



CULTURA
EN VENA

Culture Seriously Benefits Your Health

KEY FACTS ABOUT CULTURA EN VENA FOUNDATION

- **We are a non-profit, leading organization in Spain working to connect arts and health. We pursue a simultaneous systemic change in both the cultural and health sectors**
- **Our work focuses on health prevention and promotion, as well as disease management and treatment**
- **We have agreements with the main regional health services in Spain. We collaborate with leading national institutions in both the public and private sectors, spanning cultural, healthcare, academic, and business fields**

KEY FACTS ABOUT CULTURA EN VENA FOUNDATION

- **Currently, we operate in the healthcare system (hospitals) and rural, depopulated communities (small villages with limited or no access to cultural activities)**
- **Our beneficiaries include patients and their families / care givers, healthcare staff, rural communities. By promoting new circuits for the arts, we also benefit artists, art educators / mediators and other cultural professionals**
- **We intensely work towards the policy making of an institutional / regulatory framework for arts and health in Spain**

Cultura en Vena in numbers

data up to September 2024

5	CULTURAL PROGRAMS	3	2 ANNUAL EDITIONS OF ART AND HEALTH AT THE THYSSEN MUSEUM
24	EXHIBITIONS IN HOSPITALS	3K	HOURS OF LIVE MUSIC IN HOSPITALS
30	EXHIBITIONS AND CONCERTS IN RURAL COMMUNITIES	1	EUROPEAN ART AND HEALTH COMPETITION
7	CLINICAL RESEARCH PROJECTS	200	PARTICIPATING ARTISTS FROM 11 COUNTRIES

5	AGREEMENTS * WITH PUBLIC HEALTH SERVICES	14	MEETINGS AT MINISTERIAL LEVEL
17	AGREEMENTS WITH NATIONAL-LEVEL CULTURAL ORGANIZATIONS	3	CONTACTS WITH INTERNATIONAL PHILANTHROPIC ORGANIZATIONS
3	AGREEMENTS WITH UNIVERSITIES	37	NEW HOSPITALS REQUESTING CEV PROGRAMS
300	MEETINGS WITH STRATEGIC PARTNERS	4	LATIN AMERICAN COUNTRIES REQUESTING CEV PROGRAMS

* Cultura en Vena has collaboration agreements with 6 public health services in Spain, and there are 14 more that are requesting our services.

Cultura en Vena in numbers

data up to September 2024

18	HOSPITALS IN 8 CITIES	1,3M	INDIRECT BENEFICIARIES PER YEAR (2% OF HOSPITAL USERS)	1K	ACTIVE PATIENT PARTICIPANTS IN CEV PROGRAMS
90K	INDIRECT HEALTH STAFF BENEFICIARIES PER YEAR (1% OF HOSPITAL STAFF)	350	ACTIVE HEALTHCARE PARTICIPANTS IN CEV PROGRAMS	120	HIRED MUSICIANS AND CULTURAL MEDIATORS
200	VISUAL ARTISTS PARTICIPATING IN CEV PROGRAMS	175	CHILDREN PARTICIPATING IN PEDIATRIC CULTURAL PROGRAMS	14	RURAL COMMUNITIES AT RISK OF DEPOPULATION (100-300 RESIDENTS EACH)
3K	BENEFICIARIES IN RURAL COMMUNITIES (RESIDENTS AND VISITORS)				

Partners



INSTITUTIONAL FRAMEWORK

The World Health Organisation, from its Office for the European Region, publishes an unprecedented report on the positive role of the arts in health and well-being backed by hundreds of clinical studies, urging governments in the European Region to include the arts in their health policies

What is the evidence on the role of the arts in improving health and well-being?

A scoping review (2019)

Arts & Health



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

**+ 3.000
SCIENTIFIC
STUDIES**

**CLICK
+ INFO**



Declaración institucional por la que el Senado anima al Gobierno a declarar la cultura como bien esencial, así como analizar medidas fiscales que contribuyan a la universalización del sector.

