The Museum of Cultural Healing

Lugar Específico - entre Arte e Educação



Nº of pax 5-20

Cultural Mediation

developed in the course of 1 week

www.

virtual or in person

PURPOSE

COLLECTIVE CREATION OF A CULTURAL EXPERIENCE

- Art exchange
- Co-creation of meaning and collective understanding

MATERIALS

- Computer and wifi connection
- paper, writing materials and printer (if done in person)
- Devices to share your artwork choices (smartphone, etc)

PREPARATION

- Login to https://www.artsteps.com and see how it works

INTRO

Experiencing art can contribute to stress relief and wellbeing and it has been prescribed by doctors in Canada since 2018, and in Belgium since 2021.
In this activity, besides being visitors, the participants will be co curators of a collective exhibition.

In the workplace we do not always have the opportunity to share personal matters, and artwork choices can be the mediator of that in a way that you keep private, and simultaneously we feel united and a sense of belonging to the group. By using the Artsteps platform, participants will be able to create a virtual museum, in which they will exchange their cultural artistic preferences.

3 STEPS

1. Gather the participants and choose 5-10 categories to fill each room of the museum (poetry, books, painting, film, video, sculptures, music, dance, photography, theater, new circus, gastronomy, installation, street art, performance, monument, landart, nature as the artist).

2. Each participant finds their favorite artwork for each category and sends it to the facilitator during 1 week, who will put it in the right room on the museum platform. The participant has to give an image or audio/ video, the title, the name author and a short text with the reason for their choice.

3. The facilitator announces the opening of the exhibition (which will be open) and the participants can visit each artworks' choices.

4. After 1 week, the participants gather to the event "Talk with the Curators" with some drinks & snacks, where they will share impressions of the artworks exhibited, where they will talk about how this sharing contributed to group bonding and to get to know each other better. And also how witnessing artwork can contribute to wellbeing and resilience.



THE MUSEUM OF CULTURAL HEALING

REFLECTION

- How did you feel during the different parts of the activity?
- What did you learn about yourself, others and their artwork choices?
- How can this activity contribute to resilience building?

COMMENTS

- Variation 1: in your workplace organize a Live Museum of Cultural Healing a day to build and open the exhibition with printed images, reading of poems, objects, etc.
- Variation 2: If you wish to, you can invite your friends to visit, share and comment the exhibition
- This activity can be used to exhibit drawings, paintings, photographes, sculptures and other elements made by participants during a training.
- The website allows users to freely design a museum and upload different content (the platform allows users to upload images, videos, audio files, text and 3D objects)