



Issued by [University of Basilicata](#)

SINCE

TAGS: [Critical thinking](#), [Self expression](#), [Theatre](#)



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## A petal's weight – self expression, beauty, senses and theatre

The holder of this badge has attended the course "A petal's weight – self expression, beauty, senses and theatre" organized by the University Basilicata as part of the "Competenze trasversali in Unibas" Project.

Sometimes we tend to consider activities that reconcile us with the inner creativity and imagination we all have, as useless and smoky waste of time, we tend to sedate them and turn them off in the most peaceful paths of routine.

We think of creativity as a sudden, extemporaneous manifestation, the result of an instinctive vocation, the prerogative of a few, or of those who do things labeled as re-creative. Instead, it is a natural attitude that needs to be expressed, cultivated and defended, it is the basis of any vital work experience.

In some working environments immobility and stagnation have the face of seriousness, a different approach is feared because there is fear of having to change everything. Instead, the value of doubt can be recovered. The ability to question consolidated ideas and to discover that there are many other ways of achieving the same result can be fundamental. This can produce enthusiasm, foster proactivity, support expressiveness and foster a team spirit and responsibility.

Nurturing creativity means adding logical and creative thinking to logical thinking, which is no less serious.

It is essential to communicate and bring together sciences that deal with contemporary issues from different perspectives and objectives, to find beauty in familiar small objects and attitudes deeply observed.

The course is articulated both on a sensorial basis and theatrical expressiveness. It is a practical journey to the rediscovery of sonic, visual, auditory perceptions, also in order to find familiarity with the sound of words, tone, manner, prosody, one's body in motion and find one's voice and place on the scene. This theatre lab is a way to find our voice in the world, it can be an open hospitable place.

Through group theater work, using the microphone and the body, knowing how to be on stage, are also used as ingredients for the search for sense of expression and community, familiarity with the so-called error as a new opportunity for learning.



### Skills

The owner of the Badge has demonstrated the following competences:

- Ability to get involved
- Proactivity
- Know and overcome one's limits
- Teamwork
- Social skills

The course is intended to develop cross-cultural skills: the fusion of different points of view allows students to get involved, build a relationship with art, word, theater and science, recognize different forms of language and know how to use them.

The course provides a series of fundamental know-how needed to develop competent and independent thought and action, but also some theoretical knowledge in relational, expressive, theatrical and sensorial communication.

### Criteria

The Badge is awarded following the attendance of the course "A petal's weight – self expression, beauty, senses and theatre" and passing the exam.



# Il peso di un petalo espressività, bellezza, sensi e teatro

### Issued by University of Basilicata

The University of Basilicata is the leading University of the Basilicata region, in the Southern part of Italy. Since 2012, according to the new University statute and rules of procedure, ex D.R. n. 88/2012, the University of Basilicata is organized through six primary structures (precisely four departments and two schools) in which the functions and the personnel of the pre-existing twelve departments and eight faculties have been re-addressed. Degree programs range from the Humanities, to architecture, archeology, education, economics and management, as well as to the STEM disciplines (hard sciences, agriculture, engineering, computer sciences). Such degree programs are effectively connected to the research, training and third mission activities developed by the primary structures. University of Basilicata counts about 7000 students, and is based in the cities of Potenza and Matera.



### Badge Numbers



-

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-

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-

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