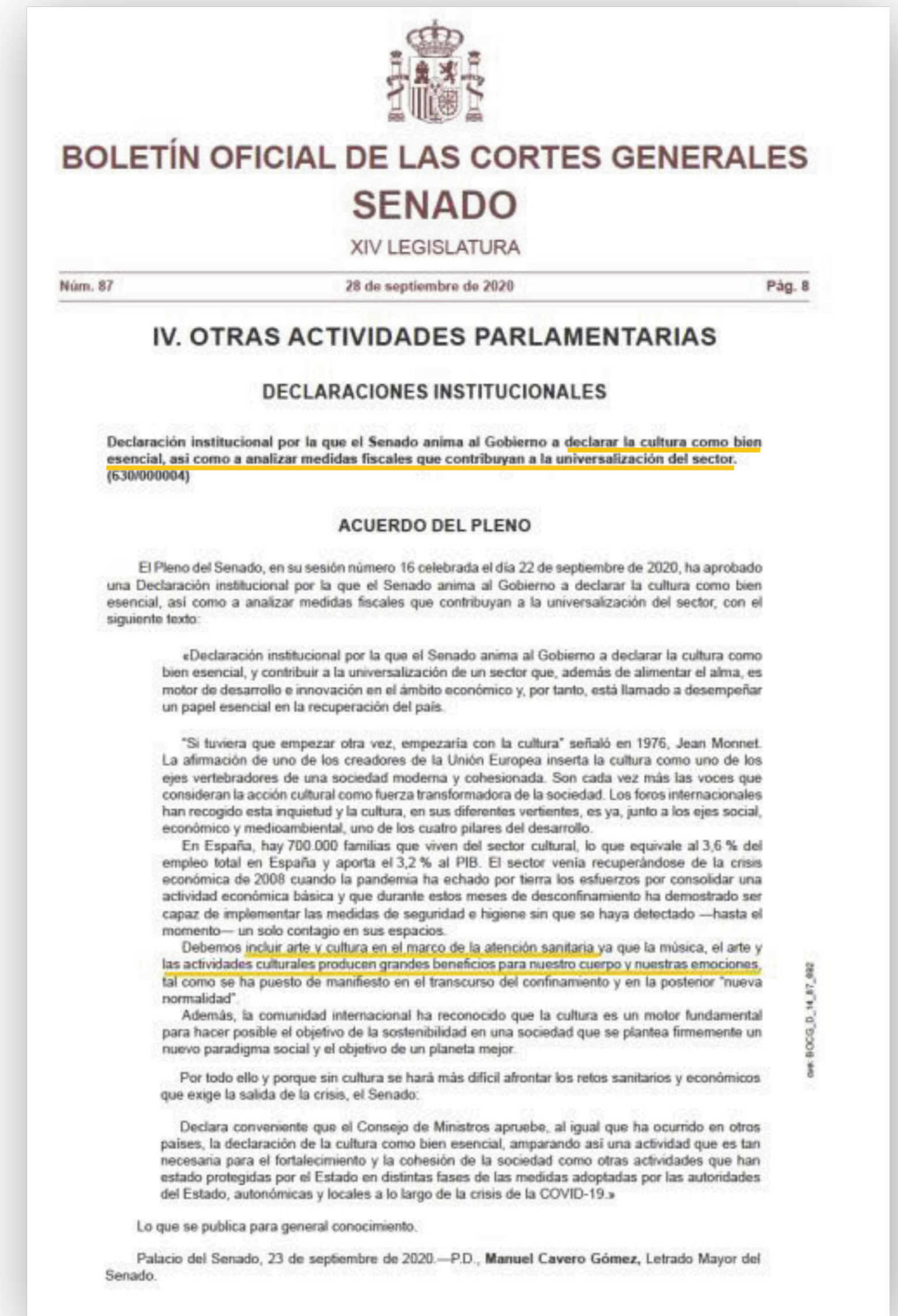
28 de septiembre de 2020



Debemos incluir arte y cultura en el marco de la atención sanitaria ya que la música, el arte y las actividades culturales producen grandes beneficios para nuestro cuerpo y nuestras emociones...

DECLARACIÓN INSTITUCIONAL SENADO. 28.09.2020

Institutional declaration of the Spanish Senate to the Government to declare culture as an essential good



CULTURE FOR HEALTH

NEWS

SHARE YOUR PROJECT



Menu



Project/initiative | Spain | International

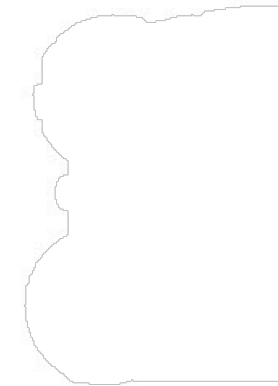
Ambulatory Art: Temporary exhibitions and cultural mediators at hospitals

PROJECT TITLE

Arte Ambulatorio: Exposiciones temporales y mediación cultural en hospitales

DESCRIPTION OF INITIATIVE

Ambulatory Art is a program of traveling exhibitions through hospitals and rural communities at risk of depopulation. Visited by patients, their companions, health professionals and residents of rural communities, they build a new relationship between the art event, the spectators and the hospital or rural setting. The aim is to bring specially curated cultural contents to these audiences, whether in hospital entrance halls, waiting rooms or wards, and they always hire cultural mediators. They foster to improve the health and well-being of hospitalized people, their families and health personnel through cultural content specially curated for these audiences. The project is also positive for cultural institutions, since they can see the visibility of their heritage increased exponentially, and for young emerging artists, who can benefit from new circuits for art.



