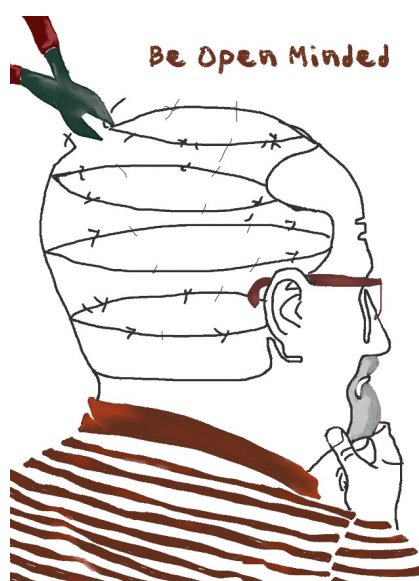


THE GUIDE FOR THE TRAINERS

PREPARED BY
THE TEAM
OF
ERASMUS+ PROJECT
“BE OPEN MINDED”



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INTRODUCTION

During the project time the partners prepared many materials which can be used by the trainers and educators of adults. We collected the materials and you can find it the guide.

You will find more information on the partners website and on the project web site and on EPAL platform. Here are the links:

<https://www.facebook.com/ErasmusPlusBOM>

https://epale.ec.europa.eu/en/resource-centre/content/bom-be#open-minded?fbclid=IwAR3kuPPVwaVnc8Lpm-LCGiAvNcP3gpx6gUmT8uXiesMmUL--v#F9KC_nlh4

<https://epale.ec.europa.eu/pl/blog/clown-dla-doroslych>

<https://www.associazioneeutopia.org/2022/06/23/bom-newsletter-issue-6/>

https://asturia.weebly.com/store/c1/Afgebeelde_producten.html

<https://asturia.weebly.com/results.html>

<https://www.facebook.com/groups/128175310614668>

<https://www.facebook.com/pg/growingruralenterpriseld/posts/>

<http://fundacjabadzaktywny.org/bom-2/>



Asturia vzw

The trainers can find here:

- The report of the research of the role of theatre in life

The presentations:

- The power of art-painting
- The nature and art
- The theatre in ancient Greece
- The life isn't a theatre?- Polish language presentation "Życie to nie teatr?"
- Photography workshop
- The photo voice - the methods of work with people
- The photo exhibitions
- The clown and pet therapy

The tale in English and Greek language:

- The hare and the turtle - the materials for the work with children, parents, grandparents

The article:

- Photography tourism a new driver for rural revitalization after the COVID-19 pandemic of the region Kempen in Belgium
- Learning a Language and Cooking





THE RESEARCH- THE THEATRE AND HIS ROLE IN OUR LIFE

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THE INTRODUCTION

The project “Be Open Minded” focus on the new, original methods of work with adults. The main topic of the mobility in Greece (24-28 October 2021) was art, especially theatre, like a form of the adult activity.

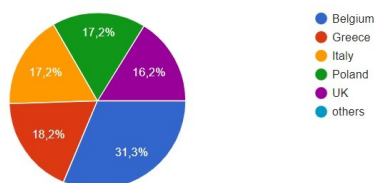
The participants took part in many workshops, study visits and the performance.

The covid complicated the situation in all of the countries, people more stay at home so we would like to check how the theatre is important in a life.

The questions of the research were prepared by the partners during online activities after the training in Patras. Later every partner asked the own participants, members of the local stakeholders and others people. The project team decided about minimum 15 respondents of every partner and using google questionnaire. The team prepared the short and simply questionnaire, because we know that people don't like too many questions. We publish the link of the research on project web site on FB and send it to our learners too.

At least we have 99 answers: UK- 16 persons, Poland- 17 persons, Italy- 17 persons, Greece- 18 persons, Belgium – 31 persons.

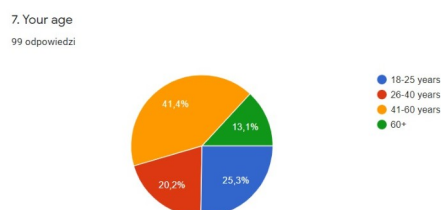
Your country
99 odpowiedzi





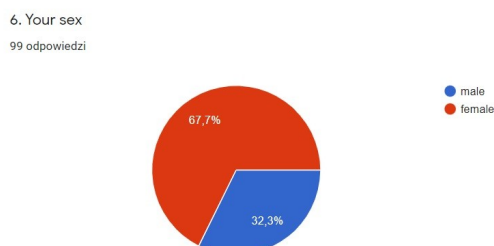
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We asked the respondents about age. We divided people for a few groups. The group 18-25 years old is the young adults, they still study or start the job. They have a lot of hobbies and school friends. The group 26-40 years old is adults, who usually has regular job, families, enjoy about career. The group 41- 60 years old consists of people, who has stable family and work situation. The group 60+ are seniors.



The most of our respondents were in age 41-60 years. Others group of age were very similar. If we analyse the age and countries, we observe that the most of young respondents in age 18-25 were from Greece 13 participants, from Italy 6 persons, from Poland and Belgium – 3 persons, from UK nobody in the group. The older respondents in age 41-61 years are from Belgium- 14 persons, from UK-12 persons, from Poland- 9 persons, from Italy 5 persons and from Greece 1 persons. The oldest respondents were: from Belgium and UK - 4 persons, from Poland and Greece -2 persons and from Italy 1 persons.

We asked about sex. The most of the participants were women. The differences were in the partners countries. The most of male respondents were from Belgium - 10 persons, from others were from Greece and Italy - 7 persons, from Poland - 6 persons, from UK - 2 persons.



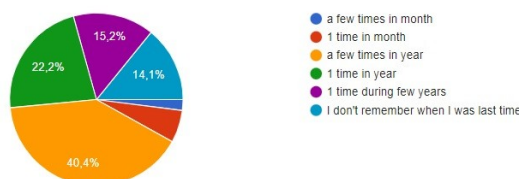
It can be a few reasons of the situation. The women are more interested in non formal education, they prefer intellectual activities than sport or technical activities.

THE ROLE OF THE THEATRE

On the beginning of the research we asked about the visits in theatre. It's important question, although we know that covid can change the habits of people. Some people afraid to go to the theatres or cinemas. Any way- the institutions reduced the numbers of the visitors, so it's more difficult to buy the tickets and the tickets can cost more.

1. How often you visit the theatre?

99 odpowiedzi



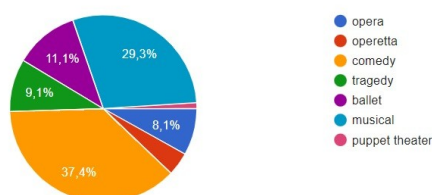
The most of the respondents answer, that they visit theatre a few times during a year. It can be interesting to check, how the situation change after covid and pandemic time.

During the training in Greece we learned and exchange the knowledge about different kinds of performances. We asked about the preferences in our research.

The most of people choose the comedy, so we can think it's the most popular kind of performance. We check, how the kind of performance is popular in partners' countries. The comedy was choose by 12 respondents from Poland, 9 persons from Belgium, 8 persons from Greece, 5 persons from Italy and 3 persons from UK. Quite many people choose opera and musical. We can think, that people need music. We check that musical is the most popular in UK, because 12 respondents from the country choose the kind of performance. The musical was chosen by 8 persons from Belgium, 5 persons from Italy, 3 persons from Poland and 1 person from Greece. Opera was chosen by the 4 respondents from Belgium, 2 persons from Greece, 1 person from Poland and Italy and nobody from UK. Operetta was chosen only by respondents from Belgium- 5 persons. Tragedy was chosen by 5 respondents from Greece and 1 person from Belgium, Poland, Italy and UK.

2. Which kind of performance you prefer

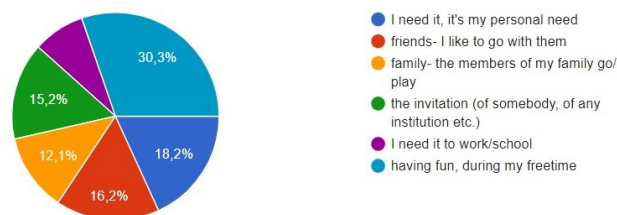
99 odpowiedzi



We asked, why people visit theatre. It's important to know the motivation. It helps to organize the kind of activities for them. The most of the respondents answered, that they like spend free time this way, because they need it. The people, who declare that the visit in a theatre is personal needs, are: 6 respondents from Greece and Poland and 2 persons from Italy, UK and Belgium. We see that company of others people are important too, because for some of them is the way of spend free time with friends (16,2%) and family (12,15%). The visit with family members choose 8 respondents from Belgium, 2 respondents from UK, 1 from Poland and Italy and nobody from Greece. The company of friends was chosen by 7 respondents from Belgium, 4 persons from Italy, 3 persons from Poland and 2 persons from UK. Nobody from Greece choose the answer. The motivation can be invitation of others (15,2%). It shows, that if we want to increase interest in theatre, we should invite the people to visit in any kind of theatre.

3. Which is the motivation to visit the theater

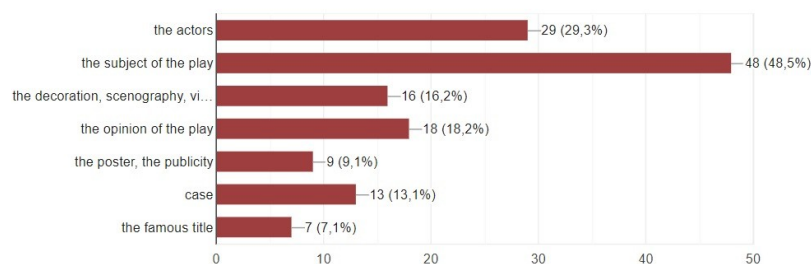
99 odpowiedzi



We were interested, what decide about choosing the play. The biggest numbers of respondents answered, that the topic is very important for them. So the conclusion is, that if we want to invite people to the kind of activity, we should choose the topic, which can be interesting for them. If they want to spend free time in a theatre, it is important who plays too. The answer choose 29,3%.

5. What decided about choosing the play, which you want watch

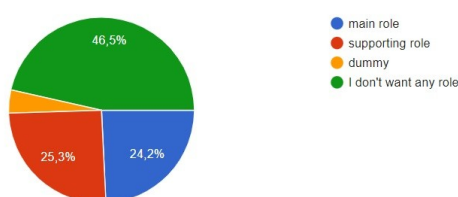
99 odpowiedzi





The questions were the first step to ask people, if they are ready to be a part of performance. The most of the respondents prefer to be a spectator. It shows, that many people don't want or are afraid of the kind of activities. Only 24,2% want to play the main role. In the group were 8 persons in age 18-25 years, 7 persons in age 41-60, 5 persons in age 26-40 and 4 seniors 60+. The supporting role was chosen by 11 respondents in age 41-60, 7 persons in age 18-25, 4 persons in age 26-40 and 3 seniors 60+.

4.What kind of a role would you like to play
99 odpowiedzi



THE SUMMARY AND CONCLUSIONS OF THE RESEARCH

If we want to encourage participation in the theater activities, we should begin of the invitation to the theatre. We should choose the subject, which can be the most interesting for the potential participants. So, we should start since interviews, meetings to know more about their preferences. If we invite them with the friends, family, they will be more interesting. We should try to invite people, who visits theatre not so often, less than a few time in the year.

If the people know more about the actors, they can be more interested in the visit. If they visit the theatre more often, they can be more attractive and don't afraid to take part in drama activities. The most of the respondents are women, so we should invite to the theatre activities more men, although it can be more difficult. The people, who are open to be actors, are in age 18-25 (8 main role and 7 supporting role) and 41-60 (7 main role and 11 supporting role). It's quite big group people, who don't play any role. We can try to interest them more in a theatre and this kind of activities.

THE QUESTIONNAIRE



The theatre- the research in the project “Be Open Minded”.

The questionnaire about preferences - Erasmus+ project "Be Open Minded". The participation is anonymous, we do not collect e-mail addresses We would like to check the attitude to the theatre adult people. The results will be used in Erasmus+ project- Adult Education Sector.

Let us about 10 minutes to fill the questionnaire. Thank you very much for the cooperation.

1. How often you visit the theatre? *

- ☐ a few times in month
- ☐ 1 time in month
- ☐ a few times in year
- ☐ 1 time in year
- ☐ 1 time during few years
- ☐ I don't remember when I was last time

2. Which kind of performance you prefer *

- ☐ opera
- ☐ operetta
- ☐ comedy
- ☐ tragedy
- ☐ ballet
- ☐ musical
- ☐ puppet theater

3. Which is the motivation to visit the theater *

- ☐ I need it, it's my personal need
- ☐ friends- I like to go with them
- ☐ family- the members of my family go/play
- ☐ the invitation (of somebody, of any institution etc.)
- ☐ I need it to work/school
- ☐ having fun, during my freetime

4. What kind of a role would you like to play *

- ☐ main role
- ☐ supporting role
- ☐ dummy
- ☐ I don't want any role

5. What decided about choosing the play, which you want watch *

- ☐ the actors
- ☐ the subject of the play
- ☐ the decoration, scenography, visual effects
- ☐ the opinion of the play
- ☐ the poster, the publicity



2020-1-PL01-KA204-081435

- ☐ case
- ☐ the famous title

6. Your sex *

- ☐ male
- ☐ female

7. Your age *

- ☐ 18-25 years
- ☐ 26-40 years
- ☐ 41-60 years
- ☐ 60+

Your country *

- ☐ Belgium
- ☐ Greece
- ☐ Italy
- ☐ Poland
- ☐ UK
- ☐ others

PROJECT TEAM

The coordinator: Fundacja Bądź Aktywny, Poland

The partners:

Associazione Culturale EUTOPIA – Italy

Asturia – Belgium

Achaia Adult Education Institute – Greece

Staffordshire Care Farming Development CIC – United Kingdom

The project web site: <https://www.facebook.com/ErasmusPlusBOM>

Erasmus KA2, Adult Education
"Be Open Minded"
Training course in Patras, Greece
24-28/10/2021



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Patras 26/10/2021

The power of art-painting

Vasilis Karavisilis

Artist-painter

P.R. of Achaia Institute



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Art is

a creative activity that expresses imaginative or technical skill.

