Interview

Global research question: What does it do to participants when they are immersed in artistic and ecological activities where (inner) sustainability is central? Do the students make a connection between the 3 days and becoming more transitional? Are they aware of a possible connection or direction? Why or why not?

Open
- How do you look back on the three days?
- What experience has stayed with you? Why?

Activities
- What activity has stayed with you the most?
- What were the activities like for you? Meaningful walk, clay workshop, natural painting, 4 point triangle reflection etc.
- Were the different activities related to each other? If so, can you name them? Is there also an activity that is very separate from the rest?
- How did you find the combination of practical work with your hands and theoretical work through reflection, conversation, etc.?
- How did you experience the relationship between individual and collaborative work?
- What was it like doing activities in the context of Claudy Jongstra's work?

Transition Skills
- Had you heard of transition skills before? If so, what were your thoughts on it?
- What were your initial thoughts on transition skills and did those thoughts change over the course of the 3 days? If yes, why?

(The two aspects of transition skills are acting internally and acting externally. Inner is personally focused and external is focused on the world around you and working practically)
- Did you notice that these two aspects came together? In what ways did/did you not?
- How did you experience this coming together of inner development and practical work?
- In what way did this coming together affect your personal learning?
- Did you find this working method working well or were you missing something in the approach?

Length of the 3 days
- How the length of the 3 days? Too long, too short or just right? Why?
- How does the length of three days affect your learning? Was there enough time for the information to sink in? Or did the settling down come afterwards?
- How was the pace within the work formats for you?

Closing
- What do you take away from the three days into the future?
- Are there things the organization can do differently in the future?

Summary of all interviews:

Participant 1 – Field: Art & Environment

General reflection
She thought it was a very positive experience and would do it again right away. She learned a lot and gained new insights because she learned things in a different way than in her usual life. She thought it was a 'down to heart approach'. She found it interesting how you can take action in small actions, as they do with Claudy. She felt inspired on a professional level.

Felting impressed her. She felt so welcome with Claudy in her workshop and really enjoyed learning the whole process of felting. She still has her felted work in her room as a souvenir! She also liked the '4 point triangle' because she felt a connection with her fellow student. It felt like building trust and community for her. This also worked well for her on the first day, because you immediately create a bond with each other.

She also thought the order of the assignments worked well. First of all, I focused more on reflecting and then working more with the hands. She also found it good to share everything with each other after the assignments were over, to know where everyone is now.

At first, she found the three days exciting, because she does not trust her artistic skills. During the 3 days she learned that it is important to try something and just trying gave her satisfaction. It's about the process and not the end product. She specifically liked this at the workshop on the last day, where it was not about whether something was beautiful or not, but it was about how you felt about it. This made her start to reflect on why she is actually so herself. She looked back at her product from the workshop '4 point triangle' and was able to work with it easily, because she had let go of the pressure to make everything beautiful and perfect. This transformation came about for her because she was in a new situation, where she could try completely new things, experiment and learn.

She liked the combination of practical and theoretical work, because we explored many abstract topics. If you only talk about it theoretically, it feels very distant and abstract. For example, it made the issue of sustainability a bit more tangible.

Transit skills
She had heard about the transit skills before through her internship. At first she was not aware of the purpose of the transit skills, but during the three days it has become much clearer to her, because she has experienced it. She sees the importance of a new form of education and thinks the practical side of transit skills works well. She also wants to give her own students more opportunities to work practically. She also found the working method very accessible to different levels and people.

Length
She thought the length was perfect, but she needed more time for herself to decompress. In doing so, she also realized that some people might not have such a long social battery and that it was better to schedule more time for rest. Reflecting on everything she had learned during the three days came mainly when she was back home. During the three days she was mainly enjoying herself.

Feedback
The second evening, after watching the film, she felt that she was not actively present at the trial. This was because she was tired from the long day we had already had. Her advice is to rearrange the program of the second day.

After the clay workshop we had a moment of reflection on the 3 days. She noticed that everyone was tired, so not much was shared. She thought this was a shame. Maybe it could have been at a different location or with a cup of tea. Then the setting is a bit more relaxed.

She also found filming a bit much in the end. During some moments of reflection, many personal things were also shared and that could have gone better if there had been no camera.

In addition, she felt that the tasks could be better distributed. During the first night, the cook was cooking alone and she would have preferred to see everyone do something, so that the pressure is distributed a bit.