Project/initiative | Spain | National

Internal Resident Musicians (IRM)

PROJECT TITLE

Músicos Internos Residentes (MIR)

DESCRIPTION OF INITIATIVE

The MIR Project is a program with triple social impact: clinical research, health humanization and job creation among young musicians. Fundación Cultura en Vena aims to improve people's lives by injecting culture where it does not usually reach. Their main areas of action are health centers and rural communities at risk of depopulation. Within the general objective of Cultura en Vena of implementing artistic practices in hospital environments, the Internal Resident Musicians (IRM) has the more specific purpose of normalizing the presence of the musician in clinical protocols, supported by scientific evidence that justifies the use of live music in certain medical treatments. Scope of the project: hospital humanization, clinical research, employability of the musicians. The concept alone is groundbreaking: employing a musician in the health system as hospital staff, with the aim that their work contributes to what doctors do, improving the prognosis and health outcomes that can be observed in patients.



Project/initiative | Spain | International

Culture of Emergencies



PROJECT TITLE

Cultura de Urgencias

DESCRIPTION OF INITIATIVE

Culture of Emergencies is a call for young European creators of visual arts and literature launched in full confinement, with a triple objective: to stimulate artistic reflection on the social and transformative role of culture in health and well-being; humanize the hospital experience of patients, family members and health personnel through art; and last but not least, help the collective of artists in times of professional uncertainty, with an economic endowment that partially alleviates the consequences of the pandemic on their careers. The first edition of the contest has brought together more than 200 proposals from young artists and writers between the ages of 18 and 35, from 11 European countries. The exhibition Culture of Emergencies was inaugurated in the Emergency Area of the Hospital Clínico San Carlos on November 30, 2021.

Project/initiative | Spain | National

Sorolla in a hospital



PROJECT TITLE

Sorolla en un hospital

DESCRIPTION OF INITIATIVE

On the occasion of the centenary of the artist's death, Culture in Vein Foundation presents ¿Sorolla in a hospital? within Arte Ambulatorio, a program of itinerant exhibitions in vulnerable spaces, bringing art to places where it is not usually accessible: hospitals and rural communities at risk of depopulation, with content specially curated for these audiences. This exhibition proposes to open a space for reflection through a contemporary and poetic look at the works of the Valencian painter. These are grouped into four blocks: intuition, sensation, thought and feeling—categories of our psyche according to psychiatrist Carl Gustav Jung—, as emotional landscapes through which the visitor walks. A journey so that viewers can go through their memories, emotions and experiences through Sorolla's canvases, which so appeal to our senses, to moments of our own individual biography and collective identity.

Mandate:



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.



Council of the
European Union

162610/EU XXVII. GP
Eingelangt am 20/11/23

Brussels, 20 November 2023
(OR. en)

15705/23

CULT 164
SAN 684
SOC 808
SUSTDEV 148
JEUN 268
SPORT 57
EMPL 582
RECH 522

NOTE

From: General Secretariat of the Council
To: Delegations

No. prev. doc.: 15505/23

Subject: Open Method of Coordination (OMC) Group of Member States' experts on culture and health
- *Mandate*

Delegations will find attached the mandate for the Open Method of Coordination (OMC) Group of Member States' experts on Culture and Health, as approved by the Cultural Affairs Committee (CAC) on 17 November 2023.

OUR PROGRAMMES

MUSICIANS IN RESIDENCE

LIVE MUSIC IN HOSPITALS



**CLICK
+INFO**



Cultura en Vena White paper

Roadmap for incorporating
MIRs (Musicians In Residence)
in healthcare settings

MIR

Intro



This white paper was presented on 19 October 2022—the International Day against Breast Cancer—at the Museo Nacional Thyssen-Bornemisza, seven years after we created the Musicians In Residence programme. Since then, huge strides have been made with regard to artistic practices in the healthcare industry.

At the time, in 2015, we never could have imagined that institutions would be so quick to implement an arts-in-health framework like the one now advocated by the WHO and the European Commission.

Now, as then, our work revolves around one key idea with enormous social impact: we believe that the culture industry has a duty to promote citizens' health, and that the healthcare industry should view the arts as an ally with tremendous potential that can help to achieve its goals.

We want to thank everyone who made the MIR Project possible, and Hospital 12 de Octubre in Madrid for accompanying us on this journey. We hope that this book will have a positive impact on both music and healthcare, with a view to improving the health and well-being of everyone.

[The Fundación Cultura en Vena team](#)

General figures



46

musicians hired.

Over 500 professional musicians showed up for the 3 auditions.

98.5% of musicians believe that music should be just another expressive way to earn a living.



3

years of scientific research to conduct

7

years of clinical studies.

