

Håndverket gjør oss til
mennesker og gir livet mening

Charlotte Engstad, håndvevermester





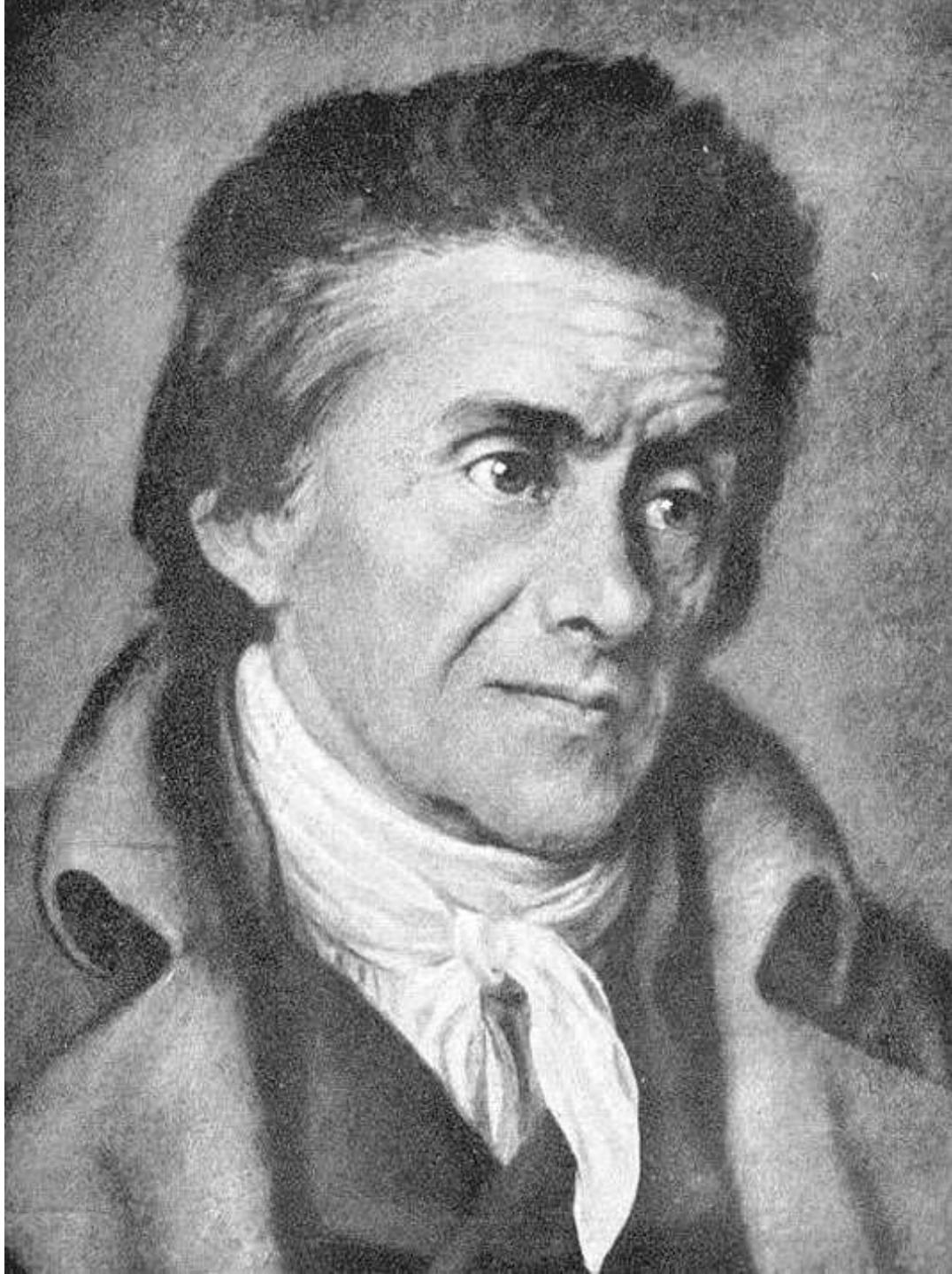












Hjerte, hode og hånd

- Durch die Ausbildung von **Herz, Kopf und Hand** soll die Erziehung eine harmonische Entwicklung fördern. (...) Dabei ist darauf zu achten, dass sich alle drei Elemente im Gleichgewicht befinden.
Johann Heinrich Pestalozzi (1746 - 1827).



Look to Finland!

