

SUMMARY

Creative Project “Fragments of Vulnerability”

My final project is organizing a solo exhibition at the Tartu Tampere House from March 30 to April 23, 2023. The photo exhibition “Fragments of Vulnerability” tells the story of limiting beliefs and inner work done on oneself, seeing oneself and being seen. Through the depiction of the naked body and nature, I bring the viewers' attention to different aspects of fragility. The chosen 10 black-and-white photoworks in the exhibition are personal, but still cognitively generalizable, and hopefully raise important questions. What kind of relationship do you have with yourself? What kind of relationship do you have with those around you? What makes you vulnerable? How do you feel in your body?

The driving force behind the concept is realizing how a large number of people, myself included, are used to being overly critical of themselves, resulting in a fear of being vulnerable. However, with the exhibition, I want to point out that vulnerability is necessary to create connections both with oneself and with others. For this to happen, my purpose is to allow myself to be more vulnerable as an artist by putting my art out there, also including some self-portraits and publicly exhibiting the results.

In the written part of my thesis, I discuss the relationship between art and the viewer. My aim was to find out how to better communicate myself as an artist and also learn what are some benefits of making and also experiencing art. I talk about these topics in the first paragraph, including what vulnerability is and why it is important. In the second paragraph, I describe the process of organizing the exhibition and in the third, I analyze the end results.

The most important conclusion was the importance of the viewer's role in the interpretation and impact of the works. In order for a common conversation to arise between the viewer and the artist, it is a prerequisite that both parties want to be understood. A work of art can be a mediator of communication if it is relevant for the viewer, if they can relate to it on a personal level, if the works are of high quality, and convey a sufficient amount of information. The viewer has a more aesthetic experience when they identify with the work, and that is why even a short text in the exhibition hall is a prerequisite for a more pleasant visit. You can also communicate with the viewer by deliberately violating the principles of communication.

Doing art gives a person a deeper sense of satisfaction and develops creativity, which increases the ability to solve problems. It is proven that viewing and experiencing art stimulates the brain, and gallery visits are good for mental health. It reduces anxiety, depression and helps to develop empathy. I realized that even if practicing art is a more difficult career choice, there are many important and positive aspects to it that give me purpose as an artist and as a human being.