



Unprepared Hearts – a brief history of the project

The project "Unprepared Hearts" is the attempt to find some answers, through the language of art, to the lack of attention to sentimental education (in all its meanings) for young boys and girls. It is an artistic journey, which will deal with the theme of the body and its transformation, the change of emotions and interpersonal relationships that manifest themselves in pre-adolescence, the encounter with the various diversities.

The project involves three countries that have little experience in tackling the theme of sentimental education, but of which there is a strong social demand: **Italy with MUBA**, the children's museum in Milan, **Czech Republic with Sladovna**, the Children's Museum in Pisek, **Romania with the Cultural Association Da'DeCe in Bucharest**.

The drafting of the project took place in a rather long period between 2016 and 2017 to then be able to present it at the EU Creative Europe call of January 2018. It has been selected and co - funded by EU Creative Europe.

The three ateliers that have been created into Unprepared Hearts are:

Embroidered Feelings by MUBA and Coquelicot Mafille.

"The atelier opens with a "rain of suspended images" representing the evolution of planet Earth and the whole path of humanity: from space and the universe to present day singers and actors in a historical, cultural, social and gender trajectory.

In a second moment the participants are confronted with a real alphabet of affectivity through the proposal of hundreds of words (verbs, nouns, adjectives...) and face the inability to explain themselves, to translate their thoughts into words and to be able to export the inside out. Before starting the practical part, dedicated to the creation of a work of art, there will be a moment of focusing on the self and on one's own feelings centred on inner listening. The participants are then asked to create an object based on the representation of the self and the external world through the graphic techniques of embroidery. The workshop closes with a moment of group reflection, sharing and giving back the work done".

Seven Vallies by Sladovna and Compagnia TPO

"Seven Valleys" is a participatory theatrical experiment, a journey in which seven different tests are faced to measure the value of our social identity. In the workshop a sharing game is created in a context that simulates the complexity, relationships and signs of the contemporary world. But in the contemporary world, relationships are filtered by digital technologies and technologies can extend or repress relationships, it all depends on how we use them. In theatre, as in real life, each of us plays our own character and this is the first important step to interact with others. In theatre, the representation of ourselves is through a mask that reminds us, but at the same time gives us the strength to do things that we would not otherwise do".



Unspoken Of by Da De Ce and Michaela Michailov, Aurora Kiraly, Nicoleta Lefter, Katia Pascariu, Alexandra Cucu and Iulia Iordan.

"The atelier has been developed to generate special emotions and moods that relate to the affective territory of shame, so specific of the pre-adolescent age. Unspoken Of is a performative interaction in which the child-performer and the cultural educator imagine various phases of framing a body, detecting hidden emotions, confronting anxiety and virgin feelings, as well as a reflective dialogue with pre-adolescents about who they are and who they become at various stages of life.

Unspoken Of goes deeper and deeper into the emotional field of embarrassment and shame in some typical situations: When you're a child and other people's eyes look at you. When you are a teenager and you feel that your body is too big or too tight for you. Finally, through educational and performative approaches, Unspoken Of gives birth to a new body - a relaxed and fluid body, connected to a relaxed and fluid self, where intimate discoveries are more important than anything else".

The three ateliers with their artists have run from February 2019 to February 2020 through Milan, Bucarest and Pisek; then the pandemic took place first in Italy then in all Europe, and the three partners have to stop their activities with the audience.

It has been taken the decision by the partners to continue the project transforming two ateliers (Embroidered Feelings and 7 Vallies) into an online version and, to improve the social networks dissemination and the reflection about the experience in UH, it has been created the initiative "UH pills", short reflections by the people who participate at the project about their own experience into it: the common work by the partners and the expertise built in these last two years allowed to create a sort of "new project into the project" that has enforced the entire Unprepared Hearts.

The two online ateliers and UH pills have been planned and carried out for audience from the second half of April 2020 to the end of June 2020.