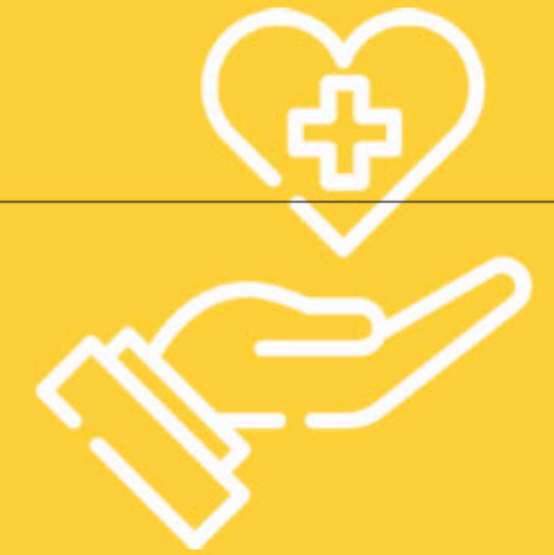
More than 450 patients received live music sessions with the aim of improving their hospital stay.

95% of patients said they felt better with live music. 89% of family members feel music should be offered every day.



Over 95% of surveyed patient relatives and medical professionals perceive music as something that helps patients improve.

Total sample: 93 patient relatives and 97 medical professionals surveyed.



3,000+ hours of live music.

More than 2,200 pieces performed in over 1,300 music sessions.



33 healthcare professionals were on the research teams for each clinical trial.

87% of healthcare professionals believe that music had a positive effect on the patients and on themselves.

78% would use live music as a complementary resource in their work.



**AMBULATORY ART:
EXHIBITIONS AND CULTURAL
MEDIATION_HOSPITALS**

**CLICK
+INFO**

¿Sorolla en un hospital?