It creates a product, an object, a result.

Art is a diverse range of human activities in creating visual, performing artifacts, and expressing the author's imaginative mind. The product of art is called a piece of art so that other people can enjoy, admire or experience it.



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Types of art

Art is divided into the **visual art**, where something is created. and the **performing arts**, where something is acted or created by the artists themselves in action.

Art is also dived in **Fine-pure Art**, done for themselves, & **practical arts**, for practical reasons, but with artistic content.



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Visual art

Fine Art

Literature

Performing art

Auditory art



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Fine art

is expression by making something beautiful or appealing to the emotions by visual means:

drawing,

painting,

printmaking,

sculpture



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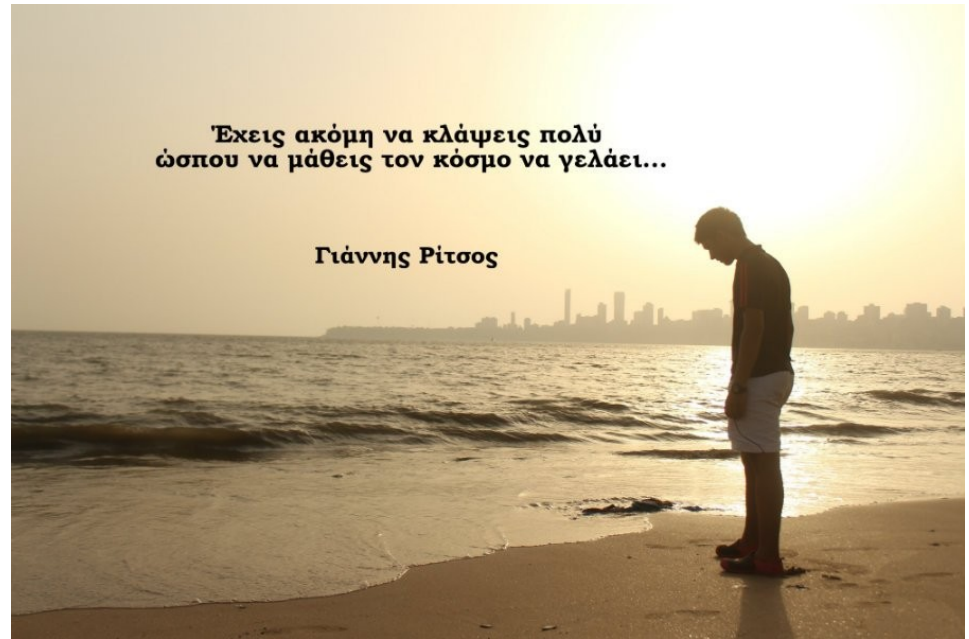


Literature:

poetry,
creative writing

Έχεις ακόμη να κλάψεις πολύ
ώσπου να μάθεις τον κόσμο να γελάει...

Γιάννης Ρίτσος



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Performing art

Performing art including drama, are expression using the body:

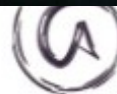
dance,

Acting-theatre

singing



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INSTITUTE
ΑΧΑΪΑ
ADULT
EDUCATION
INSTITUTE



Acting-Theatre



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για το «απόλυτο θέατρο». Με ένα εφευρετικό φινάλε από το χορικό «Πού είναι
αυτός που μας εκάλεσε...» - που δίνει και τον τίτλο - θα κλείσει η παράσταση σταθμός

Όσοι Αχαΐτες έρχονται σε ειρήνη, έρχονται. Το «Θέσπετο Τέχνης» με μια πράξη

Cookies



Auditory art

(expression by making sounds):

music,

singing



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Practical art

The practical arts are expression by making things and structures:

architecture,

filming,

fashion,

photography



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Photography



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Painting

is the practice of applying paint,
pigment, color or other medium to a
solid surface (called the "matrix" or
"support").

The tool commonly used in the base is
a brush,
but other tools ,such as knives,
sponges, and airbrushes,



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In Art

In Art, the term painting describes both the act and the result of the action (the final work is called “the painting”).

The painting base-support includes such surfaces as: walls, paper, canvas, wood, glass, lacquer, pottery, leaf, copper and concrete.

Painting may have multiple other materials: including sand, clay, paper, plaster, gold leaf, and even whole objects.

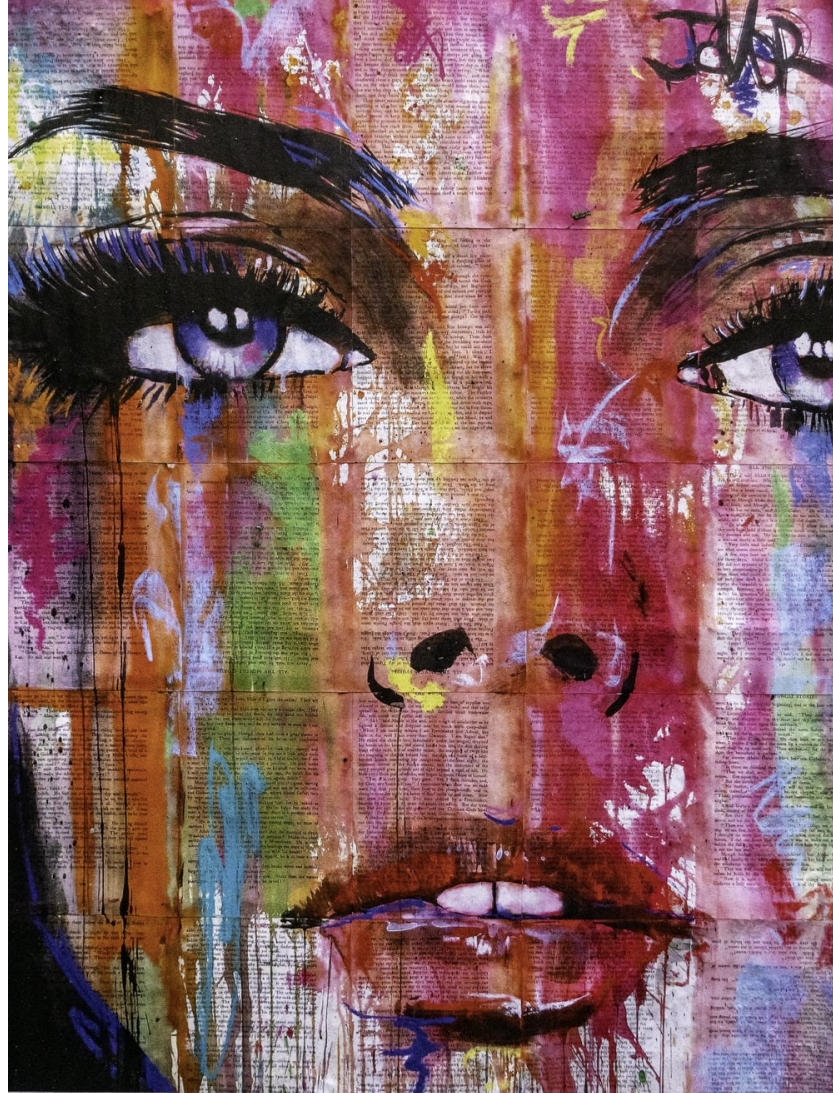
Painting



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Painting



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Painting is

an important form in the visual arts,
bringing in elements such as drawing,
composition, gesture (as in
gestural painting),
narration (as in narrative art), &
abstraction (as in abstract art).

Paintings can be naturalistic and
representational (as in still life and
landscape painting), photographic,
abstract, narrative, symbolistic (as in
Symbolist art), emotive (as in
Expressionism) or political in nature (as
in Artivism).

Painting



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Religious art

A part of the history of painting in both Eastern and Western art is dominated by religious art. Examples of this kind of painting range from artwork depicting mythological figures on pottery, to Biblical scenes on the Sistine Chapel ceiling, to scenes from the life of Buddha (or other images of Eastern religious origin).



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Religious Art



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Religious Art



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THANK YOU FOR YOUR ATTENTION!



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The mobility in Poland



How art shows and use the nature

Nature and Art

From the greatest painters of yesteryears to some of today's most promising talent, nature has undeniably proven itself to be one of the most treasured of muses known to man.

NATURE

- flowers, fruits

- stones

- animals

- weatcher

- landscape

- plants, trees

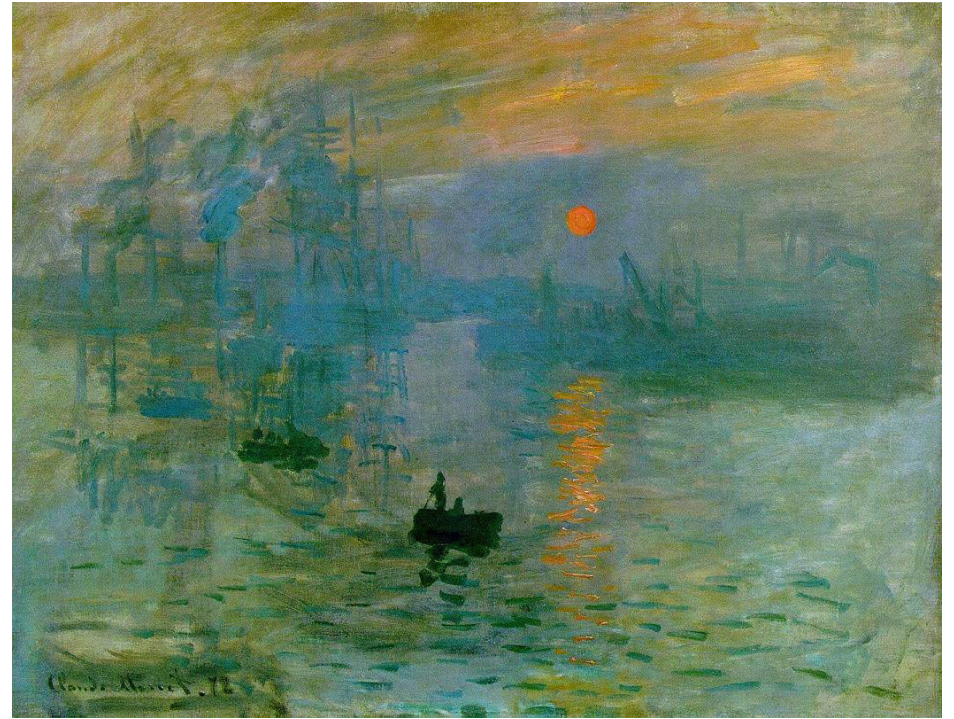
Vincent van Gogh

1853-1890



Claude Monet

1840-1926



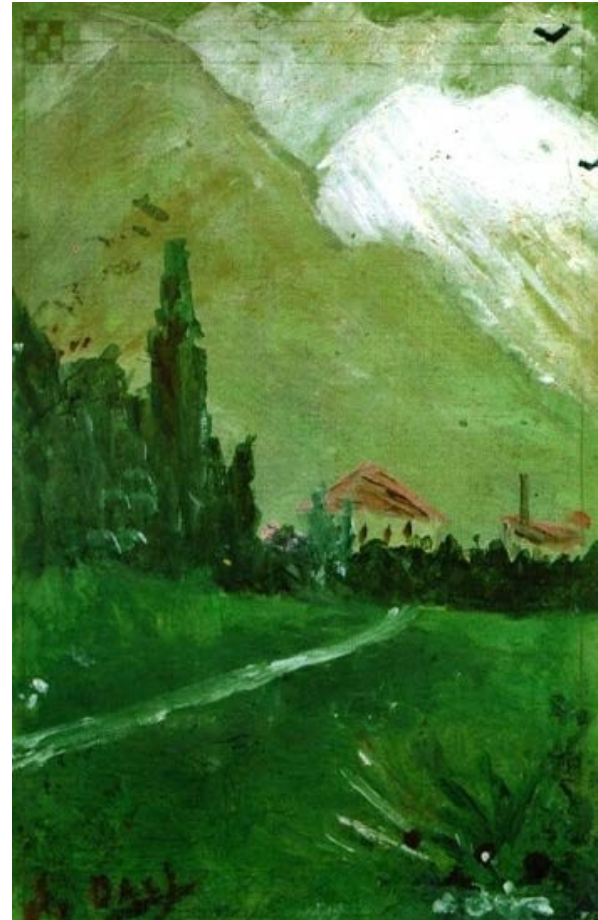
Leonardo da Vinci

1452-1519



Salvatore Dali

1904-1989



Pablo Picasso

1881-1973



Józef Chełmoński

1849- 1914



Aleksander Gieryski

1850-1901



Architecture



Prezi

Architecture



The elements of decoration



Silesia Art Katowice ul. Mikołowska 45

Music

- Antonio Vivaldi
- Four seasons – the spring
- https://www.youtube.com/watch?v=YavAGJt3jFU&list=RDYavAGJt3jFU&start_radio=1&rv=YavAGJt3jFU&t=12



Songs

- Somewhere under rainbow
- <https://www.bing.com/videos/search?q=somewhere+under+rainbow&&view=detail&mid=E483FF95E5F3FEC97EECE483FF95E5F3FEC97EEC&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsomewhere%2520under%2520rainbow%26qs%3Dn%26form%3DQBVR%26sp%3D-1%26pq%3Dsomewhere%2520under%252>



Everybody can be an artist



Thank you for your attention



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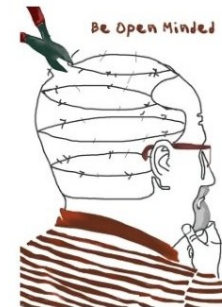
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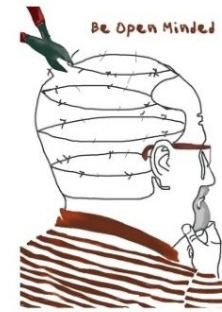


Erasmus KA2, Adult Education
"Be Open Minded"
The theatre in ancient Greece".

