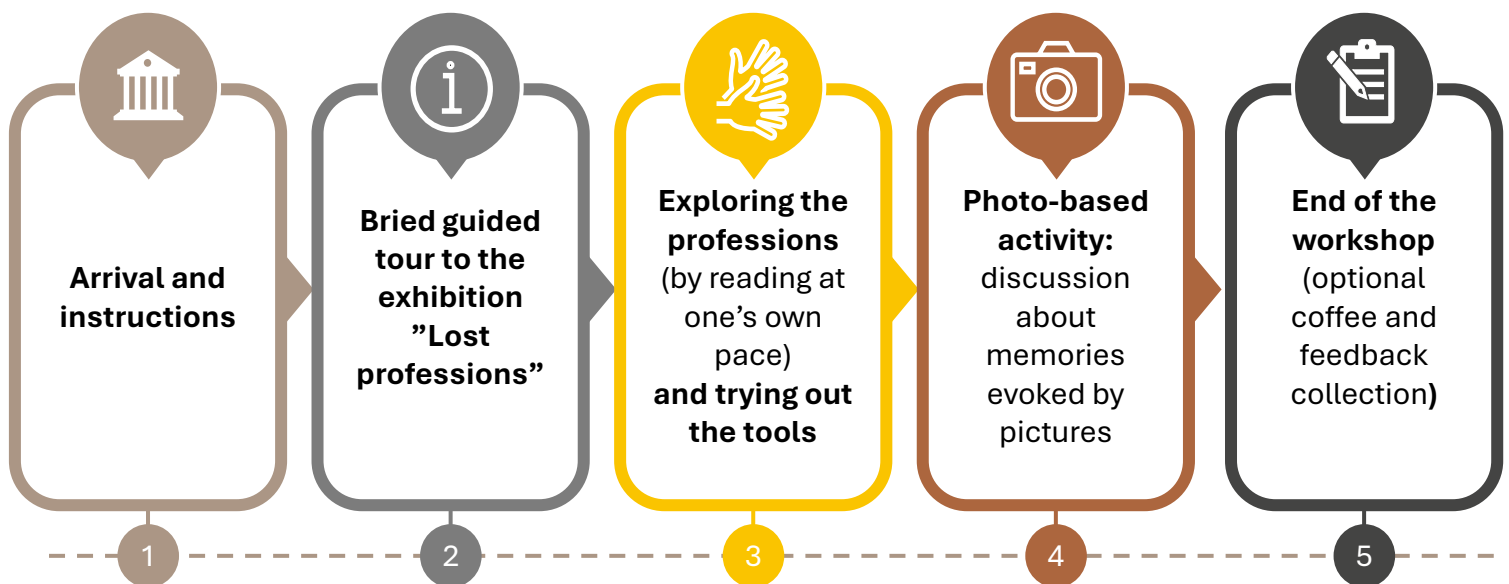


Lost professions workshop

Objectives: Exploring lost professions; creating shared experiences, encourage learning and sharing; reminiscing together; a service designed especially for elderly men

Target group: Elderly men interested in old professions and sharing their own experiences

Workshop flow step-by-step



Key contents and themes: Lost professions through related tools and information, trying out traditional tools, reminiscing, changes in society and working life

Materials and objects:

- Tools/objects related to lost professions
- Photographs connected to old professions (including images of other professions beyond those featured in the exhibition)
- Feedback survey (optional)



Lost professions exhibition at the Naantali Museum

Professions: Call center operator ("sentraalisentra"), customs master, scale master and ironer. The exhibition also features a demonstration of home distilling of moonshine.

Tools and objects: Call center, table scale and mangle board

Considering the elderly men in designing the exhibition:

- Old professions are a theme that interests many elderly men, as well as different tools.
- The importance of trying things and handling tools personally was brought up by the men.
- The exhibition incorporates multisensory elements, creating interest and opportunities to participate regardless of age-related decline in individual senses: visitors can explore professions by reading texts, listening to call center operator conversations, engaging in discussions with others, weighing objects on the table scale, and trying ironing with mangle board.
- Photo-based activity provides space for sharing personal experiences and memories together with the facilitator and other men.
- Additional seating has been added to the exhibition space, and texts are presented in a sufficiently large and clear font. Attention has been paid to ensure adequate lighting.