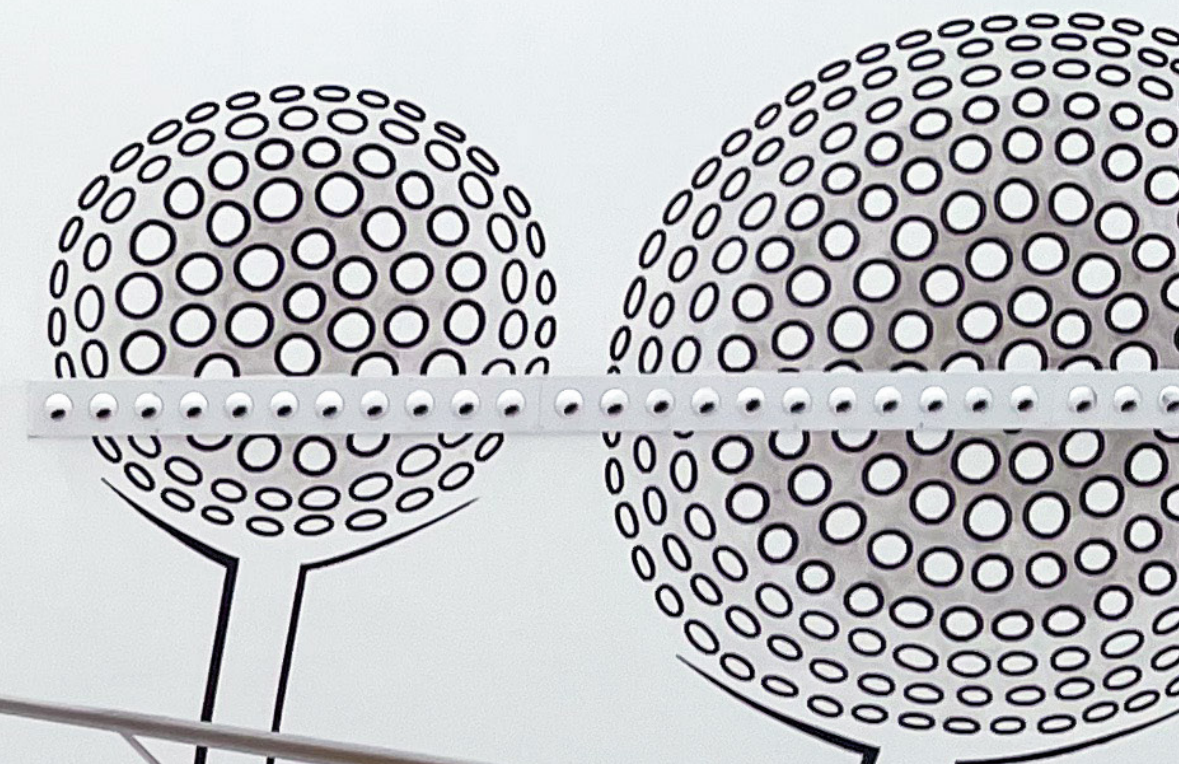
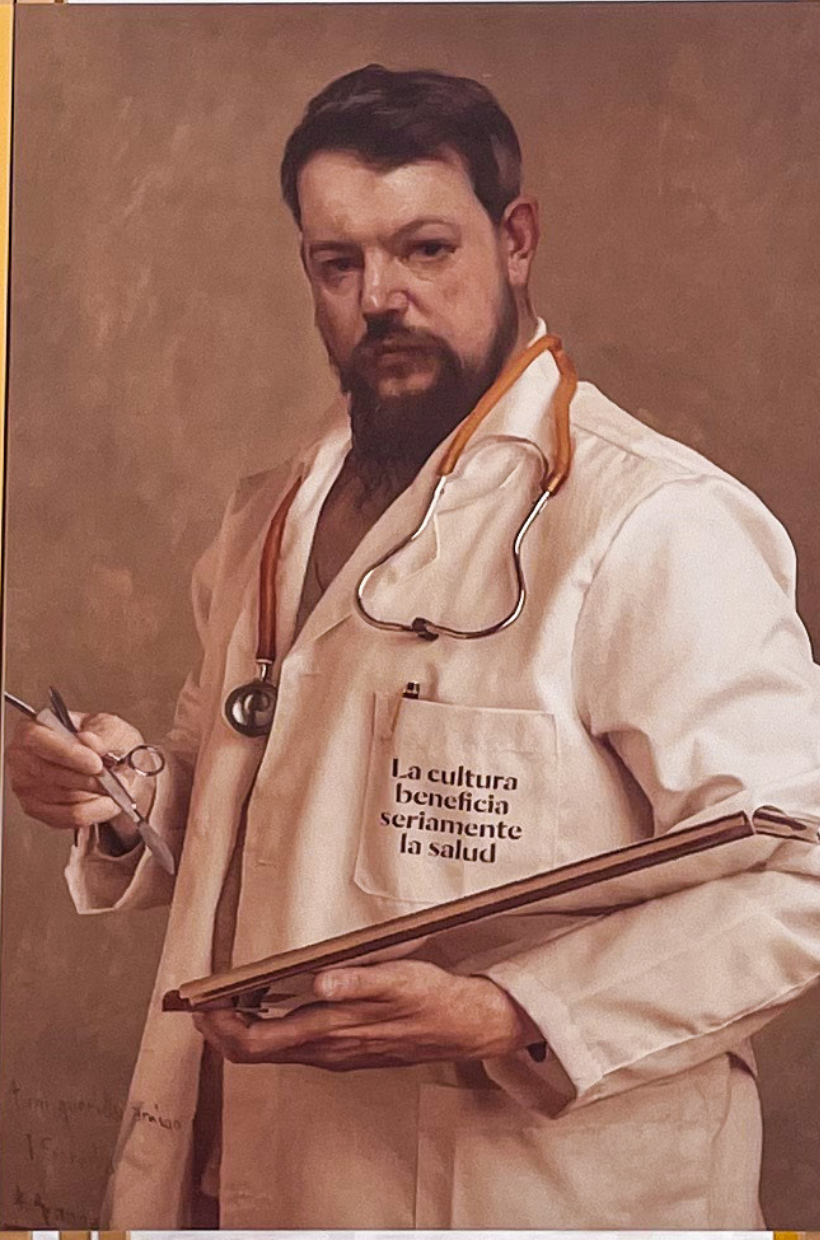
CULTURA EN VENA



¿Sorolla en un hospital?

Si Sorolla en un hospital. Porque el arte, como ya avisa la Organización Mundial de la Salud, también puede ayudar a sanar. Por eso hemos convertido al pintor de Valencia en médico, cambiándole su bata de pintor por una de sanitario, y su paleta y pincel por un bisturí y un fonendoscópico.

En un hospital, la vivencia diaria abre un paréntesis espacio temporal que parece ocurrir al margen de la cotidianidad externa. Podemos tener la sensación de que el tiempo se detiene, de "quedar al margen". Aprovechando estos lugares y tiempos de espera, ¿Sorolla en un hospital? propone abrir un espacio de reflexión y consciencia sobre la propia salud física y mental.



SOROLLA IN A HOSPITAL? EXHIBITION IN PUERTA DE HIERRO MAJADAHONDA HOSPITAL (MADRID)



HALLS



WAITING ROOMS



ROOMS

The curatorship and texts of the exhibitions present an innovative point of view, offering a re-reading of the artworks from the perspective of health and well-being.



