

**BUILDING ARTISTIC  
DISCIPLINES THROUGH  
CULTURAL AWARENESS AND  
EXPRESSION**

**LEARNER HANDOUT**





## WHAT IS ARTISTIC DISCIPLINE?

Artistic discipline refers to the various forms of artistic expression, such as painting, sculpture, music, dance, theatre, and film. These disciplines involve different techniques, tools, and materials and are guided by specific principles and practices.

Engaging in artistic disciplines can help build cultural awareness and expression competences in several ways. Firstly, by exploring different forms of artistic expression, individuals can learn about the cultural traditions and values that inform these practices. For example, by studying traditional dance forms from different cultures, individuals can gain insights into the social and historical contexts that shape these art forms.



Artistic disciplines can help individuals develop their creativity and self-expression, which is an essential part of cultural awareness. Through creating art, individuals can explore their own cultural identities and express their experiences and perspectives in a meaningful way.

Engaging in artistic disciplines can foster social connections and community engagement which are vital for building cultural awareness. Participating in art classes or workshops can provide individuals with the opportunity to connect with others from different backgrounds and share their experiences and perspectives.

Overall, artistic disciplines can be powerful tools for building cultural awareness and expression competences in learners. By providing opportunities for creative expression and social connection, these disciplines can help individuals develop a deeper understanding of themselves and the world around them.



## CASE STUDY 1 – EADRINN / BETWEEN US

The *Eadrinn/Between Us* programme aimed to foster artistic and cultural exchange between Ireland and Scotland in the field of dance. Funded by the Irish Arts Council's International Residency Initiatives Scheme, the programme offered six fully resourced reciprocal residencies for three Ireland-based and three Scotland-based choreographers/makers. The programme sought to provide a platform for artists to share practices, develop their creative work, and deepen their understanding of the dance sector in the other country.

Dance Ireland, a prominent dance organisation based in Ireland, and Dance Base Scotland, a leading dance institution in Scotland, had a pre-existing relationship. They collaborated to establish *Eadrinn/Between Us*, a programme of creative exchange. This programme aimed to connect artists from both organisations and countries, facilitate collaborative learning, and build an ecosystem of exchange and collegial support.

The programme offered week-long residency spaces at either Dance Ireland or Dance Base Scotland for three Ireland-based choreographers/makers and three Scotland-based choreographers/makers. The residencies took place in March 2023 and provided artists with the necessary resources and support to develop their creative work. The artists had the opportunity to connect with the hosting organisation and gain a deeper understanding of the dance sector in the host country. While the artists worked independently, there were group conversations and reflective moments during the residency weeks for sharing experiences and learnings.

The project culminated in a dance symposium in Ireland in April 2023, focusing on the exploration of artistic and cultural exchange. The content and format of the symposium were designed based on conversations and feedback from the six selected artists. The artists were invited to attend the symposium and contribute to the conversations in person, further enhancing the exchange and dialogue between the artists and the broader dance community.

Recognising the challenges and barriers faced by marginalised individuals and those experiencing systemic injustice within the dance sector, the programme aimed to support artists with lived experiences of marginalisation. At least one residency was specifically offered to an artist who identified as Deaf or Disabled. However, this representation was considered a minimum requirement, and the programme welcomed applications from a wide range of artists.

*Eadrinn/Between Us* offered independent choreographers/makers a unique opportunity to develop their work in a new cultural venue while establishing lasting relationships with the dance sector in Scotland or Ireland. By promoting collaboration,

exchange, and future work opportunities, the programme enabled artists to continue their creative journey and foster ongoing connections between the two countries.

The programme was open to professional choreographers/makers based in either Ireland or Scotland, working in any genre or style of dance. Applicants were required to be engaged in artistic research and have presented at least three professional works that had reached audiences through various platforms such as venues, festivals, outdoors, online, and non-traditional spaces.

Eadrainn/Between Us served as a successful programme for promoting artistic and cultural exchange in the dance sector. Through reciprocal residencies, dialogue, and a culminating symposium, the programme facilitated the development of creative work, fostered understanding between dance communities, and addressed systemic inequalities. By nurturing long-lasting relationships and supporting diverse voices, the programme contributed to the vibrancy and inclusivity of the dance sectors in both Ireland and Scotland.



