

July – October 2017

Sharjah Biennial 13 School Programme

Parallel to SB13, SAF is hosting an intensive education programme designed to empower residents in the middle, central and eastern regions of Sharjah. Open to participants of all ages and abilities, SB13 School takes place across four venues: Al Madam Art Centre, Al Hamriyah Art Centre, Kalba Art Centre and Sharjah Art Institute, Sharjah Arts Square. The free programme, launched in October 2016, will run until October 2017.

For registration, email sb13school@sharjahart.org, or call 06 568 5050, ext. 49.

Al Madam Art Centre

Workshop 1: Making Traditional Dolls

Saturday, 15 July
10:00 am–1:00 pm
Ages: 10–15

In this workshop, participants will learn how to recycle used fabric from both women's dresses and men's *kandooras* to make traditional dolls.

Workshop 2: Recycling Glass

Sunday, 16 July
10:00 am–1:00 pm
Ages: 10–15

In this workshop, participants will learn how to recycle coloured glass waste and put the different coloured pieces together to create an artwork. After finishing their design, participants will heat their project in the ceramic kiln at the glass melting point so it becomes one connected piece.

Workshop 3: Plaster Carving

Wednesday, 19 July
10:00 am–1:00 pm
Ages: 10–15

Participants will practise relief and piercing carving techniques on plaster. They will also be introduced to plaster casting and mould making.

Workshop 4: Making Arabic Coffee

Sunday, 23 July
10:00 am–1:00 pm
Ages: 11+

In this workshop, participants will be introduced to the different types of Arabic coffee and how the coffee beans are roasted, ground and prepared. They will learn about the special coffee spices such as cardamom, cloves and saffron.

Workshop 5: Making Traditional Pillows

Tuesday, 25 July
10:00 am–1:00 pm
Ages: 13+

In this workshop, participants will learn how to sew traditional pillows using traditional embroidered fabrics. They will create their pillows in square and rectangular shapes and use recycled fabrics and cotton for stuffing.

Workshop 6: Making Natural Jam

Monday, 31 July
10:00 am–1:00 pm
Ages: 10+

In this workshop, participants will learn how to make jam using fresh fruits such as strawberries, raspberries, oranges and apricots. They will also learn how to preserve and store the jam.

Workshop 7: Making Amber

Wednesday, 2 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn how to make amber from industrial resins. They will mix the ingredients in the exact proportions and pour them into rubber moulds with different shapes. If they wish, participants can add flowers, butterflies or anything they want to keep to their amber. They will also be informed of the possibility of using amber to make jewellery.

Workshop 8: Making *Bukhoor* and *Mekhamariya*

Tuesday, 15 August
10:00 am–1:00 pm
Ages: 15+

Participants in this workshop will learn about *oud* [fragrant wood] and other materials used to make *bukhoor* [incense] and how to grind the *oud* and mix it with the fragrant oils commonly used in *bukhoor*. They will then receive instruction in how to mould the *bukhoor* into discs or balls, which they will insert in special containers for fermentation. Participants will also learn about the ingredients in the aromatic *mekhamariya* [perfume paste] and its preparation method.

Workshop 9: Cosmetics from Nature

Saturday, 19 August
10:00 am–1:00 pm
Ages: 15+

In this workshop, participants will learn how to make natural face masques and hair oil. They will be introduced to the ingredients used (e.g. herbs and oils), their benefits and the cost.

Workshop 10: Drying Fruits and Vegetables

Tuesday, 22 August
10:00 am–1:00 pm
Ages: 9–15

In this workshop, participants will learn how to dry fruits and vegetables in the traditional Emirati way – by exposing them to the sun. Participants will also learn the proper way to store the dried fruit and vegetables.

Workshop 11: Make Homemade Chemical-Free Herbal Shampoo and Conditioner

Saturday, 26 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn how to make their own chemical-free shampoo and conditioner using only plants and natural ingredients.

Workshop 12: Making the Traditional Emirati Bread *Regag*

Tuesday, 29 August

10:00 am–1:00

Ages: 15+

In this workshop about how to make the traditional Emirati regag bread, participants will learn the ingredients, baking process and equipment used to make it. They will also learn about the ingredients used for fillings, i.e. eggs, cheese, za'atar, ghee or sugar.