Dr. Evanthia Stivanaki
Professor of Theatrical studies,
in Kapodistraiko University of Athens



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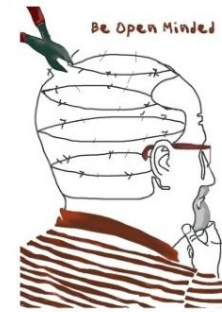


The Theater was born *in Greece*, at the same era, when Democracy was Founded in Athens on the 5th Century B.C. Therefore, theatre is the mature child of the direct democracy of ancient Greece.





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The theater was created
for the first time in
Ancient Athens, as an
evolution of dithyramb.
The evolution of theater
as a space is directly
related to the course of
theatrical Literature.





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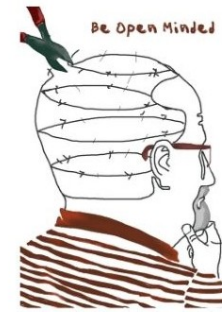


Historical origin of the theater

- In ancient Athens, theater appears for the first time as an **art**. Stories are heard in front of an audience and these stories have music, speech and dance.
- The theater has many different forms such as opera, comedy, tragedy, drama. It is a creative engagement with the accepted spectators.



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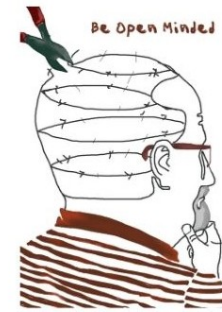
Words: **Theater, Drama and Tragedy**, which exist in all the languages of the world, are Greek words.

The word **theater** comes from the ancient Greek verb "I consider=I see, I watch. The theater in Ancient Greece meant the place where the spectators had the view of a performance.





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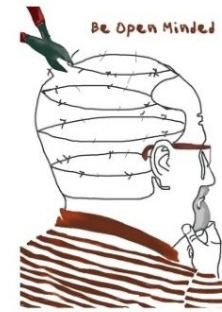
The word **Drama** comes from the verb “δρω” = act.

The word **tragedy**, in Ancient Greece, was mainly performed by a group of animals (goats) dancing and singing a religious hymn, came the **tragedy** (tragos + ode) came from these these kind of rituals.





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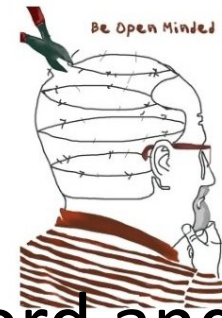
With the tragedy, the Ancient Greeks gave to humanity the most important kind of theater in our culture.

Aeschylus, Sophocles, and Euripides were the most important writers of tragedy. Their works were first played in the 5th century B.C., and are still played today worldwide.





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The word **comedy** is also a Greek word and comes from the **coma + ode**.

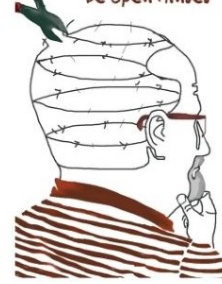
Komos was a cheerful song with obscene or pornographic jokes, which the ancient Greeks used to sing at their big ritual celebrations to have fun.

In Ancient Greece, there were many important comedians.

Aristophanes is considered the greatest comedian poet, whose works were played 2,500 years ago in Athens.



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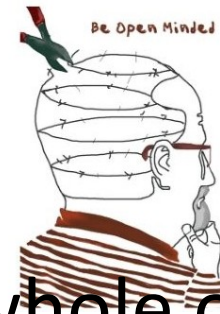


The father of theater was considered to be **Thespis**. **Thespis** made its name synonymous with the art of acting (Thespian art) and with the garment (Thespian tunic).

It is rumored that Thespis was travelling from his birthplace, Ikaria, with his chorus, carrying his luggage on a carriage, the back and floor of which could be turned into an improvised theatre scene. Wandering, he arrived in Athens and there he won first prize at the established festivals in Ancient Athens.



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Thespis detached himself from the whole of the chorus, took the form of the god or hero, whose achievements he praised.

He opened a dialogue with his dance-chorus.

Thus he became the first actor.

His action was revolutionary, because he was the first person to dare to play the role of a god.

Until then, only the kings or the priests could play such a role.

The road was opened for the actors but also for the theatre, as a place for a theatrical performance.



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The theater in Ancient Greece

- It has its roots in the worship of Dionysus, god of wine and fertility, one of the Olympian gods, who was honored by Ancient Greeks.
- In the myth, the followers of Dionysus were satirists, drunkards, half animals, half human beings and Maenads, or "crazy women."
- In ancient Greece, the followers of Dionysus sometimes played these roles (pretending to be satirists or maenads) in their religious ceremonies, with much singing, drinking, dancing and in honor of their god



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- We must not forget that along with the first steps of humanity, **dance** was born which was the first theatrical act.
- Later in Athens, tragedies and comedies were performed for the first time by actors in special places that were sacred places.



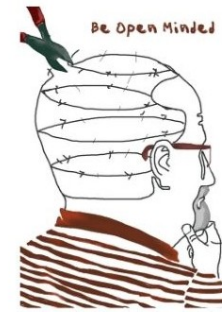
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- This celebration, which took place in December in the countryside and in March in Athens city, did not begin until some rituals were completed.
- The performance of a **dithyramb**, a song dedicated to Dionysus, was played before the ritual.



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So, theater comes from the dithyramb,
to go back a little to the history of the theater.

Dithyrambus was an improvised choral, worship and religious song, to the worship of Dionysus.

It was interpreted only by men, but slowly began to include stories about demigod heroes and ancestors of the Greeks.



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This new form of performance,
which was introduced to the general public,
quickly gained popularity
and Peisistratos decided to build a theater,
for the performance of dithyrambs in honor of
Dionysus.

According to the rule of Peisistratos, the competition
for the best play turned into a tragedy in 538 BC.



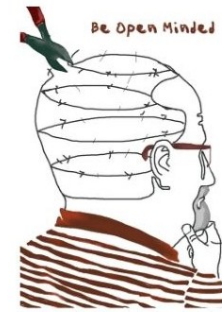
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- Soon after that, theatrical performances acquired a new meaning and significance, in 534 BC it became the first celebration of Dionysus.
- The first recorded victory at the Dionysian Festival took place the same year, when **Thespis**, also a playwright, won the race.



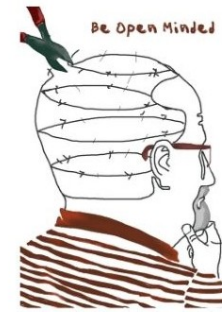
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Thespis, the leader of a dithyramb dance, made an innovation that turned Dionysian worship into a theater. He detached himself from the whole of dance and taking the form of a god, opens a dialogue with dance chorus. He becomes the first charismatic actor.



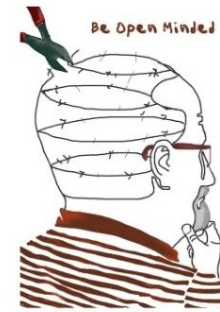
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From then until today,
theatrical art has developed,
changed, enriched and offers
rich experiences to spectators
and all people involved.
It is definitely one of the
most beautiful activities a
person can have today.



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- **Theatre** offers, except from emotional joy,
- spiritual freedom & intellectual thinking,
- knowledge of the human experience and the human relationships,
- the passions and the triumphs of humanity.
- it offers psychological euphoria.



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There are public private drama schools, cultural theater associations where one can go to attend theater according to their interests, in all cities around Greece and in our city Patras too.



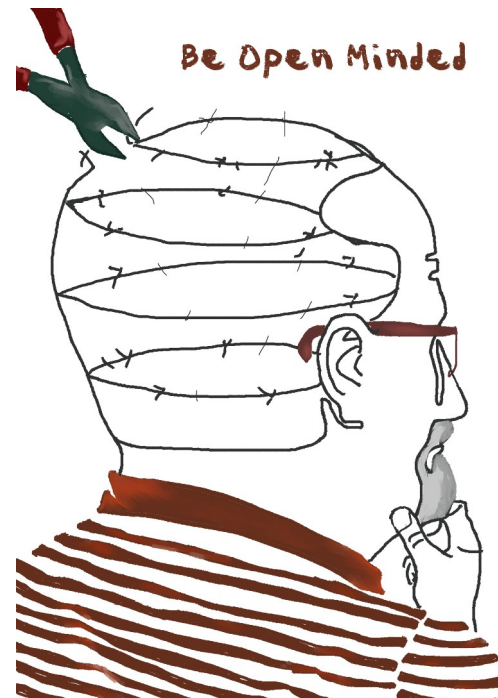


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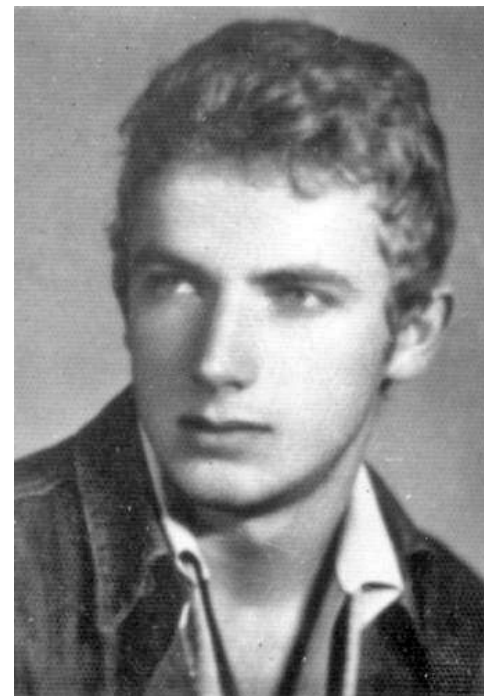
Thank you

Życie to nie teatr?

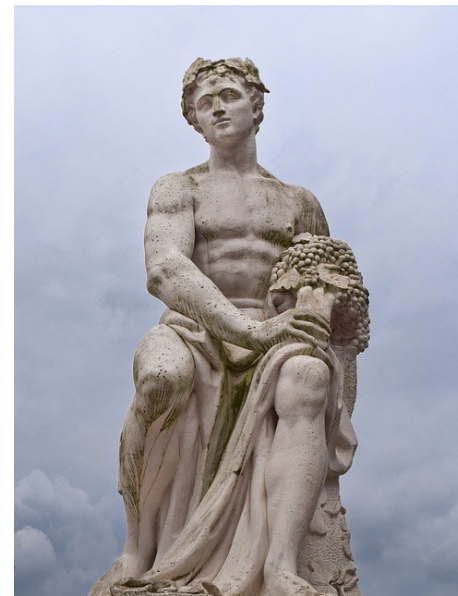


Edward Stachura – „Życie to nie teatr”

Życie to jest teatr, mówisz ciągle, opowiadasz;
Maski coraz inne, coraz mylnie się nakłada;
Wszystko to zabawa, wszystko to jest jedna gra
Przy otwartych i zamkniętych drzwiach
To jest gra!
Życie to nie teatr, ja ci na to odpowiadam;
Życie to nie tylko kolorowa maskarada;
Życie tym straszniejsze i piękniejsze jest;
Wszystko przy nim blednie, blednie nawet
sama śmierć!
Ty i ja - teatry to są dwa Ty i ja!



Trochę historii



- Kult Dionizosa
- Człowiek od najmłodszych lat ma skłonności do naśladowania (teoria Arystotelesa)

Trochę historii



- Tespis wprowadził pierwszego aktora w VI w p.n.e
- Ajschylos na przełomie VI i V w. p.n.e. wprowadził drugiego aktora, zastosował prolog, opisy i opowiadania
- Sofokles wprowadził trzeciego aktora, zwiększył obsadę chóru i jednocześnie zmniejszył jego rolę w akcji na rzecz przodownika chóru w V w. p.n.e.
- Eurypides zastosował monolog przedstawiający psychiczne przeżycia bohatera i wprowadził postaci kobiece w V w.p.n.e.

