



1. EQUALITY

**Intuitive painting
and poetry
with COLOURS as a
common platform**

Respect = look one more time

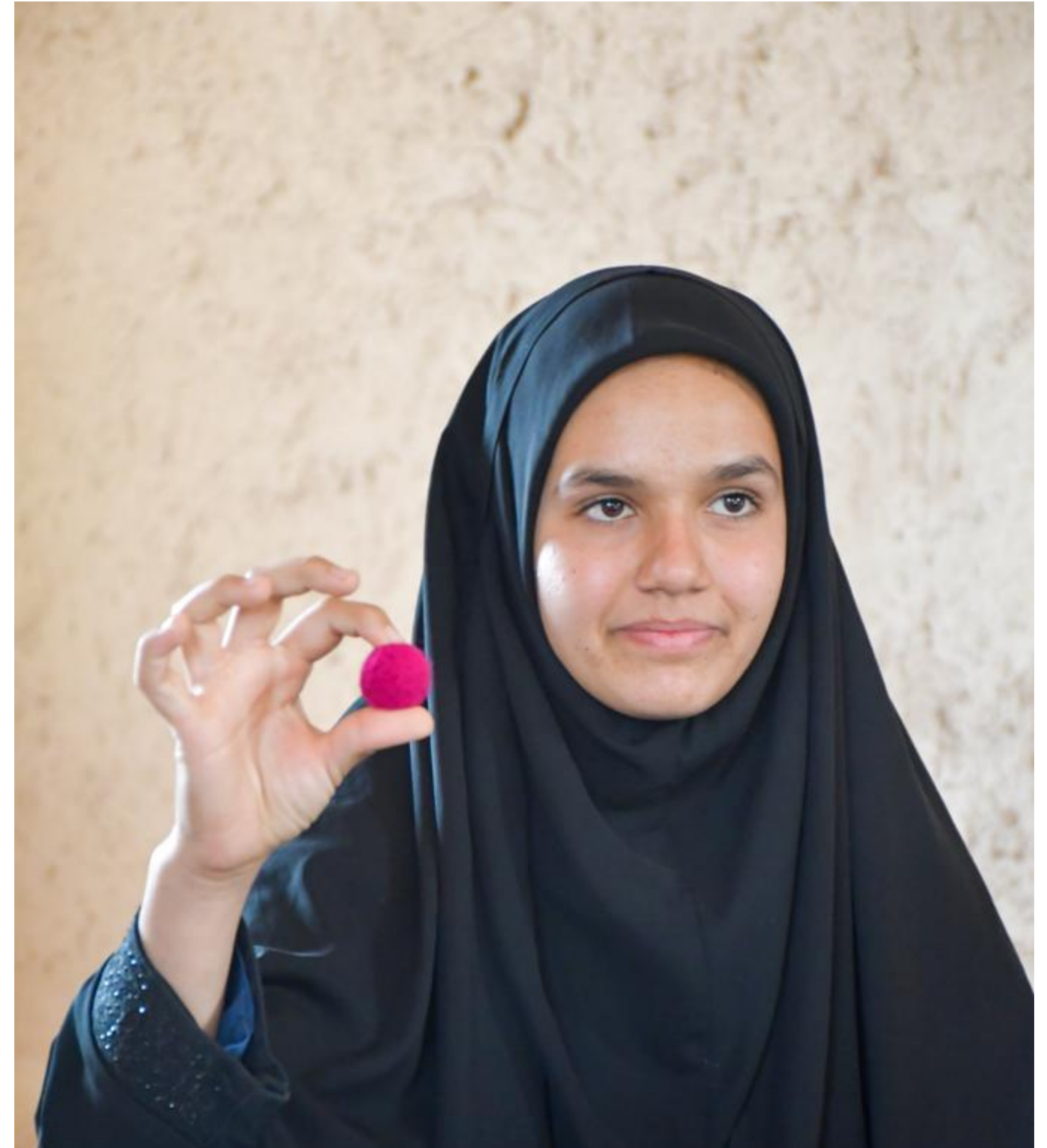
**Painting workshop with poetry
and knowledge from different
cultures**

Art as attitude-creating work

**An arena for expressing feelings
and opinions**

**Every human being should feel
appreciated**

**Every human being has
something important to convey.**



6 PARTS



Equality

Everyone have the same needs
Everyone has all the colors inside



Peace

Peace for me is...