Workshop 13: Making Chammi [Emirati Cottage Cheese]

Tuesday, 29 August

10:00 am–1:00

Ages: 15+

In this workshop, participants will be introduced to the process of making Emirati *chammi* [cottage cheese] from *laban* [buttermilk]. They will also learn about the traditional and modern tools used to make it.

Workshop 14: Creating Glossy Paper for Calligraphy

Tuesday, 5 September

10:00 am–1:00 pm

Ages: 12+

This workshop focuses on how to prepare glossy paper for calligraphy through a process called paper fusing, which refers to the refinement and purification of paper to transform it into a surface fit for writing.

Workshop 15: Making Cyanotype Prints

Saturday, 9 September

10:00 am–1:00 pm

Ages: 15+

In this workshop, participants will have the opportunity to create striking cyanotype prints on paper. The cyanotype photographic process for making prints utilises photosensitive iron salts to create white prints on a Prussian blue background.

Workshop 16: Extracting Colours for Calligraphy Ink from Fruits and Vegetables

Monday, 11 September
10:00 am–1:00 pm
Ages: 9–15

In this workshop, participants will be introduced to ways of extracting dense colours from fruits and vegetables such as pomegranates and beetroot and using them as ink to write with calligraphy pens.

Workshop 17: Decorating Cushions with Arabic Calligraphy

Monday, 25 September
10:00 am–1:00 pm
Ages: 12+

Participants will learn how to decorate cushion covers with Arabic letters and traditional shapes by working with Arabic calligraphy on fabric.

Workshop 18: Relief Printmaking

Saturday, 30 September
10:00 am–1:00 pm
Ages: 15+

This workshop examines and explores the techniques and processes of relief printmaking. Participants will carve their own relief block and print the finished block on paper.

Workshop 19: Performing Messages from and to Nature

Monday, 2 October
4:00 pm–6:00 pm
Ages: 9+

In this workshop, participants will unleash their imagination to create and deliver messages from or to nature. They will draw on body language, acting, poetry, singing and speech to translate their feelings into a live performance in a traditional Emirati atmosphere.

Workshop 20: Hydroponic Farming

Wednesday, 4 October
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn about the hydroponic farming system, in which plants are grown in a mineral nutrient solution without soil. They will also learn about the tools used in this type of farming.

Workshop 21: Introduction to Porcelain Design

Saturday, 7 October
10:00 am–1:00 pm
Ages: 15+

In this workshop, participants will be introduced to the role of design in making porcelain. They will learn how to add important details and embellishments that will set their designs apart. Each participant will be given a special design template created by designed by hind to make an original design.

Workshop 22: Wild Edible Plant Gathering and Identification of the UAE Deserts

Wednesday, 11 October
4:00 pm–6:00 pm
Ages: 16+

In this workshop, participants will be introduced to a variety of edible wild plants and their use in food preparation and nutritional value. They will also learn about proper identification methods, traditional harvesting techniques and wild plant recipes. Finally, they will have the opportunity to taste some of the edible wild plants.

[Kalba Art Centre](#)

Workshop 1: Making Traditional *Sehneh* Fish

Tuesday, 18 July
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn how to make Emirati *sehneh* [ground, dried fish enhanced with spices]. They will also be introduced to the various uses of *sehneh* and the different kinds of fish used in dishes containing *sehneh*.

Workshop 2: Making a Ceramic Tea Set

Saturday, 22 July
10:00 am–1:00 pm
Ages: 15+

In this workshop, participants will make a tea set by shaping ceramic clay. They will use clay-forming techniques that enable them to control the clay formation by slides.

Workshop 3: Natural Laundry Detergent Making

Wednesday, 26 July
10:00 am–12:00 pm
Ages: 12+

In this workshop, participants will learn about different natural cleaners like wood ashes, salts and herbs and how to use them to make a natural laundry detergent. At the end of the workshop, each participant will take home a jar of homemade natural laundry detergent.

Workshop 4: The Art of *Burqa'* and *Talli* Making

Sunday, 30 July
10:00 am–1:00 pm
Ages: 12+

Participants in this workshop will learn how to use the traditional *hijab* fabric to create a *burqa'* [decorative face mask worn mostly by older Emirati women]. They will prepare the other parts of the *burqa'* (i.e. *betana* [lining], *shubug* [string used to tie the burqa] and *seif* [light rectangular stick] to hold the *burqa'* straight) and stitch these to the *hijab* fabric using a needle and thread. Finally, they will rub the surface of the *burqa'* to achieve a shiny metallic finish. Participants will also learn how to make *talli* [decorative braided trim] by combining ribbon woven from cotton threads with strips of gold or silver.

