



Erasmus+

# 1st Session

*nARTure*



MISIONES  
SALESIANAS



The High Mountains  
Networking & Social Innovation



CULTURAL AND ARTISTIC ASSOCIATION



# objectives

- To learn about what constitutes *Cultural Heritage* and an *Anthropological Archive*.
- To generate awareness among participants towards environmental issues.



**materials**

**The museum**

Pencils

and colored pens

Blank cards for writing

blue tack

cardboard/long paper

Printed images of the Amazon

Exhibition

Open space to move around



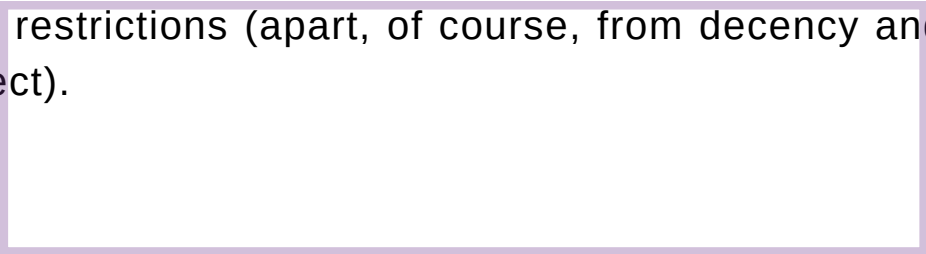
## **step 1:** **ice breaker**



### **"Collective Voice"** **(word game)**

This is a very simple and curious game that will serve to break the ice. It is also a good tool to measure complicity within the group. Finally, it will reappear as a tool in another activity later in the session, so this first experience will ensure that we know the rules and give us something to compare it to.

The only rule of the game is that each person takes turns saying a single word, which can be anything, as long as it builds on what has been said before, so that collectively we form sentences. There are no other restrictions (apart, of course, from decency and respect).





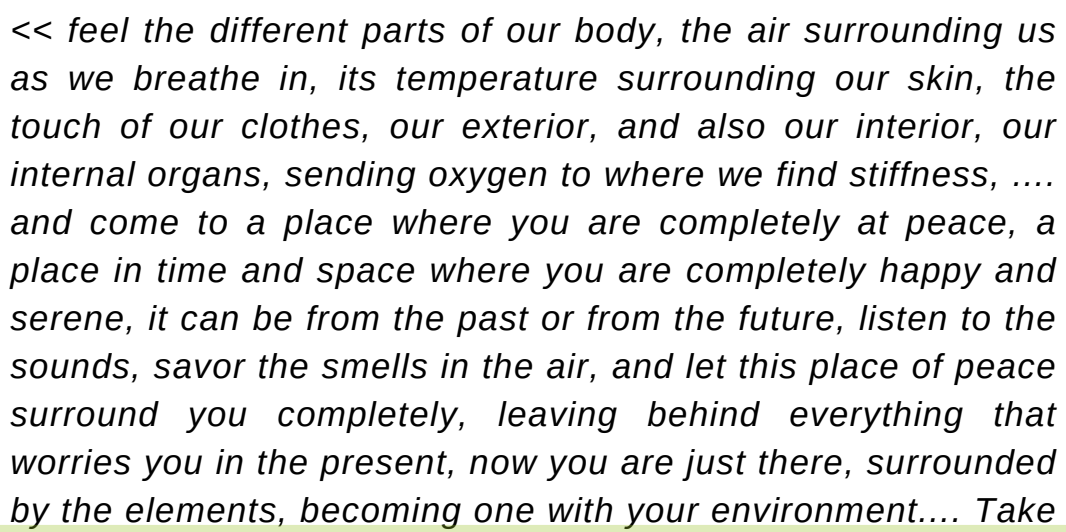
## step 2: introduction




### where are we?


Now that we have laughed and relaxed and, hopefully, connected as a group, feeling comfortable with each other, we will sit in a circle, close our eyes and join in a short meditation.

The person guiding us will invite us to breathe, guiding our inhalations and exhalations, and making us aware of our body. We will be invited to.