Give and receive

One painting is taken home and one is given
to the collective for exhibition in the public
space



Sign

To highlight/clarify the original, unique
individual



Gratitude

An exercise in feeling the joy of what you have
received and given in this moment



Remember

Take care of yourself and don't let your heart
forget

1. EQUALITY

Tutor speaks:

Colors and equality, everyone has all the colors in them/everyone has the same needs.

Tell it your way.

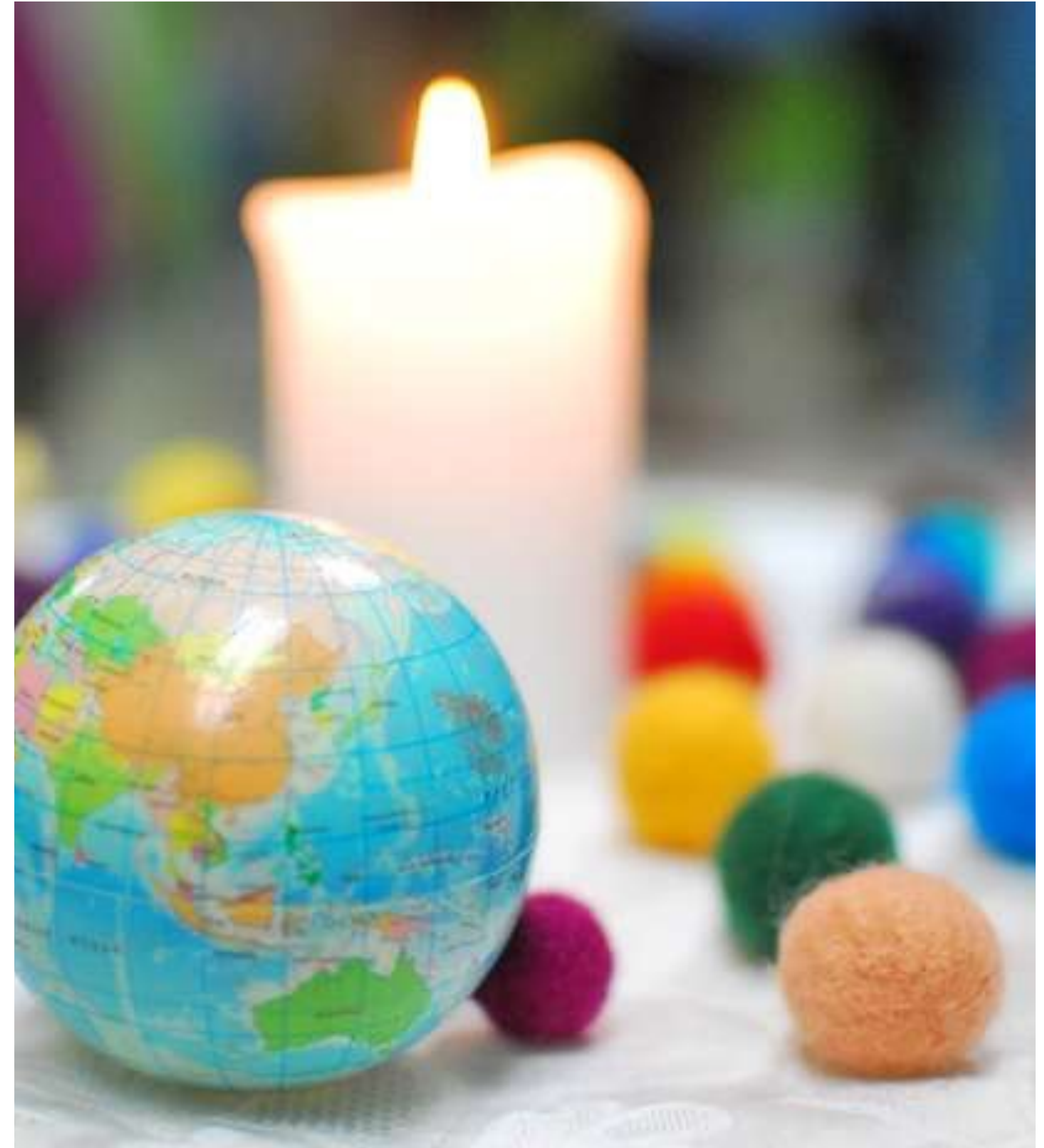
Participants speak:

His name

Chooses color and associates

Tutor speaks:

Practical instructions.



