THRULENS

COMPILATION *of* OUTDOOR PHOTOGRAPHS



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1 Photography as a tool for social inclusion

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People with intellectual disabilities often face barriers to accessing outdoor activities and natural heritage, limiting their opportunities for participation, self-expression and connection with nature. In this context, photography can serve as a powerful tool for inclusion, offering an accessible and creative way to communicate, express personal perspectives and interact with the surrounding environment.

THRULENS is an Erasmus+ project that aims to promote the social inclusion and empowerment of adults with intellectual disabilities through outdoor photography. The project combines photography, nature and experiential learning to create opportunities for creativity, autonomy, social interaction and active participation.

Coordinated by **ASD Trekkify APS (Italy)**, in partnership with **VIVA Cooperativa Sociale (Italy)**, **Imatge i Acció (Spain)** and the **Latvian Autism Association (Latvia)**, THRULENS has developed a practical methodology to support adult educators in using outdoor photography as an inclusive educational tool.

As part of the project, photography workshops were organised in Italy, Spain and Latvia, providing participants with opportunities to explore natural, cultural and urban environments, experiment with different photographic techniques and capture the world through their own perspectives. These activities encouraged participants to observe their surroundings, develop photographic skills, express their creativity and share experiences with others, while strengthening their connection with nature and their local communities.

This compilation presents **a selection of 45 outdoor photographs**, 15 from each participating country, taken during the THRULENS photography workshops. The photographs were selected with the active involvement of the participants, ensuring that their personal preferences, interests and perspectives were reflected in the final selection. Beyond this selection, the complete photographic portfolios offer an opportunity to discover more of the participants' work and explore their individual photographic journeys.

Explore the photographic portfolios:

🇮🇹 Italy: Click here to view the portfolios
🇪🇸 Spain: Click here to view the portfolios
🇱🇻 Latvia: Click here to view the portfolios

2 Compilation of outdoor photographs - Spain

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The photographs presented in this section were taken by participants during the THRULENS outdoor photography actions in Valencia, Spain, carried out by Imatge i Acció in collaboration with local organisations.

The photographic activities took place in different natural and urban settings across Valencia, offering participants the opportunity to explore the city and its surroundings through their cameras.
The journey included Jardines de Viveros, one of the city's green spaces, where participants explored plants, trees, leaves and natural details. Other activities took place at the City of Arts and Sciences, where modern architecture, open spaces and distinctive shapes offered different photographic subjects.
Participants also visited Parque Central, exploring its gardens and green areas, and the area around Estación del Norte, where the urban environment provided opportunities to photograph buildings, architectural details and everyday scenes. Some activities were also held at the APAMI headquarters.

Throughout these different locations, participants experimented with photographing nature, colours, textures, hidden details and places that attracted their attention, capturing both the natural and urban sides of Valencia.

The following photographs offer a glimpse of the places, details and moments explored during the Spanish activities.

Photographers

Lucía Aladrén Carboneras · Mariola Navarro Ferrando · Luis Vila Sandemetrio · Mª Dulcinea Rodríguez Sánchez · Javiera Fernanda Berrios Espídola · Kai Blesa Pastor · Melina Cristini · Antonella Vanin Perelli Delgado · Iris Vazquez Laguna · Yubran José Rolon Balaguer · Teresa Torregrosa Sanchis · Alejandro Rincón Rubio · Patricia Hernández Lillo · Javier Lopez Del Castillo · Jesús Beltran Bort · Héctor Fabio Peláez Vargas · Jorge Lahuerta De Toro · Vicent Forment Lozano · Paula Gallega Benitez · David Olmo Godoy · Raul Prado Olivares · Mónica Carrión Cuadros · Sandra Monforte Soria

