



**FOSTER
SOCIAL
INCLUSION**

Art for social inclusion

Training module

by Euro- Idea Fundacja Społeczno-Kulturalna



*KA2 Strategic Partnerships for Adult Education – Exchanges of Practices
"Foster Social Inclusion:
volunteering, social entrepreneurship and art for social inclusion"
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The training module description

Art for social inclusion

Social, professional and cultural activation of people who are unable to work due to mental disorders using ceramic workshops.

Specific target audience:

People with mental health problems

Main goal:

Increasing the social, professional and cultural activity of people who are unable to work due to mental disorders.

Detailed objectives:

- to increase motivation to act and trust in your own strength;
- to increase communication skills of participants (self-presentation);
- to increase professional qualifications and acquire skills to re-enter the labour market (techniques of making and decorating ceramics, traditional objects and souvenirs, solving problems);
- to develop social competences (communication skills, cooperation);
- to extend knowledge about local cultural heritage;
- to combine the newly learned skills (ceramics, using a digital camera) and existing ICT skills (using a computer and using the Internet)

The project aims to make practical use of the acquired knowledge - interest in local cultural heritage, acquisition of new professional competences and the ability to identify available opportunities for personal, professional or business activities.

The Group: from 5 to 8 training participants

Duration: from 2 to 6 months

Trainer: one ceramic trainer/facilitator



THE TRAINING IS TO DEVELOP KEY SKILLS

- cultural awareness and expression
- learning ability
- social and civic competences
- IT competences

METHODOLOGY

- Learning by doing
- Constructionism - Building knowledge by building things
- Hand mind connection. Behavioural researchers demonstrate, that using our hands for activities stimulates brain activity, promotes mental health, and relieves stress.

KNOWLEDGE

- local cultural heritage; legends and figures of Cracovian traditions.
- ceramics techniques
- ICT; modern technologies and internet - PowerPoint, digital photography, multimedia materials.



Tips for facilitators

HOW TO COMMUNICATE WITH WORKSHOP PARTICIPANTS: GUIDELINES FOR FACILITATORS

I. BASIC PRINCIPLES

When communicating with participants, workshop facilitators should keep three key aspects of the situation in mind. The first aspect is the goal of the workshop, namely, skills acquisition. The second aspect involves a learning environment: meetings are held in groups. The third aspect concerns participants, who are psychiatric patients. Given the above, workshop facilitators have to negotiate several tasks, and they all require sound communication skills.

II. FACILITATORS' TASKS

1. Building good rapport with each and every participant
2. Sharing knowledge of ceramics with participants
3. Providing training
4. Creating a communication- and cooperation-friendly environment
5. Strengthening verbalisation skills in participants
6. Coping with problem situations
7. Intentional modelling of communication skills

III EFFECTIVE TRAINING

- The aim of the workshop is to teach your participants how to model objects in clay. For this reason, training will be your basic teaching method.
- Well-organised training involves three steps:
 - You demonstrate the task and explain how to do it.
 - Participants perform the task and you tell them how to do it.
 - Participants perform the task on their own and describe what they are doing.



- It is important that you organise the task into stages (learning in little steps) and explain why you do a particular thing.
- Your task is to motivate and support participants during training by sharing constructive feedback and praise.
- It is vital that your participants know they can make mistakes and that mistakes are but starting points for improvement.

IV STRENGTHENING SOCIAL SKILLS, HARNESSING GROUP POTENTIAL

- You can encourage participants to speak to the group (by having a round at the beginning and end of the meeting (e.g. by asking questions: “What mood are you coming with to the meeting?”))
- It is important that you create opportunities for participants to communicate and cooperate in classroom (by working in smaller groups, working individually as part of a larger team...)
- It is also vital that you model their ability to ask for help, e.g. so that they could ask someone to pass tools, express and verbalise emotions.
- You could also share a random off-topic remark (e.g. “I saw a film the other day”) to develop a more informal atmosphere and encourage participants to share spontaneous comments.



The training programme

Stage I Preparation of workshops;

Stage II Six Ceramic Workshops;

STAGE III Presentation of the workshop results;

STAGE IV Evaluation.



Stage I Preparation of workshops;

The meeting is going on 2.5 hours

1.0. Information meeting with workshop participants and carers

1.1. Let's talk about workshop

OBJECTIVE: 1 To make the participants of the group aware of the benefits of participation in activation workshops, familiarizing them with the general subject matter of the classes; presentation of methods and forms of implementation.

OBJECTIVE: 2 Presentation of the subject matter of workshops, methods of their implementation and time framework.

1.2. Co-creating the "get to know each other" table

PURPOSE: Establishing personal contact with participants

Familiarizing with group members, breaking the ice, fun

Metaplan / participants together create a poster being a graphical abbreviation of group discussions.

1.3. Interview with participants

OBJECTIVE: 1 Diagnosis of knowledge in the field of local cultural heritage; legends, figures, and characters.

REPRESENTATION / SCRIPTING of the local, legendary figures.

A casual conversation about legends and legendary characters as well as local cultural heritage.

