

RESTART - by SURVIVORS 2023 ©

Dedicated to the
Women Survivors,
whose resilience and
courage shine through
their works of art.

introduction



Within the pages of this art book, we invite you to witness the transformative power of creativity and the unyielding spirit of survivors. Courageous women from diverse age groups, languages, cultural backgrounds, and social contexts came together to harness their artistic expression as a means of reclaiming their voice, transforming their narratives, and inspiring change. Through paint, clay, and words they express their unique personalities and their individual stories –stories of strength, resilience, and the unwavering spirit of survival.

All contributors to this art book are women survivors of domestic violence who are serviced by the Association for the Prevention and Handling of Violence in the Family (SPAVO). They participated in a series of interactive workshops, designed and carried out by Room for Art, during which art mentors guided them to explore the dimension of self-empowerment through visual arts and creative writing with the intent of transforming their personal narratives from victims of violence into advocates empowered for their own positive futures.

Their works of art resonate with myriads of emotions and they stand as testament of how art plunges into the depths of human experience and how within art we find solace, a sanctuary, and encouragement to face our battles.

Erato Ioannou
Founder and Chair of the Board
Room for Art

Acknowledgments



We would like to express our deepest gratitude to our supporters and partners who have contributed to the success of Project **RestART – Empowering Victims of Domestic Violence Through Art** and ultimately to the creation of this art book.

RestART has been made possible through the generous grant received under the Active Citizens Fund Cyprus program, funded by Iceland, Liechtenstein, and Norway, through the EEA and Norway Grants 2014-2021.

We would also like to express our sincere thanks to the Association for the Prevention and Handling of Violence in the Family (SPAVO), whose support and partnership have been invaluable. Their commitment to preventing and addressing domestic violence has been an inspiration and their dedication and professionalism have been instrumental for the project's success.

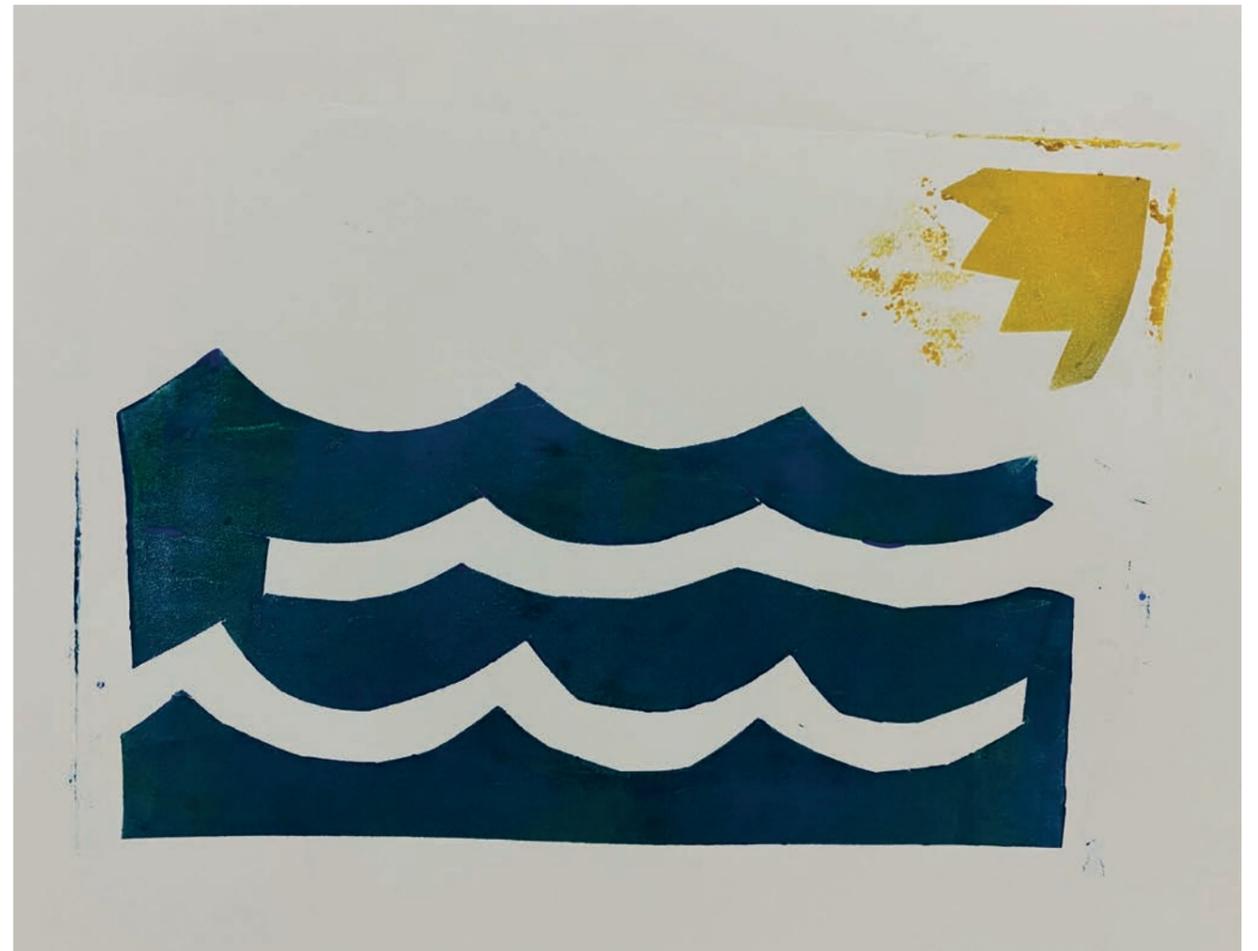
We would like to acknowledge the incredible resilience and bravery of the survivors who participated in our project. Their willingness to share their stories and explore their creativity has been inspiring. Without their artistic contribution, this art book would not be possible.