Workshop 5: Making Dinnerware

Tuesday, 1 August
10:00 am–1:00 pm
Ages: 15+

In this two-session workshop, participants will make their own slab built dinnerware, for example, plates, bowls and/or serving pieces. They will also explore ways to use wax or latex resists to create patterns with glaze and then fire their dinnerware in the kiln.

Workshop 6: Bookbinding Using Kettle Stitch

Monday, 7 August
10:00 am–1:00 pm
Ages: 15+

In this workshop, participants will learn the principles of bookbinding through hands-on experience. The workshop will introduce participants to structural elements and sewing variations as well as various covering and cutting methods with their related tools and materials.

Workshop 7: Making Traditional Kohl Eyeliner and Henna Paste

Wednesday, 9 August
10:00 am–1:00 pm
Ages: 12+

Participants in this course will learn how to create traditional kohl eyeliner from *ithmid* stones and make traditional henna paste for the hair. They will also study the health benefits of both the *ithmid*-based kohl eyeliner and hair henna.

Workshop 8: Making *Bzar*

Monday, 14 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn how to make Emirati *bzar*, which is the mixture of spices used in most traditional dishes. Not only will participants learn information about how to make *bzar*, but they will also prepare their own spice mixture.

Workshop 9: Making Beeswax Candles

Monday, 21 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will discover the ancient art of heritage beeswax candle making. They will carefully handcraft their own candles from beeswax and make a wick from date palm fiber. The workshop will also include a discussion on the importance and uses of beeswax candles in both the past and present.

Workshop 10: Traditional Wood Carving

Sunday, 27 August
10:00 am–4:00 pm
Ages: 15+

Participants will explore a variety of hardwood species in Sharjah and learn how Arab craftsmen would use the ancient skill of carving to create useful objects. Participants will learn basic wood carving techniques and preparations and will have the option of carving either a small bowl or a spoon from local materials.

Workshop 11: Making Paper from Fig Trees

Wednesday, 6 September
10:00 am–2:00 pm
Ages: 15+

In this workshop, participants will learn how paper is created using purely primitive methods. Step by step, they will learn the entire process of paper making from fig trees, from peeling, boiling and pounding to shaping a sheet of artisan natural paper.

Workshop 12: Monoprints

Saturday, 16 September
10:00 am–1:00 pm
Ages: 15+

Participants will learn the techniques and processes used in monoprinting, an art form that lies between printmaking and painting.

Workshop 13: Illustrating Pottery

Monday, 18 September
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will create illustrated pottery. They will create different forms of pottery, such as bowls and cups, and use underglaze techniques. Participants are advised to bring images and texts on which to base their designs.

Workshop 14: Make a Traditional Arabian *Mudhbi* Oven

Wednesday, 27 September

10:00 am–2:00 pm

Ages: 15+

Participants will make a traditional Arabian *mudhbi* oven from scratch, starting by collecting stones and then moving on to prepare the fire and construct the oven itself. Known in English as a traditional stone grill, the *mudhbi* oven originated in Yemen, where it has been used by both Bedouin and mountain tribes to cook their meals since before recorded history.

Workshop 15: Introduction to Porcelain Design

Saturday, 30 September

10:00 am–1:00 pm

Ages: 15+

In this workshop, participants will be introduced to the role of design in making porcelain. They will learn how to add important details and embellishments that will set their designs apart. Each participant will be given a special design template created by designedbyhind to make an original design.

Workshop 16: Image Transfer

Saturday, 7 October

10:00 am–1:00 pm

Ages: 15+

In this workshop, participants will learn how to paint with images and how to transfer images from magazines, photocopies and newspapers onto paper and cloth. They will create their own unique artwork using this simple, environmentally friendly, highly effective and engaging technique.

Workshop 17: Diving Tools from the Past

Tuesday, 10 October

4:00 pm–6:00 pm

Ages: 15+

In this workshop, participants will learn about the different diving tools used in the past and how they were made.

[Al Hamriyah Art Centre](#)

Workshop 1: How to Crochet

Monday, 17 July
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn the basic crochet stitches: chain, double crochet and treble crochet. They will be able to work on a small project and take it home.

