop our model, we conducted desk research and interviewed youth workers to understand the needs of both young people and professionals. Our report compiles best practices that form the foundation of the JOY method.



Result 2

HANDBOOK

By reading this manual, it will be possible to delve into the various chosen methods, taking into account the viewpoints of different experts who operate within the fields of storytelling, art, somatic practices, drama and working with nature.

TOOLBOX

This practical resource will help educators to consult the numerous activities devised during the project by the different partner organisations and can provide the necessary inspiration for imagination and training development.

CARDSET

The downloadable set of cards contains a summary in various steps of the activities present in the toolbox. It can be consulted online or printed, ready to be used in various training meetings.



Result 3

Alternate Curricula

In our course curriculum, we have identified a set of competencies to be developed through our JOY courses, along with various workshop curricula. While our main JOY training spans approximately 30 hours, we also offer shorter curricula tailored to the expertise of the participating organizations. This document is designed to assist professionals in creating their own curriculum.





Synthesis report

The synthesis report reviews the findings in outputs 1, 2 and 3, the JOY approach with the applied methods, procedures, and instruments.

The report includes the direct impact of this on informal recognition, self-awareness, self-esteem, self-efficacy, the motivation, the indirect impact on formal validation of learning outcomes and a plan for valorisation and sustainability.

Memorandum of Understanding

Persons/organisations who share our vision and support the joy approach, model, method, and instruments are invited to undersign the MoU and to share their belief in the feasibility and need of the JOY approach and outcomes tools.

By doing so, they:

- endorse and promote the JOY approach and the values and usability of fusing socio-creative approaches with Valuation of Prior Learning (VPL)
- recognise the importance of the outcomes of this project on the participation of NEETs in society and their employability.
- are interested in using and/or further developing the JOY line.

Positioning paper

This paper summarises the project outcomes, the impact of the Ode-to-Joy training, and advice for further development.

It is meant to influence policy and decision-makers in dealing with an ever-faster changing society and work environment towards a sustainable bottom-up, learner-steered approach that empowers NEETs to improve their employability, increase their participation in society, value the outcomes of all their learning, increase their resilience, improve their health and, on top of all, strengthen their positive emotions and motivation.

Guidelines for Adult Educators

The guidelines advise adult educators to use the JOY methodology and JOY instruments in their work. The guidelines give insight into the JOY pedagogy, and the impact JOY has.

Brief overview of the Multiplier Event in Palermo: CSC

In recent months, various events in the form of workshops were organised in the cities hosting the JOY project to disseminate the results and to provide educators with the necessary skills to put the method's activities into practice.

The workshop held in the city of Palermo was inspiring for the participants, who had the opportunity to meet all the partner organisations and the various trainers working there.

During the event, the partners performed some of the toolbox' activities developed by the partnership. The intercultural context, the expertise of the various associations and the great involvement of the participants ensured that the atmosphere was unique and that the people present felt at ease in trying out new methods.

At the end of the event, there was a short space for questions and reflections, allowing participants to reflect on the journey with the experts.



Conclusions

The JOY project was a long, intense and fruitful journey of developing and testing the fusion of socio-creative methods and merging them with the structured way of valuing the process of competencies, the person's personality in society and work.

The project started during the end of the Covid-19 pandemic. More than half a year later, in Ueckermünde, Germany, we could hold the first week of exchanging and testing training methods and instruments and the fusion between the methods.

The JOY project was designed to address the rapidly changing landscape of society and work, along with the growing challenges faced by young adults. During the trainings, we realized that it could have an enormous impact on their participation in society, their employability, their well-being, their mental health and their (non-)expectations for their future.

Our objective was to help youngsters to feel meaningful, inspired, proud of who and what they are and surprised by what they are.

It was just the beginning of a long journey that we hope can continue in the future!

Partners



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