ART MEDIATION IN A ROOM OF REGIONAL HOSPITAL (MÁLAGA)

**CLICK
+INFO**

**AMBULATORY ART:
EXHIBITIONS AND CULTURAL
MEDIATION_RURAL
COMUNITIES**

GOYA IN A HOSPITAL? EXHIBITION IN LAS PARRAS DE MARTÍN (TERUEL)



ART MEDIATION IN SOROLLA IN A HOSPITAL? EXHIBITION IN SEMPERE (VALENCIA)

ARTE Y SALUD MENTAL

ARTS AND MENTAL HEALTH

Con motivo del Día Internacional de la Salud Mental que se celebra el 10 de octubre, la Fundación Cultura en Vena organiza la jornada y exposición Arte y Salud 2022 en el Museo Nacional Thyssen-Bornemisza con el objetivo de generar diálogo sobre las relaciones entre arte y salud mental, que se podrá visitar del 6 al 22 de octubre, exhibiendo una selección de obras de arte de Peter Paul Rubens, Rembrandt y Domenico Ghirlandajo, digitalmente restauradas para una perspectiva del siglo XXI, acerca de lo que siempre es herencia del arte.

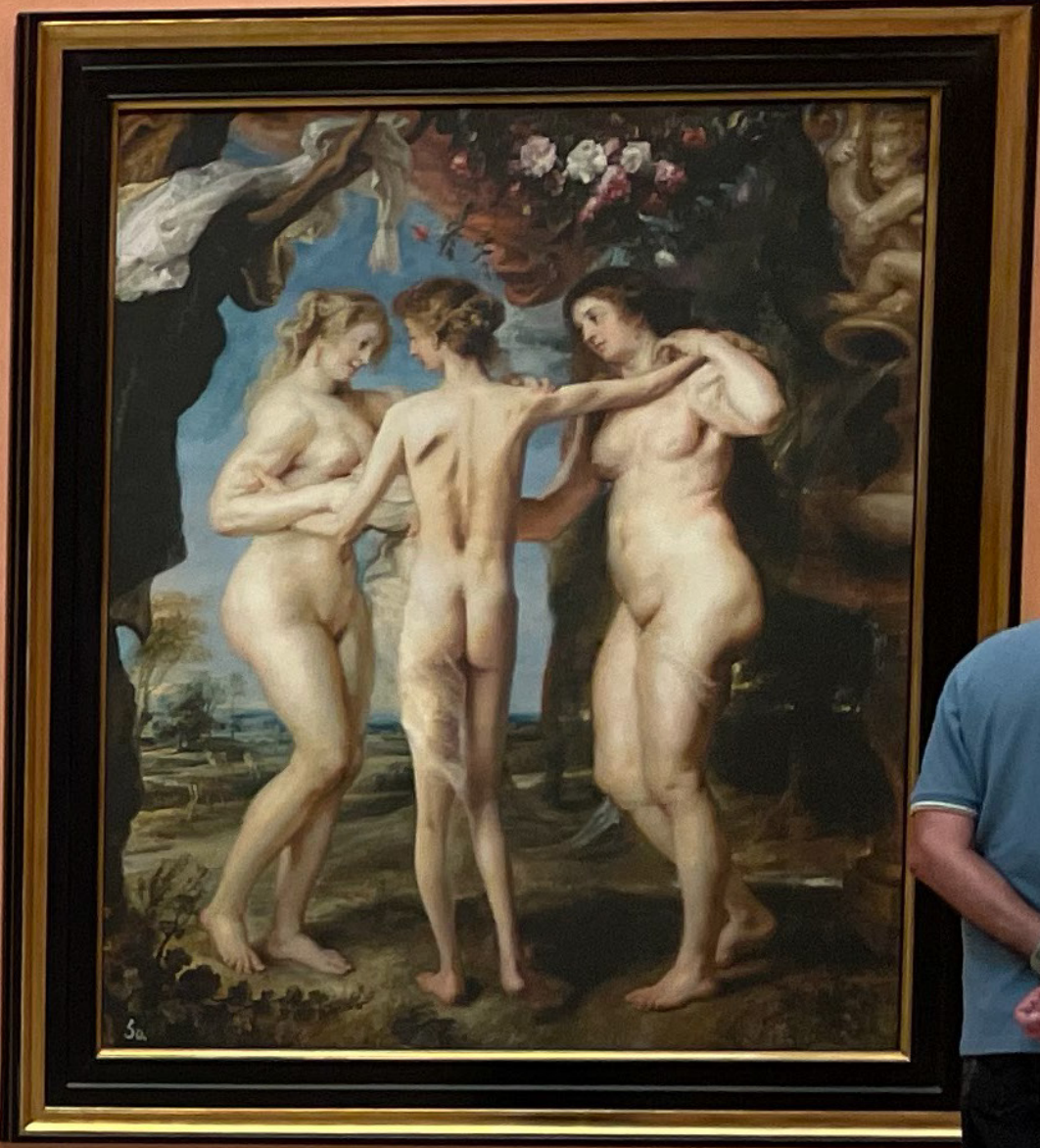
Este espacio es, en definitiva, una aproximación plural y sensible sobre distintos tipos de dolencias y patologías mentales que conllevan una dificultad añadida, la invisibilidad que se encierra en los actuales discursos de Medicalización de lo mental que se imponen desde los medios, las redes sociales o las convenciones estereotipadas. Esta muestra y su programa de actividades específicas dan un paso más por el camino que ya traza la verdadera salud mental: poder hablar, ser escuchado y sentirse acompañado.

