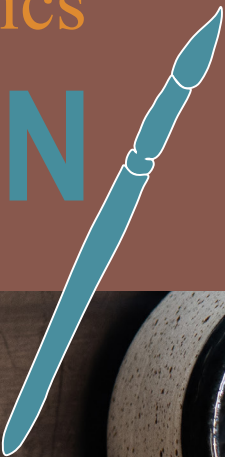


Enter the world of ceramics
KERAM!KKEN



*Are you between 18 and 30 years old?
Do you want to try pottery and ceramics?
And do you want a creative sanctuary
without the trials and worries that life
bring?*

**Then this program in KERAMIKKEN
is for you!**

Clay makes people (Ler former mennesker)

Enter the world of ceramics and pottery! FOKUS's newest program called Ler former mennesker offers the opportunity for you to try out a ceramics class in our new cool workshop, KERAMIKKEN in Aalborg. In a small group with only six others, you will be introduced to the magnificent material and all it can be. You will work with different techniques and take part in the entire process from sculpting and molding to glazing and firing. During the program, the teacher will guide you through the basics and encourage creativity on your level, ensuring a focused process with the material and with your state of mind.

Are you an eligible candidate for the program?

Maybe you are a senior in high school, in college or studying at the university – or maybe you are figuring out your next move. What's important is that you are between the age of 18 and 30 and would like to learn to manage the basic hardships in life – whether it is moderate stress/depression/anxiety, loneliness etc., or all kinds of expectations you may feel that you fail to meet.

No matter what issues you are facing, this program is meant to offer a kind of sanctuary – a space free of expectations where ceramics and the creative process becomes your main and only focus.

What's the catch?

To be accepted to our free program, you must accept being part of a study on the effect and impact of ceramics and pottery on young people struggling with mental issues listed above. There will be a written self-evaluation according to WHO-5 (World Health Organization-Five Well-Being Index) starting and finishing the program, as well as university students from AAU are doing qualitative interviews and supervision.

Where to go from here?

The program runs from February 2022 till December 2023, and new classes start every seven weeks.

The classes are 3,5 hours a week for six weeks. It is free to enter the program, as it is part of a study and research on creativity and mental health. If you are interested and want to learn more

– or sign up, please contact:

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