We are profoundly grateful for the involvement of all volunteers, personnel, art mentors, experts, and individuals who have supported Project RestART. Their time, energy and enthusiasm have made a significant difference in the lives of survivors.

We truly hope that together, we have contributed toward building a society that values empathy and social change. The success of Project RestART and the art book itself stand as testament to the power of collaboration and the collective efforts of passionate individuals and organizations.

Thank you all for your unwavering support and belief in the transformative potential of art.

Φτερά γυρίζουν.
Ηρεμία αέρα
θάλασσας τέλος.

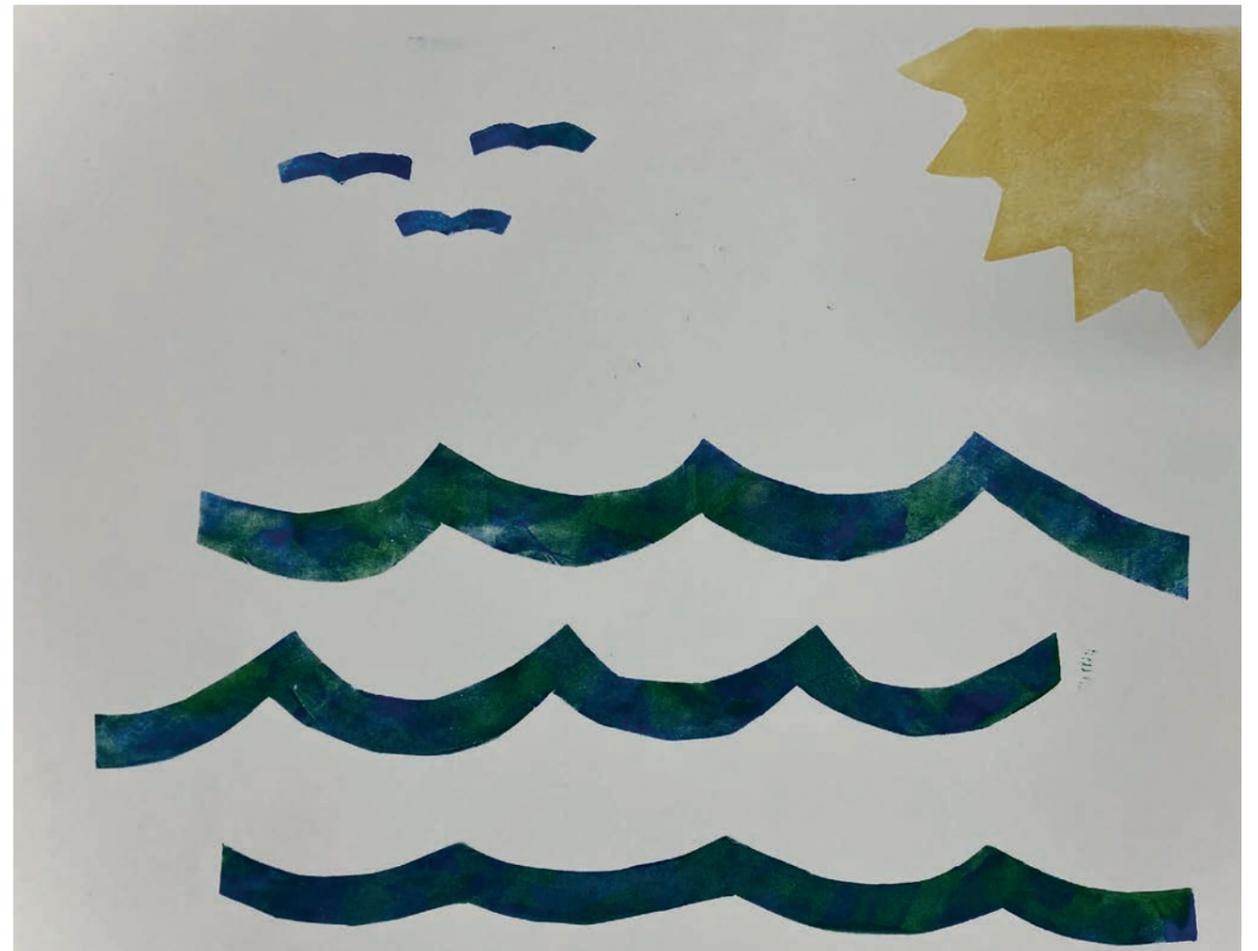




I am the sky
I am everywhere in the world
I am clear
And towering high
I am light and also blue
And at night I fill with stars
And so can you!



I am the moon that shines
I am the magic in the dark night
I am the moon that's so tranquil
I am always in the sky like a pin.



Παιδιών όνειρα,
σκουριασμένη η σκέψη
μέσα στη βρωμιά.





