

## 24<sup>th</sup> International Project Week 2022 09<sup>th</sup> – 13<sup>th</sup> May 2022

Lecturer: Grażyna O'Sullivan

University/Company: Grażyna O'Sullivan

Country: Poland

## Developing confidence and creativity through pouring art

**Content:** The purpose of the course of pouring art is to stimulate students' creativity and to help them cope with stress. Pouring techniques of creating pictures do not require traditional painting skills, but they still allow achieving stunning effect. On the other hand, the process of pouring acrylic paints is very captivating and helps release stress.

Methods: Lectures, discussions and practice of acrylic pouring.

**Competences and skills to be acquired:** Basic knowledge of modern art, practical skill of creating paintings using various pouring methods.

Prerequisites: Good level of English, sensitivity to colours

Language of instruction: English