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Art4Wellbeing

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Saving Resources and Adopting Sustainable Practices Guide

developed by ARTMONIA



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1. Introduction

The **Art4Well-being project** is an Erasmus+ KA210-YOU Small-Scale Partnership implemented by organizations from the Netherlands, Türkiye, and Italy. The project addresses one of the most significant challenges facing young people across Europe today: the growing need for accessible, innovative, and inclusive approaches to emotional wellbeing and mental health support.

Young people increasingly face challenges related to anxiety, stress, social isolation, low self-confidence, and reduced opportunities for meaningful participation. Youth workers are often among the first professionals supporting young people in these situations. However, many youth workers require additional tools and methodologies to effectively promote emotional resilience and wellbeing in non-formal learning environments.

Art4Well-being responds to this need by developing and testing innovative art-based approaches that support emotional expression, self-awareness, creativity, resilience, and social inclusion. Through international cooperation, the project strengthens the capacity of youth workers while creating practical educational resources that can be used across different youth work settings.

At the same time, the project recognizes that wellbeing and sustainability are interconnected concepts. Healthy environments, responsible use of resources, community engagement, and sustainable lifestyles contribute to both individual wellbeing and social development. For this reason, sustainability principles are integrated throughout the project's management, implementation, dissemination, and educational activities.

This guide has been developed to support project partners, youth workers, facilitators, and stakeholders in adopting environmentally responsible and sustainable practices throughout the project lifecycle. It provides practical recommendations, examples, and policy references that help ensure project activities align with Erasmus+ priorities while minimizing environmental impact.

The guide also promotes the concept of Green Creativity, encouraging youth workers and young people to explore how artistic expression, environmental responsibility, and personal wellbeing can reinforce one another within modern youth work practice.





2. Purpose and Scope of Guide

The purpose of this guide is to support the implementation of environmentally responsible, resource-efficient, and sustainable practices throughout the Art4Well-being project.

As an Erasmus+ Small-Scale Partnership in Youth, Art4Well-being is committed to contributing not only to the wellbeing of young people but also to the broader environmental and sustainability priorities promoted by the European Union and the Erasmus+ Programme.

Although the primary focus of the project is the promotion of emotional wellbeing through art-based non-formal education methodologies, sustainability is considered a cross-cutting principle that influences the planning, implementation, dissemination, and long-term impact of all project activities.

This guide provides practical recommendations and examples that support project partners in reducing environmental impact while maintaining high-quality educational and youth work practices.

More specifically, the guide aims to:

- Promote efficient use of natural resources throughout project activities.
- Encourage environmentally responsible project management practices.
- Support the use of digital tools that reduce paper consumption and unnecessary resource use.
- Promote sustainable event organization and mobility practices.
- Encourage the use of recycled, reusable, and environmentally friendly materials in creative and educational activities.
- Integrate sustainability considerations into the development of educational resources and dissemination activities.
- Raise awareness among youth workers and young people regarding environmental responsibility and sustainable lifestyles.





- Contribute to the Erasmus+ Green Priority and relevant European sustainability frameworks.

The scope of this guide covers all major project activities, including project management meetings, research activities, educational resource development, pilot workshops, dissemination events, and sustainability measures implemented throughout the project lifecycle.

The guide is intended for:

- Project partners
- Youth workers
- Trainers and facilitators
- Researchers and educators
- Project managers
- Local stakeholders
- Organizations interested in implementing art-based wellbeing projects

Rather than functioning as a set of rigid rules, this document serves as a practical reference tool that encourages continuous improvement, reflection, and adaptation of sustainable practices according to local needs and contexts.

By adopting the recommendations presented in this guide, project partners contribute to a more environmentally responsible implementation process while simultaneously promoting creativity, wellbeing, inclusion, and active citizenship among young people.

Ultimately, the guide reflects the project's belief that sustainable development, emotional wellbeing, and creative expression are interconnected elements of modern youth work and should be promoted together in order to achieve meaningful and lasting impact.





3. European Policy Framework

The Art4Well-being project is implemented in alignment with key European Union policy frameworks that promote environmental sustainability, youth participation, wellbeing, social inclusion, and innovative educational practices.

Although the project primarily focuses on strengthening youth workers' competences in supporting young people's emotional wellbeing through art-based approaches, its activities also contribute to broader European objectives related to sustainability, active citizenship, lifelong learning, and responsible resource management.

The following policy frameworks provide the foundation for the sustainability practices described throughout this guide.

3.1 Erasmus+ Green Priority

Environmental sustainability is one of the four horizontal priorities of the Erasmus+ Programme 2021–2027. The European Commission encourages all beneficiaries to actively integrate environmentally responsible practices into project planning, implementation, dissemination, and follow-up activities.

The Green Erasmus approach promotes:

- Reduction of environmental impact.
- Sustainable project management.
- Responsible consumption of resources.
- Increased use of digital solutions.
- Sustainable mobility choices.
- Environmental awareness raising.





