



## **Welcome to 33<sup>rd</sup> Expressive Arts Symposium**

**From Tuesday April 14<sup>th</sup> to Sunday 19<sup>th</sup> 2020**

**in Lapinlahti, Helsinki, Finland**

A beautiful house hosting heartfelt, beautiful minds .

Lapinlahti in Helsinki will be the site of the next Spring Symposium 2020. The first mental hospital in Finland was established in 1841. Its unique and also tragic history connected to the main figures of Finnish artistic heritage has its special atmosphere and a sense of the past. The place has experienced a rebirth offering nowadays working space and studios to therapists, artists, craftsmen, communities and health organisations. Lapinlahti is an oasis on the edge of the busy centre of Helsinki.

While we explore the arts we will also explore this wonderful building and its surroundings. Historical spaces of the hospital are part of our journey. The garden around us may surprise us with its plants and animals as well as its rocky coast and beach. We can walk by the sea or rest in the Venice-house above the water. The building and its present inhabitants are welcoming us and inviting us to journey into our expanding realms of art, thought and resilience.

Lapinlahti provides us with the restaurant, From Waste to Taste, cafes, a bakery, a mental health museum, art exhibitions, small shops and a flea market.

Expressive arts educators and therapists from **the International Network for Expressive Arts Training** will lead experiential workshops searching the theme of a Beautiful mind: art, thought and resilience.

### **A BEAUTIFUL MIND**

#### **ART**

Art as a healer and environment as healing? How do we nurture subtle and creative minds through art-making? What is a mindful place for beautiful minds? How can a historic building and green surroundings enhance our well-being? What part does beauty play in all of this?

#### **THOUGHT**

How can thoughtful reflecting on how art and theory intertwine in expressive arts nurture us and take the work forward? How might lectures by workshop leaders on topics close to their hearts inspire our inventiveness?

#### **RESILIENCE**

How can the healing power of the arts and imagination strengthen our resilience of mind, keeping us open to explore together. How do the expressive arts foster supportive environments?

There are four WORKSHOPS which all participants will take part in.  
Workshops are led by

**Markus Alexander** (*World Arts, Edmonton*) & **Varvara Sidorova** (*Moscow State University*)

**Margareta Wärja** (*Expressive Arts Stockholm*) & **Belize Demircioglu** (*Istanbul*)

**Hjørdis Mair** (*InArtes, Zürich*) & **Jacques Stitelmann** (*l'Atelier, Geneva*)

**Melinda Ashley Meyer** (*NIKUT, Oslo*) & **Jose Miguel Calderon** (*TAE Peru/Barcelona*)

**Margo Fuchs-Knill** (*EGS, Switzerland*) and **Kirsi Lybeck** (*Inartes, Finland*) will offer poetry and art atelier.

**Paolo Knill**, co-founder of the network and founding rector of EGS, will be Honorary guest of Inartes 20th Anniversary

IN ADDITION:

**Community Art, Lectures, Networking, Excursion and socializing**

**In Lapinlahti there are places to rest and relax in between the workshops.**

## PRACTICAL INFORMATION

**Start:** Tuesday April 14<sup>th</sup> 2020. Welcome party at 6 pm.

**End:** Sunday April 19<sup>th</sup> 2020, at lunch time.

**Place:** Lapinlahti hospital, Lapinlahdenpolku 8, 00180 Helsinki, Finland (near city center).

**Language:** English.

**Tuition fee:** 690 € Early bird price: 620 € (before 31<sup>st</sup> January)

**Dinner:** 100 € (five days), part of the program

Lunch and breakfast on your own.

Refund in case of withdrawal until March 1<sup>st</sup> with a reduction of 100 € administrative costs. On later cancellation refunding only when another participant is provided.

### **Accommodations:**

The hotel of our recommendation closest to Lapinlahti and with a reduced price for symposium participants is Holiday Inn Helsinki West – Ruoholahti.

<https://finland.holidayinn.com>

There also lots of other alternatives in Helsinki city.

**Follow the web page for more information:**

[www.exasymposium2020.com](http://www.exasymposium2020.com)

**Inartes Instituutti, Lapinlahdenpolku 8, 00180 Helsinki, Finland.**

[www.inartes.fi](http://www.inartes.fi)

for more information contact:

**Tel. +358 40 187 2612 / Susanna Partio      [symposium@inartes.fi](mailto:symposium@inartes.fi)**

## REGISTRATION FORM

Registration of Participation to the Spring Symposium 2020

Tuesday, April 14th – Sunday, April 19th 2020

Last name \_\_\_\_\_

First name \_\_\_\_\_

Full address \_\_\_\_\_

\_\_\_\_\_

Country \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Professional background

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### TUITION FEE 690 € + DINNER 100 € (five days)

The total fee 690 € + 100 € must be paid upon registration. If you register before January 31st, early bird discount will be 70 €

Refund in case of withdrawal until March 1st, with a reduction of 100 € for administrative costs. On later cancellation refunding only when another participant is provided

Institute Inartes, Lapinlahdenpolku 8 A, 00180 Finland

Bank account IBAN: FI80 1745 3000 0028 83      Swift/BIC: NDEAFIHH

Bank transfer in € (euros)

Registration form and a copy of bank transfer to

[symposium@inartes.fi](mailto:symposium@inartes.fi) /

registration form also on the website: [www.exasymposium2020.com](http://www.exasymposium2020.com)

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for more information contact:

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