El Museo Nacional Thyssen-Bornemisza, en tanto que espacio comprometido con la cultura visual contemporánea y con los retos de la ciudadanía, surge por segunda año consecutivo este proyecto de Cultura en Vena, iniciativa que cuenta con una alianza estratégica en las relaciones entre prácticas artísticas, salud y bienestar. Este acercamiento entre los sectores cultural y sanitario se alinea con el reciente marco institucional que promueve la Organización Mundial de la Salud y la Comisión Europea sobre las artes y la salud -Arts in Health-. Así, las instituciones culturales adquieren responsabilidad en relación con la salud y el bienestar de las ciudades, y a su vez, el sector sanitario alinea a las artes como aliadas para lograr sus objetivos.

Porque, cada vez más, se puede afirmar que la cultura beneficia verdaderamente la salud.

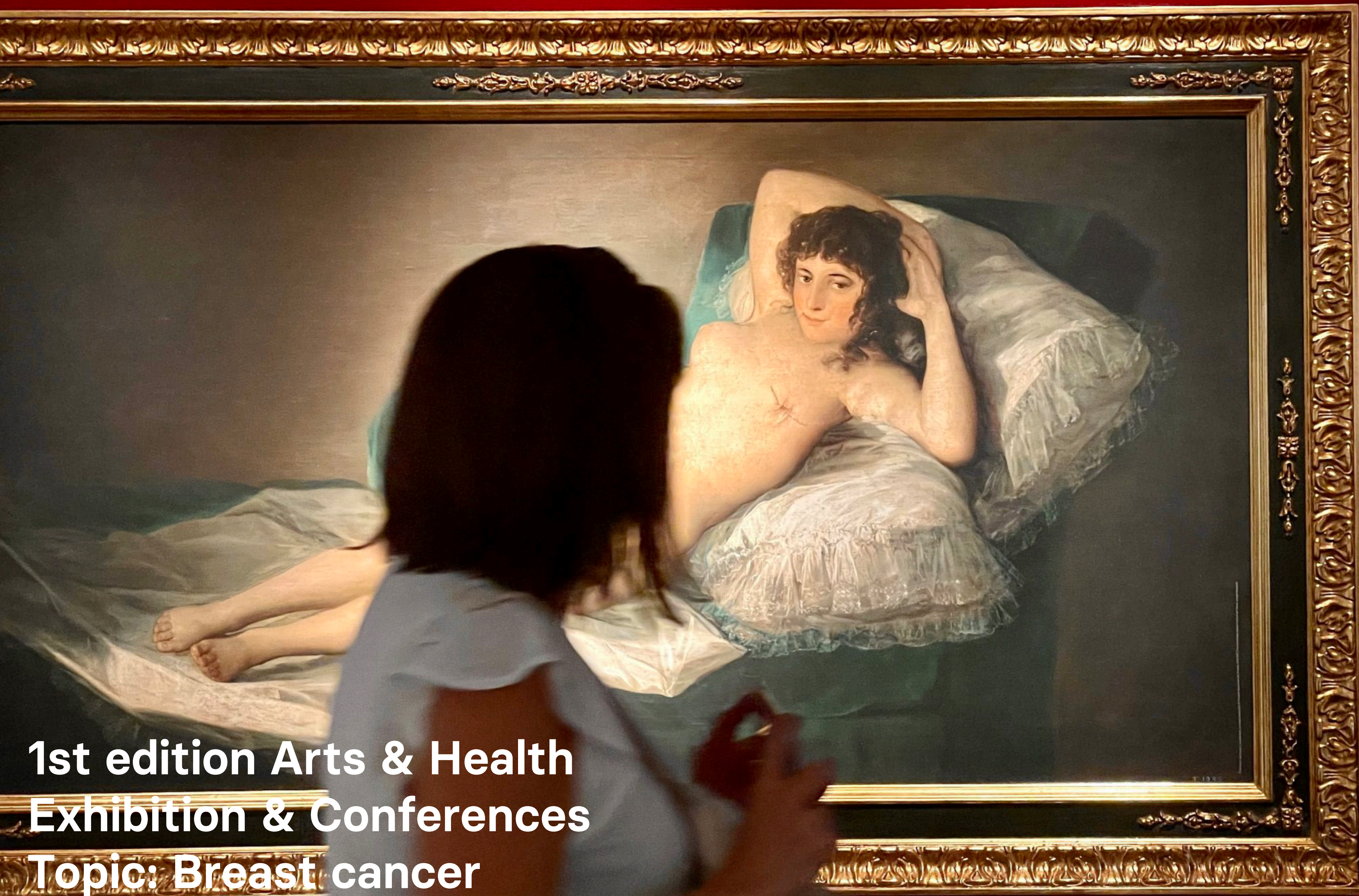


Organizado por: Fundación Cultura en Vena
Patrocinado por: Museo Nacional Thyssen-Bornemisza
Asesorado por: Juan Ángel López
Actividades de educación artística: Educa Thyssen, Museo Nacional Thyssen-Bornemisza



