



**CULTURE ON
PRESCRIPTION**



Curriculum workshop
“Painting and drawing”
The Netherlands



Co-funded by
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PARTNERS AND CONTACTS

The Erasmus+ project Culture on Prescription Europe started in January 2022 and runs until the end of March 2024. The project involves partner organisations in six European countries:

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Preparation

In the preparation of the series of workshops, a good venue, an appealing professional artist as facilitator and enough suitable participants were sought.

A good location was quickly found: the Cultuurhuis Garenspinnerij in Gouda. Finding a suitable professional artist proved more difficult than expected. The artists which already are teaching in the Cultuurhuis turned out not to be available.

Harmen Kooistra, an artist from Bodegraven, was found willing to act as facilitator. He is experienced in teaching in painting and drawing for groups. For the preparation of his task Harmen was informed by AFEdeMy about the project, the workshop curriculum, his role and the role of AFEdeMy during the project.

An advertisement has been prepared for the recruitment and selection of suitable participants. Local informal care organisations and contacts at the municipality's social and welfare services department were approached with the advertisement. Around 10 participants were recruited in this way. In the end, 8 people participated.

About the artist: "Learning to draw/paint together is fun to do," said Bodegraven-based [Harmen Kooistra](#).

Harmen Kooistra from Bodegraven has been an artist for over 40 years. Besides creating his own work, he teaches drawing and painting to adults in Bodegraven.

Pre-Session 9 May 2023 (30 minutes)

Alle the participants were informed by AFEdeMy about the purpose of the project and the privacy regulations. The participants were asked to complete the questionnaire about loneliness and to complete the privacy form.

Several participants expressed difficulty in filling in their personal details due to privacy concerns. After some explanation of privacy laws as already mentioned on the form to be filled in, they still agreed to fill in these details. To ensure their commitment a copy of the form was given to each participant.

1st Session 9 May 2023

Time in minutes	Exercise/Path	Objectives
30	Warming Up	Getting to know each other. Understanding the purpose and content of the project and course. Icebreaker (introduced by AFEdeMY); Each participant introduced themselves and could indicate who their favourite painter or artist is.
60	Allocating concrete ideas, methods, next steps, rough objectives.	The artist lets the participants draw with pencil and paper. For this, he has brought several examples, which the participants can use for their own creation.
15	Break	
15	Feedback and potential adjustment to objectives/methods	Participants are asked to look at each other's work without value judgment. At this, some discussion ensues in the group which quickly enhances sociability.

2nd Session 16 May 2023

Time in minutes	Exercise/Path	Objectives
15	Warming Up	At the start of the meeting, participants are asked by the facilitator about how they look back at the previous session.
45	Reiterate ideas, methods, next steps, rough objectives previously agreed on.	Start painting. Everyone looks for an example from the materials brought to paint after. Those who cannot choose will be given the opportunity to choose their own subject. A canvas, paint, brushes and other props will be handed out to start painting.
15	Break	
60	Project Work	Participants begin their work by first drawing the picture in pencil. The facilitator walks through the studio to help participants getting started. He learns them how to make an overall drawing with pencil and then with paint and a brush.

15	Sharing of individual/group work with everybody and receiving feedback from facilitator.	At the end of workshop, everyone gets to show their piece to the group. Choices are discussed without value judgement.
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3rd Session 23 May 2023

Time in minutes	Exercise/Path	Objectives
15	Warming Up	Facilitator presents his own work and tells about how he works as artist as example for the participants. The participants continue to work individually/the group/sub-groups.
60	Project Work	The facilitator provides supervision and support, through technical explanations. Some of the participants need more support and encouragement.
15	Break	
45	Project Work	The participants continue to work individually/the group/sub-groups, according to the specific methodologies.
15	Sharing of individual/group work with everybody	Presentation of the works so far. Facilitator summarises the achieved progress of each participant as a good starting point for the next session.

4th Session 30 May 2023

Time in minutes	Exercise/Path	Objectives
15	Warming Up	Reflection on the previous session.
45	Project Work	The participants continue to work individually.
15	Break	
45	Project Work	The participants continue to work individually/the group/sub-groups, according to the specific methodologies. The facilitator provides continuous supervision and support.

15	Sharing of individual and receiving feedback from facilitator.	Like every sessions at the end work is presented and discussed by the participants. Compliments are giving as well as positive feedback by the participants and the facilitator. This gives a feeling of achievement and a nice closure for the day.
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5th Session 6 June 2023

Time in minutes	Exercise/Path	Objectives
15	Warming Up	Reflection with the participants of the course so far. Participants are talking about the possibilities to continue the course in Bodegraven. Not all the participants are able to go.
60	Project Work	They then continued with the pieces of work they had started. Meanwhile, some participants had already finished a piece of work and started a new one.
15	Break	
45	Project Work	The participants continue their work. Some of them are helping each other. The facilitator supports this process.
15	Sharing of individual work with everybody	At the end of the session the works of participants are shown and there is some discussion about the progress. Finally everyone clean the room together.

6th Session 13 June 2023

Time in minutes	Exercise/Path	Objectives
15	Warming Up	We started with an icebreaker where, in groups, each participant was asked the same question, such as: What do you prefer to eat, Which animal would you like to be for 1 day, What is your favourite holiday country. At first, they didn't like it but when everyone participated and fun answers came, they became more and more enthusiastic
45	Project Work	The participants finalise their work. All continue to discuss the setting of the presentation of their results.
15	Break	

60	Finalisation of project Work	<p>The participants finalise their work.</p> <p>The facilitator will support for the course to be finalised successfully. All agree on the setting of the presentation of their results.</p>
15	Wrapping up	<p>Short presentation work and discussion. Reminder that next time the final session is.</p>

7th Session 20th June 2023 (Final session)

Time in minutes	Exercise/Path	Objectives
45	Project Work	<p>The participants finalise their work.</p> <p>The facilitator will provide all needed support for the course to be finalised successfully.</p> <p>All continue to discuss the setting of the presentation of their results.</p>
15	Break (One of the participants treated pastries as a thank you for the enjoyed course. Another participant had brought a small gift as a thank-you.)	
15	Finalisation project Work	<p>The participants finalise their work.</p> <p>All agree on the setting of the presentation of their results.</p>
30	Reflecting on the course	<p>The participant reflected on the course. Participants reported being enthusiastic about the course. One criticism, however, was that it was too short for the participants. They would like to continue learning how to paint and draw. Proudly, their works were shown to those present.</p> <p>We again asked participants to complete a Loneliness survey and a course evaluation. Afterwards, participants were given a certificate for participating in the workshop.</p>
15	Survey, certification	



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