

Method related to Wellbeing (project "More Light!")

The theme of the day was "Wellbeing" and it was presented on 23.10.2024, when Erasmus + project "Forward Together" participants together with their colleagues from the Valmiera library, visited the poet Eduard Weidenbaum memorial house-museum. There are several methods that are offered to visitors during a visit to the Eduards Weidenbaums (1867-1892) museum in connection with those used in the project "More Light!". This project in the museum vividly shows that, in fact, the young poet Eduard Weidenbaum during his lifetime in the 19th century faced the same feelings and mental health issues that children and youth struggle with today. The importance of being heard and getting the help you need in time.

The museum teacher talked about the work with youth groups and the implemented projects. The guests of the museum were especially addressed by the activities and experiences involved in "Kalāči", helping young people in the fight with mental health problems.

Since 2022, a new permanent exhibition "More Light!" has been open, which won the Latvian Museum Association's main Annual Award in 2022. An educational program on mental health was also created in collaboration with adolescent and youth psychotherapy specialists.

Methods used by the museum was presented to "Forward Together" project participants:

1. Educational program on mental health

Developed in cooperation with specialists in adolescent and youth psychotherapy.

The program aims to develop mental health literacy and build harmonious relationships with fellow human beings.

2. The museum's permanent exhibition "More Light!"

Based on the life stories of Eduards Weidenbaums and the Kalāči family to inspire young people. Includes a contemporary element and methods that address today's young people and their experiences.

3. Lessons for school groups and interested parties.

The lessons are integrated into the exhibition to talk about values and mental health in a contemporary way.

A method is used in which the museum becomes a mediator between the young person and the content, serving as a safety point.

4. Youth involvement in the creation of the exhibition and educational programs

The youth group actively participated in the development and testing of the educational exhibition elements.

Their participation facilitated the creation of contemporary artworks in welfare residencies, based on the museum's collection and mental health issues.

5. Interactive approach through art and personal experience.

The youth are invited to identify with the personality and life story of Eduards Weidenbaums.

A connection is made between the youth's experience and the historical context, creating a dialogue between the past and the present.

6. Community activities and future projects.

The youth group has started work on its own independent project - the music and art festival "Veidenfest".

Cooperation between museums and other institutions in a neighboring county of Valmiera is promoted in order to create a permanent mental health and well-being support framework by 2025.

7. Contemporary value narrative.

The museum's approach is oriented towards a contemporary dialogue that helps connect with the thinking and experience of today's youth.

The museum is positioned as a place where spiritual well-being and societal values are discussed.

These methods collectively create an innovative and educational environment where the museum serves as a center for both education and emotional well-being.