Within Art4Well-being, these principles are reflected through the use of digital collaboration tools, environmentally responsible event organization, sustainable educational resource development, and conscious use of materials during creative workshops.

The project recognizes that even small-scale partnerships can contribute to climate action by adopting practical and achievable sustainability measures throughout their implementation process.

3.2 European Green Deal

The European Green Deal represents the European Union's long-term strategy for transforming Europe into a climate-neutral continent by 2050.

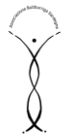
The strategy emphasizes the importance of education, behavioural change, innovation, and community engagement in achieving sustainability goals.

Although Art4Well-being is not an environmental education project, it supports the Green Deal through:

- Promotion of responsible resource use.
- Reduction of paper consumption.
- Sustainable dissemination practices.
- Use of environmentally friendly materials.
- Encouragement of nature-based wellbeing activities.
- Development of environmentally conscious project management practices.

The project acknowledges that sustainable development requires not only technological innovation but also cultural and behavioural transformation. Through creative learning processes, young people can develop attitudes and values that support sustainable lifestyles and responsible citizenship.





3.3 GreenComp: The European Sustainability Competence Framework

GreenComp is the European Sustainability Competence Framework developed by the European Commission's Joint Research Centre.

The framework identifies the competences that individuals need to think, act, and live sustainably in modern societies.

GreenComp is organized around four competence areas:

Embodying Sustainability Values

This area promotes respect for nature, social justice, responsibility, and sustainability-oriented values.

Embracing Complexity in Sustainability

This area develops critical thinking, systems thinking, and the ability to understand interconnected challenges.

Envisioning Sustainable Futures

This area encourages creativity, adaptability, and future-oriented thinking.

Acting for Sustainability

This area focuses on individual initiative, collective action, and participation in positive change.

Art4Well-being contributes to several GreenComp competences through collaborative learning, reflective activities, creative expression, and community engagement.

Particularly relevant competences include:

- Empathy and emotional awareness.





- Collective action.
- Creative problem-solving.
- Critical reflection.
- Social responsibility.
- Respect for diversity and inclusion.

By supporting these competences, the project contributes to both personal wellbeing and sustainable societal development.

3.4 EU Youth Strategy 2019–2027

The EU Youth Strategy aims to empower young people, support their participation in democratic life, and promote social inclusion and active citizenship.

The strategy encourages youth organizations to create opportunities for young people to:

- Participate actively in society.
- Develop personal and social competences.
- Improve wellbeing and quality of life.
- Engage in inclusive learning environments.
- Contribute to sustainable communities.

Art4Well-being directly contributes to these objectives by promoting emotional wellbeing, creative participation, intercultural dialogue, and inclusion through art-based methodologies.





The project also supports the development of youth workers who play a key role in implementing the objectives of the EU Youth Strategy at local and international levels.

4. Sustainable Implementation by Project Activity

4.1 Kick-off Meeting (Netherlands)

The Kick-off Meeting marks the official start of the Art4Well-being project and provides an opportunity for partners to establish common working procedures, project objectives, and sustainability commitments.

To reduce environmental impact, partners prioritize digital communication and document sharing throughout the meeting. Agendas, presentations, and working documents are distributed electronically, minimizing the need for printed materials.

Whenever possible, venues are selected based on accessibility and proximity to accommodation facilities in order to reduce local transportation needs. Participants are encouraged to use public transport, walking routes, or shared transportation options during their stay.

Sustainability considerations are also reflected in catering arrangements through the use of locally sourced products, seasonal food options, and reusable serving materials whenever feasible.

During the meeting, partners discuss and agree on common sustainability practices that will be applied throughout the project, including responsible resource use, digital collaboration, environmentally conscious event management, and sustainable dissemination approaches.

By integrating these practices from the beginning, the consortium establishes a shared commitment to reducing environmental impact while maintaining effective international cooperation.

4.2 Research and Needs Analysis

The Research and Needs Analysis phase provides the foundation for the development of the Art4Well-being methodology and educational resources. This activity aims to identify the needs, challenges, and expectations of youth workers and young people regarding emotional wellbeing and art-based learning approaches.





To support sustainable implementation, data collection processes are conducted primarily through digital tools. Online surveys, digital questionnaires, and virtual consultations help reduce paper consumption while increasing accessibility for participants.

Project partners use shared cloud-based platforms to store, analyse, and exchange research findings, minimizing the need for printed reports and physical document storage.

Where meetings or focus groups are organized, partners are encouraged to select accessible venues and use digital presentation tools whenever possible.

By adopting a digital-first approach, the research phase contributes to efficient resource management while ensuring high-quality data collection and collaboration among partners.

4.3 Development of the Art4Well-being Handbook and Digital Toolkit

The development of the Art4Well-being Handbook and Digital Toolkit represents one of the project's main outputs. These resources are designed to provide youth workers with practical methods, activities, and tools for supporting young people's emotional wellbeing through creative approaches.