Między historią a współczesnością



- Scene
- Proscenium
- Orchestra
- Parodos
- Widownia

katharsis

- *Stan polegający na wyzwoleniu się od uczuć strachu i litości dzięki intensywnemu przeżyciu przez widza tragedii ukazującej heroizm ludzki (Arystoteles)*
- *Ujawnianie w procesie psychoanalizy dotychczas wypieranych przeżyć i usuwanie towarzyszącego im napięcia emocjonalnego*

DRAMA

- metoda całościowego rozwijania osobowości,
- metoda przygotowania do życia w społeczeństwie,
- metoda dydaktyczna wspomagająca uczenie przedmiotów szkolnych,
- metoda odkrywania, rozwijania i kształcenia uzdolnień artystycznych, w tym aktorskich i literackich,
- metoda tworzenia spektakli szkolnych,
- utwór dramatyczny,
- spektakl teatralny,
- wielogodzinne działania parateatralne o charakterze edukacyjnym

(Anna Dziedzic „Drama na podstawie utworu literackiego” CEA CAK Warszawa 1996)

Subtelne różnice

(według Jana Tatarowicza)

- **drama** polega na „odgrywaniu siebie”, uczestnicy mogą odgrywać zaobserwowane sytuacje, osoby i ich przeżycia; użycie fikcyjnej fabuły
- **psychodrama** polega na „ujawnianiu siebie”, uczestnicy muszą mówić o sobie i swoich odczuciach; użycie czyjejs biografii

Stosowanie dramy

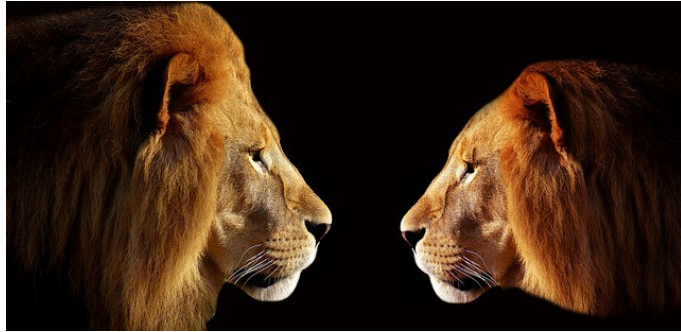
Zalety:

- Ćwiczenie sytuacji trudnych, przełamywanie osobistych trudności
- Rozwijanie umiejętności (szybka reakcja, kreatywność, refleks itd.)
- Spojrzenie na sytuację „oczami drugiej osoby”- empatia

Wady:

- Pojawienie się skłonności do manipulacji
- Fałsz, tworzenie fałszywego obrazu człowieka/sytuacji

Dwa kręgi



- Stańcie w dwóch okręgach- twarzą w twarz
- **Okrąg wewnętrzny**- kierowca, który złamał przepisy
- **Okrąg zewnętrzny**- policjant, który go zatrzymał

Dwa kręgi- runda druga



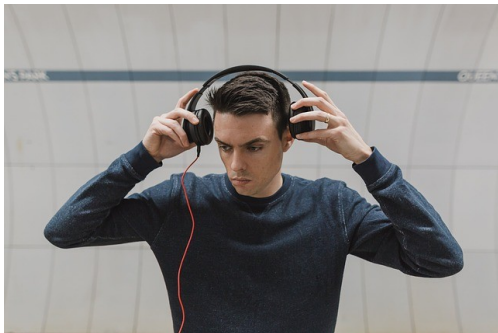
- Zamieńcie się miejscami

- **Krąg wewnętrzny**- lekarz, któremu się spieszy
- **Krąg zewnętrzny**- pacjent, który długo czekał pod gabinetem

Wrażenia?



Ćwiczenie- Ławka



Młody człowiek przysiadł się na ławce i słucha głośno muzyki. Odegraj 3 scenki:

- przesiadasz się na inną ławkę bez słowa,
- mówisz głośno: *„Kto go tak wychował?! Zaraz ogłuchnie od tego jazgotu”,*
- zwracasz się do młodego człowieka *„Proszę, żeby Pan ściszył muzykę. Zależy mi na tym, by odpocząć w ciszy”*

Wrażenia

- Młodego człowieka
- Seniorki/seniora



Możliwości wykorzystania dramy

Teatr amatorski

Kabaret

recytacja/konkursy recytatorskie/oratorskie

Terapia

Aktywności związane z teatrem i dramą

- Malowanie- dekoracje, plakaty,
- Taniec- choreografia do działań teatralnych
- Pisanie- scenariusze, adaptacje, recenzje
- Fotografia-fotosy, plakaty, reklama
- Muzyka- tło muzyczne, śpiew
- Zajęcia manualne- szycie, dekoracje

Erasmus KA2, Adult Education

"Be Open Minded"

Training course in Patras, Greece
24-28/10/2021



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Patras 25/10/2021

Photography workshop

Costas Daoultzis

English Teacher.

Photography Teacher.

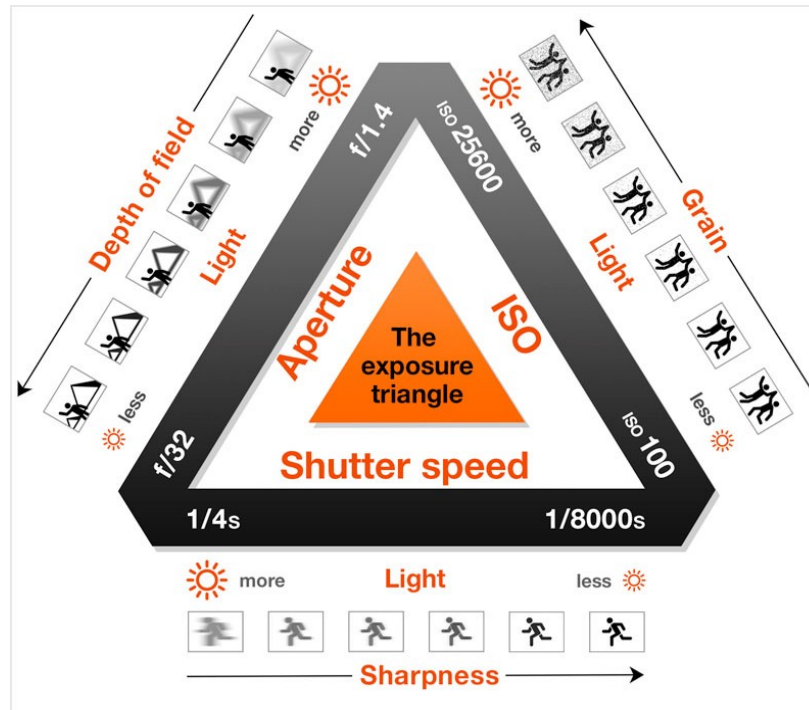


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Basic terms of Photography

The exposure triangle



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Characteristic numbers for aperture, speed, ISO

1. 1,7 / 2 / 2,8 / 4 / 5,6 / 8 / 11 / 16 / 22 / 32
2. 30''1'', $\frac{1}{2}$ '', $\frac{1}{4}$ '', $\frac{1}{8}$ '', $\frac{1}{15}$ '', $\frac{1}{30}$ '', $\frac{1}{60}$ '',
 $\frac{1}{125}$ '', $\frac{1}{250}$ '', $\frac{1}{500}$ '', $\frac{1}{1000}$ '', $\frac{1}{2000}$ '' ...
3. 50, 64, 100, 200, 400, 800, 1200, 1600, 3200...



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Types of Cameras



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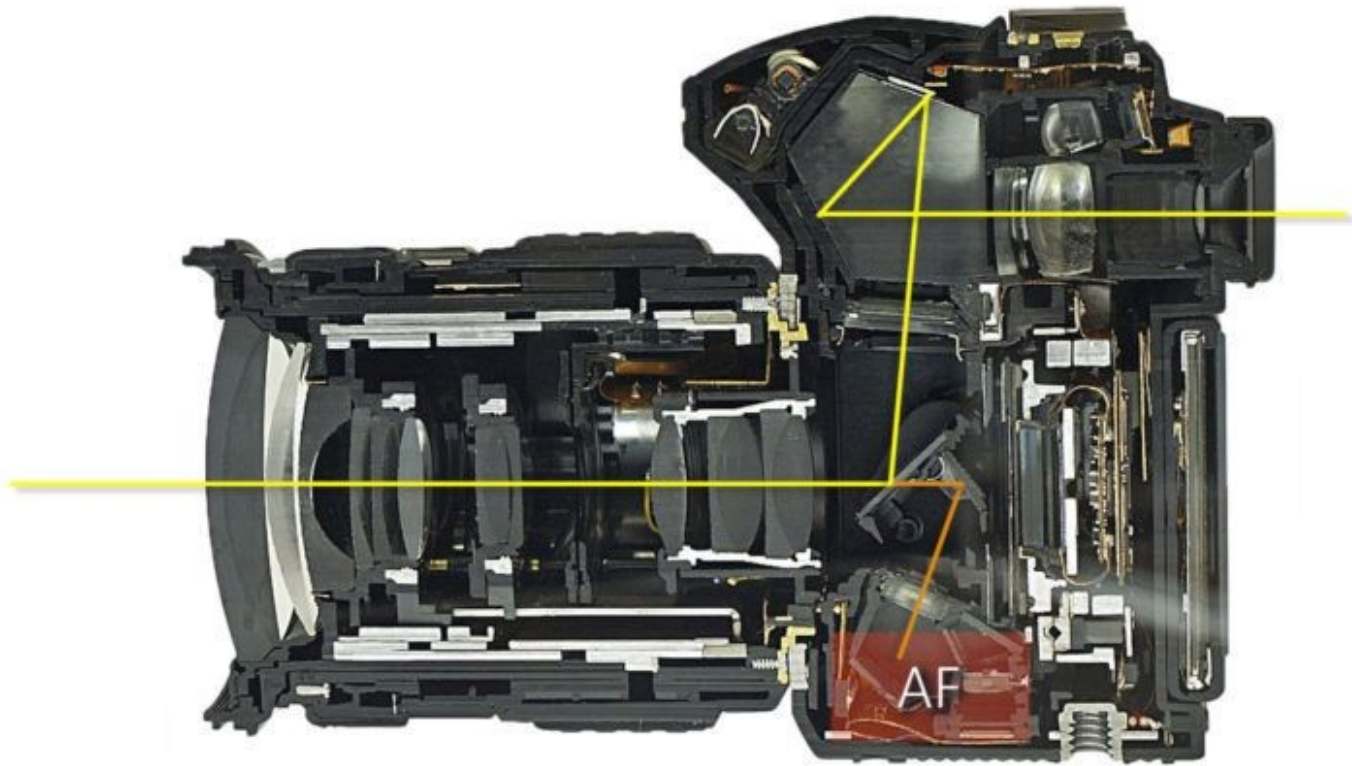




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Cross section of a DSLR



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Problems encountered when photographing a performance

1. Low light
2. Dark background
3. Uneven lighting
4. Very contrasty light
5. Movement of the performers
6. Varied lighting
7. Demand for no distractions
8. Distance from the stage



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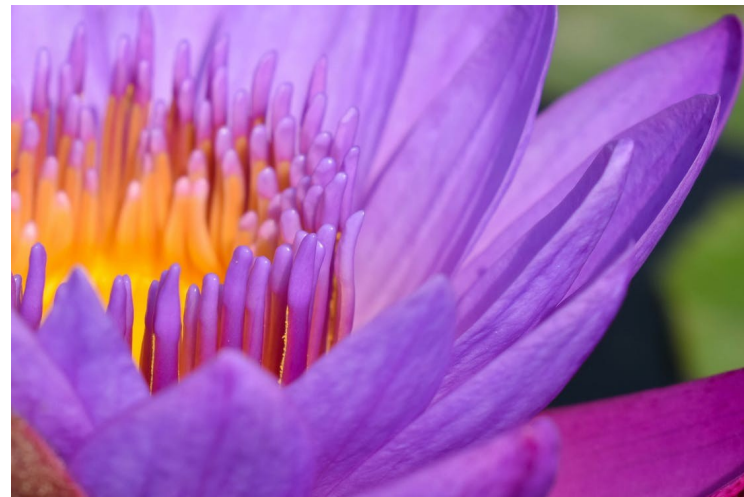
Photographing in a garden: necessary equipment, lighting conditions



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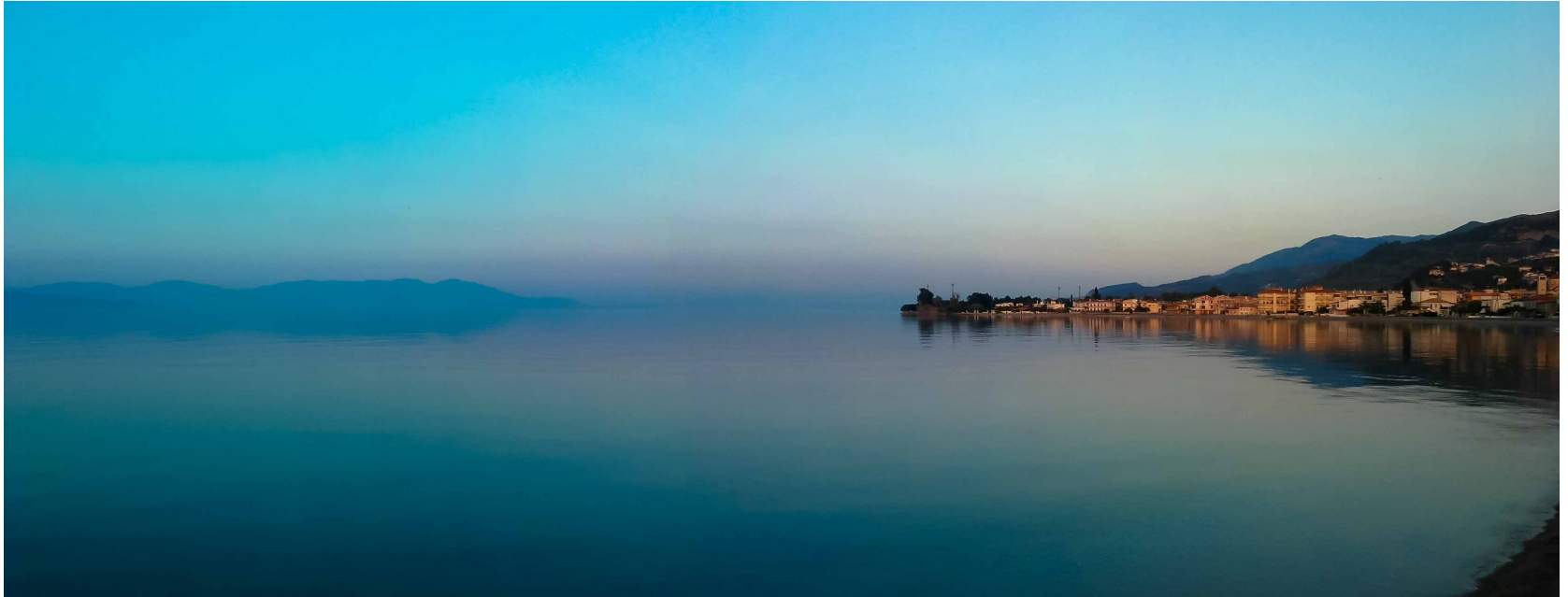
Examples of garden photography



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Examples of photos shot with a mobile phone



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of the European Union



A free application for developing photos on your mobile

https://play.google.com/store/apps/details?id=com.niksoftware.snapseed&hl=en_US&gl=US



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Thanks for your attention!
Costas Daoultzis



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The mobility in Poland – APRIL 2022

The workshop- the
photography

Be Open Minded- Erasmus+ project



The photo voice- the methods of work with people

What is it- the photo voice?