*<< feel the different parts of our body, the air surrounding us as we breathe in, its temperature surrounding our skin, the touch of our clothes, our exterior, and also our interior, our internal organs, sending oxygen to where we find stiffness, .... and come to a place where you are completely at peace, a place in time and space where you are completely happy and serene, it can be from the past or from the future, listen to the sounds, savor the smells in the air, and let this place of peace surround you completely, leaving behind everything that worries you in the present, now you are just there, surrounded by the elements, becoming one with your environment.... Take a few deep breaths... >>*





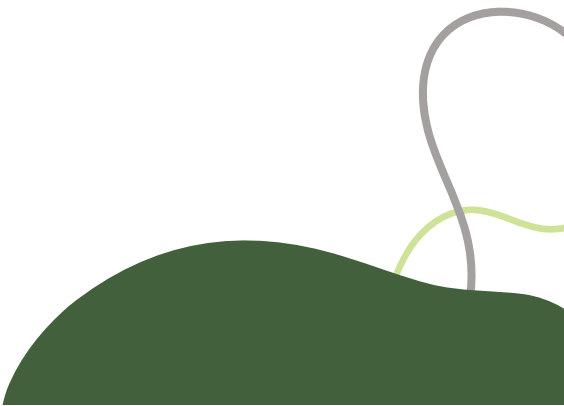
The facilitator will gently lead us out and back to our workshop, where we will all open our eyes together. Now, we will have a brief discussion:

To find this place of peace,  
where has our mind taken us?

It is likely that many of us have found ourselves surrounded by nature.....

What places and sensations have come to mind?  
What do they have in common?

Before finishing this part, we will make a map of the elements and concepts that have emerged. We will have some blank cards ready where each person can write them down and stick them on a wall. One word per card, one color per person, and placing related words together (water, sea, waves).



## step 3: create an exhibition

### A. Find what you like

We will leave all the printed (and laminated) images from the Amazon exhibition on the floor in the center of the space. We will invite the participants to look at them and choose the ones they like or speak to them the most. They will place their selection on the floor behind them.

If two participants want the same image, they will be asked to negotiate to decide who gets to keep it and why, or to find a shared solution.

When everyone is ready and their images are displayed, we will ask everyone to walk around quietly to see what everyone else has chosen.



## B. Share

We will now be asked to find someone or form a group (depending on the total number of participants). The criteria should be based solely on the images (not on previous friendships or preferences). We should look for someone whose images we can connect with and try to understand why they have chosen them. We will look for a selection of images that go well with our own. Does that person feel the same way about yours? Again, we will encourage participants to discuss and challenge their ideas.

Once we have found the pair or group, we will rearrange the images so that they are all together and review our selection. Maybe there are some that we no longer think we need or that don't fit, maybe there are some of our partner that we still don't quite understand. We will play with the selection together until we are happy with it.

## Tell a story

We will organize together the arrangement of the images to reveal the reasons for the selection and express the story they tell. We will need to explore what they represent to each other and how the relationships created between them achieve meanings.





## C. Curating an exhibition

Once that in our pairs (or as a group) we are satisfied with the result, we will become a big group again. We will all walk around and visit our selections in silence and unify and create a collective exhibition in 2 steps:

D1.) **Without words:** we will all walk in silence and we will be allowed to move and replace the images as we please. Of course, we must be respectful of each other's work and judgment, paying attention and being sensitive to each other's looks and body language as we move the images.

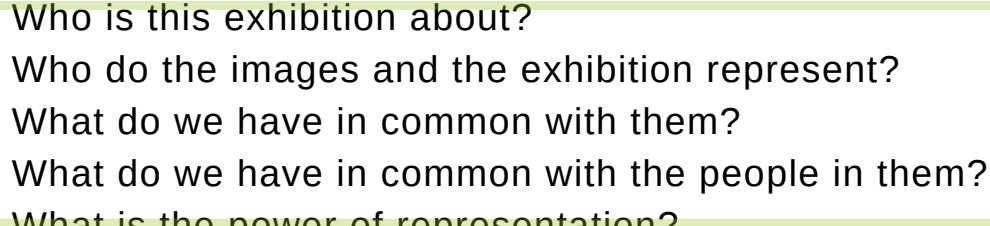
D2.) **With words:** we can discuss among ourselves (respectfully) where and why we would place the images so that they work and speak as a whole. Words can also be introduced by writing them on the blank cards and using them as titles or categories.