Sustainability considerations are integrated into both the development process and the final format of the resources. Project partners collaborate through online platforms, reducing the need for travel and printed working documents.

The Handbook and Digital Toolkit are primarily developed as digital resources to ensure easy access, long-term availability, and reduced environmental impact. Interactive formats, downloadable materials, and digital dissemination channels are prioritized whenever possible.

If printed copies are required for specific dissemination purposes, partners are encouraged to use recycled paper and environmentally responsible printing services.

Through this approach, the project ensures that educational resources remain accessible while minimizing the consumption of natural resources.





4.4 Pilot Testing and Validation Workshops

Pilot workshops provide an opportunity to test and validate the Art4Well-being methodology with youth workers and young people in real learning environments. These activities allow partners to gather feedback and improve the developed tools before wider dissemination.

As an art-based project, particular attention is given to the selection and use of creative materials. Whenever possible, workshops encourage the use of recycled, reusable, or environmentally friendly materials, demonstrating that creativity and sustainability can work together.

Facilitators are encouraged to reuse workshop materials, reduce unnecessary waste, and select resources that have a lower environmental impact.

Digital feedback forms and online evaluation tools are used to collect participant reflections and workshop results, reducing the need for printed questionnaires.

These practices help create learning experiences that are both environmentally responsible and aligned with the project's wellbeing objectives.

4.5 National Sharing Events and Dissemination Activities

National Sharing Events play an important role in promoting project results and engaging stakeholders at local and national levels. These events provide opportunities to present project achievements, share good practices, and encourage the future use of Art4Well-being resources.

To reduce environmental impact, invitations, registration forms, agendas, and dissemination materials are shared digitally whenever possible. QR codes may be used to provide access to project outputs, presentations, and online resources.

Partners are encouraged to select venues that are easily accessible by public transportation and to promote sustainable travel options among participants.

Reusable promotional materials, such as roll-up banners and digital presentations, are preferred over single-use printed materials.

By combining effective dissemination with environmentally responsible practices, the project contributes to both visibility and sustainability objectives.





5. Monitoring, Evaluation and Sustainability Impact

Monitoring and evaluation are essential components of the Art4Well-being project, ensuring that sustainability principles are effectively integrated into project activities and organizational practices.

Throughout the project lifecycle, partners regularly review the implementation of environmentally responsible measures and assess their contribution to the overall quality and impact of project activities. Particular attention is given to the use of digital tools, responsible resource management, sustainable event organization, and environmentally conscious workshop practices.

The partnership promotes a culture of continuous reflection and improvement. Sustainability considerations are discussed during project meetings, evaluation activities, and partner exchanges, allowing organizations to identify successful practices and areas for further development.

To support this process, partners monitor several practical indicators, including the use of digital communication and documentation, reduction of printed materials, use of recycled or reusable workshop resources, and the implementation of environmentally responsible dissemination activities.

Beyond measuring environmental performance, the project also evaluates how sustainability practices influence organizational behaviour, project management approaches, and the attitudes of participating youth workers. By integrating sustainability into everyday project activities, the partnership aims to encourage long-term awareness and responsible decision-making that extend beyond the project duration.

The monitoring and evaluation process therefore serves not only as a quality assurance mechanism but also as an opportunity to strengthen the project's contribution to sustainable development and environmentally responsible youth work practices.





6. Sustainability Beyond the Project

Sustainability within the Art4Well-being project extends beyond the implementation period and reflects the partnership's commitment to creating long-term value for youth workers, young people, and local communities.

The project is designed not only to deliver activities during the funded period but also to ensure that its results remain accessible, relevant, and applicable after project completion. Through the development of practical educational resources, digital tools, and tested methodologies, the partnership seeks to support the continued use of project outcomes in youth work settings across Europe.

The Art4Well-being Handbook and Digital Toolkit will remain available as open educational resources, allowing youth workers, educators, and organizations to continue benefiting from the project's results. The materials are designed to be adaptable and transferable to different contexts, supporting their long-term use beyond the partnership.

Partners are encouraged to integrate the developed methodologies into their regular educational and youth work activities, ensuring that the knowledge, skills, and practices generated by the project continue to create positive impact. The creative approaches tested during the project can also be further developed and incorporated into future initiatives focusing on wellbeing, inclusion, and non-formal education.

The partnership also aims to maintain cooperation beyond the project duration through future collaborations, knowledge exchange, and joint initiatives that promote youth wellbeing and sustainable development.

By combining creativity, wellbeing, inclusion, and environmental responsibility, Art4Well-being seeks to leave a lasting legacy that contributes to stronger organizations, empowered youth workers, and more resilient communities.

Ultimately, sustainability is viewed not as a final project outcome, but as an ongoing process of learning, cooperation, and responsible action that continues long after the project has officially ended.





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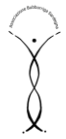
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