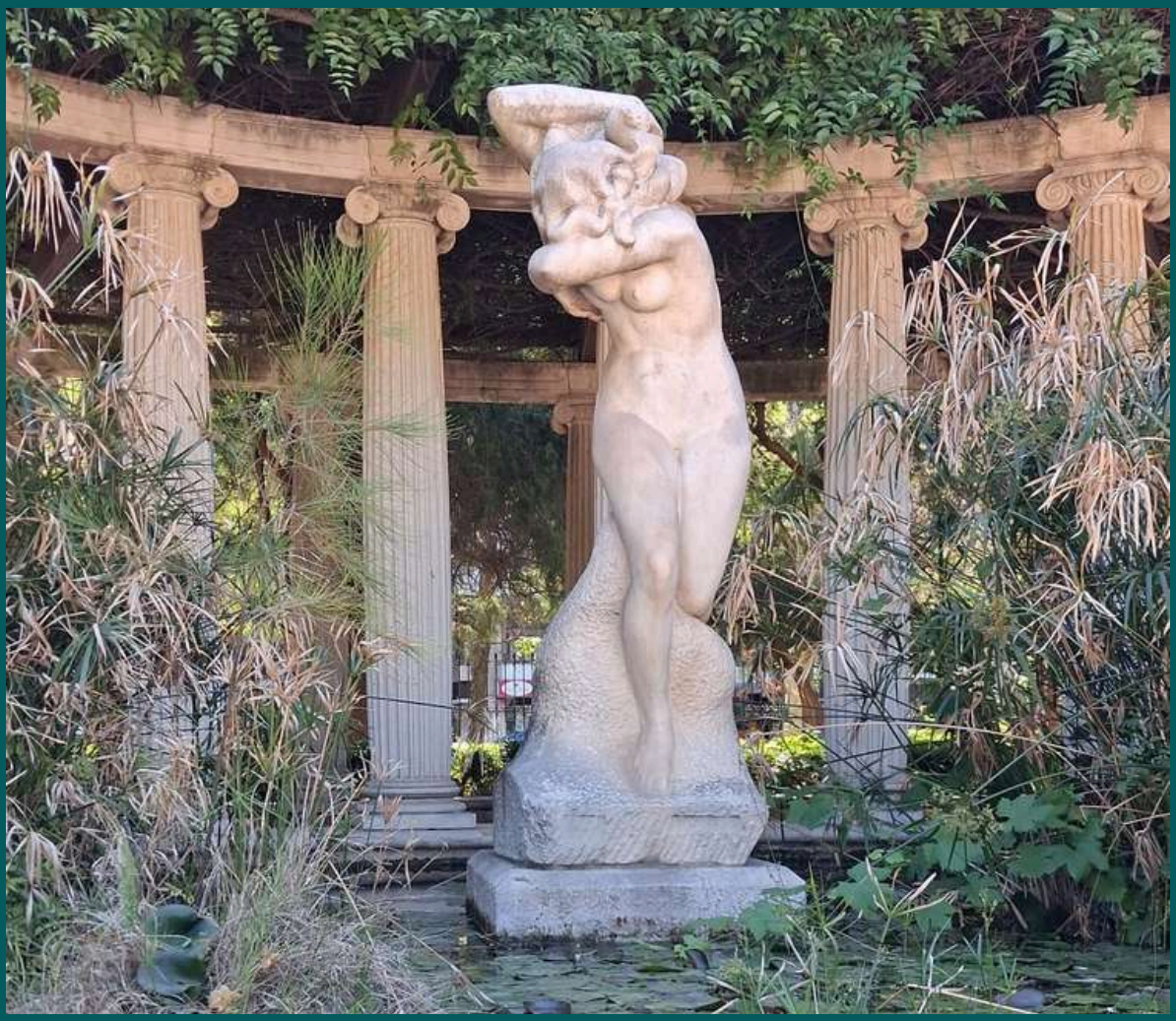












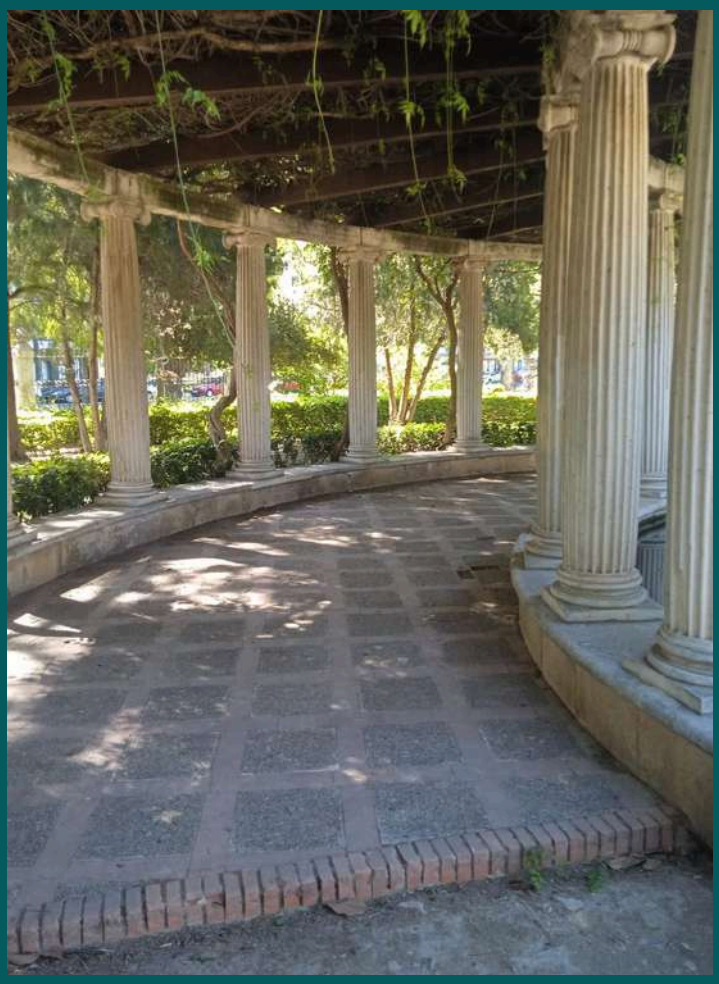






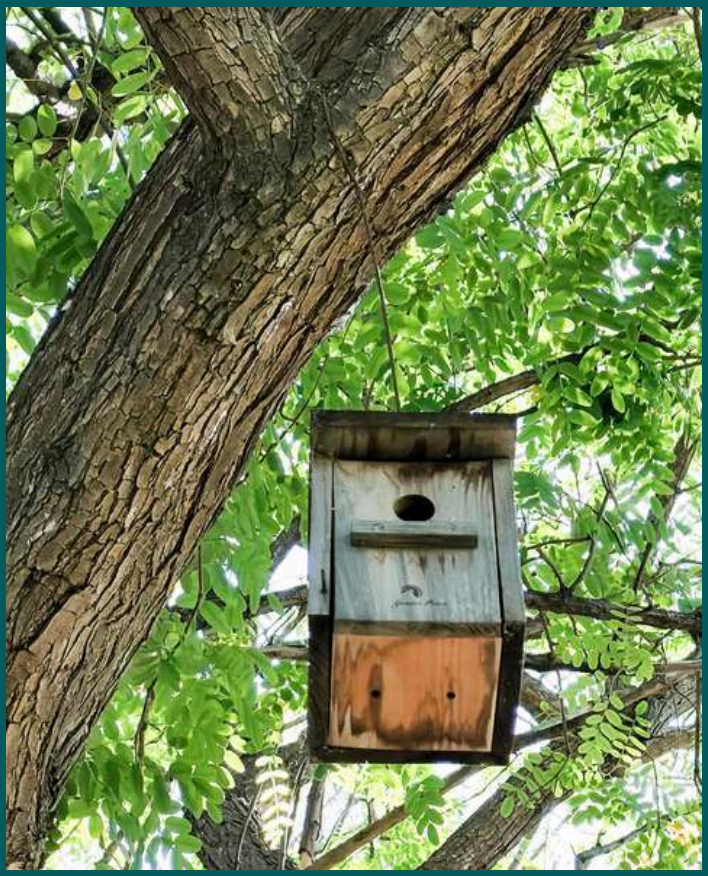












3 Compilation of outdoor photographs - Italy

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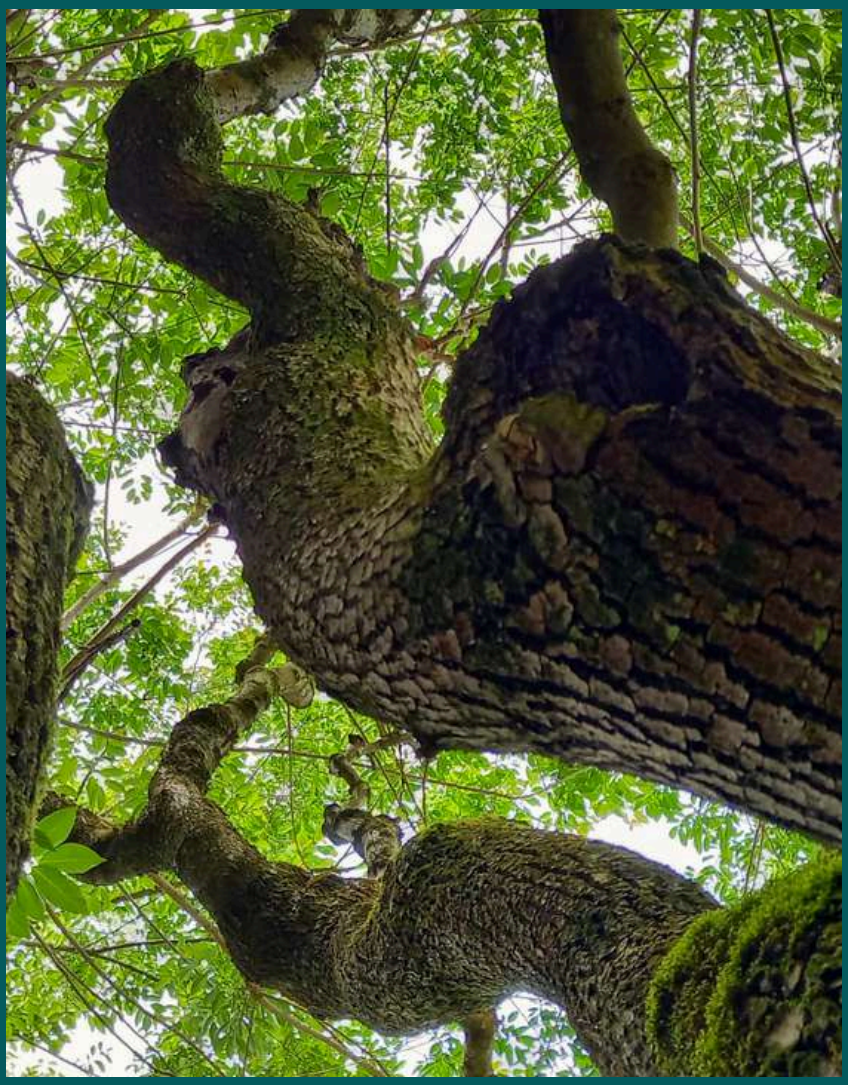
The photographs presented in this section were taken by participants during the THRULENS outdoor photography actions in Umbria, Italy, carried out by ASD Trekkify APS in collaboration with VIVA Cooperativa Sociale.
The photographic journey took participants through a variety of natural, cultural and community settings in and around Perugia, offering different opportunities to explore the local environment through photography.
The activities took place in several locations, from the Frontone Gardens and the Medieval Botanical Garden of the University of Perugia to the Monumental Complex of San Pietro, where participants explored green spaces, plants, architectural elements and historical details. Other workshops were held at the San Biagio Horse Riding Centre and Il Bruco Educational Farm, where photography was combined with encounters with animals, farm life and the surrounding countryside.
The journey also included the protected natural area of Laghi Spada, near Città di Castello, where participants explored the lakes and their surroundings, observing local biodiversity, landscapes and wildlife.

