



CONTACT DETAILS

Janine Tielen
Graphic Design, Illustration, Art

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PERSONAL DETAILS

Date of birth: 23 September 1984
Place of birth: Venlo, the Netherlands
Nationality: Dutch

LANGUAGES

Dutch: native language
German: fluent (C2)
English: fluent (C2)
French: good knowledge (B1)

TECHNICAL SKILLS

Photoshop
InDesign
Basic HTML / CSS
WordPress
MS Office
Silkscreen

ART & DESIGN EDUCATION

2016	Online-marketing courses at Cimdata	Berlin
2002-2007	Applied & Free arts at Gerrit Rietveld Academie Degree: Bachelor of Arts - Textile Design	Amsterdam

WORK EXPERIENCE

Since 2019	Full time self employed as a graphic designer/illustrator and as a masseuse.	Berlin
2016-2018	Part time self employed as a masseuse and part time employed. In 2017, I worked part time at Media-X-Change and translated PDF layouts into HTML-formats. In 2018, I worked part time as a graphic designer for UpGreatLife.	Berlin
2012-2015	Part time self employed as an artist. I worked on mainly on drawings and prints for textile. I also had a part time job as an office manager at Smartloft Apartments & Art.	Berlin
2011	Full time employed as a call center agent at Vistaprint	Berlin
2008-2010	Part time self employed as an artist. I worked on my own fine art project and as an assistant for other artists / designers. I also had a part time job as a receptionist for the Filmmuseum.	Amsterdam

Graphic Design

Tea cards for Yugen with Judith

CEYLON WITH TEA FLOWERS

BLACK TEA



Tasting notes:
Raisins, toffee, malt, honeysuckle

Origin:
Ambadandegama, in Uva, Sri Lanka

Amba Estate blended the classic Ceylon flavor with the sweetness of the tea flowers. It creates a warm blend of raisins, toffee and malt flavors. It's an Orange Pekoe 1 (OP1) tea, which refers to the grade of the tea. It's the highest grade of pekoe tea: the Golden Flowery Orange Pekoe. It is made using only the finest quality leaves and buds that are hand-plucked with great care. The tea is processed in small batches by hand. Sri Lanka is famous for its brisk but flavorful Ceylon black tea, but this hand-crafted black tea from Amba Estate is of exceptional quality. Much of Sri Lanka's production is commodity, low-quality tea. It is only through carefully-processed specialty teas like these from Amba Estate that the Ceylon profile can be experienced fully.





100 degrees Celsius
filtered water

6 grams /150 ml water
(Eastern method)

45-50-60 sec.
steeping time



ABOUT ME

I love Japanese words. Many of them express a feeling that the Western culture has no words for. "Yugen" is such a word. It means: *"An awareness of the universe that triggers emotional responses too deep and powerful for words."* It explains exactly the feeling that I want to transfer to you. Both as a certified Tea Sommelier and Barista, an experienced intuitive practitioner and a musician/harpist.

The core of everything I do is to get a little closer to myself or the person I'm working with. What does this experience mean to you? What touches you? I dig a little deeper than the surface. I try to find a connection between you, me, and others. I try to create that feeling that's hard to describe in words. That Yugen-feeling.



info@yugenwithjudith.com // 0031 6 10132959 // Berlin
www.yugenwithjudith.com

Icons made by Pixel Perfect & Freepik from www.flaticon.com

CHEN ROU GUI OOLONG

Origin: Taiwan
Tasting notes: Citrus, honey, malt, toffee

This blend is a classic oolong tea, with a smooth, rounded flavor. It is a semi-oxidized tea, which means it has been partially oxidized. This gives it a unique flavor profile, with notes of citrus, honey, malt, and toffee. It is a great choice for those who enjoy a tea with a bit of complexity and depth.

100 degrees Celsius filtered water
6 grams /150 ml water (Eastern method)
45-50-60 sec. steeping time

GANSU DRAGONWELL GREEN TEA

Origin: China
Tasting notes: Citrus, honey, malt, toffee

This blend is a classic green tea, with a smooth, rounded flavor. It is a non-oxidized tea, which means it has not been oxidized. This gives it a unique flavor profile, with notes of citrus, honey, malt, and toffee. It is a great choice for those who enjoy a tea with a bit of complexity and depth.

100 degrees Celsius filtered water
6 grams /150 ml water (Eastern method)
45-50-60 sec. steeping time

MOONSHINE WHITE TEA

Origin: China
Tasting notes: Citrus, honey, malt, toffee

This blend is a classic white tea, with a smooth, rounded flavor. It is a non-oxidized tea, which means it has not been oxidized. This gives it a unique flavor profile, with notes of citrus, honey, malt, and toffee. It is a great choice for those who enjoy a tea with a bit of complexity and depth.