Needs everyone has

Physical security, air, food, water — which gives life the chance

Emotional security — which allows for joy in life

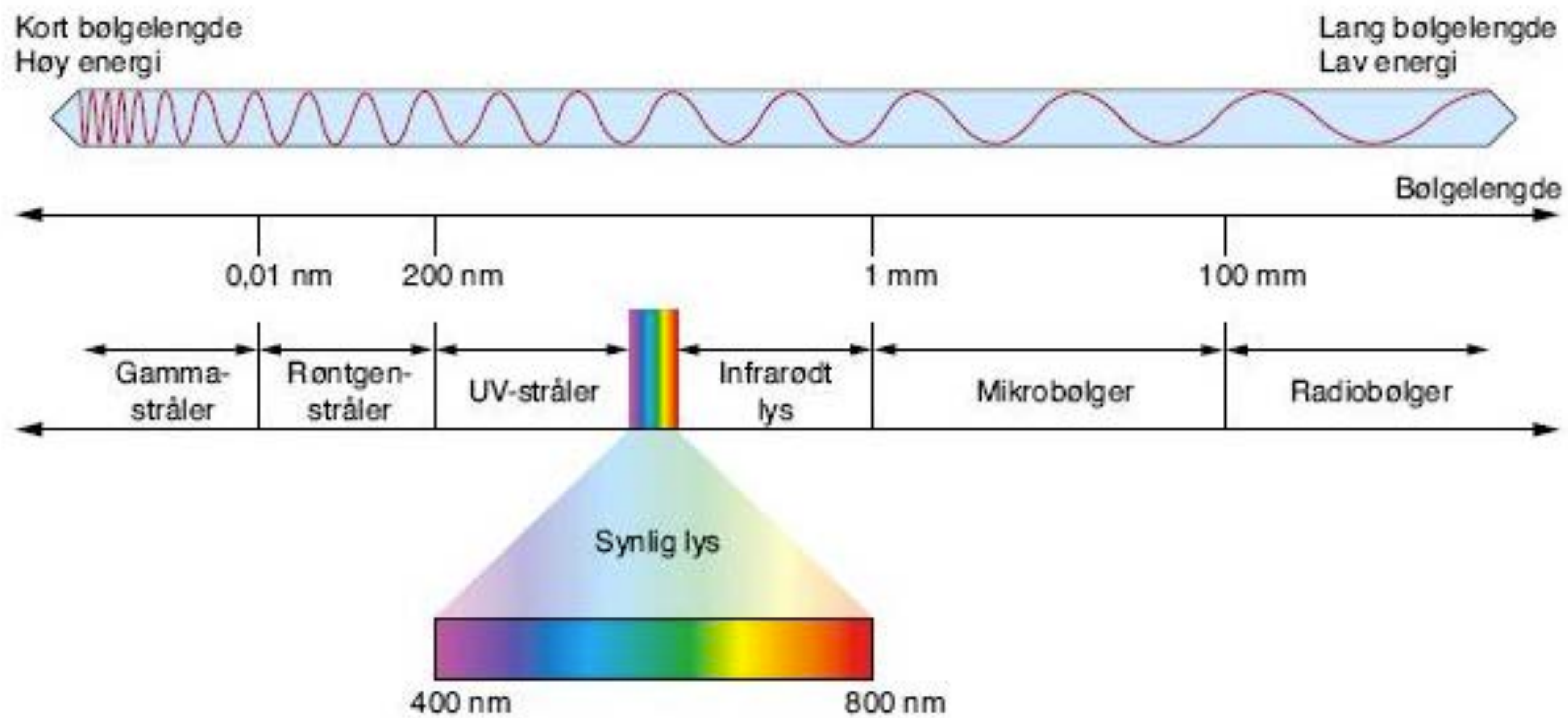
Concentration — which allows for learning

Love — give and receive

Communication — which gives the opportunity to speak the truth

Imagination — which gives the opportunity to see further

Create — which gives the opportunity to share and the opportunity





**One person is
responsible for handing
out paint**

**Help those who need
help to start**

**Tell about the
possibilities of the color
white**

**Fill the entire surface,
but sometimes it can be
a nice effect not to fill**









Text creation
Important to remind
ourselves not to take over,
Listen more than talk



We are “midwives/fathers of their own words.

