

# MASKBOOK

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PREPARING FOR A WORKSHOP - TOOLS, MASKS, INGREDIENTS



# THE MASKS

The mask is the building block. The anti-dust or anti-pollution masks are traditionally used for workshops because of their symbolic shape and sturdy material, but any object which has a round shape and which can be worn works too! You can make your own mask from cardboard or papier-mâché. The goal is that it retains the shape of and resembles the anti-pollution mask.

- The mask must always cover the lower part of the face (from the chin to the nose) without covering the eyes.
- They are not carnival masks. Also, be careful, they are not surgical masks either!
- The stronger and more sturdy, the better!

**You can even make  
your own mask from  
cardboard or an old T-  
shirt...**



# THE TOOLS

The tools will allow participants to assemble their mask. Provide enough tools so that every participant is able to assemble their mask (but remember that sharing is caring!)

Here are some ideas:

Scissors and pliers

Staplers and staples

Sewing equipment

Copper or iron wire

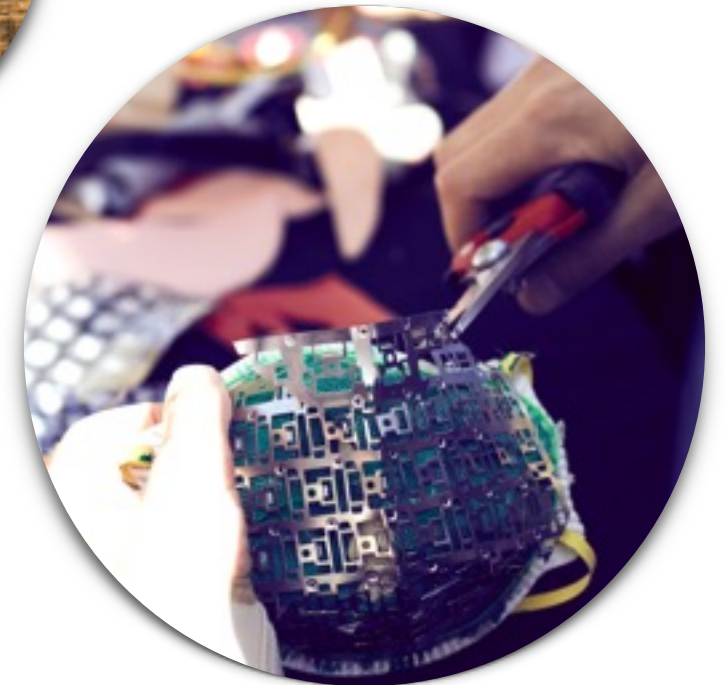
Acrylic paint and brushes

Markers

Cutter or Hole Punch

Glue guns and glue sticks (to be avoided if possible, for ecological reasons)

(Don't forget tablecloths to protect the tables!)





# THE INGREDIENTS



**The best ingredients are those that come from ...the trash!** They are also small and light. Think of bubble wrap, aluminum foil, foam packaging material, or chocolate wrappers...

The ingredients must be **local**.



The two principles of Maskbook are the circular economy (using waste) and "**upcycling**".

It's also best that the ingredients are **unusual, with atypical colors or textures**: a sail cloth, a lifejacket, and signage are all good examples.

# BEST INGREDIENTS

**Toys** that are broken, board game pieces, animal figurines, play money, Scrabble letters (they are very convenient for easily communicating a message).

**Textiles** like cotton, tulle, and string - they can highlight the particular mood of a mask with certain textures and colors.

**Food packaging** empty (but cleaned), used coffee capsules, empty cigarette packs, advertising brochures - they may represent food waste or overconsumption.

**Plants, flowers, moss and vegetation** — visually and artistically these materials are very strong; they also easily communicate about the natural world.

**Plastic bags, newspapers, magazines, electronic waste and plastic tubes.** All these objects communicate a message, whether it be about plastic pollution, planned obsolescence, energy or what we value as a society.





## OTHER INGREDIENTS

The ingredients mentioned are just ... suggestions! Creativity starts here, you have the freedom to think differently: old film, balloons, feathers, nails, old medicine, expired cosmetics, the list goes on and on.

Every ingredient has the potential to bring to life a certain message or simply to add to the "feeling" of a mask. All ingredients are welcome and unique messages are always encouraged!



# GATHERING THE INGREDIENTS - WHERE TO START?

**How do you decide on what ingredients to collect and where do you collect them?**

We start first with our trash! Next, think about the second-hand shops and up-cycling or recycling circuits in your community.

For more specific materials, like fabric, think about local businesses that might be able to hand over some fabric scraps, like the tailor, a design agency, or a fabric market. You can go to public parks to pick up some vegetation (ask the gardeners for the freshly cut flowers) or go to local businesses to pick up old flyers.





# GATHERING THE INGREDIENTS - WHEN AND HOW?

**When do you start the collect?** Some ingredients and objects can be stored in advance, such as magazines, fabrics, and toys, but others like cut flowers or vegetation will have to be picked up the morning of the event.

**What quantities to collect?** The quantities of each ingredient are not too important, it is better to have a variety of ingredients. Aim for a good dose of ingredients; the goal is not to end the workshop by producing more waste than what you started with! The collection also has an educational benefit ... if everyone is involved in gathering their own waste before the workshop, over the course of a week for example, participants join the workshop with a greater awareness of their consumption habits that are potentially harmful for the environment.





# CONTACT

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