By utilising photographs taken and selected by participants, respondents can reflect upon and explore the reasons, emotions and experiences that have guided their chosen images.

What is the photo voice?

The Photovoice method gains increasing attention from researchers worldwide. It is a helpful method in study of communities, collectives and individuals

(Ewa Jarosz, Marcin Gierczyk, 2016)

The photovoice

- Early photovoice was called PhotoNovella and it was research method the type action research (*Caroline Wang, 2006*).
- The first using the method in research was in 1992 (Ford Foundation).

Why we use the photos?

- It shows that we can see different things when we observe the same
- Our mood, experiences have impact on our photos
- If we tell about the photos we present our personality
- We can see what is important for others people

The questions to the photography for the author

- Describe what it is on the photo
- Why do you choose the element?
- What is the impact of the photo between your life?

The questions for the photo recipient

- What do you see on the photo?
- What is the problem, situation, context of the photo?
- Do you see any relationship between the photo and your life, experience?
- Why do you choose the photo?

The examples of the answers of the photo authors

The seniors took part in the excursion to Łódź. See the same places, take similar photos, focus on similar elements but explanation was different.

The example



- This is the place where were old houses. The unicorn is a symbol for me. It's magic how new buildings are created

The example



- This is the place where are a lot of people every time. It's busy and the unicorn (he lost a half of body) shows how fast the time is going

How to organize the workshop of photo voice?


- Phase 1: Initial Interview
- Phase 2: Taking the Photographs
- Phase 3: Follow-up Interview
- Phase 4: Summarizing the Participants' Key Photographs
- Phase 5: Presentation or Display of the Photographs

The method using during the mobility in Poland?

- Phase 1: Initial Interview (explanation of the method, presentation the examples)
- Phase 2: Taking the Photographs (taking photos during the walk through Łódź, observation the street life, different places).
- Phase 3: Follow-up Interview (talking during the walk, collect the information about the city, places)
- Phase 4: Summarizing the Participants' Key Photographs (choosing the photos, writing the descriptions)
- Phase 5: Presentation or Display of the Photographs (presentation on the meeting and preparation the online exhibition)

YOUR TASK DURING PRACTICAL TRAINING IN ŁÓDŹ

- * Take so many photos so you want/can
- * Focus on the topic
- * Choose 2 and explain why you choose that one, you can write in the name of the photo or in separately file
- * Send it to the project mail: **fundacjabadzaktywny@gmail.com**



The topics of the workshop is...

“Life means...”

OR

”A man and his environment”

The photo exhibitions

Some information about the subject

The reasons of the exhibitions

- one of the best ways to showcase your work to everyone.
- to sell artwork.
- to put the exhibitions down on their artists CV.
- to show people what the author is capable.
- to provoke people to discuss.
- to show people what author think, where he was

How to organize

- **SOLO** – the author decided about the topic, choose the photos, but it's very expensive
- **GROUP** – the authors should discuss about the topic, choose similar form, but it's cheaper and easier to organize

Where to organize the exhibition?

- Outside
- Inside
- Internet

On the street, square



In public area (stations, corridors etc.)



In the restaurants, coffee



In the cultural and public institutions



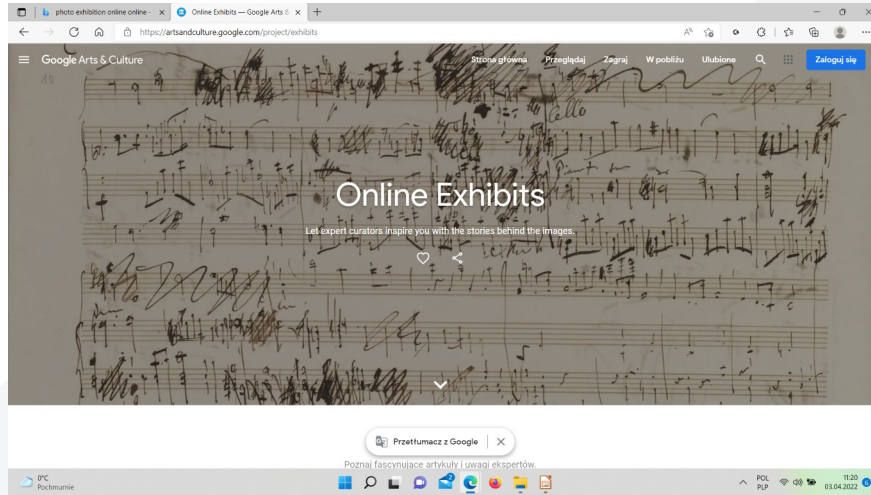
Professional gallery



Artist space



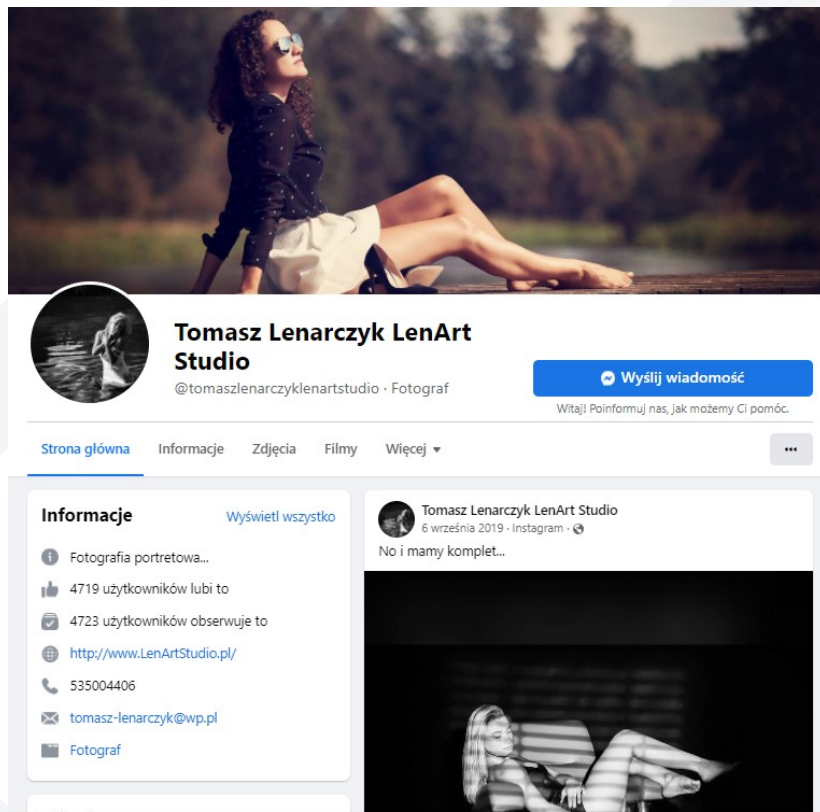
Online exhibitions



- On private web site
- On institutions' web site
- On FB
- On youtube

- <http://zdk.zamosc.pl/news/1618/wystawa-bdquokształty-architektonikirdquo.html#prettyPhoto>
- <https://www.youtube.com/watch?v=cgTVhsrQqGg&t=55s>
- https://www.zajezdnia.org/projekty/single/87?fbclid=IwAR3S2r9XPKVvK4RH_WO1A-Wyi6NfhjVLwpD3-pgDNkBw0-xyJtzPAi3hwl4

Online profile of photograph/studio



- https://www.maxmodels.pl/fotograf-lenartstudio.html?fbclid=IwAR0rtLtAtiVmQOWRSgzY_0sJAqxjsdQScAcioNfnVVLqBrTqD01GkJrBCJY

How to organize the exhibition

- Define a Theme for the Exhibition
- Select Your Proudest Work
- Decide When and Where
- Count the costs
- Take care about marketing, promotion, media
- Organize the open event

Successfully marketing of photo exhibition

- Poster advertising
- Postcard advertising
- Invitations
- Press activities
- Events programme
- Facebook, Twitter,



The examples of the marketing

Scandinavian-Polish SP
CHAMBER OF COMMERCE CC

 Search

News

HR

ONLINE SOLUTIONS

SPCC MEMBERS' SUPPORT

ZARZĄDZANIE FIRMĄ W DOBIE COVID-19

ZMIANY PRAWNE

Home > News > Scandinavian Culture Events

Norway in Belchatów

Belchatów, 23-10-2014

Tomasz Lenarczyk and Ewa Grzesiak, the authors of the photos from Norway, invite for a photo exhibition in the Municipal Cultural Centre under the patronage of the Norwegian Embassy. Opening of the exhibition will take place on Thursday, October 23.

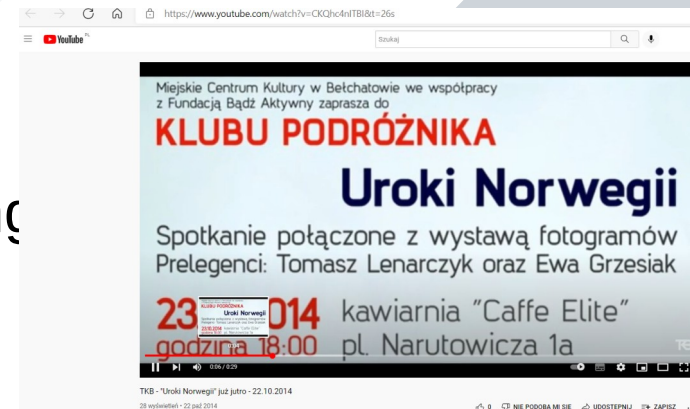
Exhibition of photographs "The charms of Norway" in the building of MCC will be accompanied by a meeting with the authors. Meeting will take place at Caffè Ellite at Plac Narutowicz 1a on the 23.10 at 18.00.

Tomasz Lenarczyk is an experienced photographer. The exhibition will present photographs- result of his private expeditions to Norway in the years 2012-2014.

Ewa Grzesiak is a Deputy Director of a secondary school in the Piotrków district, since 2008 cooperates with a school in Gausdal. Within the framework of joint projects, she had the opportunity to visit Norway several times. Pictures that will be present are the result of these visits. Both the management and teachers of Gausdal facility are great promoters of Norway.

www.amb-norwegia.pl

www.amb-norwegia.pl





CLOWN THERAPY PET THERAPY

Local actions, wide impacts

WHAT IS CLOWN THERAPY



Patch Adams, a 1998 semi-biographical tragicomic film with *Robin Williams*, *Monica Potter*, *Philip Seymour Hoffman* and *Bob Gunton*.

Clown therapy is effective, fun and emotional.

WHAT IS PET THERAPY



A dog's year, a 2009 American comedy-drama film that clarifies how much the closeness to an animal can improve one's life on so many levels.

Pet therapy is fun, motivating and constructive.



WHAT ARE THEY FOR US WHO ARE WE

- **CIOGO (Massimo Cichetti) - Professional clown**: he volunteers in public and private facilities of the Piceno territory, working with children, adolescents and adults with mental distress or down syndrome in San Benedetto del Tronto and Grottammare.

His competences on *clown* and *pet therapy* have been noticed by the media and have become the subject of a Master's Degree thesis on the atypical development of children



- **Alceste Aubert**: he operates with disability and health care in the municipalities of San Benedetto del Tronto and Grottammare and volunteers at public and private facilities in the Piceno territory with Jack, his golden retriever.



The national media have shown interest for the activities implemented: many are the articles realized and the interviews given to TV channels since now.