We write verbatim what they say in a notebook, follow the pace and help where needed.

Finally agree with the artist what is the story, the message and what should be on the back of the painting.



Name, place and date

Title and text

2. PEACE

**Tutor speaks:
Calm for me is...**

**The participants
speak in turn:
Calm for me is...**

**When everyone has said something, you have
probably been through most of the areas in
connection with natural needs that everyone has.**



3. RECEIVE AND GIVE

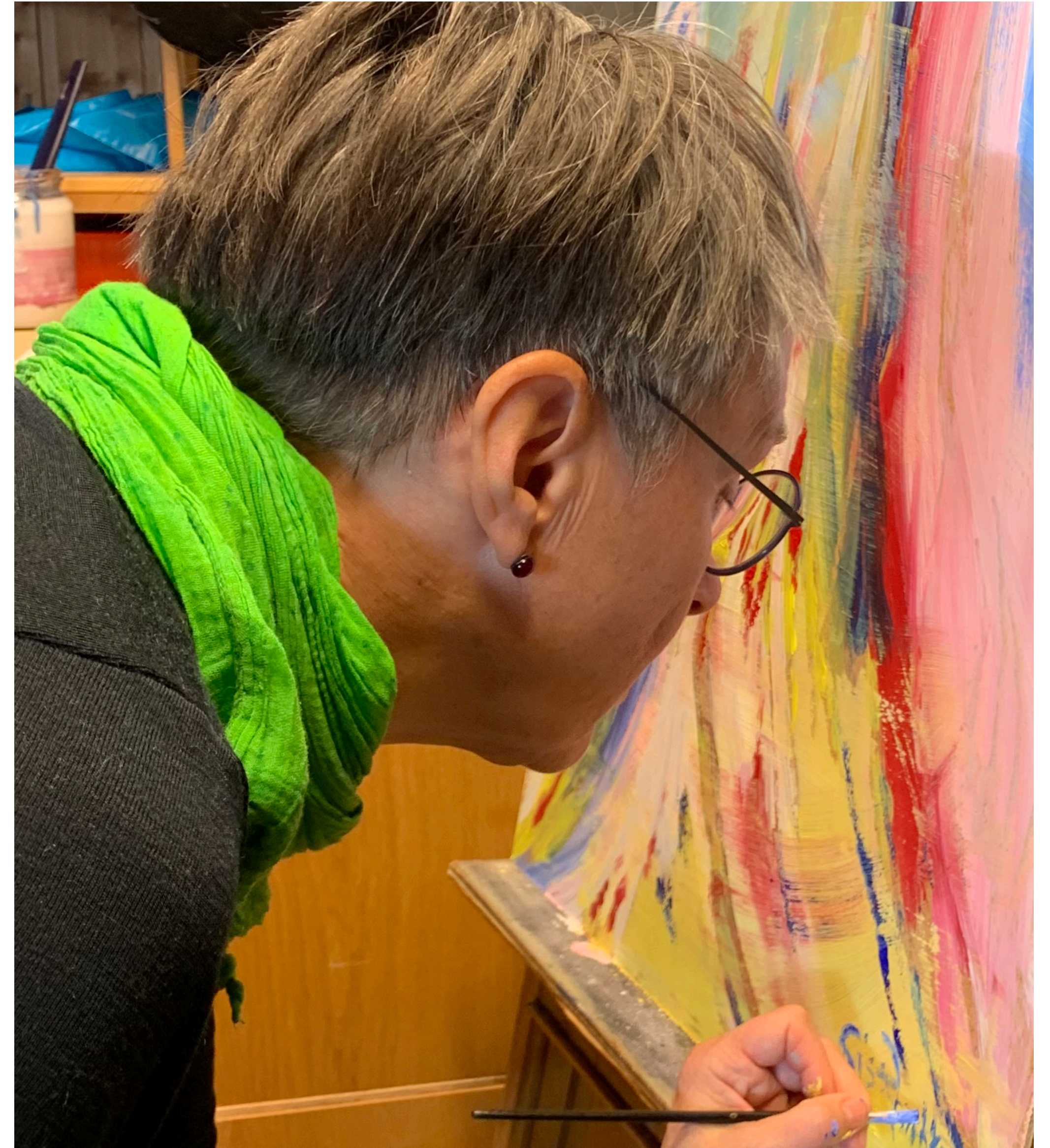
Everyone has the paintings in front of them and says the title and text, and ends with which to take home and which to give to collective exhibitions at home and abroad.