Participant 2 – Field: Fine Arts

General reflection
She found the workshops fun and educational, but had different expectations. She thought she would work practically in Claudy Jongstra's studio for three days, but this turned out differently. Claudy herself was present, but she hoped that she would be a little more involved in the process. The contact that was there also went a lot through her team and that gave her a bit of a distant feeling. She noticed that the emphasis during the three days was partly on theory and reflection, while she actually wanted to work mainly practically. Still, she found it a positive experience in the end, especially because it was well organized in terms of planning and accommodation.

She liked it best to learn how to wet felt on the last day. She found all the activities there very inspiring and actually wanted to do it all, spinning, dyeing, dry felting etc. There was not much time for that during that day, but this has inspired her enormously and she is busy at home learning more of such techniques. Also in connection with natural materials, sustainability and art.

In terms of things she learned, it was mainly practical. She didn't feel like she had learned much from her inner self. She did not understand the theoretical and reflective assignments very well, so not much of it has stayed with her. She also found the assignments sometimes very vague.

During the day time went very fast and that was very positive, but she thought the evening was long. In the evening, she had trouble concentrating and did not feel like she was actively participating in the assignments. In addition, it was also in English and that required even more energy for her, which she did not have in the evening. She found the second day especially hard, starting on time and only returning to the accommodation at half past ten.

Transit skills
She had not heard of the transit skills before and feels that she still does not fully understand it. It didn't really impress her and she didn't see the link between the transition skills and the program.

Length
She liked the length of the 3 days. The sinking in of all the information came when she was back on the bus home.

Feedback
She didn't like having the camera with her all the time. It made her feel unwilling to share things during the group discussions and so she held her back.

She would prefer shorter days, so for example until 20:00 instead of 22:30. Then she also has some time for herself, to rest and recharge.

It might have been better if the theoretical assignments were scheduled earlier in the day and the practical assignments later in the day. According to her, this would work better for energy distribution, so that more attention can be paid to the theory.

For her, she would have preferred fewer theoretical assignments, but everyone has different needs and her expectations were simply different from reality.

Participant 3 – Field: Artificial Intelligence

General reflection
He experienced the three days as very positive and valuable. He really enjoyed getting to know new people and being in a new environment. He really liked the creative activities, so the practical assignments, also because he doesn't do that often himself. He also saw the value of doing these assignments together and discussing them together. This way you learn from each other and you also gain new insights. There was a lot of room for connection with each other and he quickly felt at ease in the group. It also helped to be in a house together, so we got used to each other and there was a relaxed atmosphere. This made it easier for him to go into depth during the assignments, because it was a safe environment.

The combination of individual and collective work was very nice for him. This way there was room to learn things from each other together, but also to go deeper into your own world. It also had an in-depth effect to talk to each other about the different themes that were presented to us.

He also found it very interesting to learn more about Claudy's work and vision. Her dedication to the creative process particularly impressed him. He therefore saw the importance of being aware of your environment and the material you work with. He also really liked the process, so how to get from a plant to a dye, for example.

He has learned that it is important to stay in touch with your purpose behind your actions. So to keep asking questions and to also involve the environment in your actions, about what kind of impact you have, for example. During the '4 point triangle' assignment he was still searching a lot for what it meant to him. So when he looked back at his notes on the last day, he didn't see a clear transition.

Transit skills
He had not heard of the transit skills before. He recognized his mother's general idea. Education is very much pigeonholed, so he thinks it is a great initiative to focus on the organic. In doing so, he sees the importance of working practically instead of continuously focusing on theory.

Length
He found the three days an ideal length to get into the flow.

Feedback
He noticed that some moments of reflection at the end of the day were too long for him. As a result, he had less concentration and could not actively participate.

The structure of the program worked well. It helped to start with the theory first and then get practical.

Participant 4 – Field: Engineering

General reflection
For him, the three days were completely different from what he normally does, but he really enjoyed experiencing that. He found the artistic side of the 3 days very interesting. Especially how everyone expressed themselves artistically and how they worked with natural materials. He was stimulated a lot to think outside the box and to discover new insights. In addition, he found the creative process of Claudy's work very interesting, from wool and plants to art. He also found how Claudy has a connection with the material she works with very impressive.

