

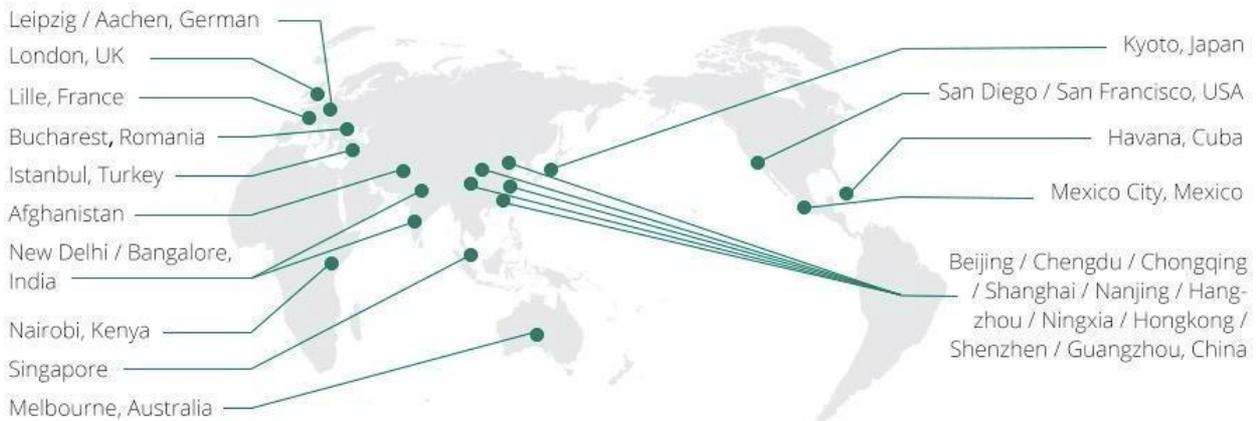
VIVA Workshop



Welcome to be a VIVA experimenter!

Viva la Vida is a cross-cultural IP with global influence. Our purpose is to inspire people to explore issues related to the philosophy of life in a humanistic and artistic way. So far, VIVA has covered more than 60 countries and regions around the world, collected tens of thousands of life portraits, and held more than 200 events by VIVA experimenters from all over the world.

As long as you are willing to understand and appreciate the possibilities of different lives, we invite you to hold a life art experiment. To become a VIVA experimenter, you will be an "observer", "recorder" and "collector", using the most direct and sincere way to record all kinds of life stories.



In this guide...

You will know:

What is the VIVA Workshop?

Factors of a successful event

How to successfully hold a Workshop?

You will get:

Activity process suggestions

Activity recommendations

Question cards

VIVA information

In what scene do I carry out the VIVA workshop?

"Empathy, curiosity, and truthfulness" are the values of the VIVA workshop. You can choose to carry out VIVA workshops in scenarios such as supporting education, visiting orphanages, volunteer services, public welfare services, and various on-spot activities. In a well-decorated indoor place, gather everyone together, draw together, and share their own stories.



Am I ready?

Am I mentally ready?

1. Empathy Preparation: Put yourself in the minds of workshop participants and imagine what they will feel about the design of the workshop.
2. Draw a life portrait by yourself and experience the complete process; portraits can also be used to guide others to draw life portraits. Introduce your portrait, and make the activity more immersive.

Have I chosen a good theme?

You can continue to use VIVA's topic "What is life", or you can choose any topic that interests you.

You can start from a specific group of people, such as doctors, children with autism, etc., and then conceive the theme; you can also start from the theme, such as "home", "war", "travel", etc.; it can also be based on your location and your identity, for example, you are in turbulent Afghanistan, or you are a scholar. Please give full play to your brain and mobilize the tentacles of inspiration.

You can also follow the "VIVA WeChat Official Account" or enter the "VIVA Official Website" to look at the collected global life portraits to find inspiration and resonance.

Have I decided on the venue and the number of participants?

10-30 people are the recommended number of participants for holding VIVA workshops. You can hold workshops in places determined in advance with related organizations, such as school classrooms, corporate offices, cafes, and dedicated activity rooms; the duration ranges from **30 minutes to 1 hour and 30 minutes**, and can be arranged flexibly according to specific circumstances.

Are all my materials ready?

- Color pens (color pencils, watercolor pens, paints, etc., about 2-3 people per box)
- Black pens (used to fill in personal information and descriptions of paintings)
- Print about 50 sheets of drawing paper (depending on the number of participants)
- Question cards (A4, depending on the number of participants)
- Phone or camera (used to record the moments of the activity)
- Sharing VIVA PPT (recommended if the activity time is more than 40 minutes)



Activity process suggestions

Time	Process	Process Details	Remarks
15-20 mins	Activity Preparation	The experimenter arrives in advance to set up the venue and test the equipment	If you cooperate with other organizations, please arrive in advance and rehearse quickly with the co-organizer and set up the venue before the participants arrive
5-10 mins	Warming up	Self introduction & warm-up game	Please refer to the "Warm-up Activity" in the appendix "Activity Recommendations"
10 mins	Sharing VIVA	1. Introduce VIVA; 2. Introduce the activity process of the day; 3. Examples of paintings	Please refer to the "template PPT", which can be adjusted according to different audiences; examples of paintings are designed to enhance inspiration, resonate and inspire drawing
15 mins	<i>Read Me Like Art</i>	If there is plenty of time, you can start a two-person interactive painting session to open up the creative world	Please refer to the "Two-person Interactive Painting" in the appendix "Activity Recommendations"
15-20 mins	Main Activity	Single-person exploration, creating life portraits	Distribute drawing paper and guide participants to draw, write down stories and leave messages according to the theme
20 mins	Communicating	Sharing and Q&A	You can refer to the "Question cards - after completing the life portraits" section to dig out the story behind the portrait
5 mins	End	1. Confirm the complete collection of information; 2. Scan QR code to follow VIVA Official Account	For more excitement, please visit "VIVA Official Account" Online Art Gallery

If you have any questions or ideas, please feel free to contact the responsible partner!

