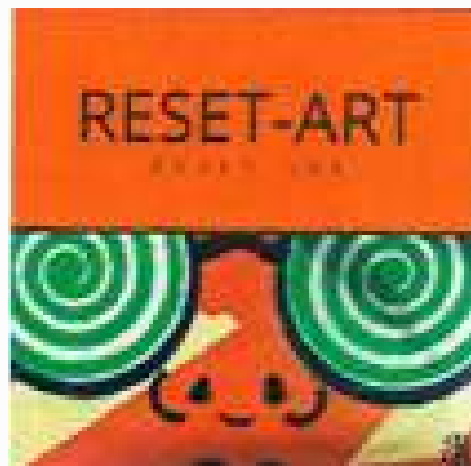




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RESET-ART STUDIES VISITS

Reset-Art- Renforcer les capacités des travailleurs de jeunesse pour soutenir les jeunes souffrant d'éco anxiété par le biais d'activités culturelles.

2023-1-FR02-KA210-YOU-000160802



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The project

Reset Art is a collaborative and creative initiative that explores the intersection of youth engagement, climate action, and mental health through the lens of art and culture. The project responds to the growing challenge of eco-anxiety among young people, aiming to empower them as active citizens in the climate transition. By combining artistic expression, civic engagement, and educational tools, ReSet Art creates inclusive spaces where young people can reflect, express, and take action.

The project focuses on three core objectives:

- Strengthening the capacities of youth workers by equipping them with knowledge, data, and best practices related to the mental health impacts of climate change on young people.
- Developing positive and accessible communication tools to address eco-anxiety and support young people's commitment to eco-citizenship.
- Fostering active youth participation through creative, community-based workshops that encourage engagement in climate-related issues.

Over 12 months, the project involves two international study visits (Greece and Guadeloupe), the co-creation of an open-source e-toolkit with guides, podcasts, and awareness-raising materials, and the implementation of local creative workshops led by young people and artists. ReSet Art engages youth workers, artists, and local communities across diverse regions to promote new narratives of hope, action, and resilience in the face of climate challenges.



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STUDY VISIT IN GUADELOUPE

From 17 to 21 January, the visit allowed to organize a series of structured meetings with representatives of associations, teachers in high schools, local authorities civic service of the City Hall of Sainte Rose, activist artists as @YESWOO, @Agnès Djafry, Collective of artists who have designed a three-storey exhibition "Exposed chlordecone", educators institutions houses of adolescents, local stakeholders and community organizations.

And to participate in two creative eco-citizen workshops that explored the positive aspects of eco-anxiety, allowing participants to express their emotions through art.

The exhibition of a collective of artists on the issue of anxiety and fear related to soil pollution due to chludecone and the risk of disasters related to climate change due to sargassum allowed an exchange with the artists and the young audience on the questions related to the eco-anxiety.

The art therapy workshop within the Lycée Félix Proto including a part dedicated to visual arts, the other dedicated to body expression led by an arthritis therapist

Finally, with the help of a high school teacher, we launched a drawing competition on eco anxiety which allowed us to collect original and sensitive representations of expressions and feelings about the eco anxiety. These representations that were presented and enhanced during an event in a third place dedicated to eco-citizenship





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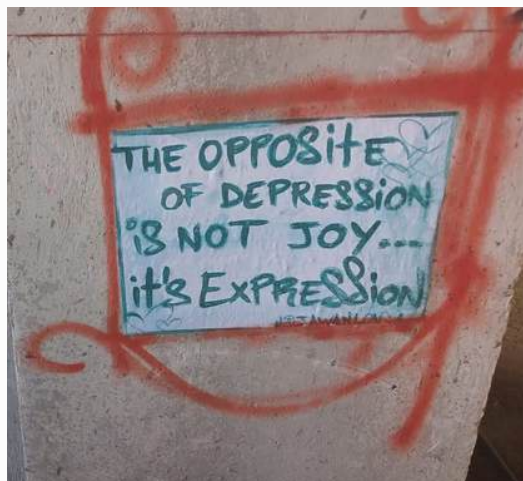


STUDY VISIT IN GUADELOUPE

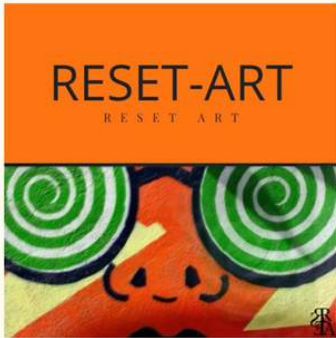
Discussions on best practices in environmental education provided a basis for enriching knowledge sharing, while evaluation sessions helped to assess the impact of the visit.

Moreover, a study visit to Guadeloupe took place during the carnival season which is a key moment in Guadeloupean culture to express and denounce social, political messages using art and culture, particularly regarding the poisoning of chlordecone, the invasion of the seas by sargassum, water cuts and pollution.