He found the 40-minute walk very fun and effective. He immediately had an in-depth conversation with someone he didn't know very well at all. He especially thought it was very special how we had to tell the story of the other person afterwards and vice versa. This gave him many new insights into how complex communication is, in terms of interpretation and empathy. For example, his fellow student emphasized a part of his story that in his own experience was not that big at all.

During the assignments where you actually worked alone, he still felt a very strong group bond. He got inspiration from the people around you and he dared to experiment more, because he saw others doing this too. In addition, he found the atmosphere during the assignments very safe and relaxed. For example, it helped to eat ice cream during a follow-up conversation, which makes the atmosphere a bit more casual.

It felt to him as if some assignments were separate from each other and he needed a clear visual structure. He came up with the idea of creating a kind of tree structure where you can see how all the assignments are connected in terms of content.

He learned that it's important to just do things, regardless of whether it's new or uncomfortable. He experienced a greater appreciation for the little things, such as contact with each other and nature. The three days have also inspired him to be artistic more often, even though he doesn't consider himself an artist.

Transit skills
He had not heard of the transit skills before, but he found it very interesting to learn this. He began to look differently at the world around him and himself. The emphasis was also on the relationship between those two things and this inspired him to be more aware of this in the future.

Length
He thought the length was really perfect. It was intensive but also well balanced. At the end of the three days, he was able to let everything he had learned sink in. Then he also noticed how much he actually learned a lot and how he could apply this.

Feedback
He thought it was a pity that we did not perform joint tasks in the house. He missed the communal aspect of, for example, cooking together or cleaning up together. He would have liked to see this more to experience a strengthened group feeling.

Participant 5 – Field: Engineering

General reflection
He found it a very nice experience to step out of his daily, usual routine. At first, he felt a bit insecure and anxious. This was because he has a different background than most of the participants, who were all quite well developed in the artistic field. So it felt to him as if he could discover art again, but also with himself and nature.

At first, he felt like he had to prove himself, to show the rest of the group that he can also be an artist. This made him a perfectionist within the artistic process, but he indicated that this was purely his own fault. He felt that it was a safe learning environment, but this was a feeling that he became aware of during these three days. Eventually, he started to let go of this more and tried to be more in the moment. So the focus on the end product decreased. The assignments with, for example, clay and drawing with charcoal stimulated this.

He really enjoyed experiencing the connection with nature again. Normally he is not in nature that often, because he is constantly in the city. This was a nice rediscovery for him. He learned the importance of slowing down in life. In doing so, he also learned from nature. He noticed how imperfect nature is and saw a direct relationship to the problems he himself encountered. Because he was in a new environment, he gained many new insights about himself and life.

Transit skills
He had heard of the transit skills before and has worked with them before. He felt a connection with these skills and learned new things as a result. Because of these working methods, he was often in a state of reflection and he really enjoyed experiencing that.

Feedback
He would have liked to have known in advance that it was filmed so much. It was quite a surprise for him and because of this it didn't feel very authentic what everyone shared with each other.

He advises to make it as inclusive as possible for everyone, so that as many people as possible from many different assignments can participate!

Participant 6 – Field: Communication

General reflection
She really enjoyed learning that you can make watercolor from plants. It reminded her of her childhood and inspired her to be more connected to her inner child. She also found the activities that were one-on-one very valuable, because then she could really go into depth. She also gained new insights and perspectives by talking about it with someone else. In a group it felt more like pure listening to her.

She thought the activities around sustainability were nicely connected, but she felt that the '4 point triangle' was actually separate from the rest. She also found the explanation unclear, so she did not understand the importance of the assignment. She did think the balance between the theoretical and practical assignments worked well. Only on the first day it was mainly theory and that made it feel a bit harder mentally.

It impressed her to see how Claudiy's team deals with nature. That they don't pick from the plants, but harvest from what is already on the ground etc. She had thought about this before, but it was nice to rediscover and go deeper into it. She also liked the fact that the emphasis was so placed on the process, because normally an activity must have a clear goal for her. You paint because you want to make a painting, etc. She was able to let go of this, allowing her to fully enjoy the process.

In general, she thought it was a nice new experience and she would do it again in a heartbeat.

Transit skills
She had not heard about the transit skills before and not much of it has stayed with her. Even though she doesn't fully understand the concept, she did feel that she has become more aware of her environment and what you do yourself. She did see a clear relationship in that.