100 degrees Celsius filtered water
6 grams /150 ml water (Eastern method)
45-50-60 sec. steeping time

BVUMBWE HANDMADE TREASURE BLACK TEA

Origin: Zimbabwe
Tasting notes: Citrus, honey, malt, toffee

This blend is a classic black tea, with a smooth, rounded flavor. It is a fully oxidized tea, which means it has been completely oxidized. This gives it a unique flavor profile, with notes of citrus, honey, malt, and toffee. It is a great choice for those who enjoy a tea with a bit of complexity and depth.

100 degrees Celsius filtered water
6 grams /150 ml water (Eastern method)
45-50-60 sec. steeping time

NANNUO STICKY RICE PUERH TEA

Origin: China
Tasting notes: Citrus, honey, malt, toffee

This blend is a classic puerh tea, with a smooth, rounded flavor. It is a fermented tea, which means it has been aged. This gives it a unique flavor profile, with notes of citrus, honey, malt, and toffee. It is a great choice for those who enjoy a tea with a bit of complexity and depth.

100 degrees Celsius filtered water
6 grams /150 ml water (Eastern method)
45-50-60 sec. steeping time

Yugen with Judith sells a special selection of teas. In 2020 I designed several cards (11cm x 18,5cm) with additional information, that will be attached to the tea packages. [Click here](#) to get a quick video-impression of the packages and tea cards.

Graphic Design

Giveaways for the FreiwilligenAgentur Mitte



The FreiwilligenAgentur Mitte connects volunteers to organisations that need support.

In 2019 I designed several giveaways: a postcard, 3 stickers, a beer mat and a tote bag.

For this project the logo, colors and fonts were already given. I was asked to create promotion material that was cooler and fresher than previous flyers. I also tweaked the logo and created the lines for the stickers.

Graphic Design

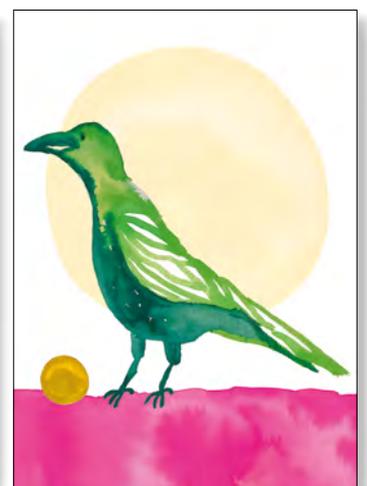
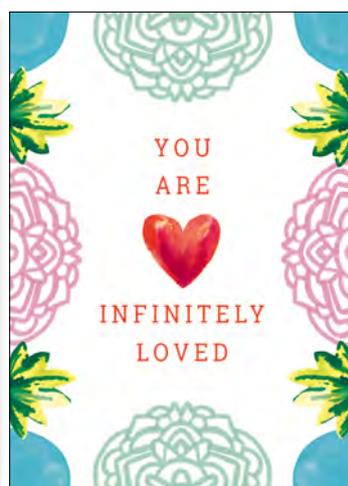
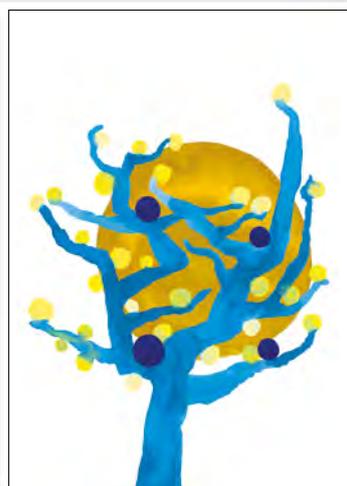
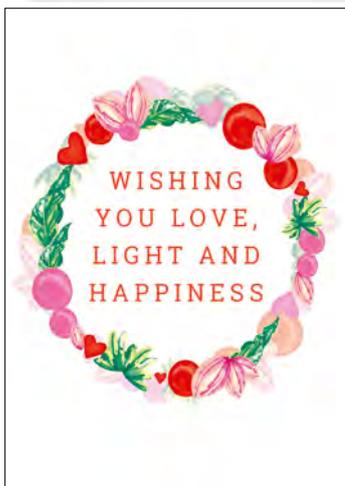
Logo and social media assets for KALI_KALI



Next to my work as a graphic designer and illustrator, I also give massages. Since 2018 I regularly post on [Facebook](#), [Instagram](#) and [Nebenan](#), to stay connected to my clients and to find new customers. The black and white illustrations that I've used for these posts are also created by me.

