

## **The artist within – Applied eMOTION**

### **Training II. Storytelling and Cartoons**

Date: 28th June - 6th July 2015, in Potenza, Italy

The workshop in Potenza was the second event when I had a chance to work with Comparative Research Network. Again, I had a great experience, professionally and personally.

During the workshop in Potenza I started asking myself - what message I would like to deliver through my work. For example, being a dance educator and performer – what story do I want to tell? What character do I want to symbolize?

A second professional role: being a nurse. I feel it is very important to stand up and show society the everyday contradictions of humanity. Fighting for human rights through small things you can do everyday, telling the story of your work and of those you work with.

During the workshop I learned how to start and finish a story, bring structure to it. How important it is to bring an unexpected surprise to a story you want to convey through your performance. I learned a lot about the storytelling and the basic techniques. Also I had a chance to look at the storytelling from different perspectives – how is my story going to be understood? I found out, that every little detail is very important and plays a role. Even little details from your daily life can be turned into an important story that can have an impact. The staff taught us to listen to our dreams and inner voice, to trust our intuitive mind and bring it out.

My best experience during the workshop was to work with a student who is studying movie making. He advised me to think about a movie I like and to analyze it from storytelling perspective. What kind of symbols and characters are important? How could I use it in my storytelling?

However, there were difficult things in the workshop as well. For example, the animation and technical points. I have less skills working with computers and sometimes it was difficult to follow the lectures because of the fast pace. The good thing I have found out where to get help and find information. Another good thing is that we worked in teams. Team has members who have different skills and preferences. So I found out again how important it is to cooperate.

All in all, I really appreciate the opportunity to learn to look at details, think about the story, and watch movies in an insightful way, different perspective. Thank you Erasmus+ for this opportunity to grow personally and professionally.