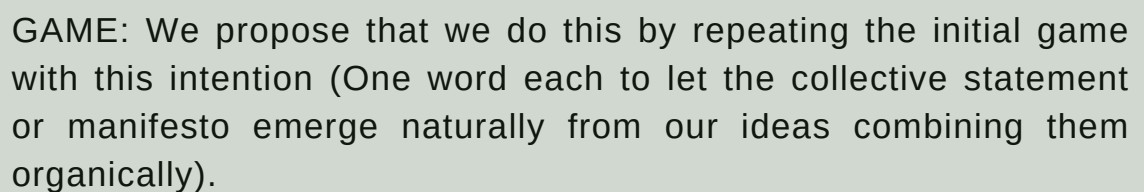
## step 4: Debate

Once we are happy and have visited our group exhibit, we will sit in a circle and engage in a brief discussion around the following questions regarding our exhibit:




- What do we see?
- What do we feel?
- What do we understand?
- Who is this exhibition about?
- Who do the images and the exhibition represent?
- What do we have in common with them?
- What do we have in common with the people in them?
- What is the power of representation?
- What are the stakes?
- What separates us?

This debate should be peaceful and respectful, and lead us to a common agreement on the concepts we have addressed and represented as curators of this exhibition. We will now finish our work as artistic mediators by composing a collective text that will serve as a statement or introduction to the exhibition.



GAME: We propose that we do this by repeating the initial game with this intention (One word each to let the collective statement or manifesto emerge naturally from our ideas combining them organically).





**Mapping  
experiences**

**materials**



Large paper

Colored card

Colored markers

Pens and pencils

Space with tables to work



## step 1: Contextualization

### Presentation

We stand in a circle and make a chain of presentation indicating our name and indicating something we like in nature.

Then we number ourselves from 1 to 3, dividing into three groups with the same number of participants.

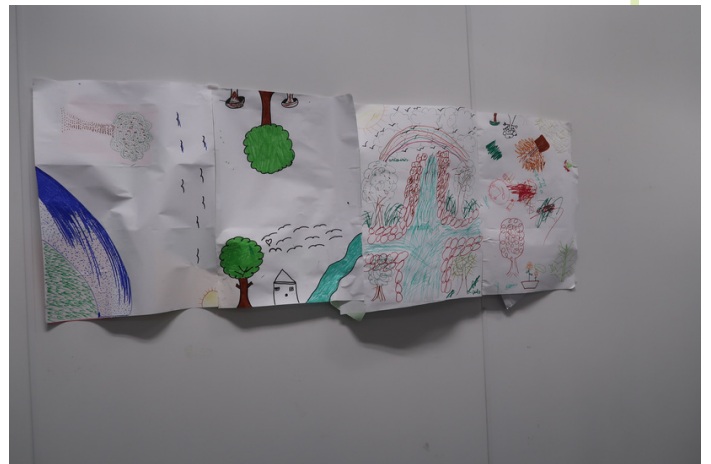
In case of being unbalanced we will distribute among the different groups.



