

Workshop in a Nutshell as part of the Teaching Assistantship Programme 2020

Introduction to Minimalism

Organizational details

Instructor: Pavla Samoylova

Date: October 15, 2020, from 2– 6pm

Location: Online (link will be sent after registration via info@ggs.uni-giessen.de)

Content

Minimalism is a new way to organize your home, wardrobe, working space, and life in general. It is often described as "happiness with less" and "having only the necessary". However, the true understanding of minimalism goes beyond the number of things in your house. In other words, minimalism in the first place is a condition of your soul and personal values.

Originally, the term "minimalism" was used to describe a visual art movement developed in the United States in the 1960-70es. The movement intended to expose the essence of the subject through eliminating all non-essential forms and features. In a similar way, minimalism as a lifestyle centralizes a human individual with their basic needs, standing against materialism, over- possession, and over-consumption. Minimalists claim to be free from the desire to buy and accumulate more. They find happiness in life through human relationships and positive experiences.

The workshop has a goal to present the pros and cons of minimalism, as well as the dangers of modern consumerism and materialism. It will answer the questions:

Who and why needs minimalism? What can we learn from minimalism as a lifestyle? How to maintain a minimalistic wardrobe to the relevance of changing fashion trends?

It will also reveal some tips on choosing the wardrobe according to your lifestyle and how to take care of clothes and fabrics.

Learning Targets

- Understand the basic concepts of minimalism
- Learn how to apply minimalism in the every day life
- Define consumerism and its limits
- Find the best way to organise your home and personal wardrobe

Target group

Students, Doctoral Candidates and Postdocs of all Faculties

Course language

English

Registration

Please register **by October 12, 2020** via e-mail at info@ggs.uni-giessen.de.