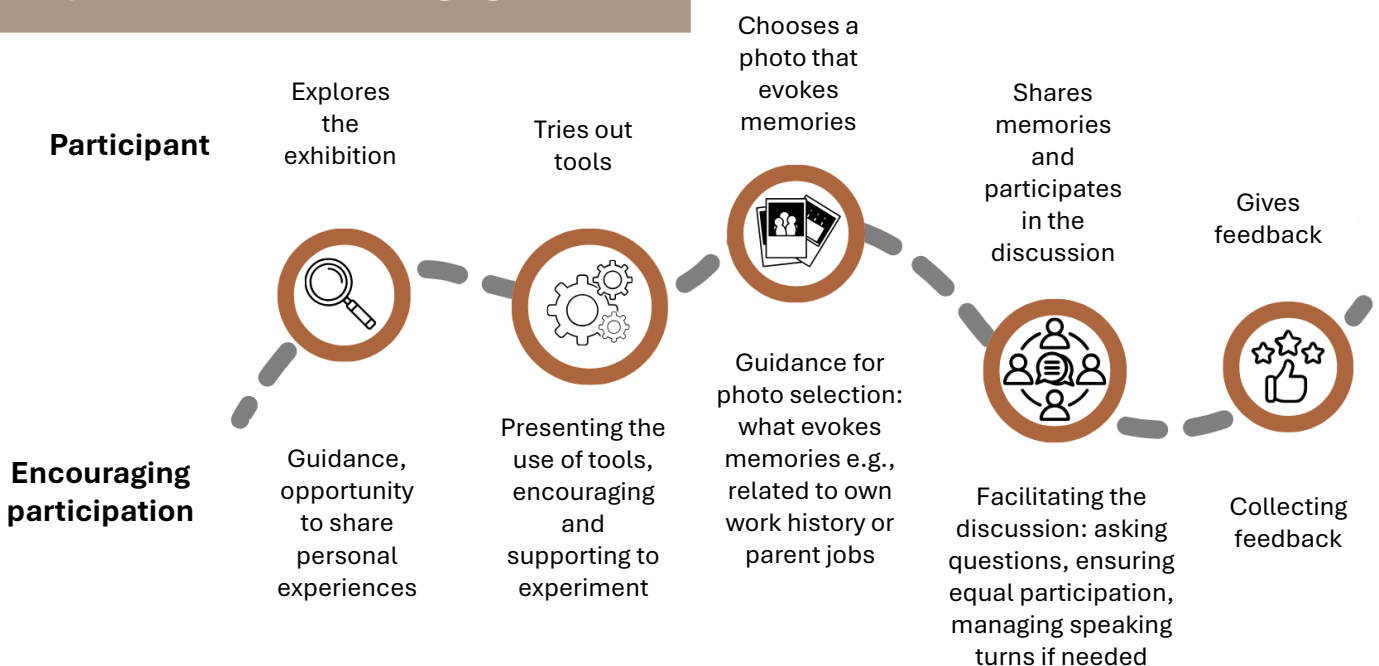


Resources

Personnel	Workshop facilitator with subject expertise and group guidance skills (can also be a separate guide and a facilitator for photo-based activity) (Support)staff for planning, marketing and implementation
Time*	Lost professions workshop 1–1,5 h (optional 30 minutes more for coffee and feedback) Planning and preparation ~6–8 h Marketing and reaching the participants ~4–5 h Workshop implementation ~2–2,5 h Feedback and documentation ~1–2 h
Space and equipment	Exhibition space with sufficient seating, good acoustics and lighting Images related to old professions It is recommended to carry out photo-based activity around a table so that everyone can sit together at the same table.
Budget*	Depends on the need to update the exhibition and whether coffee is included. Rough estimate for personnel costs (excluding exhibition update) 260–350 €.

* The workload and budget for the workshop depend largely on whether a completely new exhibition is built or an existing one is utilized. The number of participants, the facilitator's experience and how much material is already prepared also have an impact. If several workshops are organized with the same content, the planning work is spread across several sessions, reducing the time required per session.

Participants' role and engagement



Highlights from the feedback

got to see and try things
GOOD DISCUSSIONS AROUND PHOTOS
exploring old work methods **even more professions**
Interactive **experiences related to photos** telephone operator
GOT TO EXPLORE OLD PROFESSIONS varied **interesting**
nostalgic moonshine distillation **different eras**
photo cavalcade **more time for trying things** familiar stuff
good to be with a familiar group **nice to try plate ironing**
some things were known already **SAW THINGS LONG FORGOTTEN**
INTERESTING EVENT

Recommendations and tips

- The ideal size for a group is around 6–7 participants, but the workshop can also be held for larger groups.
- Workshop duration should be at least 1 hour, recommended duration for more relaxed atmosphere 1.5 hours (excluding feedback collection or coffee)
- Reserve enough time for discussion and exploring the tools. If participants do not know each other, more time will be needed for "warming up".
- Keep in mind that transitions take extra time, which can easily affect the overall duration of the workshop.
- Many old professions are interesting to elderly men, but moonshine distillation, call center operator and professions related to agriculture and fishing were of special interest.
- Ensure there is enough seating, and the texts are written in a sufficiently large and clear font, and the lighting is adequate.
- Consider participants' special needs (accessibility, possible assistive devices and memory issues) whenever possible.

