

Turku University of Applied Sciences

HOPEA

Project duration

1.12.2017 - 31.5.2019

Operating sphere

National International

Partners

Taikusydän coordination and communication centre with its regional networks, Cupore

Total funding

45 000 €

TUAS budget

5 000 €

Contact information

[Anna-Mari Rosenlöf](#)

[None](#)

[Phone: +358 50 598 5257](#)

[Email: None](#)

[Group Email: anna-mari.rosenlof@turkuamk.fi](mailto:anna-mari.rosenlof@turkuamk.fi)

[Unit: Arts Academy, Projects, Fine Arts](#)

HOPEA

HOPEA-project is divided into two parts: firstly to promote the knowledge of creative well-being in by developing short-term trainings and secondly to create a big picture about the field of arts and health in Finland. Part of the project is to write an article The State of Arts and Health in Finland which will be published in international, peer reviewed journal. The short-term trainings are piloted in four areas in Finland in co-operation with the regional Taikusydän networks.

The project brings forward the existing research results on art and culture's effects on well-being and encourages to take art and culture to everyday use in the workplaces. The emphasis is in understanding the phenomenon and concepts of creative well-being in the context of health promotion. Trainings contain learning-by-doing workshops and adapting different art-based methods to strengthen the occupational knowledge base and understanding how the relation between health care and culture presents itself as a source of inner resource.

The results of the project will be published both as an article and as a tool kit assembled on a website.