Across these different environments, participants photographed nature, animals, people, colours and small details, capturing the places they visited from their own perspectives.

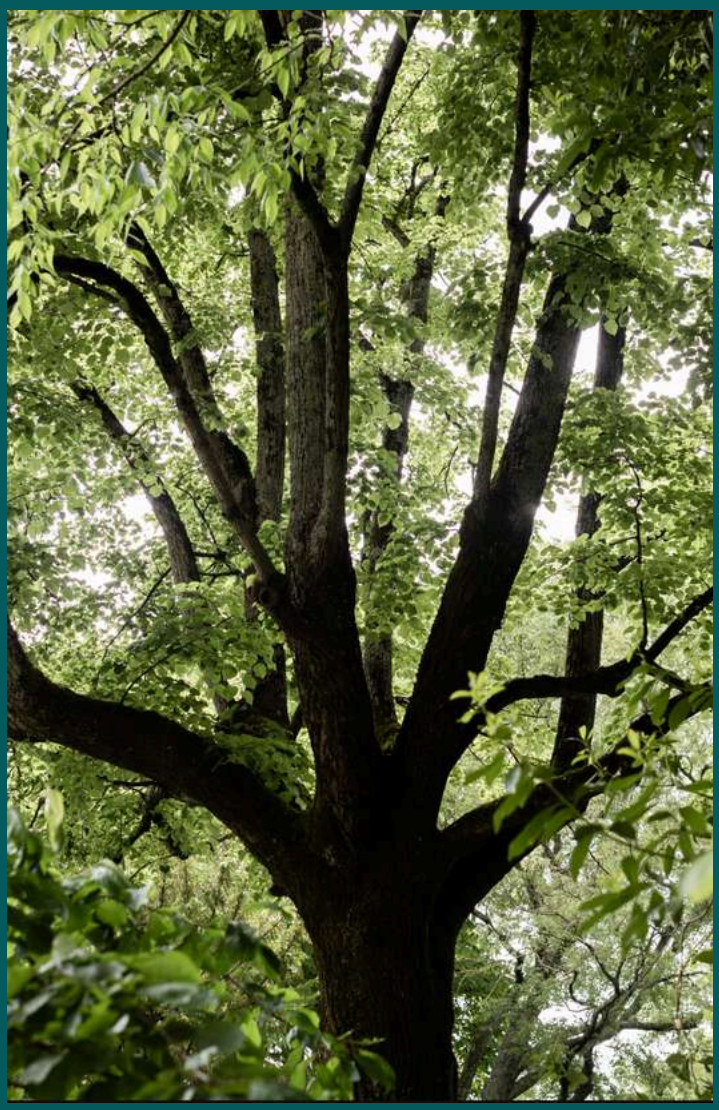
The following photographs showcase the landscapes, places and moments captured by participants during the Italian workshops.

Photographers

Nausicaa Tammaro · Asia Traballoni · Federico Maranghi · Francesca Morlupi · Nicola Cerami · Yana Popovych · Benedetta Girelli · Adriano Silvestri · Luca Ottavi · Diletta Becherini · Desiree Soulane · Aaron Sanchez.