Partners and reaching the target group:

- Pensioners' associations
- Housing services and home care for the elderly
- Hobby groups and associations
- Men's groups
- Local Facebook groups

Appendices and materials

- [Example of work phases and time spent](#)
- [Example of a photo-based activity at Naantali Museum](#)
- [Feedback form \(in Finnish\)](#)
- [Business Model Canvas](#)
- [Photos and experiences on the project's website](#)

Appendix 1

Example of work phases and time spent (excluding the implementation of the exhibition)

1. Planning and preparation (~6–8 h)

- Planning the structure and schedule of the workshop
- Selecting photos and printing them
- Arranging the space and preparing materials (e.g., feedback forms)
- Coffee arrangements
- Preparation for facilitation

2. Marketing and reaching out to participants (~4–5 h)

- Designing and producing marketing materials (e.g. invitations, brochures, email templates) (~2 h)
- Contacting the target group and managing registrations (~2–3 h)

3. Implementation (~2–2.5 h)

- Facilitating the workshop (1–1.5 h)
- Coffee and feedback collection (0.5 h)
- Preparing and clearing the space (0.5 h)

4. Feedback and documentation (~1–2 h)

- Reviewing and summarizing feedback
- Recording possible development notes

Appendix 2

Photo-based activity at the Naantali Museum

Facilitation and summary: Ulla Clerc, museum assistant

The aim of the activity is to share personal memories evoked by photographs within the group.

- Place 20–30 photo cards on the table. The images come from the museum’s collections and span a broad time range – from the early 1900s to the 1990s.
 - The photos depict various professions or work-related situations, for example shop assistants at a bakery counter, people making hay, a view of a fabric store, customers in a dentist’s waiting room, a gas station attendant, a classroom with teachers, a ferry.
- The facilitator gives a short introduction, explaining the background of the images (museum collections, time frame, different professions).
- Participants are invited to look at the photos quietly for about 5 minutes and choose one that evokes a memory. If no memory comes to mind, they can select an image that sparks interest. It’s important to emphasize that the memories do not need to relate to the museum’s location or the actual events in the photos – they serve as pathways to personal memories. At this stage, the group stands around the table so everyone can move freely and see all the cards.
- The facilitator should casually comment on the images while participants browse, for example: “Here we have a bakery counter”, “Oh, they’re making hay here”, “Could this be a gas station attendant?” This helps especially if some participants have difficulty recognizing what the photos depict (due to vision or memory issues). Also, check the lighting before starting the workshop.
- After choosing images, the group sits around the table. The facilitator picks one of the remaining cards and explains that they would like to hear what memories the photos brought up. The facilitator shares a personal memory related to their chosen card first – this is an important way to encourage participation.
- Then, each participant shares their memory in turn. If the group is large or stories are long, the facilitator may need to guide the discussion forward. They should respond encouragingly to each memory and, if time allows, ask follow-up questions. The discussion can highlight aspects related to professions.
- If there is time, do a second round where participants name a feeling, smell, or other sensory impression that the memory evoked.
- The facilitator summarizes the thoughts shared in any way they prefer. In test groups, both personally experienced memories and family or community stories emerged.
- Participants often felt a sense of connection and learned something new about each other. Some groups were already familiar with one another, while others consisted of strangers from different countries. Even with these diverse groups, connecting through the museum’s photo collection worked well, and group dynamics were positive.
- One of the facilitator’s key tasks is to create a sense of unhurriedness while still keeping to the schedule.

Appendix 3

Palautelomake: Kadonneet ammatit - työpaja

Päivämäärä _____

1. Kokonaiskokemus

Miten koit työpajan kokonaisuutena?

ERITTÄIN
HUONO

HUONO

KOHTALAINEN

HYVÄ

ERITTÄIN
HYVÄ

Mikä oli työpajassa parasta?

2. Näyttelyosuus

Oliko Kadonneet ammatit -näyttely kiinnostava ja ajatuksia herättävä?

KYLLÄ

OSITTAIN

EI

Miltä tuntui päästä kokeilemaan esineitä?

3. Keskusteluosuus

Pääsitkö mukaan keskusteluun?

KYLLÄ

OSITTAIN

EN

Oliko vanhojen valokuvien käyttö muistelussa hyödyllistä?

KYLLÄ

OSITTAIN

EI

4. Hyöty ja merkitys

Tuntuiko työpaja merkitykselliseltä tai toiko se iloa?

KYLLÄ

OSITTAIN

EI

Koitko, että olitte työpajassa yhtä porukkaa?

KYLLÄ

OSITTAIN

EN

Haluaisitko osallistua vastaavaan tapahtumaan uudelleen?

KYLLÄ

EHKÄ

EN

5. Saavutettavuus

Oliko työpajassa riittävästi istumismahdollisuuksia?

KYLLÄ

OSITTAIN

EI

Olivatko tekstit riittävän isolla?

KYLLÄ

OSITTAIN

EI

Kuulitko keskustelun ja opastuksen riittävän hyvin?

KYLLÄ

OSITTAIN

EN

6. Kehitysehdotukset

Mikä jäi kaipaamaan parannusta? Mitä muuttaisit tai lisäisit työpajaan?

Appendix 4

Business Model Canvas