Length
It could have been a day longer for her, so that there is more time for the assignments and to rest and reflect herself. That would be more difficult to plan for students, so 3 days is better from a practical point of view.

Feedback
The second and third day felt a bit rushed for her. She felt that there was too little time for some assignments. The schedule was very full and there were few breaks with time for yourself and she sometimes experienced that as heavy. She would have preferred fewer assignments in terms of number, so that you can take more time to go into depth with the other assignments.

At first she found it exciting to be with a new group of people and that sometimes felt uncomfortable. In the beginning, she would have preferred to have a good introductory assignment to break the ice.

Participant 7 – Field: Fine Arts

General reflection
She had experienced the three days as very positive. She normally works a lot behind the computer as a graphic designer, so this was a great opportunity to get practical. It really felt like a break from digital work for her. For example, she really enjoyed making pizzas herself, learning to felt with needles and dyeing with natural materials. This was all very new to her, but it inspired her a lot. She also felt a new connection with her grandmother who has done this kind of thing before. She takes these new techniques with her into the future.

She thought the organization of the three days was very good and the program also worked very well for her. She found working together in pairs to work very well to make her feel more comfortable. As a result, they also quickly experienced a connection with each other. Normally it takes longer for her to really feel comfortable in a group, but this time it went very quickly.

The '4 point triangle' did not go down well with her. The explanation felt forced and unclear. As a result, she has not really processed anything internally. She needed a little more context and time for this. Regardless of the fact that she didn't learn something about her inner self, she found it a very educational and fun experience. So the practical skills had the most influence for her.

Transit skills
She had not heard about the transit skills before. It didn't necessarily make much of an impression on her during the three days, but she did understand the general concept.

Length
She liked the three days, but if the goal is to learn more about your inner self, then she needed more time to discover that. Then three days is simply not enough.

Feedback
She was surprised by the camera and that made her feel slightly uncomfortable. It sometimes felt a bit intrusive to her.

Participant 8 – Field: Fine Arts

General reflection
Above all, he experienced a lot of respect. For example, he felt a lot of respect during moments of reflection on each other's work or experience during an assignment. For example, after the 40min walk, when we told someone else's story, he noticed how carefully everyone did that and how attentively everyone had listened. He also experienced a lot of respect for nature. He saw this in Claudy's team, how carefully and cautiously they deal with nature. The fact that they only harvest fallen materials, for example, also made a big impression on him.

He found the atmosphere very open and safe. He really liked Jan's guidance, because he immediately felt very comfortable with him. This made it easy for him to share deeper feelings and thoughts. It was also very easy for him to feel a connection and trust with the group and this happened within hours. It helped him that we started eating, making, reflecting and living together. It was also a good icebreaker to work together right from the start. That all created a familiar atmosphere.

He also felt a connection with himself. He was completely detached from the daily obligations, which gave him a lot of space and time to dive deep into the themes of the three days. It felt like a kind of vacation for the brain to him. Everything was arranged, so he had full focus on his own personal development.

In general, he found it a very special and positive experience. He found it connecting, inspiring, profound and even healing. He really experienced it as a kind of medicine for his head and would participate again if he got the chance.

Transit skills
He was completely unfamiliar with the transit skills, but it felt very natural to him. He thought it was very appropriate for all the activities we did and saw a clear link in it. He experienced a lot of flexibility, openness, space to reflect and the opportunity to work together. He especially found that the follow-up discussions after the assignments were strongly related to the transition skills. Actively listening to the other person, sharing sensitive things and receiving feedback.

Feedback
The camera felt strange and distracted him, but fortunately that was only a one-time thing.

Someone who has more trouble opening up would probably have trouble going straight into the depths on the first day. Perhaps that could have been a bit more step-by-step.

General conclusion

General reflection
The experience was experienced as positive and inspiring by almost everyone. Many participants appreciated stepping out of their daily routines for a while and learning in a different, more artistic way. The practical workshops such as felting, painting with natural materials and working with clay were seen as valuable and innovative. They offered inspiration, a sense of connection and gave room for personal growth.
Several participants indicated that they felt safe within the group, which helped to open up. Some experienced a threshold to share artistic or personal work, but learned during the three days to let go of perfectionism and self-criticism. Working with natural materials and the connection with nature provided new insights and revaluation of small things.
There was also appreciation for the alternation between theoretical and practical components, although some indicated that some assignments (such as the '4 point triangle') felt unclear or did not seem to be well connected to the rest. One-on-one assignments were often mentioned as meaningful; Group assignments sometimes required more energy or felt more volatile.

