

Titel:	European culture and people with different abilities
Target Group	People with different expressed artistic abilities and different health status
Numbers of Participants	20
Date / Time	19.03.2010 10: 00 - 20.03.2010 17:00
Short Description	
<p>The second application of the project was based on experience gained during seminars in Alfter, Alytus, Bolzano, Derry, Vienna. Some artistic exercises were complemented by music: improvisations, listening to the music, or using different music instruments, voice, body percussion or traditions. In order to avoid ethical issues people with disabilities were integrated naturally: 2-day seminar was devoted to European culture for people with different abilities – musicians and non musicians, young and older, healthy and people with chronic deceases. The strongest points of the first seminar were used in the second application. They were – folk music and traditions, improvisation, provoking different disabilities during artistic activities (communication with closed eyes or without words), strong relation to the nature. Some exercises were enriched and social aspect was added according to the partners remarks and reflections during the first seminar.</p> <p>Conceptual framework developed for the first seminar was enriched by European culture and artistic practise:</p> <ul style="list-style-type: none"> • Human values represented in ethno music and determined by nation's history, geography, religion and culture enable people to feel safe, because they feel their closest environment. Meeting people with the differences gives an opportunity to develop tolerance and understanding. • Everything that has been encoded in genes and what has been learnt and inherited is revealed in traditions, religion, arts, culture. It can be compared like identity and differences in other cultures. • Ethno music has national symbolic meaning (like flag, anthem) and makes people feel strong , but sharing personal experience and creativity helps people to communicate in a very creative and tolerant way. 	

The Problems addressed by the action

The second seminar participants are people, who differ from each other by their abilities, occupation, interests, health status and age. They are primary school teacher, students, retired, social workers, theatre actors. There are many common things between them: they live in the small city, far from the capital and other big cities. They work everyday and they day starts and ends with the same routine – work, home. So participants identify themselves like simple citizens, without high expectations. Some of them felt like old people; disabled people forgot about their abilities to create arts. Economical crisis limited possibilities for these people to travel around European countries, to know better different cultures. So, the second ARTID seminar was very attractive and interesting: different European artistic experience was presented during seminar. It motivated healthy and sick people, artists and financiers, social workers, students and retirement people to come to the seminar. Artistic exercises were created with the aim to help people to present their identity, to warm group climate and to integrate people for a creative activities.

Concerning the first seminar conclusions the strongest points were used during the second application: traditional music and instruments, improvisations, nature. More attention was emphasized on reflections and analysis. Each exercise time was longer than during the first seminar.

We asked participants to use traditional instruments which help them to reveal their identity. People could choose – to play, to improvise, to imitate nature or environment sounds. Social contact has been hidden in the song content. For example, when people sing „Good morning for you“ they look at each other and send information to others.

It was mentioned during the first seminar that staying alone in the forest is not acceptable. A person feels lost and too much involved in his own world. So the second application people were divide into different groups according their birthday and they went for a walk together in a small groups. We payed more attention on cooperation and communication.

Why traditional music is so important for our identity?

Conceptual framework

- Human values represented in ethno music and determined by nation's history, geography, religion and culture enable people to feel safe, because they feel their closest environment
- Everything that has been encoded in genes and was has been learnt and inherited is revealed in traditions, religion, arts, culture.
- Ethno music has national symbolic meaning (like flag, anthem)

Ethno music makes the members of the group feel that they belong to one another

Artistic exercises created in Lithuania were enriched with European heritage and culture. We applied some activities from Alfter seminar – chaos and harmony during the social game we imitated with music instruments – we started to play all together chaotic and after a time we tried to find harmony.

We learnt game with ropes in Bolzano and surprisingly we have found that Lithuanian wedding game is very similar to Italian but it has special simbolic meaning.

Theatre elements from Derry we used creating exercises „ Personification with the music instrument“ or „Contact improvisation singing traditional song“.

In Vienn we used the clay, made sculptures and talked about them, imitated their movement, thoughts. During our second application we made different sculptures listening to the different kind of music. We used a music as a quided imagery tool.

During our seminar target group participants who are not experienced in a music activity can feel themselves more confident and more creative.

Older people can feel younger, because creativity gives a power and good mood. The more we know our inner world the more we are tolerante and can accept age, gender, believes and other differences.

