



ART-ICULATE

Ragina

Pilot Testing
Results

IMPACT MEASUREMENT SERIES



Co-funded by
the European Union

Phase 1

Pilot Testing with Youth Workers



Number and profile of participants included

We involved five people working with young people in Phase 1. The group included both internal staff members from the organisation and external participants interested in applying art-based approaches in their work with young people aged 15–18. Participants had prior experience in working with young people and showed strong motivation to explore creative methods for developing emotional intelligence.

How did we select and invite participants?

Participants were invited through open call and communication within the organisation and outreach to external youth workers. Priority was given to participants with experience in working with adolescents and willingness to test innovative, art-based learning approaches. Participation was voluntary.

How did we prepare participants before the activities?

We gave participants a short introduction to the project objectives, the “30 Days Art Challenge” booklet, and the expected outcomes. We organised a preparation meeting that included an explanation of the methodology, implementation principles, and discussion of how the activities support the development of emotional intelligence. We also presented materials and examples from the challenge booklet during the briefing.

What was the duration of testing activity?

We delivered the activity as one full-day training session. The session included two training blocks in the morning, followed by a break, and two training blocks in the afternoon.

How did we evaluate participants' satisfaction with the activity?

We measured participant satisfaction through a guided group discussion and reflection at the end of the session. The feedback indicated a high level of satisfaction with the interactive format, practical relevance, and clarity of the methodology. Participants highlighted the engaging nature of the activities and the applicability of the toolkit in youth work settings.

How did participants evaluate the quality and effectiveness of the developed training?

Participants evaluated the training programme as clear, creative, and easy to implement. They emphasised the strong connection between art activities and emotional development, the flexibility of the challenges, and the usefulness of the reflection components. The overall assessment confirmed that the programme is practical and suitable for work with young people aged 15–18.

What improvements did participants suggest for the training programme?

Participants did not suggest any specific improvements. They provided positive feedback on the structure of the booklet, the diversity of activities, and the relevance of the topics. We considered the materials well-balanced and ready for implementation.

Phase 2

Pilot Testing with Youth Participants



Number and profile of participants included

We involved fifteen young people aged 15–18 in the pilot testing. The group included both girls and boys from our youth centre. Participants demonstrated interest in creative activities and willingness to explore emotional expression through art.

How many participants with fewer opportunities were involved?

We identified 6 participants as young people with fewer opportunities, including young people facing economic challenges, social obstacles, and those living in rural areas. Their participation supported inclusive engagement and diversity within the pilot group.

How did we select and invite participants?

We invited participants through an open call at our youth centre and through the organisation's social media channels. We also sent information about the activity to local schools and youth networks. The selection process aimed to ensure diversity, inclusion, and motivation to participate actively.

How long did the pilot testing activity last?

We conducted the pilot testing within the planned implementation period through interactive sessions.

How did we evaluate participants' satisfaction with the activity?

We assessed participant satisfaction through creative reflection activities and group discussion. Young people expressed strong engagement and enjoyment of the art-based approach. The feedback indicated that participants appreciated the freedom of expression, the supportive environment, and the variety of challenges.



Summary



Key findings

Participants demonstrated improved emotional awareness, creativity, confidence, teamwork, and communication skills. They showed increased openness in expressing feelings, greater empathy towards peers, and an enhanced ability to reflect on personal experiences through artistic expression. The activities supported positive group dynamics and active participation.

Adjustments proposed by youth workers after testing the program with participants

No specific adjustments were required. Young people also shared that the challenge booklet was well designed, the topics were relevant, and the exercises were appropriate for them. They also enjoyed completing some of the challenges from the booklet independently.

The sequence and balance of activities during the piloting supported smooth facilitation and high engagement.

Overall evaluation of the pilot testing activities with youth workers and youth participants

Overall, the pilot testing demonstrated strong engagement from both people working with young people and young participants. The art-based methodology proved effective in supporting emotional expression, creativity, and interpersonal skills among young people aged 15–18. Participants responded positively to the interactive format, and the activities encouraged reflection and collaboration.

We considered the training toolkit clear, adaptable, and suitable for implementation in youth work contexts. We achieved inclusive participation, including the involvement of young people with fewer opportunities. No revisions are required, although continued use in diverse settings is recommended to further validate the approach.

The pilot testing confirmed that the “30 Days Art Challenge” is a valuable tool for developing emotional intelligence through creative learning and can be effectively integrated into youth work practices.



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Thank you!



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