ARTS & HEALTH
Annual Exhibition & Conference
at the Thyssen-Bornemisza
National Museum (Madrid)





El Ovario
Eugène Delacroix, 1827
Óleo sobre lienzo, 100 x 130 cm
Museo de Arte de Lima, Lima

En esta obra, el artista delocó el eje de la anatomía humana para mostrar el interior del cuerpo humano. La mujer se encuentra en una posición que sugiere la vulnerabilidad y la fragilidad de la vida. El uso del color azul y blanco resalta la pureza y la inocencia de la figura. La obra es un ejemplo de la libertad de expresión que caracteriza al Romanticismo.

El Ovario es una obra que muestra la vulnerabilidad de la vida humana. La mujer se encuentra en una posición que sugiere la fragilidad de la vida. El uso del color azul y blanco resalta la pureza y la inocencia de la figura. La obra es un ejemplo de la libertad de expresión que caracteriza al Romanticismo.

**1st edition Arts & Health
Exhibition & Conferences
Topic: Breast cancer**



**2nd edition Arts & Health
Topic: Mental Health**

**VŪLNERA:
CULTURAL
EXPERIENCES FOR
HEALTHCARE
PROFESSIONALS**

**CLICK
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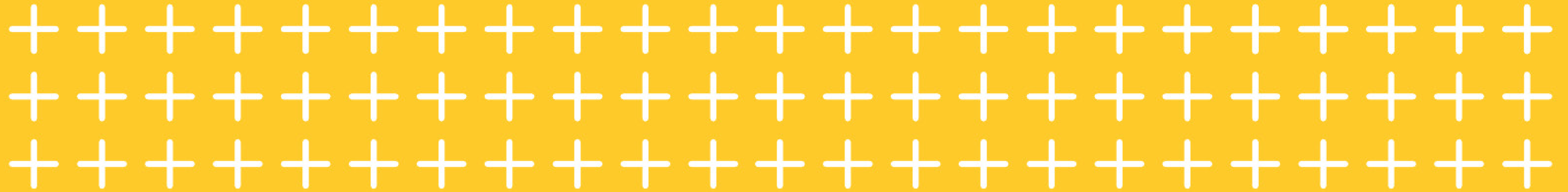


WORKSHOP AT THE HOSPITAL NIÑO JESÚS (MADRID)

ONCE UPON A VOICE: STORYTELLING FOR PAEDIATRIC PATIENTS



**CLICK
+INFO**



Culture and health

A call to integrate the arts into public health

This manifesto is more than just a presentation; it is a call to awareness. In a world where mental health is increasingly in the spotlight—especially after a pandemic that underscored the importance of the arts for our well-being—we recognize that health challenges require an integrative approach. This approach should centre the patient and restore balance to a healthcare system that has become overly reliant on technology and pharmacology. To this end, we advocate for an adjunct treatment —not alternative— that, when applied consistently over time, enhances the effects of medical treatments. We are convinced—and, as we will explore, science supports this—that culture truly benefits health.

Statement by Christopher Bailey

Lead for Arts and Health, World Health Organization (WHO) & Founding Co-Director of Jameel Arts and Health Lab



"At the WHO, we have seen how the arts not only provide comfort and emotional relief but also play a crucial role in improving the physical, mental, and social health of patients and communities. The scientific evidence is clear: integrating artistic practices into healthcare systems can reduce pain, anxiety, and stress, while fostering a more humane and compassionate environment in healthcare settings as well as support the search for meaning and belonging of everyone in any setting. We believe that creative expression is a health behaviour, just like good nutrition and regular exercise. Health is not merely about surviving longer but thriving throughout the life course.

For these initiatives to be effective and sustainable, it is essential to establish a legislative framework that protects and promotes the arts in healthcare and in communities. A healthcare system that fully integrates the arts must be supported by clear public policies and specific budgets to ensure its long-term development.

In Spain, the Cultura en Vena foundation has shown remarkable leadership in this field, actively promoting the positive impact of culture on public health. This Manifesto is a visionary proposal that, with appropriate policies and public and private funding, will allow the arts to become a vital pillar in healthcare, benefiting patients, healthcare staff, and society as a whole."

LINK TO MANIFESTO

[ENG](#)

[ESP](#)

**THANK
YOU!**

**La cultura
beneficia
seriamente la
salud**

**Culture
Seriously
Benefits Your
Health**