I am the moon ... like your eyes, serene

I am enchanting in the big sky

I am the brightness of pale stars

I am always captivating your eyes

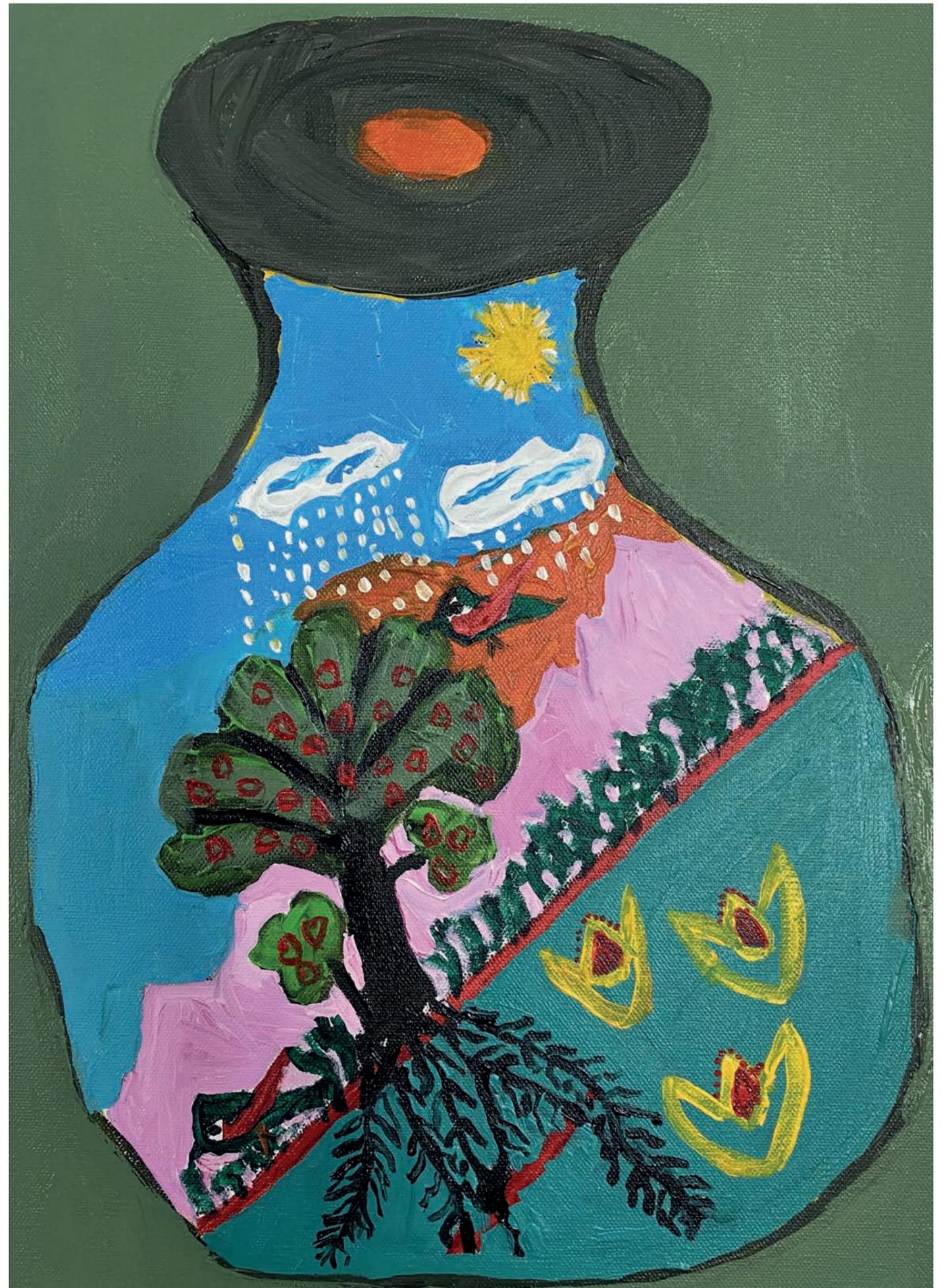
I am mysterious and

I

Am

Me





Καταιγίδα πλησιάζει.
Ο απογευματινός αέρας και η μυρωδιά της θάλασσας
ζωγραφίζουν το ηλιοβασίλεμα
αυτό το βραδάκι του Αυγούστου.



I like

I like the blue, which is fine and clean.

I like red roses

their color is strong.

I like the piano music all over my body,

