



Mobility Webinar:

“Mental Health, Well-being and International Cultural Mobility”

26 SEPTEMBER 2023, 15.00-16.30 CEST

This Cultural Mobility Webinar is organised by On the Move – you can register via zoom:

[zoom link](#)

and live streamed by HowlRound:

<https://howlround.com/upcoming-livestreams>

The conversation will be in English with live transcription.

Background

As part of its pluriannual programme co-funded by the European Union, On the Move twice a year proposes Mobility Webinars to investigate collectively international artistic and cultural mobility. Together with partners, the network conceives these online sessions as knowledge building and peer-to-peer exchange, strengthening training activities and inviting guest experts to share their lived experience and views in order to help us embrace different perspectives on key transversal topics such as green mobility, inclusive and accessible opportunities, digital mobility, etc.

For this fourth Cultural Mobility Webinar, On the Move proposes to explore the positive and negative impacts of international cultural mobility on the mental health and well-being of artists and culture professionals. Many studies and cultural initiatives at local, national or European levels have investigated the various contributions of arts and culture to the well-being and good health, including mental health, of the population. Significant research projects have established clear and concrete evidence of how our field supports the sustainability and resilience of our societies, particularly when targeting vulnerable communities. However, very few literatures have investigated the well-being and mental health of the creative work force itself.

In recent years, this theme has gradually come into the spotlight when addressing other burning issues in the culture field: the impacts of gender-based violence on mental health and well-being, of the poor work conditions of arts professionals, of discrimination against diverse, parenting or disabled culture workers, of the psycho-social stressors of refugee artists, of climate change related anxieties and contradictory injunctions, etc.

Cross-border mobility is often seen as a key component of a professional trajectory, not only because of the knowledge and cultural growth it brings, but also because of the economic sustainability it can support. The international dimension is particularly necessary and important to the artists and culture professionals that don't have access to such opportunities offered in their local/national ecosystem. They have to navigate the many paradoxes and tensions linked to the realities of cultural mobility: balancing work and private life while travelling frequently away from home and their family, developing financial sustainability while being dependent of foreign gatekeepers and funders, applying to international opportunities while facing visa rejections, fleeing dangers and relocating in a safer country while not having the recognised status or knowledge to operate in this new context...

Thanks to our panellists, this Webinar will allow us to better identify the psychosocial risks linked to international cultural mobility and address existing inequalities, while discussing a more person-centred care.

Objectives

Today we would like to share more stories and information to highlight how structural limitations, lack of knowledge and awareness, generates inequalities in accessing international work opportunities in the arts and cultural sector.

The aims of the webinar are to:

- Analyse the impacts of international experience and exposure, or lack of, on the mental health and well-being of artists and culture professionals;
- Identify the solutions from lived experiences and recent initiatives, to continue to collaborate transnationally and benefit from fruitful mobility opportunities in a safer and more respectful environment;
- Contribute to outline recommendations to cultural operators and decision-makers for better cross-border cultural relations including for professional development, access to mobility information and assistance tools in relation with the mental health and well-being of artists and culture professionals.

On the Move

On the Move is an international information network dedicated to artistic and cultural mobility, gathering 66 members from 24 countries. Since 2002, On the Move provides regular, updated and free information on mobility opportunities, conditions and related funding and advocates for the value of cultural mobility.

Co-funded by the European Union, On the Move implements an ambitious multi-annual programme to build the capacities of local, regional, national, European and international stakeholders for the sustainable development of our cultural ecosystems.

www.on-the-move.org

HowlRound

HowlRound TV is a global, commons-based, peer-produced, open-access live streaming and video archive project stewarded by the non-profit HowlRound. HowlRound TV is a free and shared resource for live conversations and performances relevant to the world's performing-arts and cultural fields. Its mission is to break geographic isolation, promote resource sharing, and develop our knowledge commons collectively. Anyone can participate in a community of peer organisations revolutionising the flow of information, knowledge, and access in our field by becoming a producer and co-producing with us. Learn more by going to our participate page.