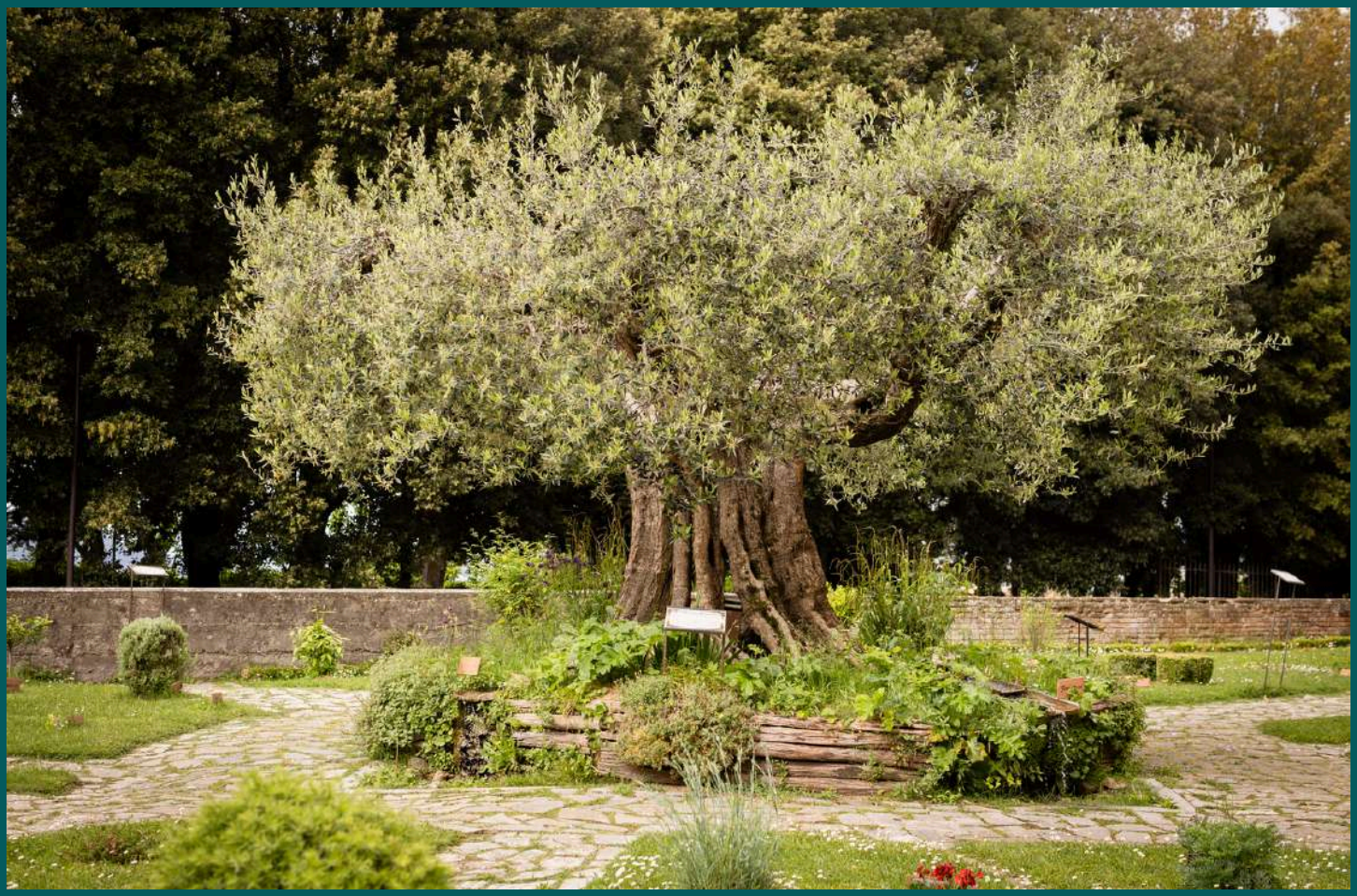





NEW YORK

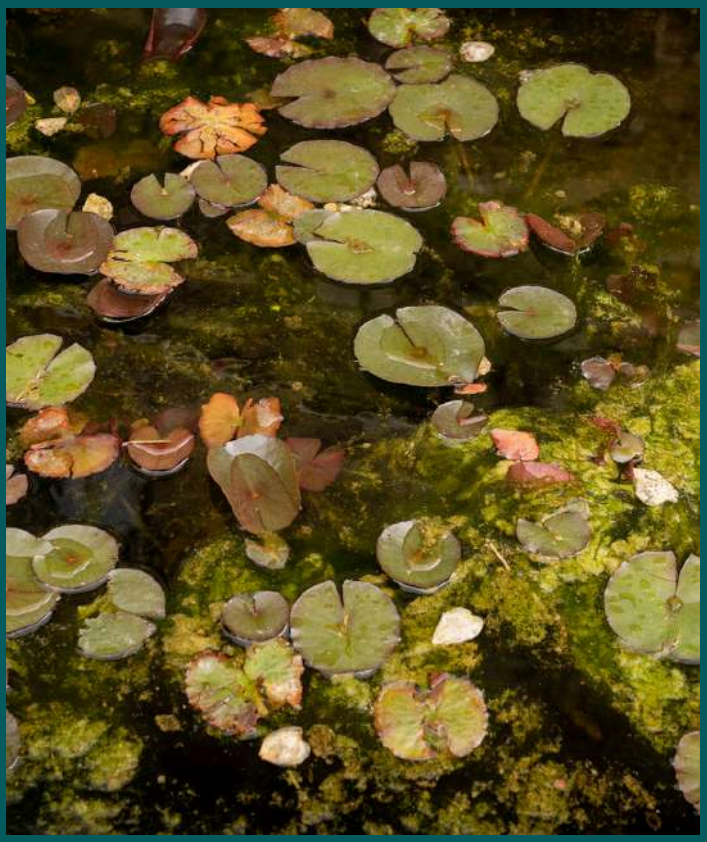



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4 Compilation of outdoor photographs - Latvia