OBJECTIVE: 2 Diagnosis of knowledge, skills and competence in the field of ceramics techniques.

OBJECTIVE: 3 Diagnosis of knowledge, skills and competences in the field of ICT.



1.4 Share a story

How participants can share their experience, knowledge, and results of training?

OBJECTIVE: 1 Presentation of methods and working tools in ICT frames:

digital photography, multimedia presentations, internet, reportage from workshops, artery to local journal on the OT's website.

OBJECTIVE: 2 Developing the ability to learn;

OBJECTIVE: 3 Presentation of methods for dissemination of results:

Metaplan / participants together create a poster that is a graphic shortcut of training experience.

Idea: Exhibition of works at the museum, bazaar.

2.0. A visit to the Historical Museum of the City of Krakow.

Participants get to know local legends and traditions

OBJECTIVE: 1 Interest in local cultural heritage, acquisition of new knowledge in this area.

OBJECTIVE: 2 Acquisition of learning ability;

OBJECTIVE: 3 Acquisition of new social and civic competences.

3.0. A visit to the souvenir shop.

Discovering local souvenirs market.

OBJECTIVE: 1 interest in the local souvenirs market.

OBJECTIVE: 2 identification of available options for personal, professional or business activities.

OBJECTIVE: 3 Interest in local cultural heritage, acquisition of new knowledge in this area.

OBJECTIVE: 4 Acquisition of new social and civic competences.



Stage II Ceramic workshops

Classes in small groups (5-8 people).

The workshop is going on 2.5 hours

Ceramic workshop 1

What is a traditional design? Core elements of local and national folklore and design (sharing knowledge from the museum, internet, peer to peer etc.).

Work with: Clay, engobe.

Slab method - „slices” - participants learn how to create them, how to combine them (composition) and to use.

Creation of ceramics in basic Technique - a plate, tiles.

- basic information about ceramics, properties of the clay
- creation of objects in basic technique

Participants make a simple object by combining elements, decorate with motifs of local folklore (example: flowers, belts, etc.).

Ceramic workshop 2

What is a traditional design, Core elements of local and national folklore and design (sharing knowledge from the museum, internet, peer to peer etc.).

Work with: Clay, engobe.

Coil method - „rolls”, „fillets” - participants learn how to create them.

Creation of ceramics in basic Technique - a bottle, a decorated cup.

The antique and contemporary use of this technique.

Participants get to know the prehistoric and more contemporary style of the local cultural heritage and folklore.



Ceramic workshop 3

What is a traditional design, Core elements of local and national folklore and design (sharing knowledge from the museum, internet, peer to peer etc.)?

Work with: Clay, engobe.

Pinch method - „ balls” - participants learn how to hand build "small form", how to combine them (composition) and to use.

Participants get to know the possibilities of a "small form" created from a pinch ball.

Small bells, bowls, ceramic beads or animals are created. Objects are inspired by local cultural heritage.

Sculpting Methods

Three-dimensional art; sculpture and bas-reliefs (relief methods, imprint, etc.).

Angels, dragons are created. All inspired by the local cultural heritage and folklore.

Ceramic workshop 4

What is a souvenir, what are its features?

Core elements of souvenirs design (sharing knowledge from the visit, internet, peer to peer etc.).

Work with: Clay, glazes.

Part 1 Glazing tips and techniques – participants improve the glazing technique.

Part 2 Souvenirs creation (individual work, group work, mixed model eg. someone creates a sketch, someone rolls, slices, someone deals with colouring, etc.).



Ceramic workshop 5

How to decorate clay? Core elements of decoration and composition (sharing knowledge from the visit, internet, peer to peer etc.).

Work with: Clay, enamel, glass, oxides.

Working on simple form like tiles.

Part 1 Decorating tips and techniques - Tiles - participants learn how to decorate them, how to combine them (composition).

Part 2 Glazing – participants improve the glazing technique.

Part 3 Creativity exercise - Tiles / mosaic creation (individual work, group work, mixed model eg. someone creates a sketch, someone slices, someone deals with decoration and composition, etc.).

Ceramic workshop 6

Do it yourself!

Work with: Clay, enamel, glass, oxides.

Part 1 Reflection.

Discussion what we have learned and how we can show and use our new acquired skills.

What can I create for myself, for relatives, for my community, for sale (examples: local souvenirs, decorations, ceramic jewellery or something practical for interiors bowls, cups, plates)?

The workshop footprint. The group decides the project results presentation (exhibition, bazaar).

Part 2 Functional form creation (individual work, group work, mixed model eg.)

Work plan arises from ideas selected as part of the discussion.

Part 3 Various techniques - participants improve their techniques.



Stage III Project results presentation

Presentation of the results of the workshop (exhibition, bazaar)

An exhibition, or maybe a fair?

Goal: 1 Sharing the results of the workshops.

Goal: 2 identification of available options for personal, professional or business activities.

Goal: 3 Acquisition of new social and civic competences.

Stage IV Evaluation

Summary of ceramics classes and their evaluation

6.1. Participants create a "map of impressions"

Goal: 1 Evaluation



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