



KALĀČI

More light!
Eduards Veidenbaums Museum Kalāči project
sheds light on adolescent mental health

Inga Surgunte, Head of the project
27 August 2023

EU WORK PLAN FOR CULTURE 2023–2026



KALÁČI

b) Culture for the people: enhancing cultural participation and the role of culture in society

- Culture and health

Working methods: possible conference; possible informal meetings of officials from ministries of culture and ministries of health; short-term OMC group on including culture in health policies – exchanging good practices with a special focus on mental health.

Rationale: Cultural activities can support illness prevention, health promotion, and management and treatment of illnesses.

Cultural activities offer a holistic approach and have a positive impact on people of all ages and backgrounds, enhance people's quality of life and increase the health and overall well-being of individuals and communities. There is also a significant economic impact. The OMC can build on the results of the 2022 preparatory action 'Culture for Health' and on previous research and work undertaken on this topic.

Target outputs: Raising awareness of the positive effects of culture and creating more cross-sectoral cooperation among decision-makers; recommendations for implementing participatory cultural practices, with a focus on mental health; continue mapping good practices.

Eduards Veidenbaums Museum Kalāči

4,4 hectares, 5 buildings

Kalāči farmstead – a national
historic monument

Collection: 7917 items

Seasonal museum

Main target audience: adolescents





KALĀČI

Eduards Veidenbaums (1867 - 1892)

Poet

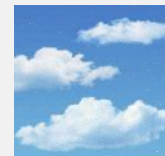
First modernist of the Latvian
literature

75 poems

4 articles

Letters and other manuscripts





KALĀČI

Vairāk gaismas!

Šis ir projekts, kas ir daļa no
KALĀČI programmas, kas ir daļa no
KALĀČI programmas, kas ir daļa no
KALĀČI programmas, kas ir daļa no

The project More Light!

New permanent exhibition

Drama workshops

Artist residencies

The museum is becoming a place to explore one's personal mental health and learn how to build harmonious relationships with others





KALÁČI

New permanent exhibition
More Light!



Lūdzam neizlikt
pozīcijā izvietotos
priekšmetus!

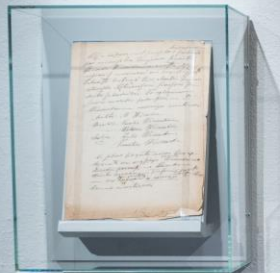
PIE
DĀVA
JUMS!







Valrāk gal smasi



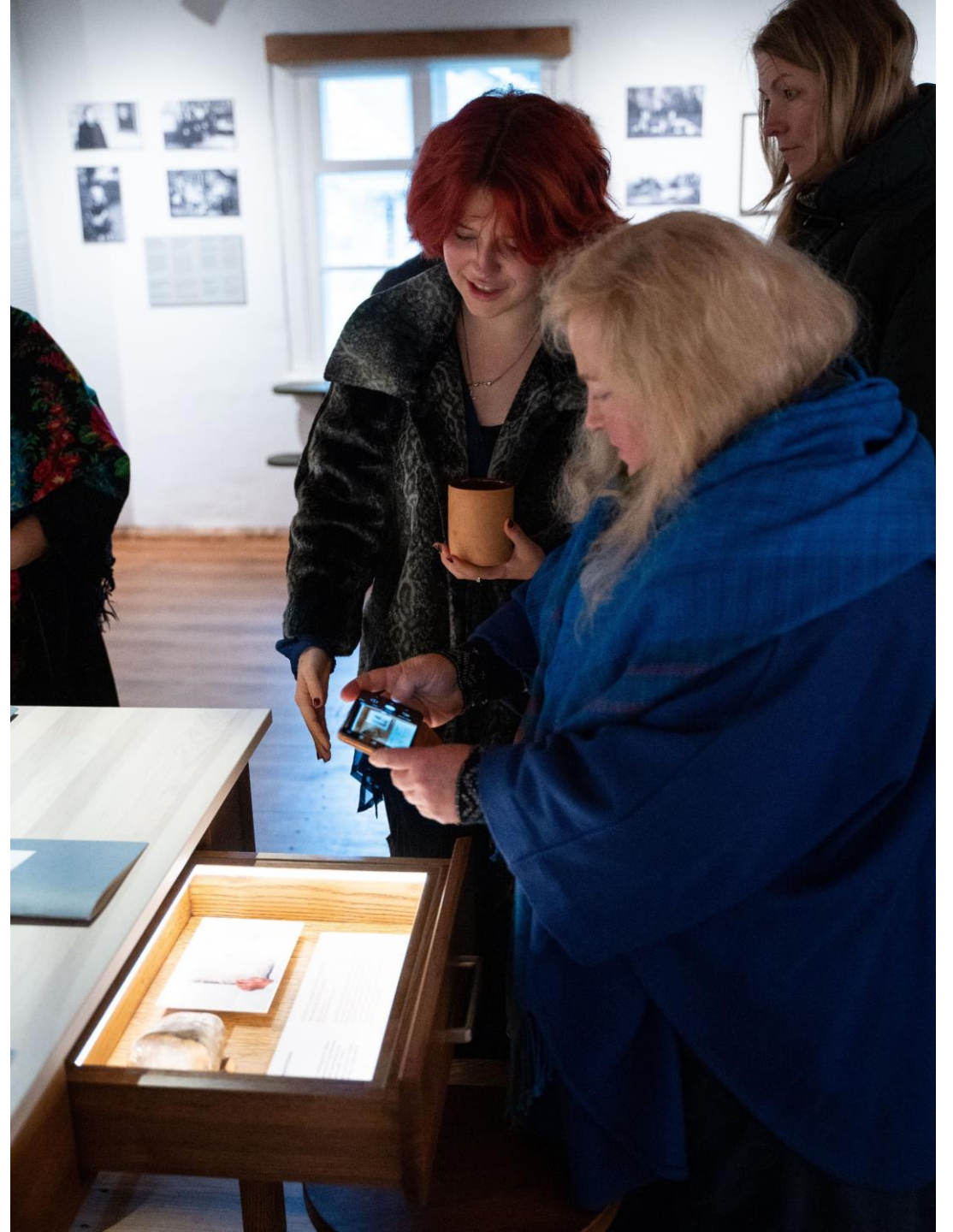
1848. gada Valmieru revolūcija
Pirmā valmieru revolūcija, kas notika 1848. gada 1. martā. Tās rezultātā tika izveidota Valmieru Valstība, kas pastāvēja līdz 1849. gada 1. oktobrim.