We talk about the purpose of the exhibitions and a little about Peacepainting and the local, national and international aspect and emphasize that peace-making work starts in the individual's heart.



4. TO SIGN

The supervisor talks about the importance of signing, to make oneself visible, to oneself and to everyone. If you do not have this part with you, it must at least be clearly stated on the back.

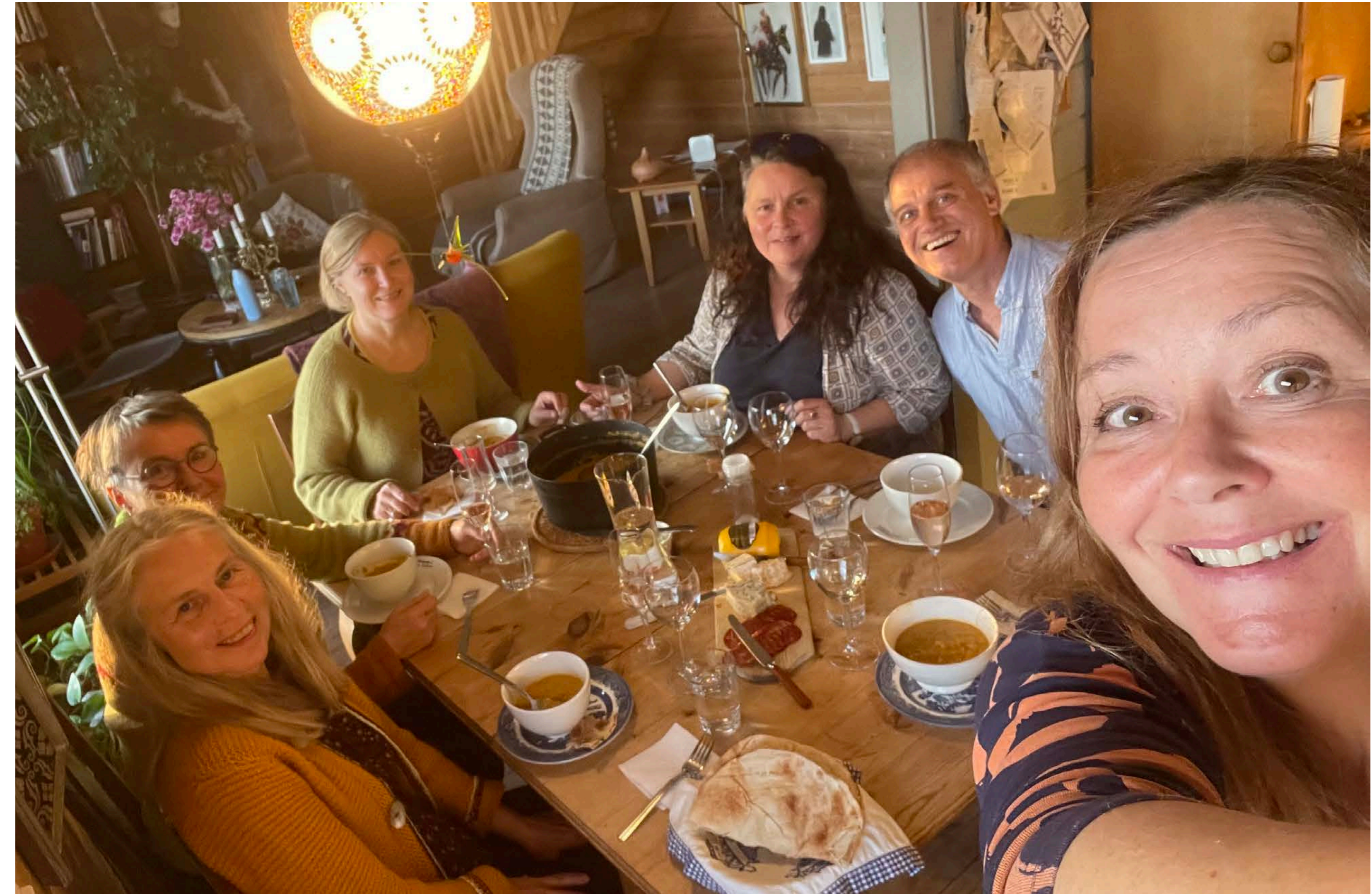


5. GRATITUDE

**When everyone
has signed and put
the paintings aside**

Everyone gathers again around the place of inspiration.