<https://howlround.com>

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ON THE MOVE

Schedule

15.00	Welcome words
15.10-16.25	Panel discussion and exchange with participants:
Moderator:	Yohann Floch, Directors of Operations (On the Move)
Panellists:	Heather O'Donnell , Director (TGR-The Green Room) Krystel Khoury (Ph.D.) , Grants Coordinator (Mophradat) Joris Janssens (Ph.D.) , Expert Culture & Regional Development (IDEA Consult)
16.25	Conclusions and perspectives
16.30	Closure of the Mobility Webinar

MORE INFORMATION ABOUT THE SPEAKERS

<p>Moderator: Yohann Floch</p> 	<p>Yohann is the director of operations of On the Move and manages FACE, a resource platform that facilitates European capacity building programmes in the contemporary performing arts field. He is international advisory board member of the Danish organisation IMMART - International Migration Meets the Arts.</p> <p>Working for independent arts organisations and cultural institutions, Yohann has designed, coordinated or contributed to many European cooperation projects and pilot international collaborations over the years. He has been an external expert for governmental bodies and private foundations, and led or (co)authored European studies, including recently Cultural Mobility Flows: European Outermost Regions and Overseas Countries and Territories (On the Move, 2022), Bespoke Brokers (British Council, 2022), Time to Act (Europe Beyond Access, 2021), i-Portunus Operational Study (Goethe-Institut, 2019).</p> <p>www.on-the-move.org / www.fresh-europe.org / www.immart.dk</p>
<p>Panelist: Heather O'Donnell</p> 	<p>Heather is the founding director of TGR The Green Room in Cologne, a centre providing support systems for performing artists. Heather is also a former professional musician (pianist), a psychologist (M.Sc.) and an Artistic Systemic Therapist-in-training (DGSF 2024). She works with stage artists and arts organisations in developing supportive working conditions and environments.</p> <p>Heather gave lectures at the International Symposium of the <i>Performing Arts Medical Association</i> (PAMA) at the Weill Cornell Medical Center in New York City (2017, 2021) and at the Max Planck Institute for Human Development in Rheinsberg (2015). She has been a guest lecturer at the iArts School in Hangzhou, China, at the New England Conservatory in Boston, the <i>Ostrava Music Festival</i> in the Czech Republic, and a jury member at the <i>Concours international de piano d'Orléans</i> (2012). She taught in the Humanities Department of the Eastman School of Music from 2017 - 2019.</p> <p>www.thegreenroomforartists.de</p>

Panelist:

Krystel Khoury (Ph. D.)



Krystel Khoury (she/her) – Dr. in Anthropology of dance and intercultural dynamic, dramaturge and performing arts researcher from Beirut. Her practice and writings are interested in embodied knowledge and body politics, collaborative choreographic processes, and arts education. Since 2006, she has been collaborating with numerous Arab and European cultural organizations on designing and conducting artistic exchange programs. From 2017 till 2019, she led as artistic director the Open Border Ensemble at the Münchner Kammerspiele in Munich. She is presently the head professor of the Institut Supérieur des Arts et des Chorégraphies (ISAC) at the Royal Academy of Fine Arts, in Brussels and the Grants and Programme associate in Mophradat asbl (Brussels/Athens) working with artists from/in the Arab world.
<https://mophradat.org/en>

Panelist:

Joris Janssens (Ph. D.)



Joris Janssens is an expert with extensive experience when it comes to research (qualitative and quantitative) and strategic guidance within culture. Joris works for governments, organisations and networks, at the local, supra-local, Flemish and international level. Since 2019 Joris has been working for IDEA Consult in the fields of culture, leisure and tourism. Previously, he was Head of Research & Development at Kunstenpunt (Flanders Arts Institute) and Director of VTI (Institute for the Performing Arts in Flanders). Before, he worked at the KULeuven and obtained a PhD in Germanic Language and Literature in 2004.
<https://ideaconsult.be/en>