Student Name: Laurentina Miksiene

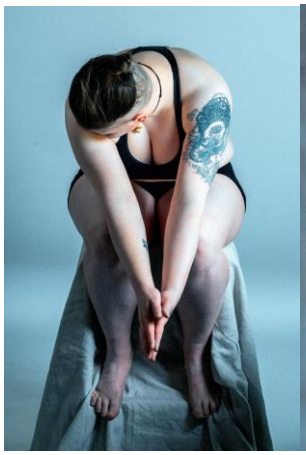
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The background for my images was a short story by Haruki Murakami ‘’The Year of Spaghetti’’. I was focusing on the last sentence ‘’ Can you imagine how astonished the Italians would be if they knew that what they were exporting in 1971 was really loneliness?’’(Haruki Murakami ‘’The Year of Spaghetti’’)

It was interesting what has changed from 1971 when Haruki wrote his story. I was looking at statistics about young people's depression and loneliness. How live young people these days are they happy, are mentally strong. What I had research shocked me I found more loneliness than ever been. Young people feel loneliness more than any other age group. It is 40% aged 16-24 to feel lonely often or very often. I think the reasons can be different but anyway, all comes from childhood can be family difficulties, bullying, physical/emotional abuse, mental health problems...Some children are survivors. When you see the photos of children smiling for a camera doesn't mean they are happy. We have lots of terrible stories but much more we don’t know and can’t imagine. I did some portraits with self-harm young girls (students) it was a very emotional photoshoot. And I found an interesting thing that photography can help or can destroy. I wanted help to bring back confidence to those girls. They are so beautiful inside and out. I shared these photos on my Facebook page and wrote some words that viewers can more easily understand what I want to say and help them understand how they feel.

#hihowareyou

Just imagine you are looking at soul not at the body. Imagine you are in the darkest place and you are trying your best to escape. Imagine that all negativity wants to affect you like this climbing plant but you are strong like a tree. Imagine you have the only imagine perfect friend. Imagine you want to talk to someone how you feel but you can't because of fear. And imagine you still don't have confidence but you are on a pedestal with the winners because you are still here.







Much more important to me was get the messages from these girls with beautiful words what they saying I helped them to start love their bodies again and feel more comfortable in their own skin. That is what photography is about. For the portraits looks like I felt very inspired by amazing Artist Bruno Walpoth and his wooden portraits. If we have feelings for wood could we have feelings for real people...

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