Appendix

Activity recommendations

Warm-up activity **Call Me By Your Name**

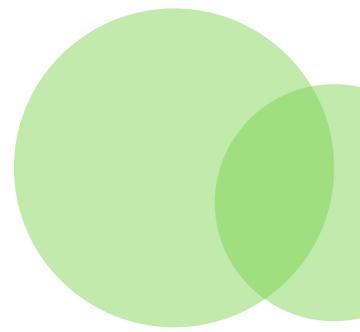
Game Goal

As a warm-up event, it helps everyone to show themselves through action and promote mutual understanding. Perhaps during the process, the event participants could not think of what to do, or felt embarrassed when called by their names in public. These are completely normal. Maybe you will feel differently after the game.

Game

Process

1. Divide into groups of 10-15 people and form a circle;
2. At the beginning of the game, the first person calls out his own name and makes an action on his behalf, such as "Xiaoshu - high-five with both hands";
3. After the first person has finished, the second person repeats the first person's name and action, and after uttering his name and making an action on his behalf, pass it to the next person; the next person repeats the names and actions of the first two people, adds his own name and action, and pass them on to the next person...
4. If someone forgets the names or actions, you can set a small punishment for him, such as singing a song;
5. The game ends when the last person in the circle repeats everyone else's names and actions.



Game Goal

Open up and communicate with your friends and share each other's lives. Then pick up the paintbrush and draw the picture of him/her in your heart to complete the very first experience of life portrait.

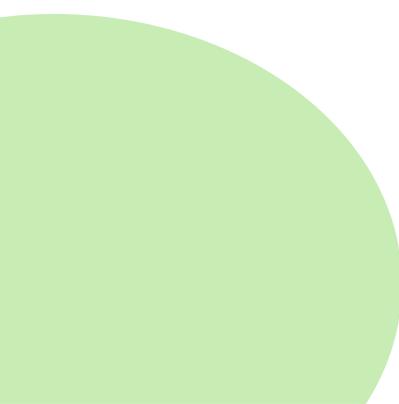
Game

Process

1. The host asks all participants to split into two-person groups, and give each participant a question card and blank paper;
2. The host plays some relaxing music, and everyone spends 5 minutes silently observing their partners;
3. The host sends a question card to each participant and guides them to use the questions on the question cards to ask each other; if you do not use the questions on the question cards, you can also write the five most curious questions about each other on the back of the question cards. For example: you have a rainbow-colored bracelet, so is it because you are very hippie, or is it because you support LGBTQ, or something else?
4. Both parties communicate the questions written on the question cards;
5. After the chat, each pair of participants draw life portraits for each other based on their understanding of each other;
6. Finally, the pairs exchange and share and present life portraits to each other.

Materials Needed Preparing

1. 1 piece of VIVA drawing paper and colored pens per person;
2. Refer to the "Prompt question cards" and prepare a question card for each person to **ask/write down the question (back)**.



1. Activity recording

Recording of the dialogue contents: You can firstly record the whole activity with *a recording pen*, and you can also make limited records of important contents during the activity. After the activity, refine and sort out the dialogue views through the recording (this step can be handed to VIVA partners).

Organizing photos and videos: Take photos or videos of recording significance on site. They can be pictures of guests giving speeches, or the round of discussion or sharing, leaving the highlight moments of the activity.

Topic dialogues: Conduct special dialogues after receiving the consent of the guests, which can be audio or video recording, to give a more comprehensive and complete presentation of their personal ideas.

2. Activity feedback

1. Send the recorded and sorted words, recordings, videos, and photos to VIVA staff.
2. Summarize the work, make an overall evaluation of the activity, share the feelings and gains of the interview, as well as the inadequacy of the activity, and finally complete the feedback with VIVA staff through online meetings.
3. Check out the tweets of activity record on VIVA official account.



Read Me Like Art Prompt question cards (recommended to print this page)

What makes life worth living?
什么让你感觉活着是值得的?



What is your current state of mind?
你现在的心境如何?



What is your idea of perfect happiness?
你觉得完美的幸福是怎样的?



What is something that you should throw away but cannot?
你有什么应该丢掉但总舍不得丢掉的东西吗?



What was the most defining moment in your life during this past year?
去年你经历了什么重要的改变吗?



What one 'need' and one 'want' will you strive to achieve in the coming year?
你下一年有什么一定要达成和想要达成的愿望吗?



What is the nicest thing that someone has ever done for you? 分享一个别人对你做的一件善良的小事儿吧~



If a crystal ball could tell truth about your past, present or the future, what would you want to know?
如果一个水晶球能够告诉你关于你过去、现在和未来生活的真相,你最想知道哪个?



Question cards - after completing the life portraits

Why did you use this color in your drawing?
在生命画像里为什么使用这个颜色？



What emotions do you experience when you draw?
你画画的时候, 什么情绪在主导你？



What does this object mean in your drawing?
这个在你的生命画像里代表什么？



What experiences inspire you to draw this?
是什么经历让你画了这幅画？



Why is this person/thing important to you?
为什么你画的这个人/物件对你很重要？



What have you thought about drawing but did not put it here?
Why?
你有什么想画但是最后没有画上去的东西吗？为什么？





Youtube Link:

<https://www.youtube.com/watch?v=Zzmmh6zGjew>

Scan the QR code below to enjoy more VIVA paintings and get VIVA information!



WeChat
Official
Account



Official
Website

Instagram:
vivalavidahuman

Facebook:
Viva La Vida