The Aims of the Action

[Please describe the aims of the action and the methodological considerations]

Aims of the action:

- To create a safe environment for the disabled and people without disabilities
- To improve self – expression and creativity
- To make learning process more attractive
- To create social interactions via artistic activities

Competencies will be enhanced :

- knowledge about traditions and European culture
- communication
- self-expression and creativity
- possibility to adapt to unfamiliar situation

Which competencies shall be enhanced by the action?

The aim of artistic exercises – to enhance social competencies, citizenship, tolerance and to integrate people with different abilities, health status, age and so on.

What shall be the outcome?

The outcome and the result is evident – good mood, empathy and sensitivity, creativity, fluent and free communication.

Which Methods do you use and why ?

- Video presentations – extracts from European seminars were presented in order to introduce participants with European cultures;
- Development creativity method (dance, play, improvisation) – enhancing creativity and stimulate emotions
- work in a small groups – possibility to express personality and to know each other reflection , observation –
- simulation
- guided imagery method
- directed practical exercise
- role play.

What's the role artistic exercises play in the action?

Artistic exercises are a creative way to know better ourselves and people around us. They make easier communication between very different people.

Which art are you using and why?

- Music – because it stimulates emotions and very easily creates arising or calming atmosphere , for example, singing reveals nationality, ethnicity, personal meaning
- Art – visual expression , variety of self expression
- Theatre – possibility to verbalize artistic experience, social relations, emotional transactions
- Dance – non verbal communication helps to express hidden emotions

Programme

2010 , March, 19th [1st day]

Time	Topics
9:30 -10:00	Welcome
10:00 -11:30	1 st Exercise: Presenting own identity and personal adaptation
11:30 -12.15	Discussion
12:15 -12:30	<i>Coffee break</i>
12:30-14:00	2 nd Exercise: Knowing ourself and developing empathy to others
14:00 -15:00	Lunch
15:00 -16:00	3th Exercise: Aesthetic of communication
16:00 -16:30	Reflection
16:30 -16:45	Coffee break
16:45 -17:30	4 th Exercise: Physical contact and improvisation
17:30 -18:00	Reflection

2010, March 20th (2nd day)

Time	Topics
9:00 -11:00	5 th Exercise: I can create and feel my partner
11:00 -11:30	Coffee break
11:30 -13:00	6 th Exercise: Forming small groups in a natural setting
13:00-14:00	Lunch
14:00 -15:30	7 th Exercise: We can't survive without each other

15:30-16:30	Reflection
16:30-17:00	Coffee break
17:00 – 18:00	Questionnaires

Program Details

2010 , March, 19th [1st day]

1 Item	Welcome
Starting Time	10:00
Duration	90 min
Topic	Presenting own identity and personal adaptation
Method used	Icebreaker game, groups of 2 persons, small groups, reflection in the plenary
Description of Activity	<p>Participants play game “Our nice family”. They go in the circle and say to each other “good morning”.</p> <p>After the play they stay in a circle and begin to communicate. They give each other small ball and tell their names, after they starts to interview his neighbour, finding out his/her interests, personal details.</p> <p>After that they try to make small groups depending on their birth month or clothes style. The results get written on cards. In plenary the group discusses what she has learned from this game about group members.</p>
Expected Outcome	<ul style="list-style-type: none"> • Getting to know each other • Introduction into the topic “are we different or similar?”
Materials	Music instruments, balls, paper, pencils

2 Item	Knowing ourselves and developing empathy to others
Starting Time	12:30
Duration	90 min
Topic	Listen to each other and music around us
Method used	Game, guided imagine method, reflection in the plenary
Description of Activity	<p>Participants play game “I feel great when....”. They stand in a circle. One person goes to the centre and says “ I am afraid of.. who else?” other people comes up to him closer or not very close according to their feeling. So people can see how many friends feel the same feeling. It helps to feel more safe, to create open atmosphere.</p> <p>In this atmosphere people sit calmly and start to listen to the music. Their task – to describe what they imagine during this listening. There are 3 different recordings – classical music (viola, piano); traditional Lithuanian music (kankles, pipe), pop music. People verbalize their feelings and memories. Music opens more and more personal feelings.</p> <p>After listening participants choose music instrument. They try to identify themselves with the music instrument and to tell his story. Transferring their speech to the music instrument people unconscious express their feelings and themselves.</p>
Expected Outcome	<ul style="list-style-type: none"> • Developed empathy • Create open atmosphere and open personal feelings. • Possibility to understand different perception and expressions.
Materials	Audio and video , CD, DVD, music instruments

