

# Migrating bodies and their stories

November 18. Saturday  
13 – 15:30pm

Exploring invisible narratives of  
migrant women and voicing them  
through photography

Creative Embodiment  
and Photovoice Workshop

Facilitators:  
Marija Mitic - Dance therapist and researcher  
Debra Tempesta - Cultural worker and photographer

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# ***How does it feel to be a migrant woman? What does your body know about that? What kind of stories it yearns to tell about your experiences?***

If you resonate with those questions, this workshop is for you. You will have an opportunity to explore these and similar questions in a joint co-creation process with other women. The workshop combines embodiment techniques with the photovoice method to facilitate exploration of invisible migrant women's stories.

This is a first in a row of experimental workshop series, which aims to explore if/how can these methods be used as a means of empowerment for migrant women. We are inviting you to join us on this journey. Final photo stories will be kept private or shared with the public, depending on a group agreement.

**Stage 1. "Sensing into pieces" - an embodied group/individual exploration (45 min.)**

**Stage 2. "Finding and capturing images" - an individual photo journey outdoors (45.min incl. brake)**

**Stage 3. "Assembling pieces" - Group reflection & individual integration (45 min.)**

**Stage 4. "Telling your/our story" - (optional) online collaborative integration of photovoice stories toward a joint creative output (60-90 min. in the week after, depending on the group agreements).**

Format: group workshop with 4–6 participants; 2,5h on the spot plus 1-1,5h online

Structure: 3 stages x 45 min including break on the spot + 1 - 2 hours of individual work online\*

What do you need? A camera (the one from your phone also works) comfortable clothing for moving inside and warm clothing for spending time outdoors, a personal journal (if you have one)

**The workshop is free and open for all women who self-identify as migrants. No previous experience in photography or movement is necessary. A binding registration is a prerequisite for participation, due to limited capacities. Please get in touch if you have any questions. We are looking forward to embarking on this creative journey with you :)!**