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Ev Sahibi Kuruluş- Host Org.	Asociația SUPER TINERI (ASIRYS)
Proje Adı- Project name	Arts Lab 6.0
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Honestly, it's hard to find the right words to describe this experience—it's been so many things all at once. Scary, exciting, frustrating, enlightening, exhausting, rewarding. It had the good and the bad, the happy and the sad—and at the end of it all, it was so worth it.

Over these 7 months, I experienced things I probably never would have in my entire life, and it's been transformative.

I would say that the most valuable lessons I've learned are probably a mix of both personal and professional. As a Ceramic Artist, professionally, I'd say learning how to use art to work with such a wide range of individuals—especially young people with diverse needs— through workshops and art residencies as well as creating personal artworks has been the highlight of this experience. Personally, I've discovered a lot about myself just by seeing how I exist and interact with both people and situations in a completely new environment. I think the real impact of those discoveries will become even clearer as I move forward in life.

When I look back at the whole experience, it feels like a tangled bundle of emotions. I've gone through all sorts of feelings, but if I had to name the first few that come up, they'd probably be:

Warmth – for the people I've met,

Exhaustion – from the amount of work,

Gratefulness – for the opportunity to live it all.

This whole journey has been one wild roller coaster ride. There were definitely moments of stress, frustration, and burnout. But at the same time, I've met the most wonderful humans, shared space with brilliant artists, and found ways to leave a mark in a place far from home.

I've learned and felt so much and I'm incredibly grateful for this experience—from the deepest parts of my heart.

I would totally recommend the project to other people. Yes, it comes with many difficulties and challenges, but I believe that the final outcome and growth you walk away with from such an experience is far bigger than the tough moments. Getting to contribute something you're passionate about is such a privilege, and I think everyone should try at least once if they can.



GHDer
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