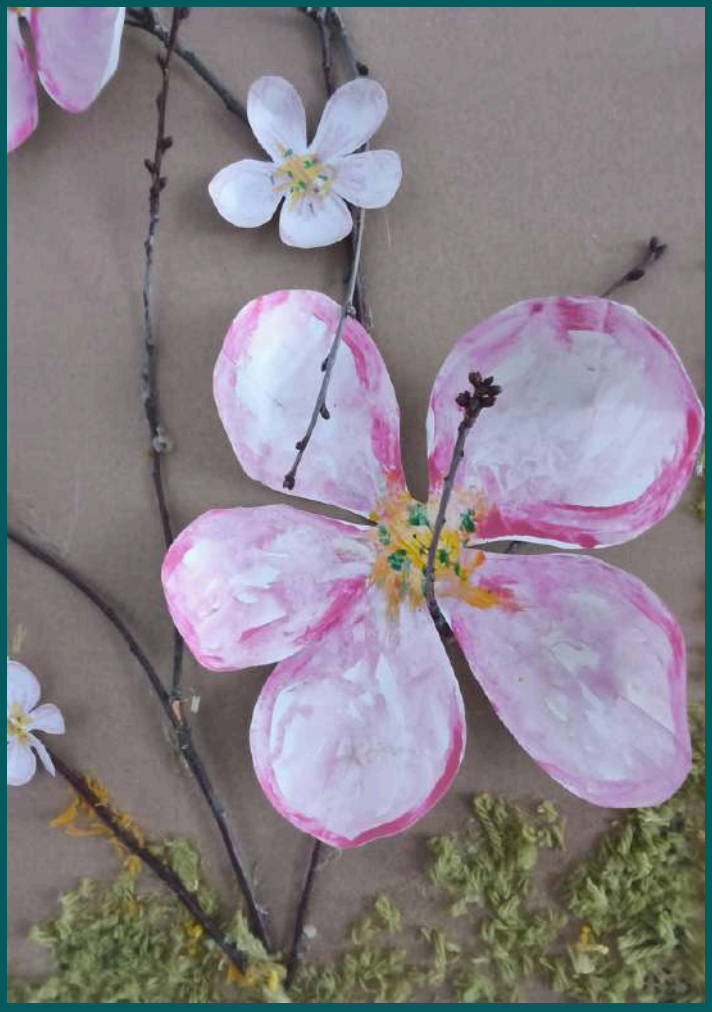
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The photographs presented in this section were taken by participants during the THRULENS outdoor photography workshops in Riga, Latvia, carried out by the Latvian Autism Association in collaboration with the association Kopā.
The photographic journey took participants through different natural, cultural and urban environments in Riga, offering a variety of landscapes, colours and details to discover through photography. The outdoor activities included a visit to Biķernieki Forest, where participants explored the woodland environment, photographing plants, colours, textures and small natural details. Another workshop took place at the Botanical Garden of the University of Latvia, where the variety of plants, flowers and butterflies provided different subjects for nature photography.
The journey also continued in the Provodņiks Quarter, where participants explored the relationship between nature and urban art, photographing graffiti, plants, artistic installations and elements of the surrounding environment.
The final outdoor session took place in Mežaparks, one of Riga's green areas, where participants explored the park and photographed their surroundings using disposable cameras.

From forest landscapes and botanical gardens to urban art and public parks, the following photographs offer a glimpse of the places and environments explored during the Latvian workshops.

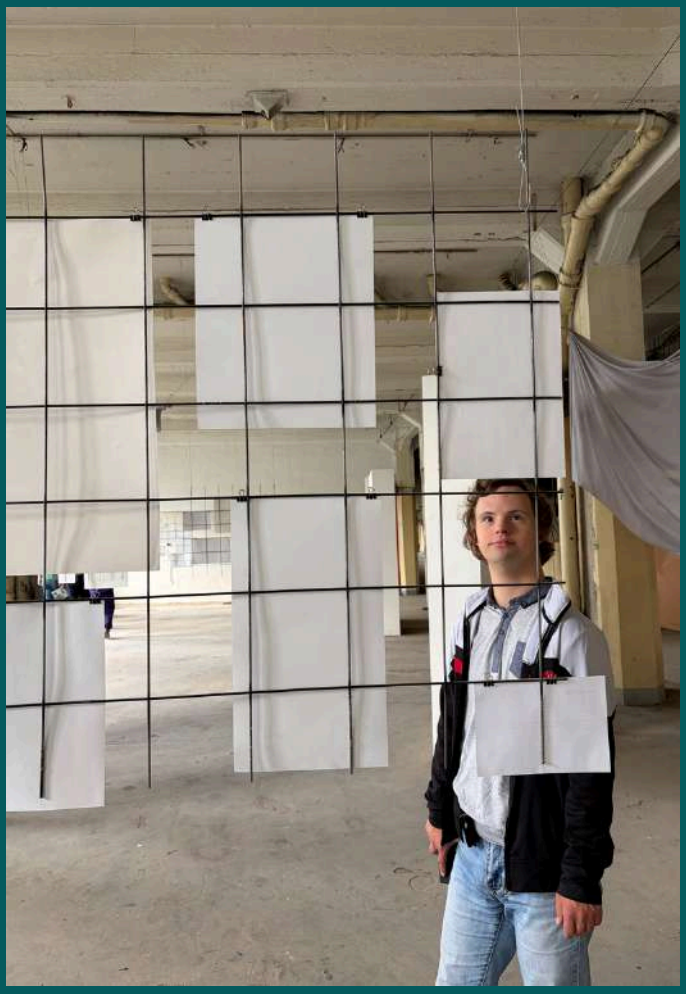
Photographers

Ingrīda Alma Vacere · Aleksandrs Ozols · Rojs Palejs · Ruslans Baranovs · Ilona Dilba · Akeksejs Dorofejevs · Irina Doroshevich · Jana Gurska · Didzis Irbe · Sandra Karloviča · Andrejs Lagzdiņš · Raitis Pauliņš · Aiva Plakane · Jeļena Trusosva · Niklāvs Vilis Vegers · Renāte Volkova