Transit skills
Most participants had not heard of the transit skills before. Some felt that the understanding became clearer during the days by experiencing it, while others found it vague or low-impact. For those who did get stuck, the practical, experiential approach was particularly appreciated. Becoming aware of yourself in relation to your environment and acting from reflection were clearly evident in some.
Others, however, lacked a clear explanation or link between the program and the transit skills, so the concept didn't really stick for them.

Length
The three days were experienced by many as a good length. It was long enough to get into the flow and really learn something, but also intensive. Some indicated that they could only really reflect on what they had learned afterwards.
A few participants would have preferred a little more time for rest, decompression or deepening, or indicated that one extra day would have made that possible. Especially the program on day two was experienced as very full and tiring.

Feedback
1. **Camera use**: Almost all participants mentioned filming as distracting or uncomfortable. The limited openness during moments of reflection, especially when personal matters were shared. Several participants would have liked to have known in advance that so much would be filmed.
2. **Program layout**: There was a need for more balance. Suggestions included shorter days, planning practical activities later in the day, and more space for rest and breaks. Moments of reflection at the end of the day did not work as well for some due to fatigue.
3. **Assignments &** explanations: The assignment '4 point triangle' was mentioned several times as unclear or not well connected to the whole. Some participants wanted less theoretical assignments or simply clearer instructions.
4. **Coexistence**: There was mixed feedback about sharing rooms; some found it exciting or uncomfortable. It was also mentioned that joint household tasks (such as cooking) could have been better divided for more group feeling.

5. **Introduction & group formation**: Some indicated that a better introductory assignment at the beginning would have helped to create a sense of safety and connection more quickly.

General Conclusion

Overall reflection

The experience was perceived by almost everyone as positive and inspiring. Many participants appreciated stepping out of their daily routines for a while and learning in a different, more artistic way. Practical workshops such as felting, painting with natural materials, and working with clay were seen as valuable and refreshing. They provided inspiration, a sense of connection, and space for personal growth.
Several participants indicated that they felt safe within the group, which helped them to open up. Others initially experienced a barrier to sharing artistic or personal work, but over the three days learned to let go of perfectionism and self-criticism. Working with natural materials and connecting with nature led to new insights and a renewed appreciation of small things.
There was also appreciation for the alternation between theoretical and practical components, although some participants indicated that certain assignments (such as the “4 point triangle”) felt unclear or insufficiently connected to the rest of the program. One-on-one assignments were often mentioned as meaningful; group assignments sometimes required more energy or felt more fleeting.

Transit skills

Most participants had not heard of transit skills before. Some felt that the concept became clearer during the days through experiencing it, while others found it vague or not very impactful. For those with whom it did resonate, the practical, experiential approach was especially appreciated. Becoming aware of oneself in relation to one’s environment and acting from reflection stood out clearly for some.
Others, however, missed a clear explanation or explicit connection between the program and the transit skills, which meant that the concept did not really stick for them.

Duration

The three days were experienced by many as a good length. It was long enough to get into a flow and truly learn something, but also intensive. Some participants indicated that they were only really able to reflect on what they had learned after the program ended.
A few participants would have preferred a bit more time for rest, decompression, or deeper exploration, or indicated that one additional day might have made this possible. The program on day two, in particular, was experienced as very full and tiring.

Feedback

- **Camera use:** Almost all participants mentioned filming as distracting or uncomfortable. It limited openness during reflection moments, especially when personal matters were shared. Several participants would have liked to know in advance that there would be so much filming.
- **Program structure:** There was a need for more balance. Suggestions included shorter days, scheduling practical activities later in the day, and creating more space for rest and breaks. Reflection moments at the end of the day worked less well for some due to fatigue.
- **Assignments & instructions:** The “4 point triangle” assignment was mentioned several times as unclear or not well connected to the overall program. Some participants wanted fewer theoretical assignments or simply clearer instructions.
- **Living together:** Feedback on sharing rooms was mixed; some found it exciting or uncomfortable. It was also mentioned that shared household tasks (such as cooking) could have been better distributed to foster a stronger sense of group cohesion.

- **Introduction & group formation:** Some participants indicated that a better introductory activity at the start would have helped to create a sense of safety and connection more quickly.