- Faget crafts = håndverk er obligatorisk
- 1. + 2. klasse: 4 timer, valgfritt 5
- 3.– 6. klasse: 5 timer, valgfritt 6
- 7.- 9. klasse: 2 timer, frivillig 5





verktøyet

I begynnelsen var ordet



Hakkeverktøy
i stein
Olduvai,
Tansania
1,8 mill år



Håndøks
Olduvai, Tanzania
1.2 – 1.4 mill år



Montastruc, Frankrike, 13'000 f. kr.



Lascaux, 17'000 f. Kr.



Håndverk forbinder generasjoner og
kulturer





















Og ka e det du driv med?

Æg e håndvever.

Ka du sa for nåkka?

Æg e håndvevermester, æ lage stoff, f. eks. til bunad

Okei, du syr bunad!

Nei, æ lage stoffet, det man syr i. Se ned på buksa di!

Hæ?!

Den jeansen du har på dæ, det stoffet kan æ veve, hvis æ vil da. Og så e det noen som klippe i det og syr og laga buksa di.

Hvor kommer melka fra?

Heltre eller finer?

Hvordan er prosessen fra sau til garn?

Hva er smijern?

Randsydde sko?

Hva er en gjørtler?

Beksømstøvel?

Og hva skjer når byråkratene heller ikke vet?



Trondheimsfirma dømt for skader på Tingvoll kirke

Middelalderkirken i Tingvoll i Møre og Romsdal ble påført skader under restaureringen i fjor sommer. Nå er selskapet KulturminneCompagniet dømt i saken.