I like spicy and fiery tastes.

I am the colors, and the music, and the taste of life.







I am the river that runs through the hills
I am sparkling water.

Everything is so quick in the morning,
but I am peaceful.

I am full of energy and life.

It's refreshing to just be myself,
and let life be.

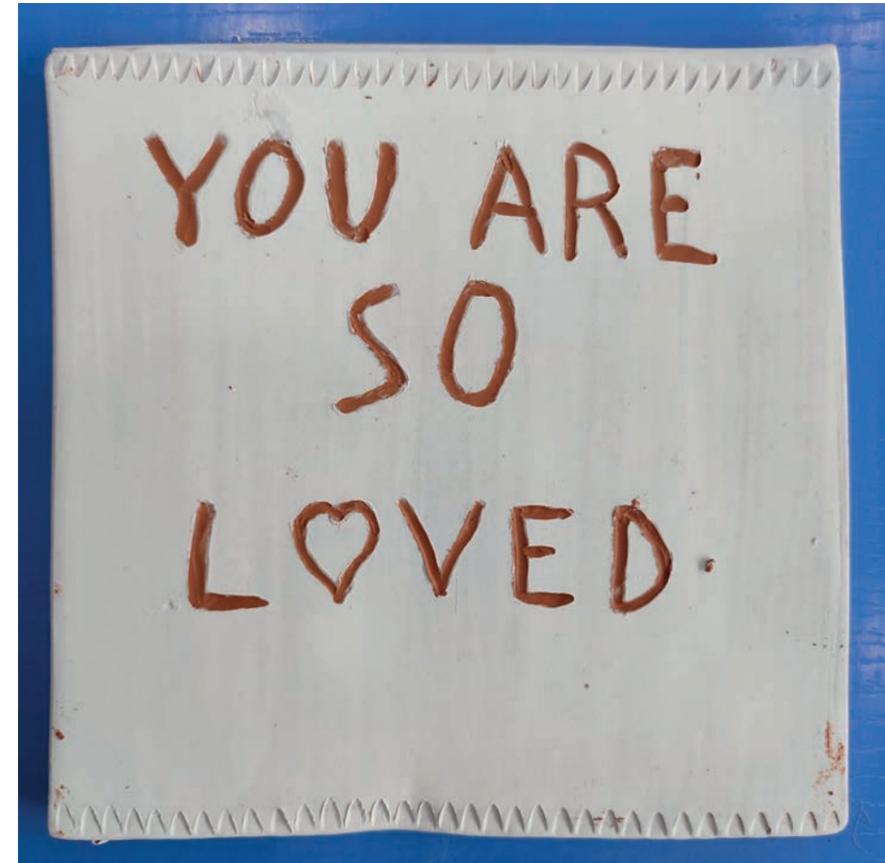
I am black, very exceptional, and extremely good
I'm proud to be black.
I am blessed by God
with this color.