WHAT HAVE WE DONE



*Interview to TG1,
national TV programme*

**National Association
of Elderly Workers**



*Interview to tv2000, a
national private
television broadcaster*

**«Siamo Noi»
initiative**

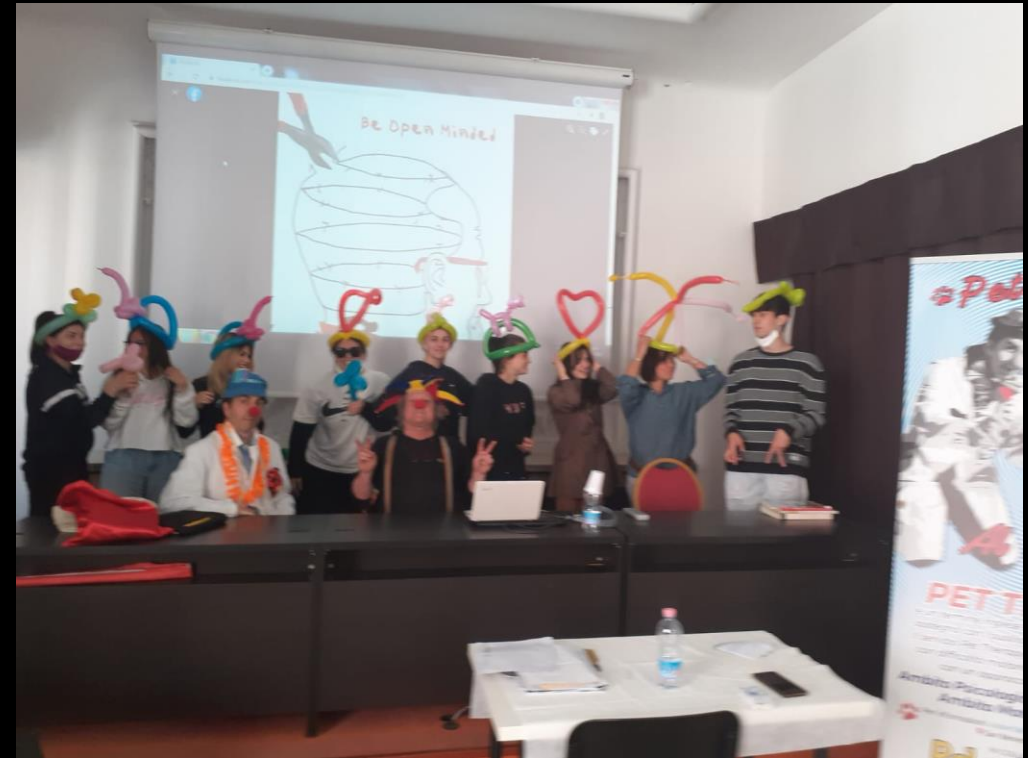
BE OPEN MINDED IN SAN BENEDETTO



Video presentation:

**working with laugh is the
best way of working**

At **Accademia Risorgimento**, we took part to a training course with a professional veterinary and medical behaviorist: the Doctor *Stefania Di Martino*



We also worked with elderly persons hosted at **San Giuseppe Anni Azzurri**, a local RSA.



Be Open Minded



In Eutopia, we are committed to work for making clown and pet therapy well-known **at the EU level**.

Together, we can make a real difference.

Let's make it real, have some fun and enjoy
San Benedetto!

Many thanks for listening.



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EUROPEAN PROJECT ERASMUS+ KA2

BE OPEN MINDED

2020-1-PL01-KA204-081435



Training Course4, UK, 12 - 16 06/2022

Visit the Sudbury Primary School.

www.sudbury.derbyshire.sch.uk



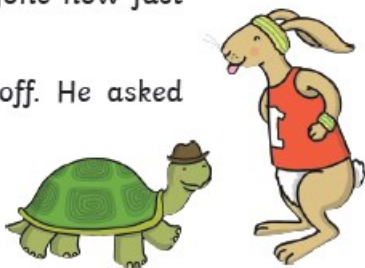
The hare and the turtle
by Aesopos

The Tortoise and the Hare

Once, there was a hare who told everyone how fast he could run.

The tortoise thought he was a show-off. He asked the hare for a race. The hare thought it would be easy.

All of the animals got together to watch the race.



The hare set off. After a little while, he decided to stop for a rest.

"You are so slow, you will never win!" he said to the tortoise.

The hare sat down by a tree. "That tortoise will never beat me!" he thought. The hare soon fell asleep.

The tortoise kept going. He didn't stop until he got to the end of the race.

"Hooray!" the animals shouted. "Tortoise, you have won!"

The cheering woke up the hare.

He ran as fast as he could, but it was too late. The tortoise had won.

"It's not fair!" said the hare. "I was asleep, we have to do the race again!"

But this time, no-one listened to the hare.



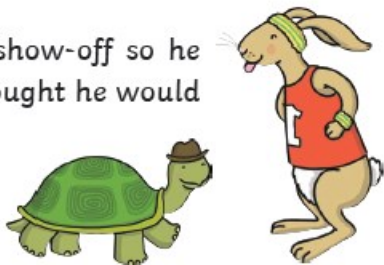
Keep trying, even when things seem hard.

The Tortoise and the Hare

Once, there was a strong, young hare who bragged about how fast he could run.

The wise tortoise thought he was a show-off so he asked the hare for a race. The hare thought he would easily beat the tortoise.

All of the animals gathered at the finish line to see who would win.



As soon as the race started, the hare dashed ahead. After a little while, he stopped for a rest.



"You are so slow, you will never win!" he said to the tortoise.

The hare leaned against a tree. "That tortoise will never beat me!" he laughed to himself. The hare closed his eyes and soon, he was asleep.

The tortoise walked slowly past the hare. He didn't give up until he got to the end of the race.

The animals cheered as they saw the tortoise. "Tortoise, you are the winner!" they shouted happily. The hare heard the cheering and woke up.



He ran as fast as he could towards the finish line, but it was too late. The tortoise had already crossed the line.

"It's not fair!" complained the hare. "We have to do the race again!"

But this time, no-one listened to the hare.

Keep trying, even when things seem hard.

The Tortoise and the Hare

Once, there was a strong, young hare who bragged about how fast he could run.

Tired of hearing him boast, the wise tortoise challenged the hare to a race. The hare agreed at once, thinking that he would beat the tortoise easily.

All of the animals gathered at the finish line to watch the race.

As soon as the race started, the hare dashed ahead. He ran down the road but within minutes, decided to pause for a rest.

"How do you expect to win this race when you are walking along at such a slow pace?" he said smugly to the tortoise.



The hare stretched himself out next to a tree and fell asleep thinking, "There is plenty of time to relax. That tortoise will never beat me!"

The tortoise walked slowly past the hare. He walked and walked. He persevered until he got to the end of the race.

The animals cheered as they saw the tortoise reach the finish line. "Tortoise, you are the winner!" they shouted. The hare heard the cheering and woke with a start.



He zoomed as fast as a rocket towards the finishing line, but it was far too late. The tortoise had already crossed the line.

"It's not fair!" complained the hare. "I was asleep, we have to do the race again!"

But this time no-one listened to the hare. After that, the hare always reminded himself, "Don't show-off about your speedy pace. Slow and steady won the race!"

Keep trying, even when things seem hard.

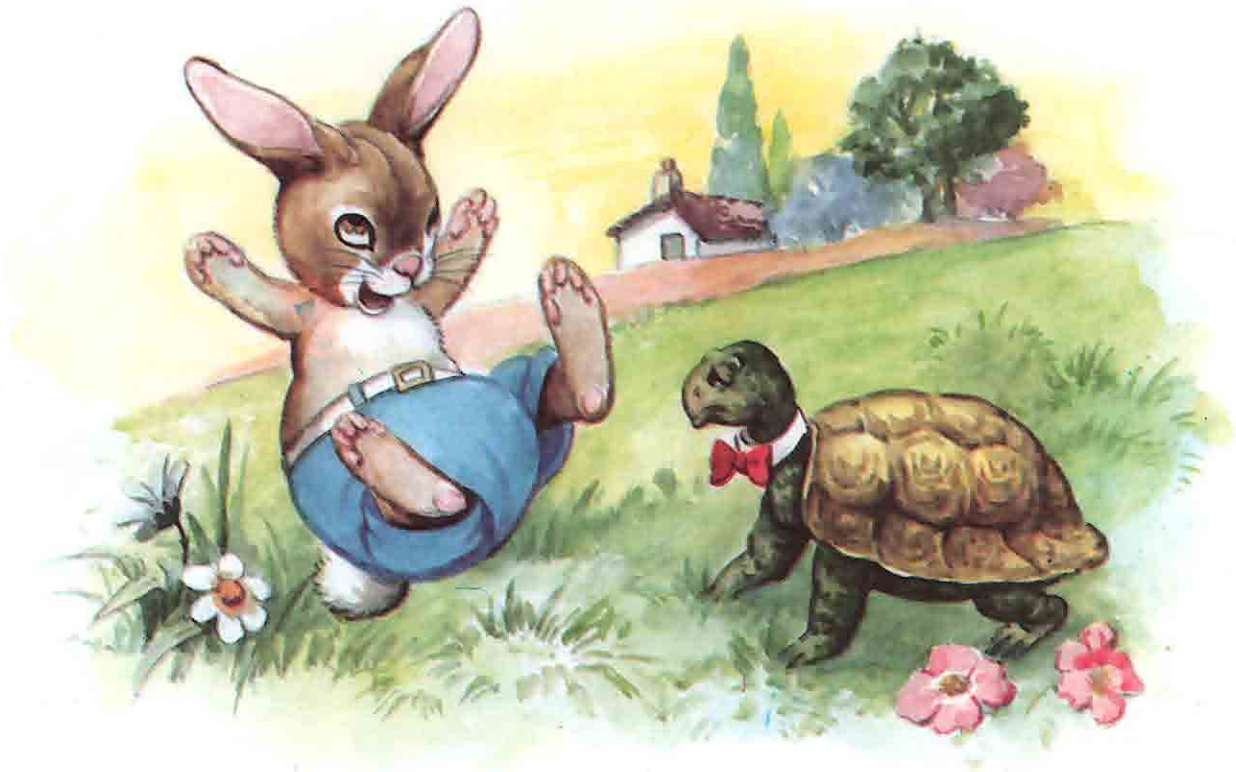
ΠΑΡΑΜΥΘΙΑ ΤΟΥ ΑΙΣΩΠΟΥ



Ο ΛΑΓΟΣ
ΚΑΙ Η ΧΕΛΩΝΑ



αγκυρα



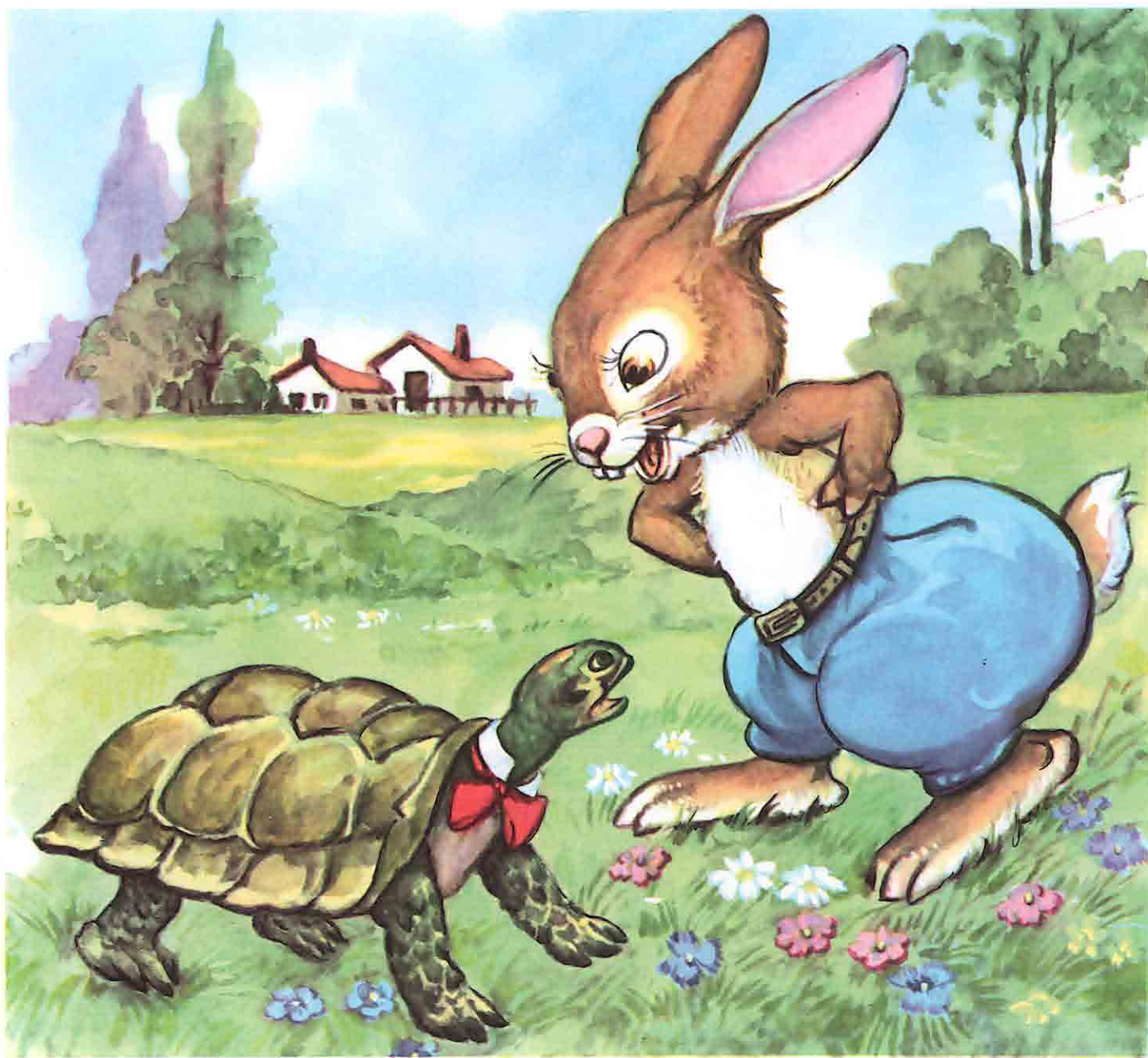
Μια φορά κι έναν καιρό, σ' ένα καταπράσινο λιβάδι, συναντήθηκαν ο Λαγός και η Χελώνα.

– Ε, καλώς τη «γοργοπόδαρη»! είπε γελώντας ο Λαγός στη Χελώνα. Πόσο σε λυπάμαι, καημένη, που σέρνεις μ' αυτές τις ζέστες το καβούκι σου! Κι εσύ πόσο θα με ζηλεύεις!

– Γιατί να σε ζηλεύω; τον ρώτησε η Χελώνα.