1848. gada Valmieru revolūcija
Pirmā valmieru revolūcija, kas notika 1848. gada 1. martā. Tās rezultātā tika izveidota Valmieru Valstība, kas pastāvēja līdz 1849. gada 1. oktobrim.



1848. gada Valmieru revolūcija
Pirmā valmieru revolūcija, kas notika 1848. gada 1. martā. Tās rezultātā tika izveidota Valmieru Valstība, kas pastāvēja līdz 1849. gada 1. oktobrim.









KALÁČI

Drama workshops for adolescents on mental health







Dzeja. Drāma. Mēs.





KALĀČI

Pirmā psiholoģiskā palīdzība ar Veidenbaumu





KALĀČI

<https://youtu.be/zgKXFwbCzlo>



KALĀČI

Sansusī Wellbeing Residency





KĀSTĪSTĀNOTĪKTU.

ĒA ZEME ĀRSTĀTU ELPOT

VISMĀZ. UZ MĀŅĪTI

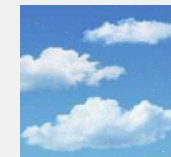
Ā VĀRBŪT VĒL NEDAUDZ ILGĀK?



NOST AR STRESA
APĒŠANU!

Vēlā dodam uz priekšu, jo ir laiks tam.
Kad ir laiks, to nepieņemam dar.
Bet šobrīd, mūķi, mēs strādājam pie.
Tāpat, mēs strādājam pie tā.

Es nemāku, kamēr
ja nerada, tam jāgū
šodienas tūlī



KALĀČI

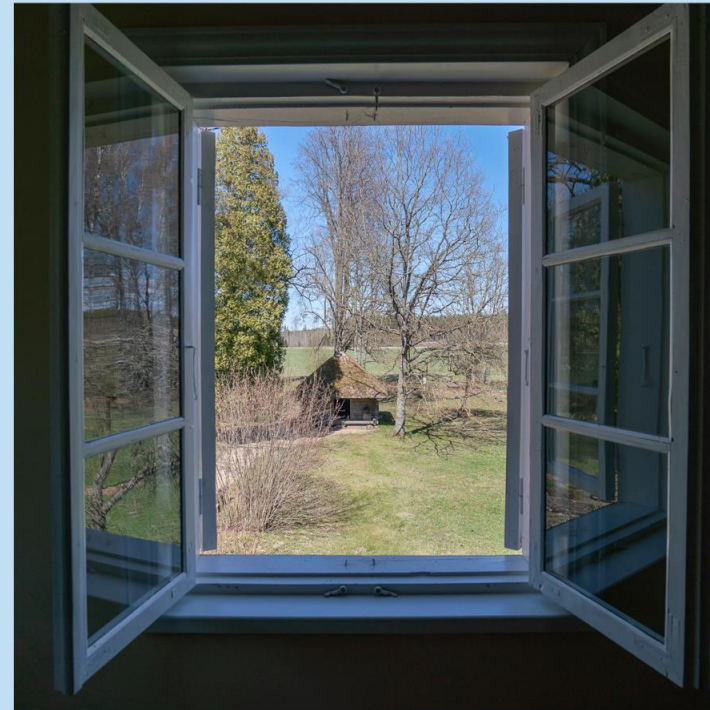
<https://youtu.be/iWoepR0q8Y>

Possible futures for the project

Ongoing educational programmes
on mental health in the museum
within the Latvian School Bag
programme

Training courses and summer
camps for adolescents

Arts on Prescription model in
Cēsis municipality



Interreg project «Arts on Prescription in the Baltic Sea Region»

Odense Municipality, DK

Hanseatic City of Bremen, DE

Volkshochschule Bremen, DE

University of Southern Denmark, DK

Cesis, LV

Saldus, LV

Western Pomerania Marshal's Office, PL

Media Dizajn, PL

NDPHS, SE

Sunderby Folk High School, SE

Region Norrbotten, SE

Turku University of Applied Sciences, FI

Lithuanian University of Health Sciences,
LT



Iceland 
Liechtenstein
Norway grants

More light!

Inga Surgunte
inga.surgunte@skaidrs.org

The project "More light!" is implemented thanks to the support of the open tender "Support for the Creation of Professional Art and Cultural Products for Children and Youth" of the EEA Financial Mechanism 2014–2021 programme "Local Development, Poverty Reduction and Cultural Cooperation" project applications. Project number: EEZ/2021/1/03.