Den hjælpeløse konsumenten





How the customer explained it



How the project leader understood it



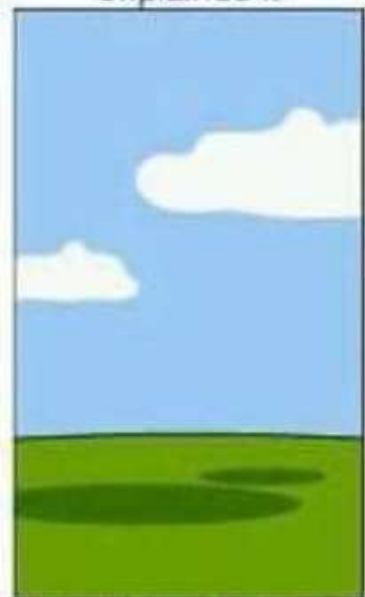
How the engineer designed it



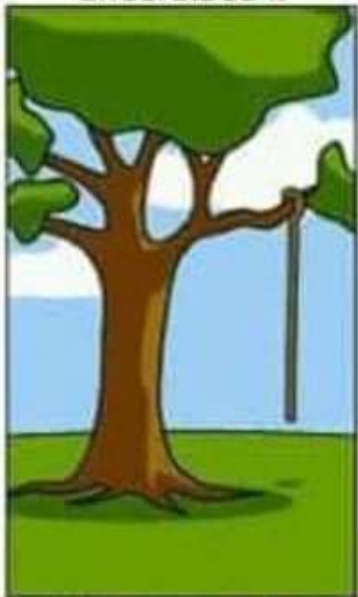
How the programmer wrote it



How the sales executive described it



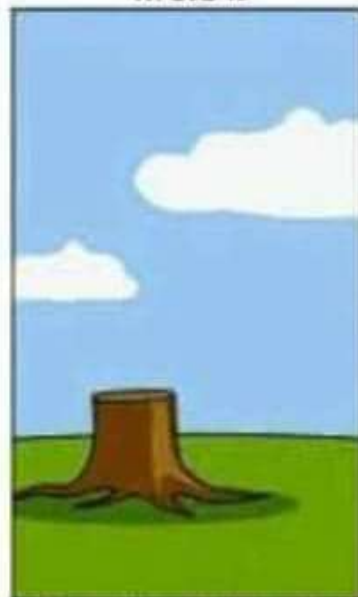
How the project was documented



What operations installed



How the customer was billed



How the helpdesk supported it



What the customer really needed

Ho traff spikeren på hodet med det ho sa

Det va som å bære sprikjande staur

Ho e et skikkelig hespetre

Han fikk ei ordentlig overhøvling

Ho kom gjennom nåløyet

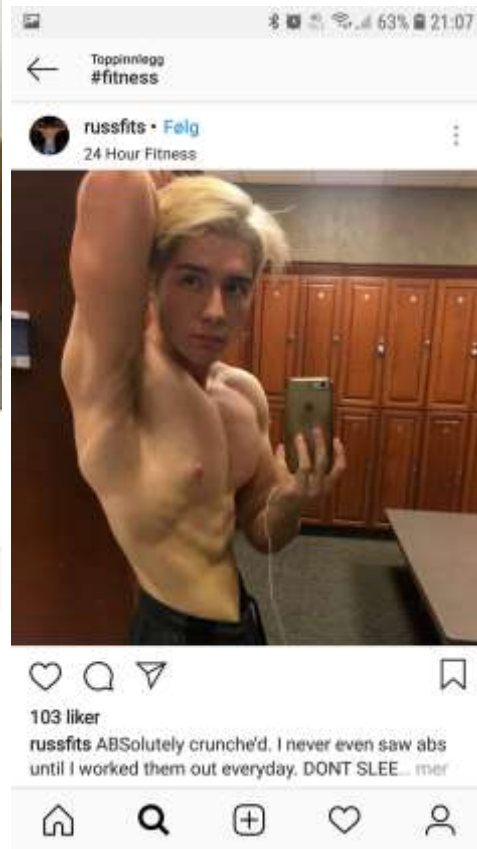
Skomaker bli ved din lest

Han passa på som en smed

Han har ti tommeltotter, men hva er nå så galt med det?

Det moderne, vestlige mennesket:

I skvis mellom skjermen og
Instagramkroppen













nfhussflidenmoss







creo

~~Cogito, ergo sum~~

Konklusjon

- Å utøve håndverk er en viktig del av det å være et helt menneske: Hjerte, hodet og hånd i balanse
- Å bruke verktøy og forme materialer er det som gjorde oss til mennesker i første omgang
- Håndverk binder sammen generasjoner og kulturer

- Håndverk lærer oss om materialer, ressurser og kvalitet
- Håndverk gjør oss til bevisste forbrukere som reparerer og tar vare på miljøet
- Utøvelse av håndverk gir praktisk livsmestring
- Håndverk har en stor positiv innflytelse på livet til utøveren

Referanser

- BBC «A History of the world in a 100 Objects»
- Howard Risatti, A Theory of Craft – function and aesthetic expression
- Sinikka Pöllänen (2015) Elements of Crafts that Enhance Well-Being, Journal of Leisure Research, 47:1, 58-78
- <https://www.utu.fi/en/sites/nordfo2016/program/Documents/lepisto.pdf>





- crafting as a meaningful activity helped the female craft makers to feel free from timetables, duties, responsibilities and troublesome thoughts, even if only for a moment
- This aligns with Mason's (2005) comments that crafting helps to bind the craft makers symbolically to the larger environment of family, friends, neighbours or other groups
- In addition, the findings showed that crafting helped to organize thoughts and feelings; it promoted personal space, self-expression, life-long learning and the development of physical and cognitive skills.
- As Anttila (1993) and Collier (2011) have noted, the multi-channel characteristics of crafts led to the responsiveness to raw materials, the mastery of one's skills and the corporal act of doing. Seeing and touching had supported this process, which points to the significance of bodily experiences in crafts. The analysis revealed that feelings of agony or pain could be pushed away and turned into bodily activity or symbolic imagery by hand work



- The findings of this study revealed that craft making as an activity makes it possible to settle goals which could be achieved. As individuals gain control and mastery over their lives, learning and utilizing skills to influence life events, they may be empowered. Individuals learn how to manage time, organize themselves, identify resource providers or begin to understand the factors that influence the processes. It may be concluded that crafting as a meaningful leisure activity had positive effects on the craft makers' well-being by fostering the feelings of self-managing and empowerment.

- those who had a difficult time in their life experienced craft as a creative and sustaining self-image that protects the ego or provides ego-uniting experiences. For them, crafts meant coping and rebuilding the ego. They made crafts that required new skills, design and problem solving. Several studies (9, 15, 40, 52–58) have pointed out that there is strong evidence that being occupied and having creative activities have important influences on better moods, health and well-being.
- As an activity and a kind of metaphor, craft has helped to reflect the participants' life-situation. The self-help therapeutic process of craft can be traced to the raw materials; the artefacts; a sense of achievement; the possibilities for personal growth; the development of physical and cognitive skills; the control of one's own body, thoughts and feelings and the social and cultural dimensions related to craft. The results indicate that the participants had noticed the significance of craft as an agony- and stress-reducing and mind-calming activity.
- Feelings of agony can be pushed away and turned into bodily activity. Materials, equipment, techniques and one's hands obeying one's will can also impart a feeling of control. Making things by hand is described as helping to analyse the scattered state of affairs and create a calming moment. Contentedness from doing and success strengthens the self-acting identity. Thus the self can get new perspectives. 4 Conclusions Crafts as a hobby increase the feeling of empowerment











