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Case studies:
Learning scenario 2 Manual for daily art journaling

Introduction to the location and our partners

Location:
MUSEUM OF ARCHITECTURE AND DESIGN (MAO) in Ljubljana. The MAO is a dynamic institution that functions as a museum and creative hub for architecture and design. It is one of the oldest museums of its kind in Europe - founded in 1972. The MAO organises exhibitions and holds collections in the fields of 20th and 21st century architecture, design, and photography. The collections are made up of objects, projects and documents that have shaped and continue to shape our everyday lives and are a source of inspiration, ideas, concepts, and challenges for many researchers and enthusiasts. Collections are a bank of ideas and provide a collective memory of our recent past.

Associate Partners:

Museum of architecture and design (MAO)

Fužine Senior Citizens Home

Project Number: 2021-1-IT02-KA220-ADU-000027077

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Group 1 - Manual for daily art journaling

Group 1:

- There were 10 participants altogether, with 5 patients and 5 carers. The working space was set in a big room inside the Fužna Castle.

- We also adapted the space for those in the wheelchair so that they could have access to the room.

The workshop provided a creative outlet for self-expression, and many participants found it to be a fulfilling and enjoyable experience.

Several participants mentioned feeling a boost in mood and a sense of accomplishment after completing their art journal pages.

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Group 1 - Manual for daily art journaling

Group 1:

- We encouraged the participants to first talk about their memory and opinion on the writing of journals in general. And then we gave them the various exercises to choose from and do them. Mostly it involved drawing, coloring, and answering some cognitive questions or some questions about the day, their life, and their feelings.

- The manual provides step-by-step instructions and inspiration for creating a personalized art journal that reflects individual stories, emotions, and experiences.

Group 1 Learnings:

- The participants learned to focus on their writing, drawing, and answering questions about their current emotions.

- Mostly the exercise involved memories and artistic expression.

- Participants felt empowered to explore various artistic techniques and incorporate personal elements into their journals.

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Group 2 - Manual for daily art journaling

Group 2:

- There were 10 participants altogether, with 5 patients and 5 carers. The working space was set in a big room inside the Fužna Castle.

- We also adapted the space for those in the wheelchair so that they could have access to the room.

Most of the participants gave very good feedback asking for more examples like that in the future.

One of the participants refused to participate in the artistic expression.

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Group 2 - Manual for daily art journaling

Group 2:

- We encouraged the participants to first talk about their memory and opinion on the writing of journals in general. And then we gave them the various exercises to choose from and do them. Mostly it involved drawing, coloring, and answering some cognitive questions or some questions about the day, their life, and their feelings.

- The manual provides step-by-step instructions and inspiration for creating a personalized art journal that reflects individual stories, emotions, and experiences.

- We adopted the exercises to the capacity of the participants and chose from many different proposed exercises the ones that proved to be successful with the first group.

- We made a combination of the paper artistic activities with communication with those participants who showed interest in that.

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Challenges	Solutions
Motivation decline	**Personalization:** Tailor activities to individual interests and abilities. This boosted motivation as participants engaged in activities they enjoyed. **Social Interaction:** Encourage socialization among participants. Social engagement enhanced motivation.
Time limitation	**Time Management:** plan the schedule to ensure activities are time-efficient. We tried to avoid overloading the workshop with too many activities in one session.
Cognitive Barriers	Participants with cognitive impairments may find it challenging to follow complex instructions or remember specific techniques, so we tried to simplify instructions.

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