

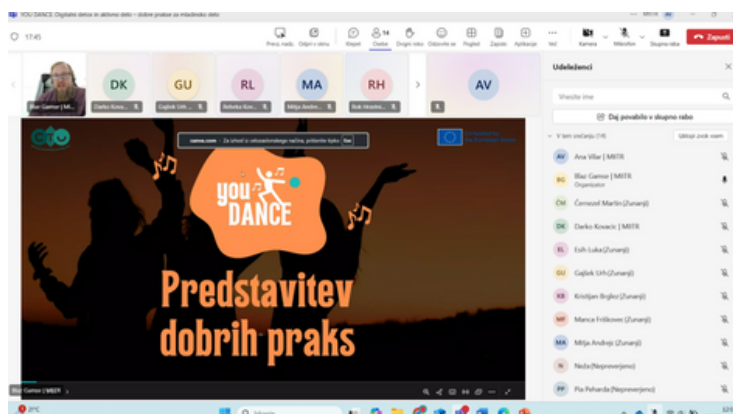
# NEWSLETTER



## YOU DANCE FINAL CHAPTER: UNITED IN MOVEMENT AND INSPIRATION

In Slovenia, we hosted two main events:

- A live event in Maribor, held at the courtyard of the Old Vine House, where we showcased good practices and led practical exercises on movement at the workplace and digital detox.
- A webinar (17 July) gathered stakeholders from various sectors. The discussion highlighted how dance-based and movement-focused methods can be applied not only in youth work but also in everyday professional environments.



Following the inspiring mobility in Maribor, the YOU DANCE project continued with a series of dissemination activities across all partner countries. Youth workers took on the role of project ambassadors, organizing local events in youth centres, schools, and community spaces to share experiences, present flash mob highlights, and lead short movement and digital wellbeing workshops. In parallel, online events allowed for broader outreach and long-term impact.

🎥 The project culminated in a final online conference, bringing together participants, mentors, and a wider audience to reflect on the journey, celebrate outcomes, and promote dance as a powerful tool for wellbeing and youth empowerment.

📖 We also prepared a Good Practices Handbook, capturing key methods, reflections, and practical recommendations for integrating movement, mindfulness, and creativity into youth work.

YOU DANCE was more than just a project – it was a shared space of experience, movement, and growth.

Let's keep moving – with purpose, presence, and connection.

