

## **EPR Youth Working Group Study Visit**

29 - 30 September 2025

Tallinn, Estonia

Astangu Vocational Rehabilitation Centre

Astangu street 27, 13519

### **Objectives of the study visit**

The aim of the study visit is to explore and exchange best practices on the use of creative therapies and similar activities to support young people with disabilities. The program focuses on how these approaches can foster self-awareness, self-expression, and confidence, thereby promoting better mental health, emotional wellbeing, and the development of essential skills for independent living.

### **Astangu Vocational Rehabilitation Centre**

Astangu Vocational Rehabilitation Centre is a public body under the Estonian Ministry of Education and Research, providing vocational training and support for people with disabilities since shortly after its establishment in 1995. The centre offers vocational and pre-vocational education, along with work-related and social rehabilitation services, to working-age individuals with psychological and neurodevelopmental disorders, intellectual disability, and physical impairments.

Astangu places particular emphasis on supporting young people aged 16 and above, who make up the majority of its student body. Astangu's mission is to help people with disabilities find suitable ways to participate in working life and the broader society, supporting their path toward a more independent life. In addition to its services, Astangu also acts as a competency centre - developing curricula and support methods, collaborating internationally, and sharing expertise with partners, particularly with vocational schools in Estonia working to implement inclusive education.



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## Programme

### Sunday, 28 September

19:00                    *Dinner in the city centre, location TBA*  
Joint dinner for anyone interested and available on the evening before the study visit

### Monday, 29 September

08:45 - 09:00        **Arrival at Astangu VRC** (Astangu 27, [Google Maps](#))

09:00 - 12:00        **Introduction of Astangu VRC: aims, services & activities, house tour**

12:00 - 13:00        *Lunch*

13:00 - 14:30        **Art therapy and music therapy workshops**

14:30 - 14:45        *Coffee break*

14:45 - 16:15        **Working Group session**

16:15                    *Transfer back to city centre*

18:30 - 19:30        *Tour of Tallinn Old Town*  
19:30                    *Dinner in the old town, location TBA*

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**Tuesday, 30 September**

- 08:45 - 09:00     **Arrival at Astangu VRC** (Astangu 27, [Google Maps](#))
- 09:00 - 10:30     **Art therapy and music therapy workshops**
- 10:30 - 10:45     *Coffee break*
- 10:45 - 12:00     **Introduction and workshop of theatre methods**
- 12:00 - 12:30     **Conclusions and feedback from the study visit**
- 12:30 - 13:15     *Lunch*
- 13:15             *End of the study visit*

## Registration

To attend the meeting, please register [here](#).

## Contacts

**For questions regarding the programme at Astangu Centre or local practicalities in Tallinn,** please contact:

Annemari Parmakson, International Relations Coordinator, Astangu Vocational Rehabilitation Centre

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**For logistic and administrative issues,** please contact:

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