– Γιατί είμαι το πιο γρήγορο στο τρέξιμο από όλα τα ζώα. Κανένας δεν μπορεί να με πιάσει κι όλοι ζηλεύουν τα πόδια μου. Δεν έχεις ακούσει τους ανθρώπους που λένε: «τρέχει σαν Λαγός;» Ενώ όταν κανένας πηγαίνει αργά του λένε: «περπατάς σαν τη Χελώνα»! Χα... χα... χα!

Είπε αυτά ο Λαγός κι άρχισε να χοροπηδάει και να κάνει τούμπες για να κάνει τη Χελώνα να ζηλεύει πιο πολύ.



– Ε, «γοργοπόδαρη», της είπε σε μια στιγμή για να την κάνει να σκάσει από το κακό της, δέχεσαι να παραβγούμε στο τρέξιμο;

– Δέχομαι!, του αποκρίθηκε η Χελώνα, γιατί ντρέπονταν να του αρνηθεί.

– Δώσε μου το χέρι σου! της είπε ο Λαγός.

Έτσι συμφώνησαν να παραβγούν στο τρέξιμο.

– Εσείς, είπε ο Λαγός στα Σκιουράκια, να είσαστε μάρτυρες. Μου έδωσε το λόγο της πως θα τρέξει μαζί μου.



- Ναι, ναι, είπαν τα Σκιουράκια. Είμαστε μάρτυρες!
- Πού θέλεις να τρέξουμε; ρώτησε ο Λαγός τη Χελώνα.
- Όπου θέλεις εσύ, του απάντησε εκείνη.

Ο Λαγός διάλεξε έναν πολύ μακρύ δρόμο με στροφές και ανηφοριές και οι Σκίουροι έτρεξαν να πάρουν θέσεις για να τους δουν όταν θα τρέχουν. Κάλεσαν και την κυρά Μαριώ, την Αλεπού, για να τους δώσει το σύνθημα να ξεκινήσουν.



Φόρεσε την επίσημη στολή της, πήρε μια κόκκινη σημαία κι αφού χάραξε μια γραμμή στο δρόμο, έβαλε τους δυο αντίπαλους πλάι-πλάι.

— Έτοιμοι; τους είπε σε μια στιγμή. Μόλις κατεβάσω τη σημαία θα ξεκινήσετε. Όποιος φτάσει πρώτος στο τέρμα κερδίζει ένα κύπελλο!

Έβαλε η Αλεπού τη σημαία στον ώμο, στάθηκε λίγη ώρα περήφανη και καμαρωτή κι ύστερα την κατέβασε απότομα, δίνοντας το σύνθημα.



Ο Λαγός, μ' ένα πήδημα πετάχτηκε δέκα μέτρα μακριά από τη Χελώνα. Εκείνη, η καημένη, άρχισε σέρνοντας με υπομονή τα στραβά της ποδάρια να κουβαλάει το βαρύ φορτίο της.

– Τι της ήρθε κι έβαλε στοίχημα με τον ξάδερφό μου; είπε ένας Λαγός στα Σκιουράκια που είχαν καθίσει κοντά στην Αλεπού. Σίγουρα είναι τρελή! Μήπως περιμένει να φτάσει πρώτη στο τέρμα; Χα... χα... χα...! Μόλις περάσει την πρώτη στροφή θα κουραστεί και θα παραιτηθεί!

Ο Λαγός, αφού έτρεξε μερικό δρόμο, στάθηκε και κοίταξε πίσω μήπως φανεί η χελώνα.



– Τι κουτός που είμαι! σκέφτηκε. Ακόμη δε θά 'χει ξεκινήσει.

Συνέχισε να τρέχει με όλη του τη δύναμη και στη μέση του δρόμου συνάντησε δυο Σκιουράκια.

– Τι τρέχεις έτσι και κουράζεσαι; του είπαν εκείνα. Φοβάσαι μήπως σε κερδίσει η Χελώνα;

– Εμένα δε με κερδίζει κανένας στο δρόμο!, σκέφτηκε ο λαγός, και να φοβηθώ μήπως με κερδίσει η Χελώνα; Χα... χα! Θα φτάσω στο τέρμα και θα περιμένω ώρες και ώρες να φανεί η αφεντιά της. Γέλια που έχω να κάνω!



Η Χελώνα η κακομοίρα περπατούσε, περπατούσε και λαχάνιαζε από την κούραση. Κάπου-κάπου σκόνταφτε γιατί δεν μπορούσαν τα μικρά της ποδαράκια να κρατήσουν το βαρύ φορτίο της και πάλι σηκωνόταν.

– Ποιος σου είπε να παραβγείς με το Λαγό! της έλεγαν μερικά ζώα και γελούσαν κοροϊδευτικά μαζί της. Παιρήσου και μην κάνεις άδικα τον κόπο. Κανένα από τα ζώα δεν μπορεί να ξεπεράσει το γοργοπόδαρο.

Μα η χελώνα δεν παραιτιόταν. Ήταν περήφανη. Ήξερε πως ο Λαγός θα την κέρδιζε, θα έφτανε πρώτος στο τέρμα και θα έπαιρνε το κύπελλο. Μια και του είχε υποσχεθεί, όμως, έπρεπε να κρατήσει το λόγο της κι ας την κοροϊδεуαν όλοι.



Ο Λαγός αφού έτρεξε ακόμη λίγο, σταμάτησε να πάρει ανάσα. Δεν είχε κουραστεί καθόλου μα πεινούσε.

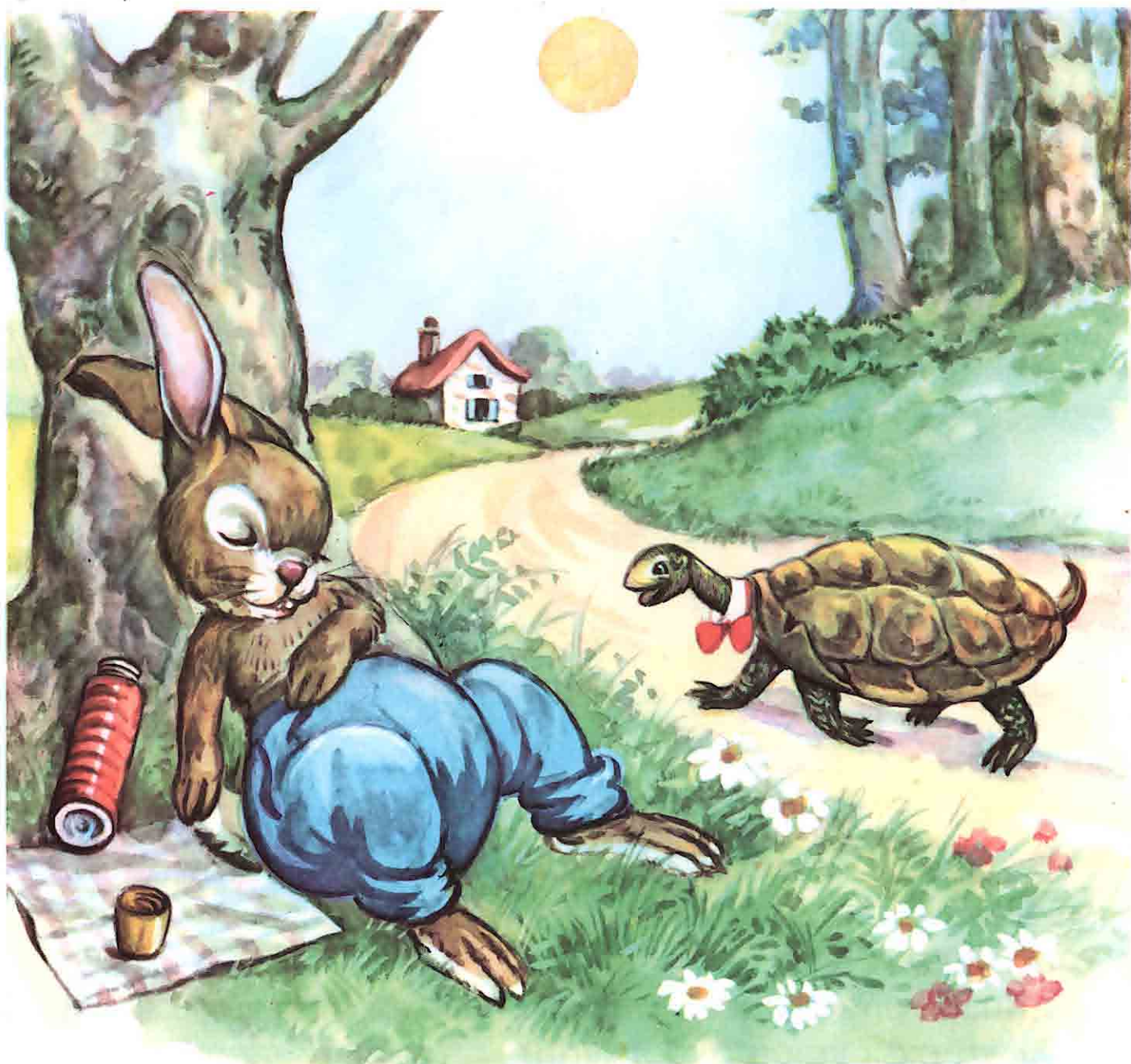
– Και δεν κάθομαι να φάω λιγάκι; σκέφτηκε. Η Χελώνα έχει καιρό ακόμη να με φτάσει.

Βρήκε μερικά καρότα και στρώθηκε στο φαΐ. Κάπου-κάπου σταματούσε, θυμόταν τη Χελώνα και ξεκαρδιζόταν στα γέλια.

– Ακούς, να θελήσει να παραβγεί με μένα!, έλεγε. Με το πιο γρήγορο ζώο της γης! Σίγουρα έχει χάσει τα μυαλά της αν πιστεύει πως θα μπορέσει να με κερδίσει. Θα το θυμάμαι σε όλη μου τη ζωή αυτό.

Τα καρότα ήταν νόστιμα και τρυφερά κι έφαγε – κι έφαγε, ώσπου γέμισε την κοιλιά του.

Σηκώθηκε να συνεχίσει το τρέξιμο μα η κοιλιά του



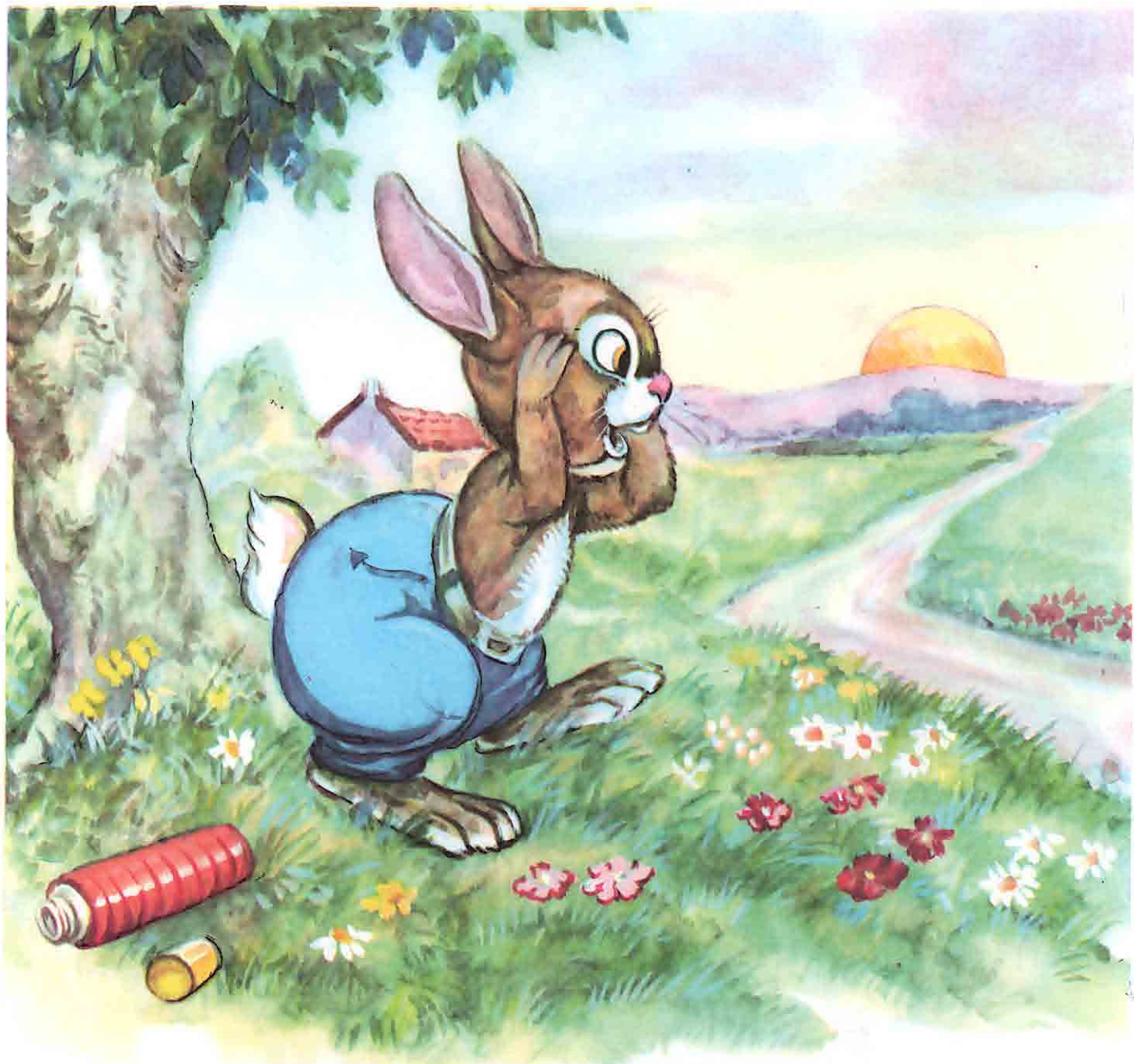
ήταν πολύ βαριά.