Participant feedback was overwhelmingly positive, with many noting a heightened sense of motivation and an enriched understanding of eco-anxiety.



STUDY VISIT IN GUADELOUPE



RESET-ART
RESET ART

VISITE D'ÉTUDES
2 DATES CLÉS :

Jeudi 16 janvier à 9h30
**Atelier sensibilisation
des jeunes à l'éco-anxiété**
En partenariat avec le lycée Felix Proto Abymes

Lundi 20 janvier à 14h
**Rencontre sur le thème :
Santé mentale
& l'Environnement**
Maison des adolescents des Iles du Nord



@arrimagegoodilles



The RESET ART project is a strategic response to the increasingly recognized phenomenon of eco-anxiety among young people—an emotional response characterized by fear, helplessness, and grief in the face of environmental crises. This European initiative aims to offer youth a meaningful outlet through artistic engagement and intercultural cooperation.



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STUDY VISIT IN GREECE

Following a formative study visit in Guadeloupe, project partners from the Caribbean region traveled to Thessaloniki to participate in a reciprocal visit from March 3 to 7, 2025 serving as a living laboratory where participants explored how artistic expression can transform ecological distress into empowerment.

A core realization that emerged during the implementation of the RESET ART project is that eco-anxiety, while critically relevant, is a complex and often inaccessible topic for young people. Despite its importance, the theme proved difficult to address directly. Youth participants often expressed disinterest or even discomfort discussing eco-anxiety—not due to a lack of concern, but because the topic can exacerbate their existing fears about the future of the planet. This psychological resistance underscores the paradox at the heart of the project: raising awareness of eco-anxiety risks deepening the very anxiety it seeks to address.

It became clear that indirect and creative approaches are essential. Rather than confronting youth with abstract or alarming facts, the project embraced a methodology rooted in art, emotion, and experiential learning—fostering spaces where participants could explore environmental emotions in ways that felt safe, empowering, and personally relevant.

This exchange deepened the project's intercultural dimension and allowed for a comparative exploration of eco-anxiety within different socio-ecological contexts.

The program in Thessaloniki combined workshops, site visits, and collaborative art projects designed to surface emotional responses to environmental issues and transform them into collective action. The agenda was intentionally diverse, blending traditional craft, street art, feminist social enterprise, and activist dialogue to show how eco-anxiety can be reframed as a catalyst for creativity, resilience, and systemic change.



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STUDY VISIT IN GREECE

The visit hosted youth workers and artists from Guadeloupe and Greece, bringing together diverse cultural perspectives under the shared challenge of climate anxiety. The program's structure—a blend of creative workshops, institutional visits, and encounters with local change agents—was carefully curated to forge a strong and analytical connection between art, social empowerment, and the psychological dimensions of the climate crisis.

The visit commenced at the Greek Association of Women Entrepreneurs (SEGE), whose mission to promote female entrepreneurship and social equity provided a foundational context. SEGE, along with CUBE and OECON, illustrated how social and gender equity efforts intersect with environmental sustainability. Presentations emphasized that systemic exclusion and lack of agency are key contributors to eco-anxiety. By empowering women and vulnerable populations to become changemakers, these institutions counteract the paralysis associated with ecological grief.





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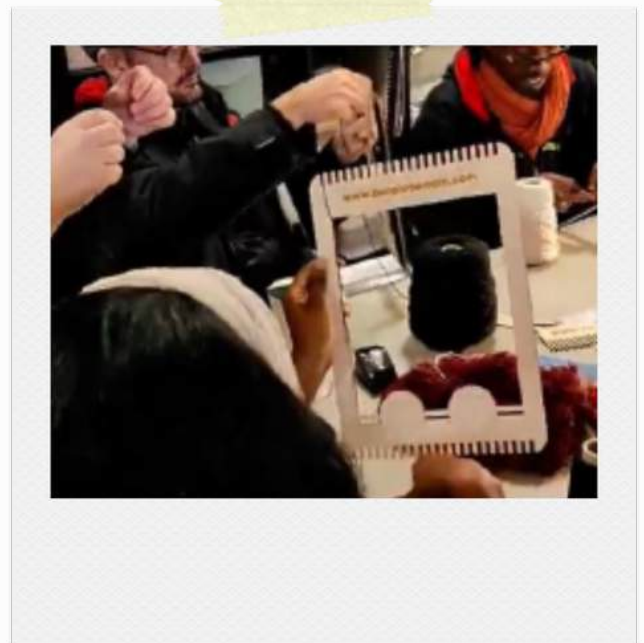
STUDY VISIT IN GREECE

The analytical significance here lies in understanding empowerment not merely as economic opportunity, but as a psychosocial strategy to mitigate eco-anxiety by restoring a sense of agency. Participants critically examined how marginalized voices, often most impacted by climate change, are also central to building resilient communities.