I am a drum
so energetic
and I can deal with every danger,
and life difficulties.
Strong and loud like a kingdom.
Nothing makes me scared.

I am salty and sweet
I taste amazingly.
Healthy with vitamins.
No one can stay away from me
after tasting me.

I am the forest.
I am like nature that gives all people positivity,
clear mind, and health.
Responsible for life in general.

I am smooth and hard.
Very smooth when you deserve it or earn it.
Hard also because I don't take bullshit from anyone in this life.





Ευλογία είναι να αγιάσει και να αγαπιέσαι
Ευλογία είναι να πετάς ψηλά με τα όνειρά σου
Ευλογία είναι η ομορφιά τούτου του κόσμου που
έφτιαξε για εμάς η μάνα γη
Ευλογία είναι τα δέντρα, τα βουνά και τα νερά
που μας κάνουν ευτυχισμένους ...





Party

I hear the crunch
I see people whirl and dance around
the rose garden
I feel the ground hard on my feet
I taste smashed peanuts in my mouth





Αετός χαρά
παρμονεύει σιγή
ελπίδα ζωή.

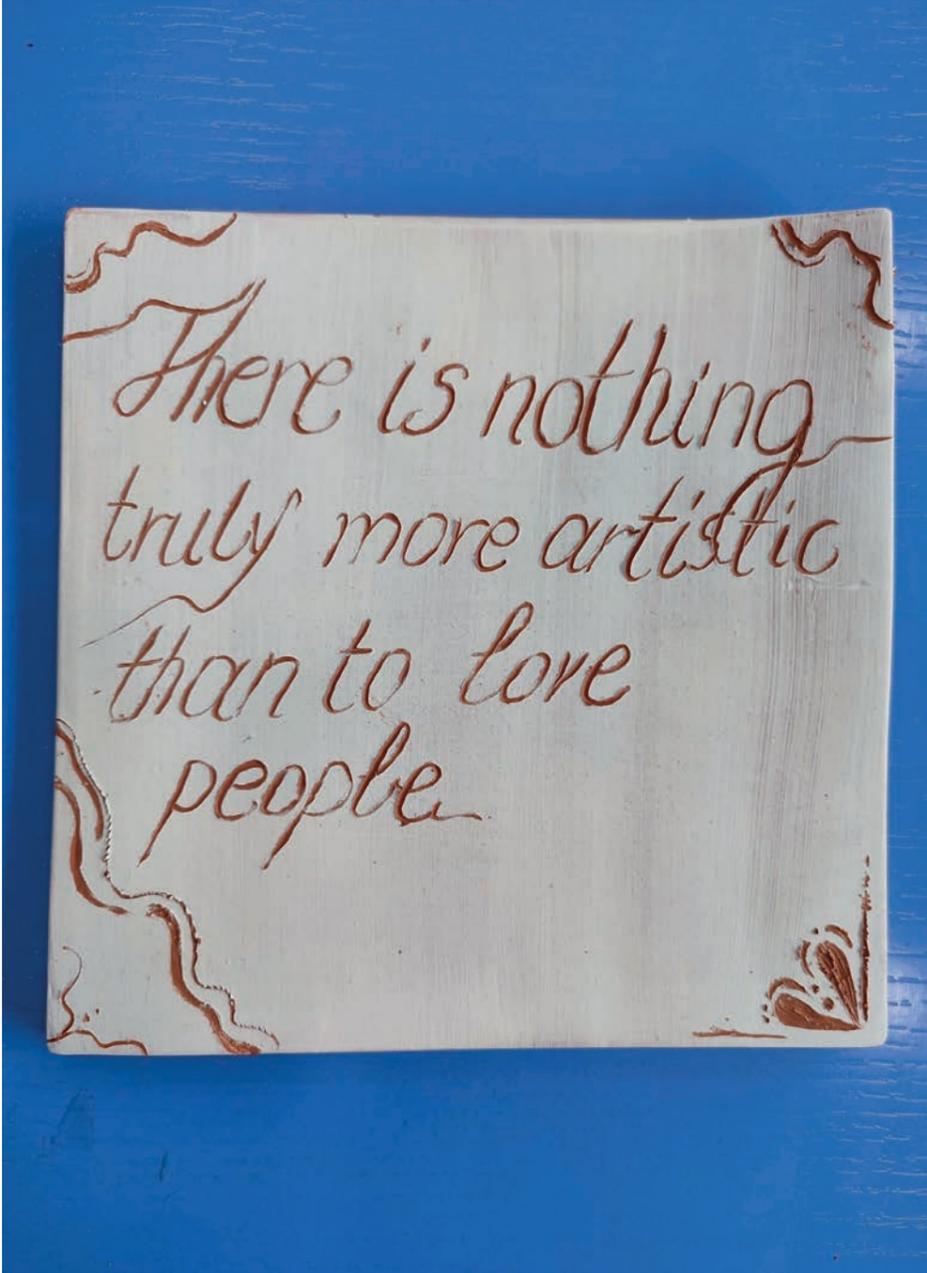
I hear music in the raindrops
I see it in the sky
I smell a book on the hard table
I want a cup of coffee