**Programme Website:** <https://www.danceireland.ie/whatson/opportunities/eadrainn-between-us/>

**Q. What issues does the “Eadrainn / Between Us” programme aim to address?**



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**Q. What type of workshops did the “Eadrainn / Between Us” programmes offer learners?**

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**Q. Can you think of any artistic disciplines that you enjoy that incorporate cultural awareness and expression?**

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# LEARNING ACTIVITY

<b>Transversal Theme</b>	Cultural Awareness and Expression Competence		
<b>Activity Title</b>	Culture in Collage: Creating a Visual Identity		
<b>Type of resource</b>	<b>Learning Activity</b>		
<b>Photo</b>			
<b>Duration of Activity (in minutes)</b>	60-90 minutes	<b>Learning Outcome</b>	<ul style="list-style-type: none"> <li>• Develop cultural awareness and expression through art.</li> </ul>
<b>Aim of activity</b>	This activity aims to build your cultural awareness and expression competences through the topic of artistic disciplines.		

<b>Materials Required for Activity</b>	<ul style="list-style-type: none"><li>● Magazines, newspapers, or printed images from the internet with cultural symbols and images (e.g., flags, traditional clothing, food, landmarks, etc.)</li><li>● Scissors</li><li>● Glue</li><li>● A piece of paper or cardboard as the base for the collage</li><li>● Pens or markers (optional)</li></ul>
<b>Step-by-step instructions</b>	<p>Please follow this step-by-step approach provided to complete this activity:</p> <p><b>Step 1:</b> Before you begin this activity, collect all the materials needed for this activity.</p> <p><b>Step 2:</b> Spend some time reflecting on your cultural identity and the symbols or images that are meaningful to you. You may also wish to do some research to discover new cultural symbols or images that you may want to include in your collage.</p> <p><b>Step 3:</b> Look through the magazines or printed images and cut out images that you think represent your cultural identity. You can also use your own photos or drawings to add your personal touch to your collage.</p> <p><b>Step 4:</b> Once you have collected your images, arrange them on a piece of paper or cardboard to create a collage. Experiment with different arrangements and consider the colours, shapes, and textures of the images you have selected.</p> <p><b>Step 5:</b> Once you are satisfied with your collage, glue the images onto paper or cardboard.</p>

**Step 6:** You can also use pens or markers to add personal touches to your collage, such as writing your name or adding additional details.

**Step 7:** Reflect on your finished collage and consider the meaning behind the symbols you selected. Think about how these symbols relate to your cultural identity and what they say about your cultural heritage.

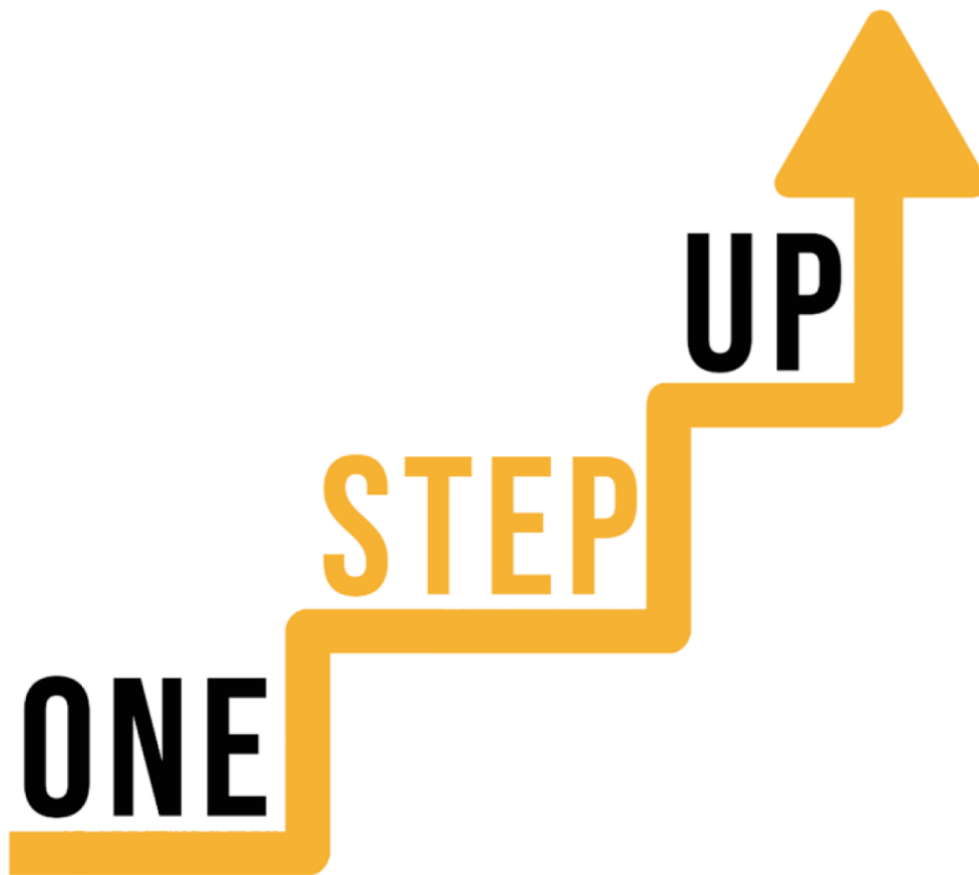
By completing this self-directed activity, you can build your cultural awareness and expression competence while also engaging in a fun and creative activity. Remember to take your time and enjoy the process of creating your cultural collage.

