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## Arts & Resilience in a Rural Community

van der Vaart, Gwenda

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## Arts & Resilience in a Rural Community

The value of arts-based community activities in resilience-building in Pingjum, northern Netherlands

**Gwenda van der Vaart**

1. Arts-based community activities are an interesting means for resilience policies that seek to include the everyday life-world and knowledge available within communities (*this thesis*).
2. Participatory community arts can generate various types of social capital (bonding, bridging and linking) and in this way, contribute to the resilience of the community where they take place (*this thesis*).
3. A nuanced perspective on the impacts of the arts on communities is required as the influence of the arts is context-dependent, with the arts having both binding and dividing effects for different (groups of) community members (*this thesis*).
4. In the context of people's coping with (potential) place change, artists can be players to be taken into account as they can influence people's interpretations of, and subsequent coping with, proposed developments (*this thesis*).
5. Despite their challenges, creative and arts-based research methods can deliver substantial benefits for both researchers and society and, therefore, deserve more recognition in academia (*this thesis*).
6. The answer to the question: "What is the one most important thing our society needs?" (*from Miss Congeniality*) could never – unthinkingly – be "resilience" or "arts-based community activities" (*this thesis*).
7. To enhance community resilience, the arts could potentially play an important role in translating between the different lifeworlds and types of knowledge of professionals/policy makers and members of local communities (*Van der Vaart et al., 2015*).
8. Given the saying "*een gezonde geest in een gezond lichaam*" (a healthy mind in a healthy body / *mens sana in corpore sano*), one should never cancel a rugby practice, especially when carrying out a PhD research (*personal motto*).