We (for example) hold each other's hands and the supervisor says thank you, on behalf of everyone, for what we have given and received from each other.



6. REMEMBER

**to take care of
yourself...**



EXHIBITIONS

**...in all possible places,
preferably where
decision-makers who
affect many people
are, f.i. City halls.**



Outside





TROMSØ AIRPORT



GALLERY 15

Culture departmente



NORTH CAPE



FN building Genova



EXHIBITION

**business
and
political
arenas—
everywhere**





**The colours are
the tool in the
dissemination of
values.**



**The colours open up
the intuitive
consciousness where
everything starts.**



**The result is that the
individuals see
themselves in a new
aspect: self-respect. They
come in contact with
their own creativity, their
own sources.**



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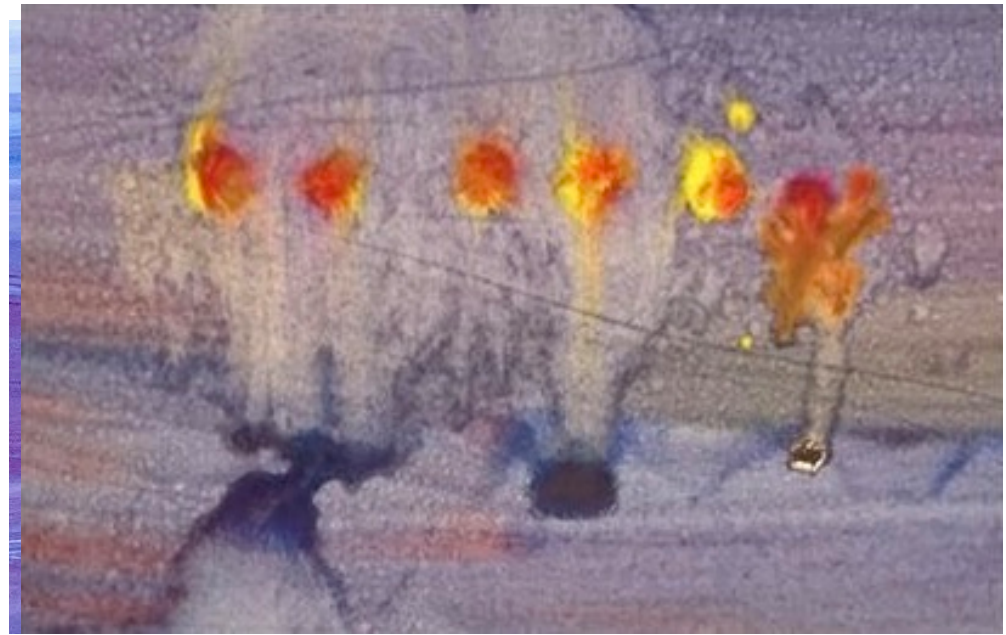
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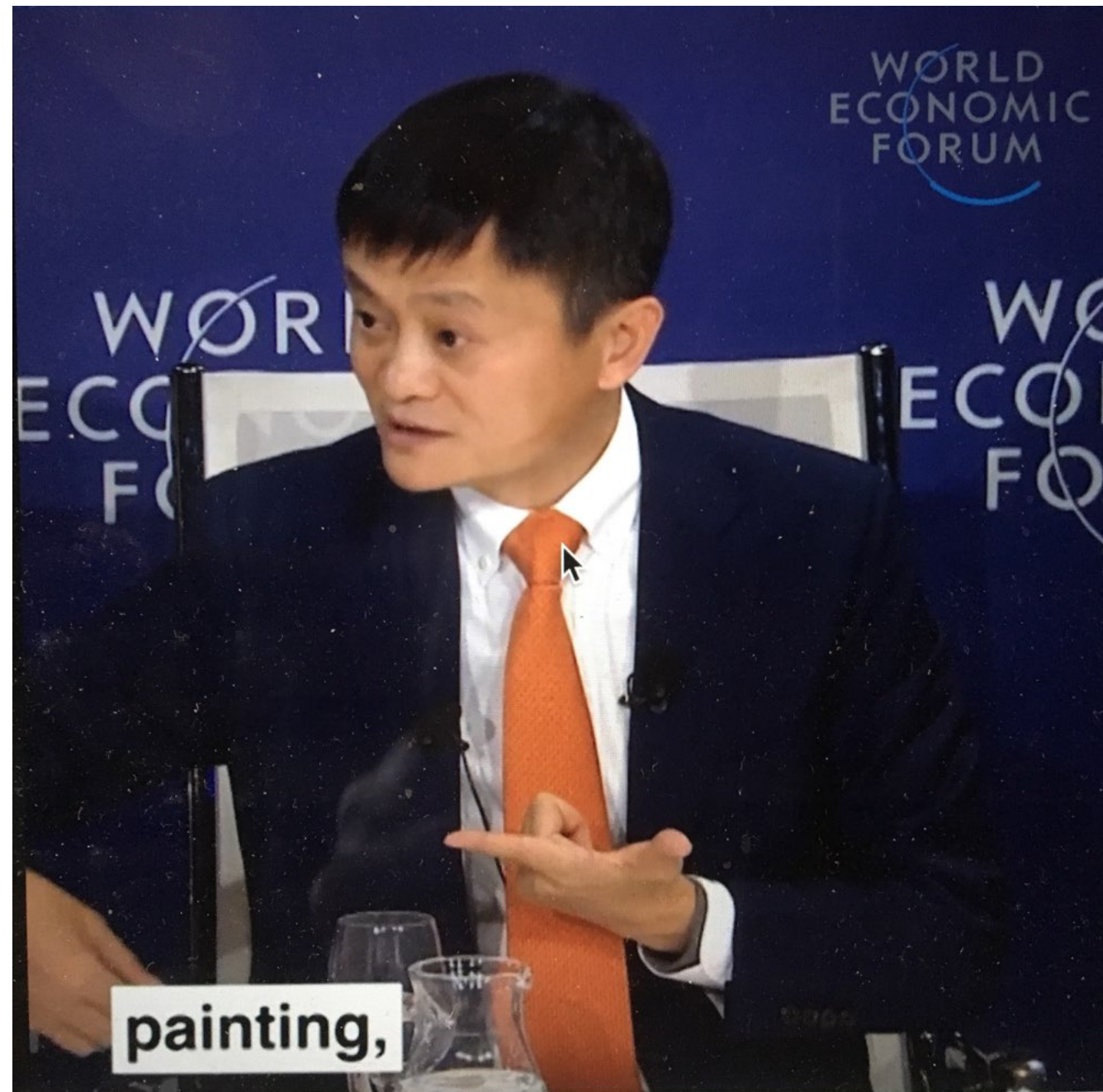


