

INNER WEATHER

Learning to notice, name, explore and navigate emotions

FORMAT	DURATION	PARTICIPANTS	TIMING
Erasmus+ Youth Exchange KA152-YOU	6 activity days + 2 travel days	Young people aged 18-25	Summer 2027 no later than September

THE IDEA

Inner Weather is a Youth Exchange exploring emotional literacy through non-formal, creative, sensory, outdoor and intercultural learning. It starts from a simple metaphor: our emotional world can be understood as changing weather. Some days feel sunny and clear; others are foggy, windy, heavy or unpredictable. Participants will learn to observe these changes, recognise patterns and understand what helps them navigate different emotional conditions.

Rather than approaching emotions only through conversation, participants will explore them through the body, nature, movement, music, colours, objects, photography, spaces, sounds and interaction with others. The project is educational, not therapeutic, and does not require participants to disclose intimate or traumatic experiences.

WHY THIS PROJECT

Young people are often encouraged to talk about their feelings, but doing so requires skills that are rarely developed intentionally. Before communicating an emotion, a person needs to notice it; before explaining it, they need language for it; and before responding, they need to understand how it appears in the body, thoughts and behaviour. Emotional experiences are also influenced by relationships, culture, social environments and physical spaces.

AIMS

- Strengthen the ability to recognise and name emotions and distinguish them from thoughts, sensations and behaviours.
- Expand emotional vocabulary and the capacity to communicate emotional experiences.
- Explore creative, sensory and nature-based methods of expression and self-support.
- Practise empathy, active listening, healthy boundaries and supportive responses.
- Identify accessible regulation strategies and personal or social resources.
- Transfer useful methods to peer groups and local communities.

THE LEARNING JOURNEY

NOTICE	Observe emotions, body signals, thoughts and behaviour without immediately trying to change them.
NAME	Build a richer emotional vocabulary and explore how language and culture shape expression.
EXPLORE	Use nature, spaces, objects, textures, colours and sounds as ways of understanding inner experience.
EXPRESS	Experiment with movement, music, drawing, photography, storytelling, theatre and other creative forms.
REGULATE AND CONNECT	Test accessible self-support strategies and practise being present with other people's emotions.
INTEGRATE	Create a personal Emotional Toolbox and identify ways to transfer learning after the exchange.

INCLUSION AND SAFETY

The exchange will intentionally include young people with fewer opportunities and does not require prior knowledge of psychology or mental health. The group will establish shared principles on confidentiality, boundaries, voluntary participation and the right not to disclose. Activities will use fictional situations, metaphor and creative distance where appropriate. Facilitators will clearly distinguish peer support from professional support.

COMMON OUTPUT

Participants will collectively develop an Inner Weather Field Guide: a compact, visual collection of methods, prompts and creative tools discovered, tested or adapted during the exchange. Each participant will also develop a personal Emotional Toolbox containing signals they recognise, environments that influence them, forms of expression, regulation strategies and support resources.

CO-DESIGN AND PARTNERS

Before the application is finalised, partner organisations will contribute to needs mapping and project co-design. We are looking for organisations that work directly with young people, especially in inclusion, wellbeing, creative non-formal education or outdoor learning; can recruit and prepare participants responsibly; uphold safeguarding and confidentiality; and support participant-led preparation, follow-up activities and local transfer.

THE CONCEPT IS CLEAR. THE FINAL EXCHANGE WILL BE BUILT TOGETHER WITH ITS YOUNG PEOPLE.