

## VR WORKSHOPS

At Kunsthalle Hannover, a series of workshops on virtual reality and Tilt Brush was organized for two distinct groups: children from German families and children from Ukrainian refugee backgrounds. These transformative workshops were expertly conducted by the talented Ukrainian artist, Vira DG.



These unique workshops had a profound cognitive and therapeutic dimension, delving into the realm of mental health and well-being. They provided participants with a safe space to explore their creative potential, offering a therapeutic outlet for self-expression and healing.



In the virtual world, where solitude and emptiness may prevail, these workshops empowered individuals to become creators of their own realities. This immersive experience allowed them to channel their emotions, thoughts, and aspirations into tangible artistic expressions, fostering a sense of agency and control.



Moreover, the workshops facilitated a collective journey towards healing and connection. Participants were brought together in a shared virtual space through Multi Brush, where they assumed avatar identities. In this collaborative environment, they not only interacted and communicated with one another but also engaged in the collective creation of artwork. This experience of shared creativity and social interaction proved to be a powerful tool for promoting mental well-being, fostering a sense of belonging, and providing therapeutic support.



These workshops not only introduced participants to the exciting world of virtual reality but also demonstrated the profound potential of art and technology in promoting mental health and building bridges of understanding and empathy among diverse communities.



