

THE “ARTE MIGRANTE CARDS” AS A TOOL TO RE-IMAGINE CREATIVE COMMUNICATION

To give voice to the inner world of the person (feelings, emotions, desires, thoughts) is not always easy, as the participants of “In my art” project said, especially if a pandemic takes over and the physical distancing limits the possibility to experience the world and cultivate own potential.

As observed during the project experience, this difficulty can have different origins: sometimes it is matter of finding the “right words” in a different language, especially among new comers who deal with the language barriers, as well as the lack of relationships in the receiving place and the cultural stigmatization; sometimes is matter of fears of being judged, lack of self-confidence and self-esteem; sometimes it is matter of not being used to actively listen to each-other and give space to others; sometimes environments do not offer everyone the possibility to actively participate in collective initiatives using their own resources, becoming exclusive.

From the point of view of Community psychology, for which the way individuals (I) feel, think and behave reflect their belonging to the community (we), all these factors impact on the wellbeing of a society, affecting as individual as the collective dimension of life.

Diversity is part of the being humans and the society should give everyone the possibility to be actor of change with own means, skills and resources.

In this perspective, within “In my art” project, as well as in Arte migrante method, participants challenged themselves with the objective to create non-formal and informal learning environment in which people can actively participate finding their own way. What identify these environments is “creativity” as a method and tool(s) to communicate and express.

Responding to the mentioned intention, Arte migrante developed a tool aimed at facilitating group reflection and debriefing based in images, words and colours, “Arte migrante cards”: *a tool that goes beyond words, into the imagination; it can also help people to connect with their inner world, that sometimes has no words* (Bianca Arnold).

‘Uniqueness’ is word that describe this tool: these are unprecedented cards; each card can resonate differently in each person; the cards aim to bring out the diversity and uniqueness of people.

Each card bring one word. Each word is connected to an image that can “speak to anyone”:

Alliance, Listening, Sharing, Involvement, Collaboration, Creativity, Balance, Dream, Inequality, Diversity, Domain, Boredom, Neglect, Non-violence, Overload, Shyness.

These words have been chosen by the Arte migrante coordination group through debriefing processes on their intercultural activities based on free sharing of art and open to the community.

Cards talk about factors that may arise during these type of activities. They helped the coordination group to better observe the experience creating participatory teamwork.

Facilitators can use it as a tool to address different needs and objectives creating new group dynamics: images can help people to identify and give voice to feelings and thoughts; at the same times, words can stimulate the critical thinking and expand imagination.

The invitation is to approach this tool as an opportunity to create the world we want to live in, made of sharing, creativity, care and non-violence.

To get to know more how to use the cards, check the In my art Training Handbook at the website www.inmyart.eu

<i>Objectives</i>	<p>Active participation in sharing thoughts in a group, active listening, re-thinking difficulties, have a tool for a group in order to confront about strengths and weaknesses in a sharing practice for social inclusion. Can be a way to know each other and break the ice.</p>
<i>Methodology and Theoretical Framework</i>	<p>Based on the idea behind Dixit Cards, our Cards intend to be a way to confront each other in a group, for example the Arte Migrante coordination group. For the cards, we tried to find a group of “themes” that were embedded with the spirit of Arte Migrante, of the sharing circle and also with the aim of using art as a tool for social inclusion expressed by the In My Art projet. Each card represent a word/idea/concept that is inside the Arte Migrante metod, but also in every other group that deals with social inclusion that uses art and creativity. Some cards also represent difficulties and weaknesses that can emerge during group inclusion activities. It is a playful and creative way to have a discussion about a method/event/problem ecc in a group. It is also good to have a visual reference of what the point to discuss is. The choosing of the card is a very intimate and individual moment of concentration on how one feels and thinks. But the second moment of sharing the cards is a very open and active moment of participation. In can also strengthen the links inside the group</p>
<i>An example of “How to Play?”</i>	<ol style="list-style-type: none"> 1. Every participant has some time (10 min about) to look at the different cards and can think about a problem/question/idea to discuss in the group; 2. Linked to the question that the person wants to bring in the circle he chooses a card that better represents his/her position; 3. At turn everyone can show the card he/she has chosen and explain why. <p>The cards can be also a good tool to have a visual point about a problem or question to discuss in order to not lose the concentration.</p>

Go to the section [“Arte migrante cards”](#) to download