## ADDITIONAL READING OR STUDY MATERIALS

<b>Resource Title:</b>	The Importance of Art in Building Cultural Awareness
<b>Topic Addresses:</b>	Building Cultural Awareness and Expression through Art
<b>Introduction to the resource:</b>	<p>Art has always played a crucial role in building cultural awareness and promoting cross-cultural communication. Through the exploration of artistic disciplines, individuals can develop a deeper understanding of their own cultural identities and gain insights into the experiences and perspectives of others. In today's increasingly diverse and interconnected world, the seriousness of building cultural awareness has never been more significant.</p> <p>This article explores how artistic disciplines can help individuals develop empathy, break down cultural stereotypes, and engage in cross-cultural communication. It also examines the benefits of using art to build cultural awareness in educational and community settings.</p>
<b>What will you get from using this resource?</b>	<p>By reading the article on the importance of art in building cultural awareness, you will gain insights into how artistic disciplines can help individuals develop a deeper understanding of themselves and the world around them. The article discusses the role of art in fostering empathy, breaking down cultural stereotypes, and promoting cross-cultural communication.</p> <p>Furthermore, the article explores how different forms of art, such as music, dance, theatre, and visual art, can provide unique opportunities for individuals to engage with diverse cultural perspectives and explore their own cultural identities. The article also highlights the benefits of using art to build cultural awareness in educational and community settings.</p> <p>Overall, by reading this article, you will gain a greater appreciation for how art can be used as a powerful tool for promoting cultural understanding and social change.</p>
<b>Link to resource:</b>	<a href="https://www.breakoutofthebox.com/the-importance-of-art-in-building-cultural-awareness/">https://www.breakoutofthebox.com/the-importance-of-art-in-building-cultural-awareness/</a>



<b>Resource Title:</b>	Teaching Cultural Awareness Through Music
<b>Topic Addresses:</b>	Using music as a tool to promote cross-cultural communication and appreciation in educational settings
<b>Introduction to the resource:</b>	This resource explores the use of music as a powerful tool for promoting cross-cultural communication and appreciation. The article provides practical strategies for incorporating music into lesson plans and includes examples of musical activities and lessons for different age groups and subject areas. It highlights the benefits of using music to teach about different cultures, including developing empathy, challenging stereotypes, and promoting social-emotional learning. Whether you are an educator or interested in exploring the relationship between music and culture, this resource offers valuable insights and practical tips.
<b>What will you get from using this resource?</b>	By reading this resource, you will gain a deeper appreciation for how music can be used to build cultural awareness and promote cross-cultural communication. Whether you are an educator or simply interested in learning more about the relationship between music and culture, this resource provides a valuable starting point for exploring this important topic.
<b>Link to resource:</b>	<a href="https://medium.com/inspired-ideas-prek-12/teaching-cultural-awareness-through-music-350efacb1247">https://medium.com/inspired-ideas-prek-12/teaching-cultural-awareness-through-music-350efacb1247</a>



# ONE STEP UP



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