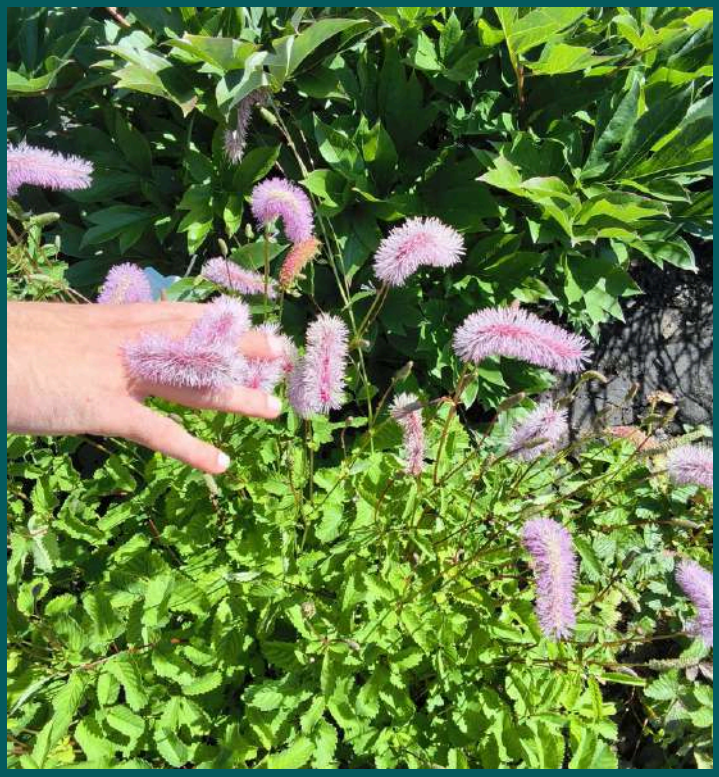

POLICIJA

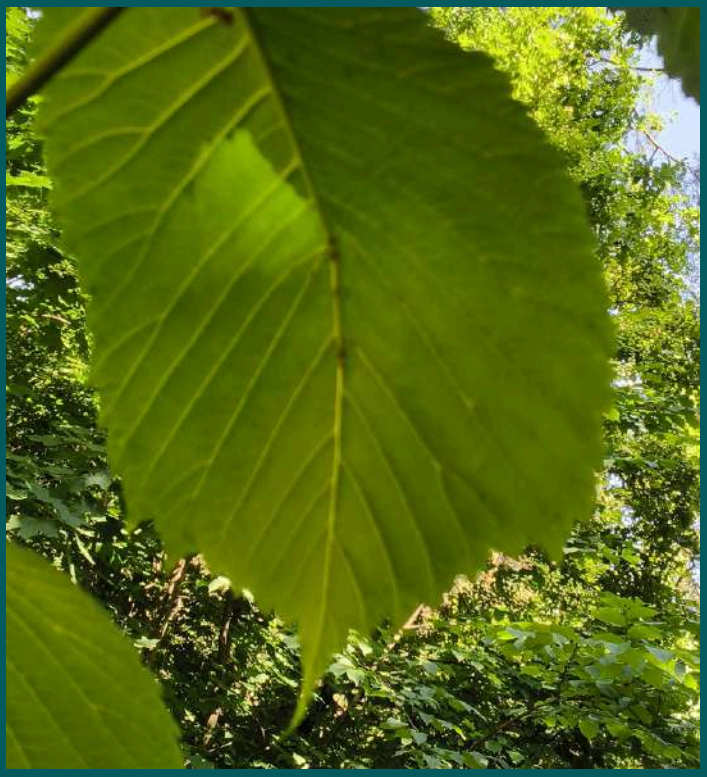


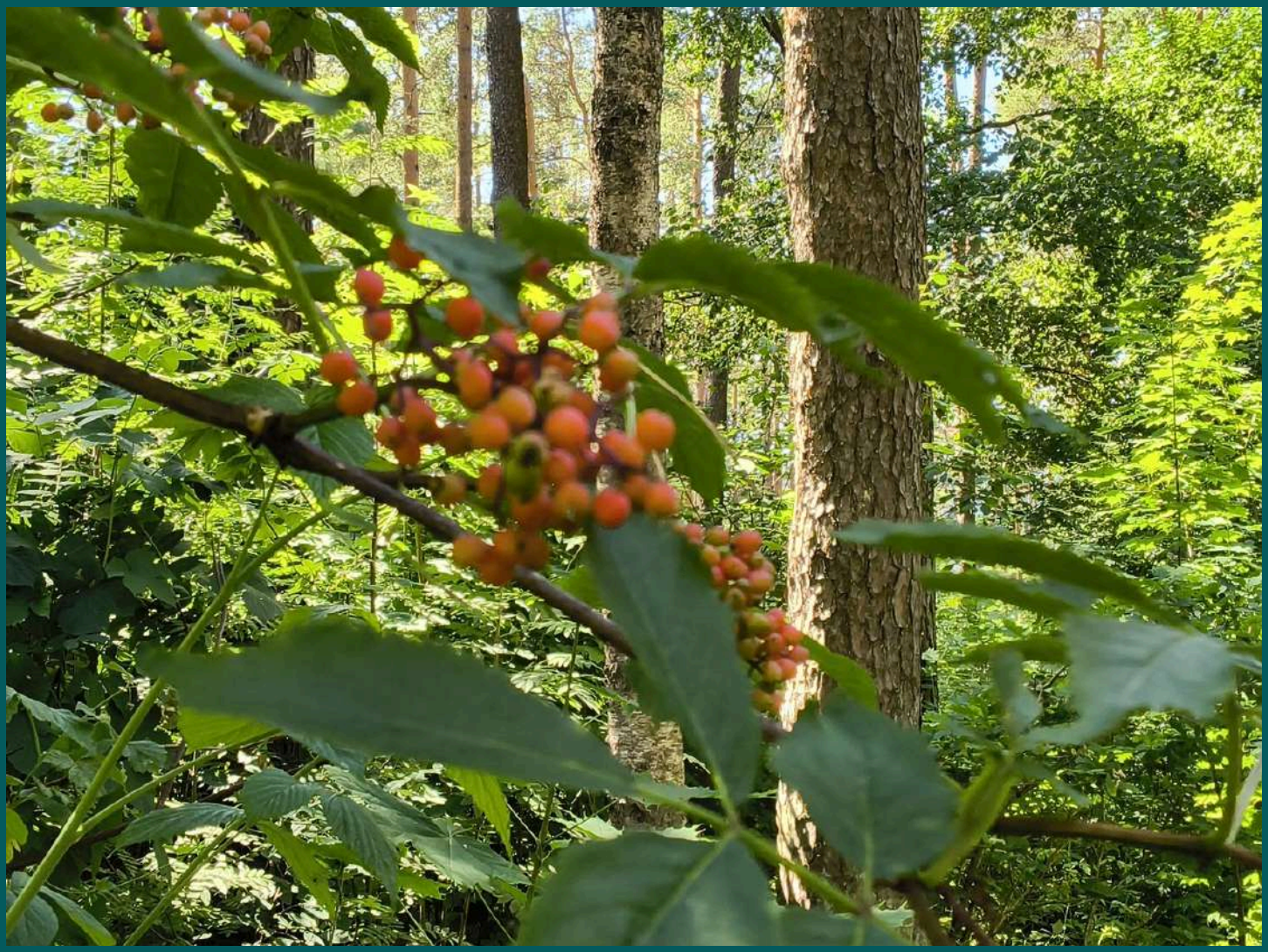













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5 From the compilation to the exhibitions

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The photographs created and selected by participants, with the support of their educators, became the centrepiece of public exhibitions organised in Italy, Spain and Latvia, offering an opportunity to share their work with the wider community.

These exhibitions celebrated the participants' creativity and individual perspectives, recognising them as photographers and active contributors to cultural life. They also provided opportunities for interaction, dialogue and awareness-raising about social inclusion.

The following section capture some of the moments from the **three exhibitions**, showcasing how the participants' creative work was shared and celebrated across Europe.



5.1 THRULENS photography exhibition in Italy

The THRULENS photography exhibition was inaugurated on 1 October 2026 at the Monumental Complex of San Pietro in Perugia, as part of the project's final event organised by ASD Trekkify APS and VIVA Cooperativa Sociale, with the participation of representatives of the Municipality of Perugia, including the Councillors for Sport and Environment.
Hosted in the Second Cloister and open to the public throughout October 2026, the exhibition showcased photographs and portfolios created by participants during the outdoor photography workshops, alongside images documenting their creative journey.

The opening event welcomed approximately 50 participants, including local authorities, educators, project participants and community representatives. Through personal testimonies and the presentation of the project results, the event highlighted the role of photography and nature in promoting creativity, self-expression and social inclusion.



5.2 THRULENS photography exhibition in Spain