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**If the body is involved, new learning becomes easier,
to learn how to deal with difficult feelings.**



Jack Ma speaks in «world economic forum»

Independed thinking

Values

Hope/Faith

In order to reach the UN's sustainability goals, we must teach each other what computers cannot learn...if not, we will have big problems in 2030.

Cooperation

Care for others



Torarinn Ivarsson

ISLAND

Hanna Koskimies

FINLAND

Elena Nikitina

RUSSLAND

Malin Ekberg

SVERIGE

Annely Lember

ESTLAND

Gutta Voksne

LATVIA

Aistė Bartkevicienė

LITAUEN

Hannes Stockhammer

ØSTERRIKE

Véronique Sauvade

FRANKRIKE

Carlos Pimenta Dos Reis

PORTUGAL

Aldona Wawrzyniak

POLEN

Anna Kiss

UNGARN

Yordan Mihaylov

BULGARIA

Torben Henriksen

NORD KOREA

Abdelaziz Hassairi

TUNISIA

Ahmad Alshawa

LIBANON

Ali Badri

IRAN

Meskerem Assegued

ETIOPIA

Lahiru Fernando

SRI LANKA

Andrea B. Martinez

FILIPPINENE



The UN's sustainability goals:

- Ensuring good health and promoting quality of life for everyone, regardless of age,
- By 2030, ensure that all children, young people and adults acquire the skills necessary to promote sustainable development, including through education for sustainable development and lifestyles, human rights, equality, promotion of a culture of **peace and non-violence**, global citizenship and appreciation of cultural diversity and culture's contribution to sustainable development



Welcome to an exciting collaboration

We believe that peace begins in the heart of the individual. There is a point that wants peace - we want to help make this grow. Every time we look at each other with genuine respect, we increase the chance that equality will be the natural consequence.

