

Welcome to the ERA Project

We are excited to introduce you to the ERA - Elders Rural Aware project, an Erasmus+ initiative dedicated to enhancing the well-being of elderly individuals in rural communities through eco-art therapy and digital tools.

WHAT IS ERA ABOUT?

The ERA Project aims to foster social inclusion, emotional well-being, and environmental awareness among elderly individuals living in rural areas. The initiative aims to generate creative answers to fight social isolation and advance active ageing by combining art therapy, virtual reality, and community involvement.

ERA is a two-year Project, running from December 2024 to November 2026, co-funded by the Erasmus+ Programme of the European Commission. It is implemented by a consortium of five (5) partners from three (3) countries: Türkiye, Lithuania and Bulgaria.

Objectives of the ERA Project

- Develop a Virtual Reality Mindfulness Art Therapy Platform.
- Create an Eco-Art Therapy Toolkit for professionals and caregivers.
- Establish a Mobile Art Therapy Clinic to reach elderly individuals in remote areas.
- Strengthen dissemination and communication to maximize project impact.

Expected Results

- A user-friendly Virtual Reality Art Therapy Platform.
- A comprehensive Eco-Art Therapy Toolkit tailored for rural elderly individuals.
- A fully functional Mobile Art Therapy Clinic delivering therapeutic services to rural areas.
- Increased awareness and engagement in art therapy and well-being initiatives.

Target Groups

- Elderly Individuals Living in Rural Areas (65+)
- Caregivers and social workers
- Healthcare professionals and therapists
- Community leaders and volunteers
- Art therapy practitioners



ENVIRONMENT REINTEGRATION AND AWARENESS-BASED ART THERAPY FOR RURAL ELDERLY

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Meet the ERA Partnership

- Ankara Hacı Bayram Veli University (AHBVU) - Türkiye (Coordinator)
- Viešoji Įstaiga "Švietimo, tyrimų ir konsultacijų centras" (ERCC) - Lithuania
- MC MEDICAL LOT - Bulgaria
- St. Ivan Rilski Psychiatric Hospital - Bulgaria
- Gözde Rehabilitation and Health Services - Türkiye

What Has Happened So Far?

- Three Online Meetings Held
- Work Package 2 (Research) Started
- Project Logo & Visual Identity Finalized
- Website Launched
- Dissemination Plan Developed
- Social Media Channels Activated



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Meet the Team