The participatory photography exhibition "Mira-des en diàleg. Thrulens" opened on 15 September 2026 at the APAMI premises in Catarroja, Valencia, and remained open to the public until 15 October 2026.
Organised by Imatge i Acció in collaboration with local organisations, the exhibition celebrated the photographs created by participants during the THRULENS workshops.

The opening was attended by approximately 60 people, including participants, family members, educators and representatives of APAMI and ASPRONA. The event included a presentation of the project and exhibition, contributions from a project participant and a participatory activity involving visitors.



5.3 THRULENS photography exhibition in Latvia

The THRULENS photography exhibition "Through the Lens: Capturing Inclusion" opened on 30 October 2026 at the Museum Storage Facility and Sculpture Forest of the Latvian National Museum of Art in Riga, remaining on display until 30 November 2026.
Organised by the Latvian Autism Association in collaboration with Fonds Kopā and the Latvian National Museum of Art, the exhibition presented the creative work of 14 photographers with intellectual disabilities who participated in the Latvian outdoor photography workshops.

The opening event welcomed 40 participants, including family members, educators, museum representatives and invited guests. It also provided an opportunity for visitors to meet the photographers, learn about their experiences and discover the creative process behind the exhibited photographs.



DISCOVER MORE FROM THRULENS!

Explore the results of our project, discover the resources developed and gain insights into the THRULENS methodology.

⇒ **Toolkit** on outdoor photography methodology for educators, designed to integrate photography into educational programs for PIDs and outdoor learning environments.

⇒ **Photography exhibitions** showcasing the creative work of people with intellectual disabilities.

⇒ **Video interviews** to participants.



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