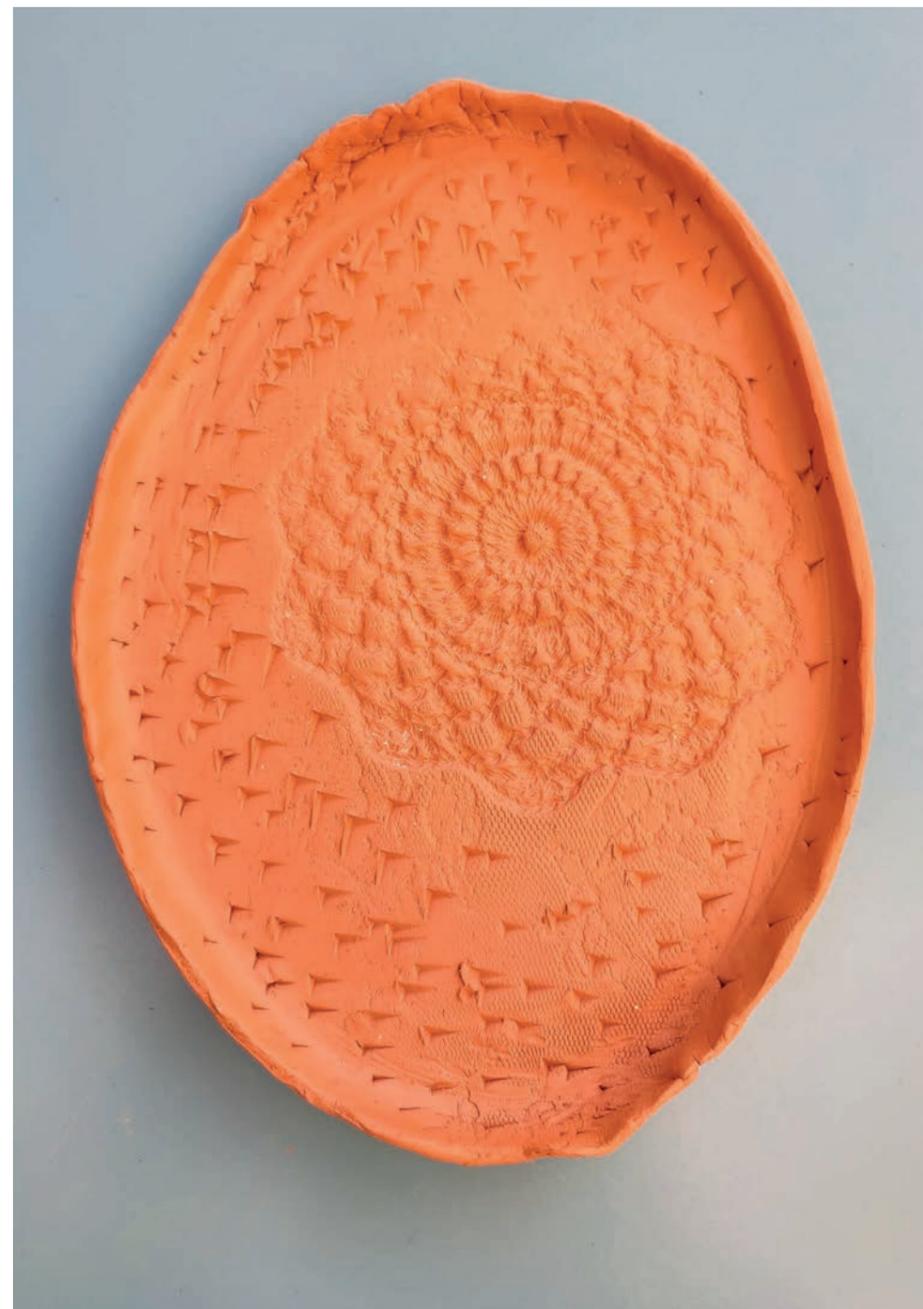




I am here and I forget my past
I see the sky
I smell the rain, I hear the sound
I touch the rain
feel so relaxed
I taste the water
I need the summer









I like yellow, which is like a butterfly

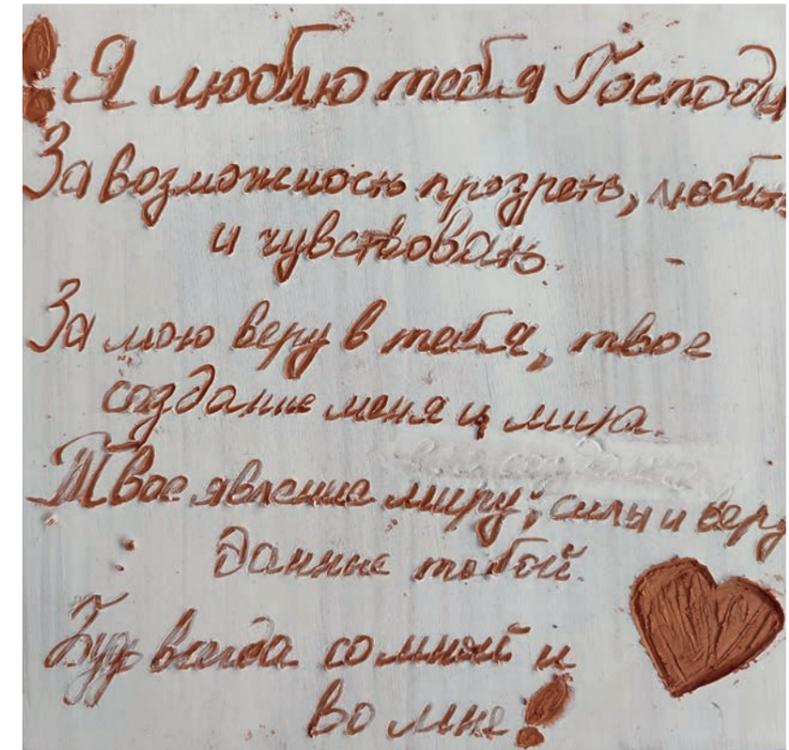
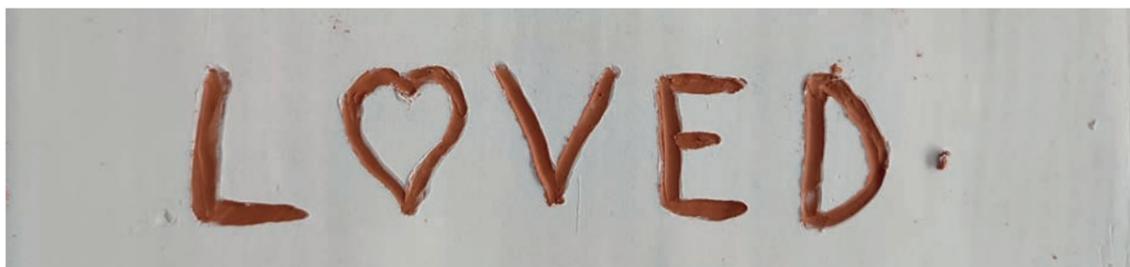
I like the guitar because of its loud sound and joy

I like spicy because the taste is so good

I like a pink rose because ...



Αν ήμουν συναίσθημα θα ήμουν αγάπη
Αν ήμουν βροχή θα κυλούσα παντού, να θεραπεύω
Αν ήμουν ουρανός θα αγκάλιαζα όλες τις ευαίσθητες ψυχές





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