The weaving workshop with Meropi Ververi at Penelope Loom introduced participants to the concept of "slow art"—an antidote to the fast-paced, consumption-driven culture that fuels ecological destruction. Ververi's use of endangered Greek sheep's wool and organic materials is both a cultural reclamation and a form of ecological resistance. Participants engaged in

hands-on practice, connecting their creative process with traditional knowledge systems that prioritize harmony with nature.

In this context, the weaving activity becomes a powerful metaphor: each thread woven into fabric mirrored the complex interlinkages between heritage, sustainability, and emotional resilience. The act of creating—slowly, mindfully, and sustainably—provided a counter-narrative to the anxiety-inducing urgency of the climate crisis.





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STUDY VISIT IN GREECE

The graffiti workshops offered a visceral and unfiltered medium through which participants—especially the Guadeloupean artists—could channel their eco-emotions. Their artwork, focusing on the empowerment of women and vulnerable groups, was not merely aesthetic but political. It reclaimed urban space as a site of resistance and collective voice.

Public art was shown to be a critical pedagogical tool: its immediacy and accessibility bridge the gap between private anxiety and public discourse. The resulting graffiti captured themes of resilience, ecological injustice, and intersectionality—effectively illustrating how creative expression can serve as a cognitive and emotional strategy for confronting eco-anxiety.

The visit to OIKOPOLIS deepened the analytical understanding of how art intersects with environmental activism. As an institution that supports environmentally oriented artists, OIKOPOLIS demonstrated the systemic potential of integrating ecological consciousness into artistic production. Dialogues emphasized that eco-art is not about decoration but transformation—of space, of perception, and ultimately, of societal values.

Participants critically evaluated how art can destabilize dominant narratives that isolate individuals in their climate fears, instead promoting community-oriented, hopeful imaginaries. The intersection of ethics, aesthetics, and activism reinforced the notion that eco-anxiety, while rooted in fear, can be redirected towards constructive engagement.

At For.ME Social Enterprise, participants encountered an operational model that marries gender equity with environmental and social sustainability. By supporting women-led initiatives in the creative industries, For.ME not only fosters economic resilience but also addresses the broader psychological dimensions of marginalization that often underpin eco-anxiety.

The discussions illuminated a nuanced understanding: that socio-economic inclusion is a necessary precursor to environmental participation. Climate agency is not equally distributed, and models like For.ME are instrumental in democratizing the response to climate stress.

The evening session with Elena Stamatopoulou and Evi Georgi exemplified interdisciplinary synergy. These encounters transcended disciplinary silos, merging academic insights, theatrical expression, and activism to explore how narratives shape emotional landscapes. The dialogue provided a rich analytical lens into how stories—whether scientific, artistic, or personal—can influence our collective emotional response to environmental degradation.



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STUDIES VISITS CONCLUSIONS

Here, eco-anxiety was framed not as an individual pathology but as a collective affect shaped by cultural, historical, and political factors. Participants were invited to reconceptualize eco-anxiety as a form of knowledge—a signal calling for systemic change rather than a condition to be merely managed.

The concluding discussions under the Erasmus+ cooperation framework served both evaluative and visionary purposes. Participants shared critical reflections on their experiences and explored how the RESET ART methodology could be adapted and expanded. These dialogues confirmed that the project's analytical and emotional depth had not only raised awareness but also fostered a sense of purpose.

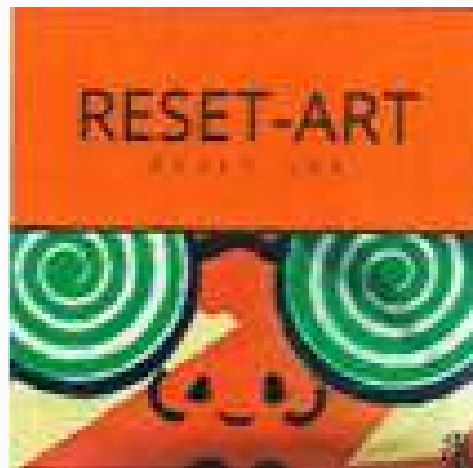
Participants expressed that through art, they had found a way to articulate and process their ecological fears, and through community, they had reimagined their role in the planetary future. This synthesis of art, emotion, and empowerment stands as a powerful model for tackling youth eco-anxiety across diverse European contexts. The RESET ART study visits in Thessaloniki succeeded in transforming abstract concerns about climate change into tangible, shared experiences. Each activity was a deliberate intervention, designed not only to educate but to heal, to inspire, and to empower. By linking the emotional landscapes of eco-anxiety with creative practice and community solidarity, RESET ART illuminated a pathway from paralysis to participation.

This report underscores a critical insight: confronting eco-anxiety requires more than awareness, it demands collective creativity, systemic empathy, and transformative action. Through RESET ART, these elements came vividly to life.





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