

**SCHEMA WORKSHOP**

Anno Accademico / Academic Year 2021/2022

**Titolo Workshop/Workshop title:**

Unblocking Recycled Creativity - A crash course on how mental health influences artistic ability and ways to improve it using recyclable materials.

**A cura di/curated by:**

Alina Vasieikina

**Indirizzato a / Intended audience:**

tutti gli studenti.

**Partecipanti / Participants**

min 12-max 18

**Requisiti richiesti / Requirements**

- Fluent English (listening and speaking skills)
- Basic online research skills
- Creative skills and personal interest
- Knowledge of Powerpoint/Keynote is a plus
- Personal laptop with internet access
- Digital camera or phone for taking pictures and video recording of the students' projects
- Painting supplies (pencils, paints, water cups, brushes, etc.)
- Prepare a base of recyclable unwanted/old/used/trash materials for creative upcycling (such as: any type of paper/magazines/newspapers/all things metal/any plastic/old clothes/cardboard boxes, etc.)
- All types of adhere and assembling materials - glue (paper/plastic/metal glue), duktapes, paper tapes, staplers, ropes, metal wires
- Cutting tools like scissors, utility paper knives, etc.

**Durata e Crediti / Duration and Credits:**

30 hours – 2 FC

**Periodo di svolgimento / Dates:**

20/25 JUNE 2022

**Giorni, orari e aule di svolgimento / Timetables:**

Monday 9.30/16.30 (1 hour break)

Tuesday 9.30/16.30 (1 hour break)

Wednesday 9.30/16.30 (1 hour break)

Thursday 9.30/16.30 (1 hour break)

Friday 9.30/16.30 (1 hour break)

**RUFA – Via Benaco 2 – Aula B01**

**Breve descrizione / Short description.****Motivation and aims**

In this workshop students will dive into the world of Sustainable Creativity. They will experiment and produce a recycled art project, giving a new life to unwanted objects. At the same time, they will learn a foundational knowledge about human emotions and how they correlate with artistic inspiration. Moreover, students will practice different techniques and master many psychological tools to break through any creative blocks and become more self-confident and motivated.

- Create a group project, inspired by different emotions and states of mind every day of the Masterclass: 1. Fear 2. Denial 3. Grief 4. Anger 5. Acceptance
- Contribute to the Sustainable Art Movement through upcycling unwanted materials and waste, turning somebody's trash into treasure
- Improve students' creative courage, confidence, self-expression and artistic abilities
- Introduce science-based tools for improving and maintaining student's mental health, productivity, self-awareness and learning motivation
- Organise an exhibition where students' present their projects and share their journeys

### **Short Bio**

Alina Vasieikina is a Ukrainian Creativity and Fashion Design Lecturer with more than 7 years of international teaching experience and more than 10 years of working in fashion industry.

In recent years Alina was focused on conducting creativity and self-expression courses for adolescents and adults, helping students to become more emotionally resilient, confident and brave, while overcoming their fears, shame and self-destructive behaviors.