Workshop 2: Crafts from Palm Tree Leaves

Monday, 24 July
10:00 am–1:00 pm
Ages: 9–16

During this workshop, participants will collect palm leaves, dry them under the sun and dye them. Then they will turn the leaves into braids to make baskets and many other crafts.

Workshop 3: Making Herbal First Aid Kit

Saturday, 29 July
10:00 am–2:00 pm
Ages: 12+

Participants will learn how to create a 100% pure, natural and effective herbal first aid kit using leaves, roots, barks, berries and flowers mixed with natural additives. Participants will make and take home their own herbal first aid kit with instructions on each herbal application.

Workshop 4: Making *Bzar*

Wednesday, 2 August
10:00 am–12:00 pm
Ages: 12+

In this workshop, participants will learn how to make Emirati *bzar*, which is the mixture of spices used in most traditional dishes. Not only will participants learn information about how to make *bzar*, but they will also prepare their own spice mixture.

Workshop 5: Make Herbal Ointment

Sunday, 6 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will make a herbal ointment. They can choose from a variety of herbs, spices and flowers to customise their own natural medicinal ointments. Practical uses for herbal ointments will be discussed.

Workshop 6: Making Flower Pots

Saturday, 12 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will learn how to make a traditional flower pot with relief decorations and deep designs that add a contemporary spirit to a traditional style of pottery.

Workshop 7: Carving on Gypsum

Wednesday, 16 August
10:00 am–1:00 pm
Ages: 12+

In this workshop, participants will draw designs on a piece of gypsum. Then they will carve along the lines of their designs.

Workshop 8: Decorating Cushions with Arabic Calligraphy

Sunday, 20 August
10:00 am–1:00 pm
Ages: 12+

Participants will learn how to decorate cushion covers with Arabic letters and traditional shapes by working with Arabic calligraphy on fabric.

Workshop 9: Essential Oil Making

Wednesday, 23 August
10:00 am–2:00 pm
Ages: 12+

From soaps to ointments to perfumes to medicines and more, essential oils are important ingredients in many cosmetic, pharmaceutical and aromatherapy preparations. Participants will learn the steam distillation process in order to make their own essential oils at home.

Workshop 10: Natural Birds Houses

Wednesday, 30 August
10:00 am–1:00 pm
Ages: 9–15

In this workshop, participants will learn about the UAE’s native birds and will build houses for them. These houses will be built with only natural materials.

Workshop 11: Wooden Seafood Trap Construction

Wednesday, 13 September
10:00 am–4:00 pm
Ages: 15+

Participants will design and construct a fully operational traditional wooden seafood trap and will receive detailed instructions on how to catch their own seafood.

Workshop 12: Non-Toxic Etching

Saturday, 23 September
10:00 am–1:00 pm
Ages: 15+

Participants will learn the technique of metal etching to create original prints on paper. The non-hazardous printmaking process uses copper salts on metal.

Workshop 13: Fishing Trip

Saturday, 14 October
10:00 am–1:00 pm
Ages: 15+

In this workshop led by fishing specialists, participants will travel by boat to various locations in order to learn the basics of fishing. They will also be introduced to the differences between inshore and offshore fishing.

Workshop 14: Collagraph Prints

Saturday, 14 October
10:00 am–1:00 pm
Ages: 15+

Collagraph printmaking is a medium that uses the process of collage to make relief prints. Participants will explore and experiment with a range of materials and develop a range of mark making and tonal techniques. They will also learn how collage can be used to create prints.

Sharjah Arts Square

Workshop 1: Making Felt

Wednesday, 20 September

1:00 pm–4:00 pm

Ages: 15+

Felt is a textile material produced by matting, condensing and pressing fibers together. In this workshop, participants will produce fabric samples using the techniques of wet felting and dry felting. They will also experiment with mixing different colours and a variety of fibers together.

Workshop 2: Weaving

Thursday, 5 October

1:00 pm–4:00 pm

Ages: 15+

This workshop will focus on the textile technique called weaving, which is one of the oldest methods used to create fabric. Participants will experiment with contrasting colours and a variety of yarns with different thicknesses to produce a woven fabric sample. They will also create their own loom, which they will take away with them at the end of the workshop.

Workshop 3: Blacksmithing

Monday, 9 October

10:00 am–4:00 pm

Ages: 15+

In this workshop, participants will take a journey through ancient metal crafting history. They will learn basic metalsmithing terminology, techniques and forging skills. Each participant will forge and craft a small kitchen knife or chisel.