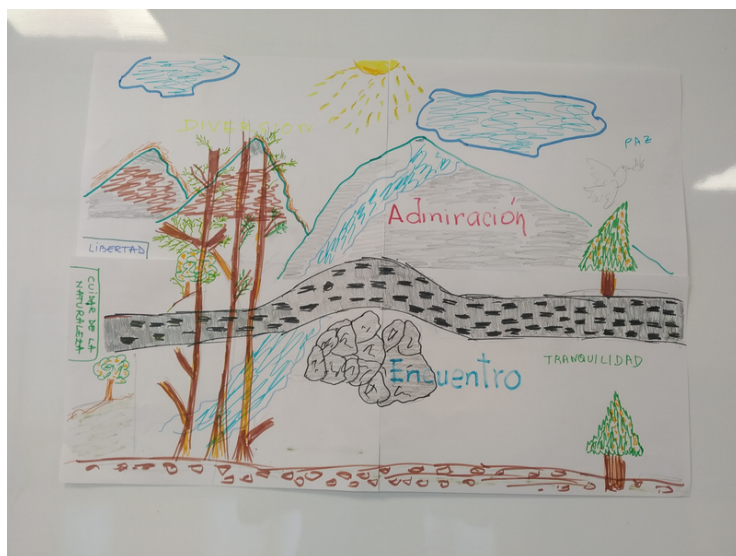
## step 2: Mapping an outing

Once we have organized ourselves into different groups and are ready to go deeper, we hand out a sheet of continuous paper to each group.

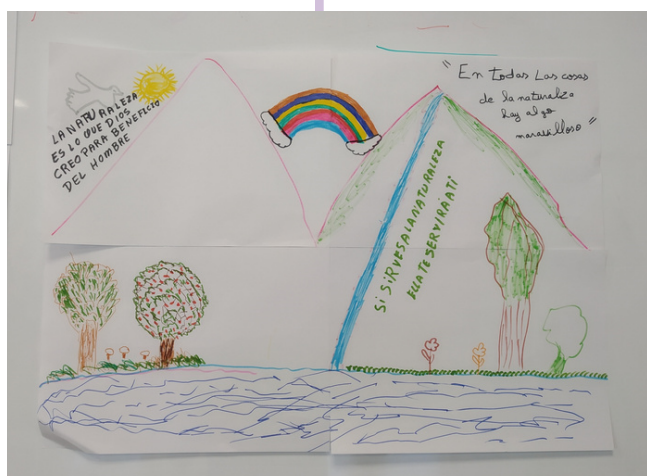
On the continuous paper, or large cardboard, we organize ourselves to portray the different activities or situations experienced during our outing in nature. All the participants draw the different moments that have been important for them during the excursion, negotiating within the group the distribution and composition of the map of experiences.







Once the images have been represented on the paper, each person will write on a small piece of cardboard an emotion associated with what they experienced in the activity when connecting with nature. Afterwards, we will place it on the image that represents the situation in which we experienced it.



## step 3:

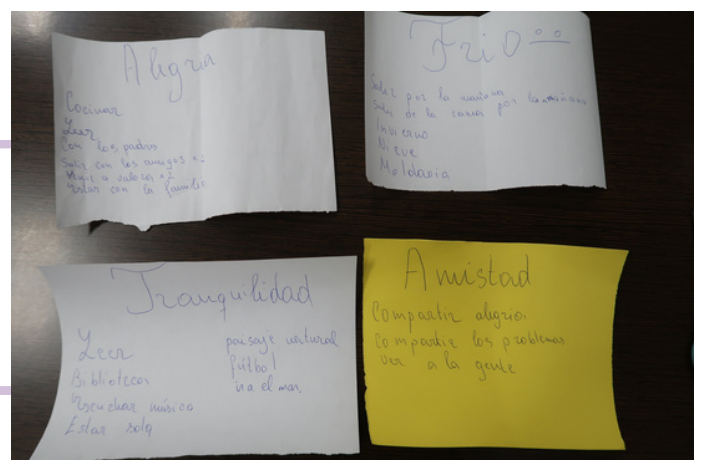
### Project into our lives

Once all the sensations and emotions have been located, the continuous paper will be turned over, leaving the mapping on the other side and placing the cards with the emotions on top.

As a group, we will have to answer the question:

"In which daily situations do we feel this emotion?"

We will build a collage, between drawings and written phrases, representing situations in which we feel these emotions and sensations in our daily life. In this way we will be able to link that there are situations and experiences of our daily life that help us to connect with what we also feel in nature.



## step 4: Debate

### A. Share

Once all the groups have finished the collage, we will share the process, from the mapping or our experience to recognizing our emotions and their position in our lives-, to the rest of the group in order to generate a space for mutual enrichment.

### B. Reflect

We will reflect on the effect that nature has on our way of being and feeling, and on the recognition of these sensations in our daily lives. Emphasis will be placed on identifying those sustainable activities that we already do in our lives that connect us emotionally to our surroundings and with nature.







To be continued...