– Δεν κοιμάμαι λιγάκι να χωνέψω; σκέφτηκε. Η Χελώνα έχει πολύ δρόμο ακόμη για να με φτάσει

Ξάπλωσε στη ρίζα ενός δέντρου, χασμουρήθηκε δυο-τρεις φορές και αποκοιμήθηκε.

Οι ώρες περνούσαν μα ο Λαγός ήταν τόσο σίγουρος για τη νίκη του που δε νοιαζόταν και συνέχιζε τον ύπνο του.

Μα να που η Χελώνα, έφτασε κοντά στο δέντρο και τον είδε. Πέρασε δίπλα του προσπαθώντας να



μην κάνει θόρυβο και τον ξυπνήσει και συνέχισε με υπομονή το δρόμο της.

Πέρασαν ακόμη μερικές ώρες. Ο Λαγός ξύπνησε, τέντωσε χέρια και πόδια και χασμουρήθηκε.

– Τι ωραία που κοιμήθηκα! είπε.

Σηκώθηκε όρθιος μα, όταν είδε τον ήλιο να βασιλεύει, τα χρειάστηκε.

– Πο... Πο! Πόσες ώρες να κοιμήθηκα και δεν το πήρα είδηση! Δεν πιστεύω να πέρασε η Χελώνα. Μα κι αν ακόμη πέρασε θα την προλάβω οπωσδήποτε.



Και λέγοντας αυτά ξεκίνησε σαν αστραπή. Δεν έπρεπε να χάσει ούτε λεπτό.

– Αν έχει περάσει θα τη βρω και θα την προσπεράσω, είπε ακόμη μια φορά στον εαυτό του.



Τα ζωάκια του δάσους που περίμεναν κοντά στο τέρμα, μόλις είδαν να παρουσιάζεται πρώτη η Χελώνα δεν πίστευαν στα μάτια τους.

– Μήπως πέρασε ο Λαγός και δεν τον είδαμε; ρωτούσαν μερικά.



– ‘Οχι, δεν πέρασε, απαντούσαν τα άλλα. Ο Λαγός είναι πίσω. Η Χελώνα έρχεται πρώτη!

– Μπράβο, Χελώνα! φώναζαν όλα μαζί και άρχισαν να την χειροκροτούν. Κάνε λίγο κουράγιο ακόμη. Κοντεύεις να φτάσεις στο τέρμα.

Και η Χελώνα έβαλε όλα τα δυνατά της να τρέξει όσο μπορούσε πιο πολύ, τώρα που κόντευε να φτάσει. Ήταν πολύ κουρασμένη μα έκανε κουράγιο.



Και να, που το απίστευτο θαύμα έγινε! Η Χελώνα έφτασε πρώτη στη γραμμή του τέρματος ενώ ο Λαγός φάνηκε να έρχεται στη στροφή του δρόμου, είκοσι μέτρα πιο πίσω.

Η Αλεπού, που είχε έρθει από πιο κοντινό δρόμο και τους περίμενε, σήκωσε ψηλά την κόκκινη σημαία της.

– Πρώτη η Χελώνα!, φώναξε με όλη της τη δύναμη να την ακούσει και ο Λαγός. Κέρδισε το στοίχημα και θα πάρει το κύπελλο.

– Ζήτω η Χελώνα!, φώναξαν τα Σκιουράκια κι

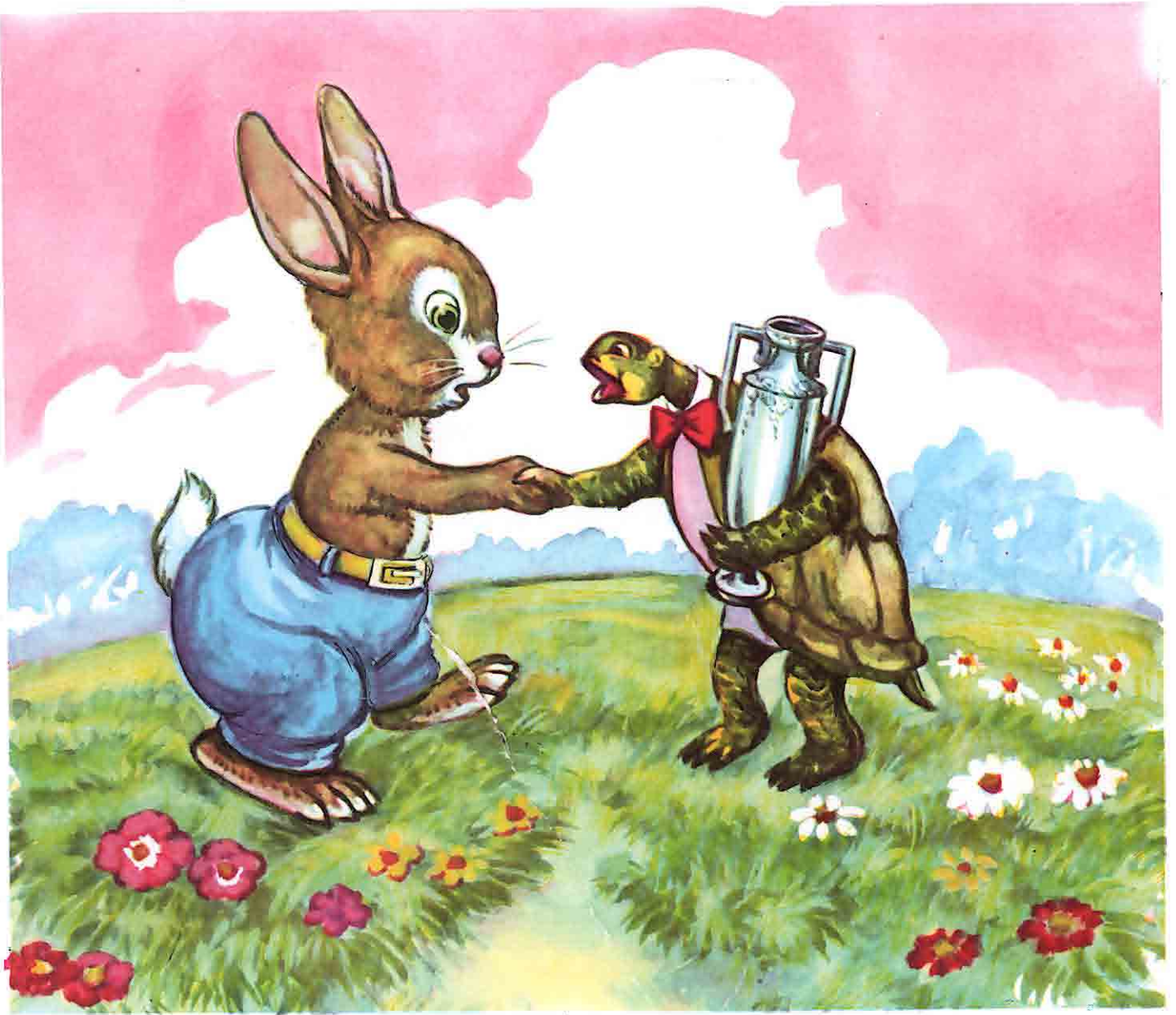


άρχισαν να χαιρετούνται και να χοροπηδάνε από τη χαρά τους. Μπράβο στη Χελώνα που νίκησε τον περήφανο και καυχησιάρη Λαγό, το πιο γρήγορο ζώο της γης!

Η Χελώνα σηκώθηκε στα δυο της πόδια, από τη μεγάλη της χαρά για το κατόρθωμά της.

— Έλα, κυρά Χελώνα να πάρεις το κύπελλο!, της είπε η Αλεπού. Μπράβο, σου αξίζει, η νίκη σου ήταν καθαρή.

Η Χελώνα καθώς έπαιρνε το κύπελλο, γύρισε στο Λαγό.



– Λοιπόν, φιλαράκο, θα πάψεις να περηφανεύεσαι πως είσαι το πιο γρήγορο ζώο, του είπε γελώντας.

Ο καημένος ο Λαγός ήταν αξιολύπητος. Έβαλε τα κλάματα από τη στενοχώρια του. Ακόμη δεν μπορούσε να πιστέψει πως τον νίκησε η Χελώνα. Όμως σαν καλός αθλητής που ήταν, της έσφιξε το χέρι.

– Χαλάλι σου! της είπε. Το σημερινό μου πάθημα θα μου γίνει μάθημα. Δε θα περηφανευτώ ποτέ πια για τη δύναμη των ποδιών μου και δε θα κοροϊδέψω κανένα.



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Photography tourism a new driver for rural revitalization after the COVID-19 pandemic of the region Kempen in Belgium

During spring 2021, two domestic students of the touristic guiding program “Channel Dessel-Schoten” have made interesting projects each and photographed the colorful scenery.

Known as one of the most beautiful spring locations in the province of Antwerp, the channel Dessel-Schoten has become a paradise for photographers.



"I heard the green spring leaves around the channel Dessel-Schoten are perfect for shooting" said a photography enthusiast from the region who has tried several spots to take the best panoramic photos above the water.

In recent years, the region Kempen in Belgium has been rolling out favorable measures to develop a new model of rural tourism with photography. It has set up several "Best Photo Spots" where tourists can easily take beautiful pictures of the landscape and launched a couple of photography-themed tours, to support local photography tourism.

With the new world cultural heritage site of Wortel Kolonie nearby and many old bunkers of World War II, the channel Dessel-Schoten has inherent tourism advantages.

Recently, two new guided tours were developed with a photo collage, drawing several visitors, even during the COVID-19 pandemic.

The chilling cold of spring 2021 didn't deter the photographers. One could find several cameras with tripods set up around the channel Dessel-Schoten.



"The ancient lock keeper houses, bunkers, green leaves, and fog in the morning attracted us here. I feel so relaxed seeing the countryside," said one of the students while operating his camera.

Besides those with professional equipment, the trail and observation deck is crowded with many tourists with phones and selfie sticks.

"The pursuit of beauty is not exclusive to professional photographers. Even a random snapshot on a phone can show the beautiful scenery here," said an other student of the touristic guiding course, who was taking a series of photos on the observation deck. "My daughter takes me here for the fresh air and fascinating scenery," he added.

Statistically, the number of tourists in the region Kempen in Belgium has increased year by year. In 2019, before the COVID-19 pandemic the region Kempen in Belgium received more visitors than the previous years.

"We will continue to expand the photography industry chain and promote the deep integration of photography and tourism," both students said.

Learning a Language and Cooking

You must be wondering what cooking can help in learning a language. If you're a foodie or a budding chef learning a language at the same time, this article is for you. Combining meal preparation and learning a language can be beneficial for you. Cooking demonstrations, diet preparations and cooking secrets are becoming increasingly popular on the Internet. With the advent of Youtube, webinars and InstagramTV, accessing informative videos has become more convenient and faster. You can browse hundreds of useful clips and even save them for future reference. You can even subscribe to multiple channels and share your ideas in the comment section. These are just some of the benefits that users can enjoy. Due to the accessibility of the Internet, learners can use cooking even more as a way to improve their speaking, listening, reading and writing skills.

The reasons why cooking can help to improve your language skills are the following.

1. Cooking tasks are rich in vocabulary words.

From ingredients to equipment, to processes, to trends, the kitchen is rich in terminology. By tapping on different herbs and tools, you can easily remember the terms. Being able to experiment with food preparation, such as sieving, steaming or double cooking, could increase appreciation of the processes involved. Cooking can help you match the items you use in the kitchen to the name or label. You can remove the carrot peel, for example, with a potato peeler. Rub the chicken with the lemon. The association of these tangible objects and their names can be done effortlessly when you are always in the kitchen. Being exposed to these conditions can lead you from one discovery to another.



For example, if you have to bake a chocolate bar twice, you will understand why the bar has to be on top of another metal bowl. If the bar is placed in the first layer of a plate, it may burn from direct heat. This discovery exposes you to other terms like consistency, low heat, stirring and many more. As a language learner, you won't miss new concepts and vocabulary while you cook. Let's do an exercise. Watch the video below and write down the words you encounter for the first time.

2. Eating is an important part of human survival.

Whether you are in your neighborhood, traveling abroad, to your home or to someone else's, you will eat. It is essential for your existence as a human being. This can somehow force you to protect your food. A good way to do this is to learn how to cook. You may need to order at a restaurant or hotel outside your country. At one point, to survive, you will be compelled to familiarize yourself with food choices around you. Learning to cook could prepare you for what you may encounter in speaking situations in the real world. If you are knowledgeable in cooking, when looking at a menu, you could easily identify how a certain meal would taste like or look like. Steamed vegetables may taste bland as opposed to sauteed vegetables which are tasty. You could intelligently make decisions when you are acquainted with components of dishes. For example, it may not be a good idea to eat steak for dinner because it is difficult for the body to break it down for digestion. Knowing this, you can opt for something light, like a salad or soup. Having more confidence in communicating with others and expressing oneself during food events can be achieved with knowledge of food.



3. Connect people through food.

There is something about food that can instantly connect people regardless of race, lifestyle or status in life. At networking events where food is available, the drinks served can be potential conversation starters. Food represents heritage, art, culture, history and values. Interesting discussions, recommendations, invitations and curiosity could happen even over a simple food delight. A language is a tool for interacting with others and so is the preparation of food. If you have the cooking experience and skills, you can confidently ask a question or provide insight. When you have this opportunity to tell others what you know, you become more fluid and responsive. Food is a great human bond, so use it to strengthen your relationships with others and develop your communication skills.