3 Item	Aesthetic of communication
Starting Time	15:00
Duration	60 min
Topic	Aesthetical movement in a group
Method used	Directed practical exercise
Description of Activity	<p>Participants stand in pairs in front of each other. They take 2 sashes. (National sashes are a traditional and ancient branch of Lithuanian folk art). They go in the circle and all sashes interlace each other.</p> <p>After that participants change the direction and make sashes free. All the time they sing very simple song, with main words 'lydo lydauto'.</p> <p>Monotonic sound, very simple rhythm and beautiful sashes make people feel aroused, creates aesthetical and creative atmosphere and a good sense of group activity.</p> <p>Reflection – everybody tells his/her feelings.</p>
Expected Outcome	<ul style="list-style-type: none"> • aesthetical and creative atmosphere • a good sense of group activity
Materials	Music instruments, traditional sashes, paper, pencils

4. Item	Physical contact and improvisation
Starting Time	16:45
Duration	45 min
Topic	Music and human body
Method used	Improvisation, simulation, reflection
Description of Activity	<p>Participants sit in a circle in pairs. They are asked to look at their hands, to watch them carefully. People speak about their hands.</p> <p>They have a task to feel their body part as a tool for communication.</p> <p>They close their eyes and listen to the song. 1 teacher sings traditional song. Partners try to feel each other with the closed eyes, to create movement and improvise by music.</p>
Expected Outcome	<ul style="list-style-type: none"> This exercise emotionally is very strong. People overcome their excitement and get in contact with each other physically even their eyes are closed.
Materials	Music

Reflection 17.30-18.00

2010, March 20th (2nd day)

5 Item	I can create and feel my partner
Starting Time	9:00
Duration	120 min
Topic	Music and sculpture
Method used	Individual and group sculpturing, simulation, listening to the music, reflection in the small groups
Description of Activity	<p>Participants sit in pairs, their eyes are closed. They have a clay on their table. Listening to the Lithuanian music with closed eyes they start to make sculptures. Then they join sculptures with their partner's job, change them.</p> <p>When eyes can be opened participants discuss about their feelings making sculptures and listening to the music. They try to find some thing similar between their work. Folk music "tells" them common subject and sculptures looks very naturally.</p>
Expected Outcome	<ul style="list-style-type: none"> • Artistic Reflexion of the one imagination of native land • Understanding difference of the participants • Developing an relationship to other participants
Materials	Clay, music records, watercolours (blue, red, yellow), paint brushes, white paper (DIN A3), water

6 Item	Forming small groups in a natural setting
Starting Time	11.30
Duration	90 min.
Topic	Nature and creativity
Method used	simulation, role play
Description of Activity	<p>Participants choose groups according to their birth by Zodiac (land, fire, the sun, water). These groups go outside to the forest and try to identify themselves with the sun or water etc.</p> <p>Walking in the forest groups try to find some natural signs expressing their group and discuss about artistic performance.</p>
Expected Outcome	<ul style="list-style-type: none"> • Integration in a small groups using nature and arts • Deepened sense of belonging to environment and society group
Materials	Black, blue, green material for decorations, candles, paper, colours, music instruments

7. Item	We can't survive without each other
Starting Time	14.00
Duration	90
Topic	Nature , society and creativity
Method used	simulation, role play
Description of Activity	<p>Participants came back. They come back and go to the different rooms and create artistic performance about their group sign – water, land, the sun, weather. Presentation concert “Four elements of the universe”.</p> <p>Discussion: participants speaks in a small groups. They emphasize the most surprising moments for them. They discuss about nature and nowadays problem concerning forests, pollution, birds etc. the role of nature sounds and rhythms for people with restrictions.</p>
Expected Outcome	<p>Integration in a small groups using nature and arts</p> <p>Deepened sense of belonging to environment and society group</p>
Materials	<ul style="list-style-type: none"> • Black, blue, green material for decorations, candles, paper, colours, music instruments

15:30 -16:30 Reflections

16:30 -17:00 Coffee break

17:00 – 18:00 Questionnaires