Illustration

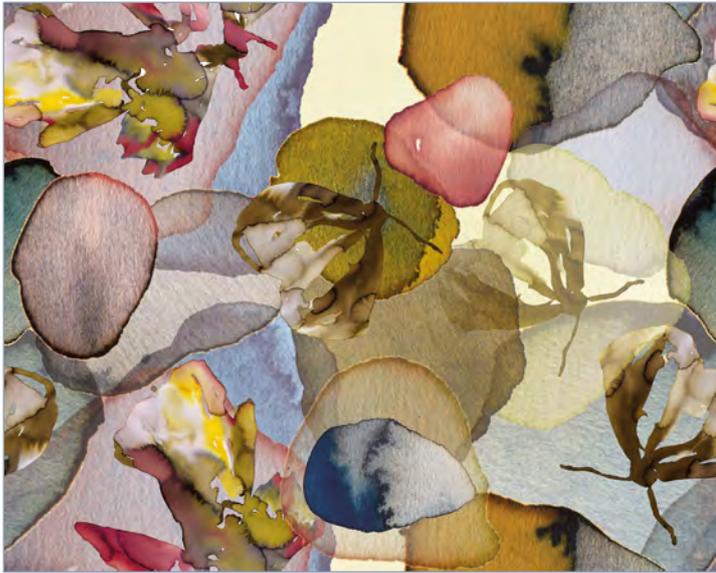
Postcards for KALI_KALI



I designed these cards in 2020 and set up a [kick-starter campaign](#) to get the printing funded. My next step will be to create an online store and design more illustrated products. I am also planning to sell these products at creative markets.

Illustration

Patterndesign for FrontRowSociety



FrontRowSociety was a fashion brand that produced mainly printed scarves and leggings. Every month they organised a competition for designers. In 2013 my design was one of the winners for a design challenge with the theme „moths and stones“. 200 leggings were printed and sold online.

UpGreatLife

A PDF with links to nutrition advice, recipes and exercises



DEEP DETOX BOX, WOCHE 1

Deine Links zum Digital Coach, klicke auf den jeweiligen Button

	TIPPS	REZEPTE	SPORTÜBUNGEN
TAG 1	TIPP 1	REZEPT 1	ÜBUNG TAG 1
TAG 2	TIPP 2	REZEPT 2	
TAG 3	TIPP 3	REZEPT 3	ÜBUNG TAG 3
TAG 4	TIPP 4	REZEPT 4	
TAG 5	TIPP 5	REZEPT 5	
TAG 6	TIPP 6	REZEPT 6	ÜBUNG TAG 6
TAG 7	TIPP 7	REZEPT 7	

Viel Spass & Erfolg bei Deiner Kur!
Falls Du Fragen oder Anregungen hast, besuche uns einfach unter www.upgreatlife.com
oder schreibe uns eine Email an support@upgreatlife.com.



DEEP DETOX BOX, WOCHE 3

Deine Links zum Digital Coach, klicke auf den jeweiligen Button

	TIPPS	REZEPTE	SPORTÜBUNGEN
TAG 1	TIPP 1	REZEPT 1	ÜBUNG TAG 1
TAG 2	TIPP 2	REZEPT 2	
TAG 3	TIPP 3	REZEPT 3	ÜBUNG TAG 3
TAG 4	TIPP 4	REZEPT 4	
TAG 5	TIPP 5	REZEPT 5	
TAG 6	TIPP 6	REZEPT 6	ÜBUNG TAG 6
TAG 7	TIPP 7	REZEPT 7	

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oder schreibe uns eine Email an support@upgreatlife.com.



DEEP DETOX BOX, WOCHE 2

Deine Links zum Digital Coach, klicke auf den jeweiligen Button

	TIPPS	REZEPTE	SPORTÜBUNGEN
TAG 1	TIPP 1	REZEPT 1	ÜBUNG TAG 1
TAG 2	TIPP 2	REZEPT 2	
TAG 3	TIPP 3	REZEPT 3	ÜBUNG TAG 3
TAG 4	TIPP 4	REZEPT 4	
TAG 5	TIPP 5	REZEPT 5	
TAG 6	TIPP 6	REZEPT 6	ÜBUNG TAG 6
TAG 7	TIPP 7	REZEPT 7	

Viel Spass & Erfolg bei Deiner Kur!
Falls Du Fragen oder Anregungen hast, besuche uns einfach unter www.upgreatlife.com
oder schreibe uns eine Email an support@upgreatlife.com.



UpGreatLife is an online store that sells food supplements and nutrition programs.

Since 2018 I have worked for them both as employee and as a freelancer.

This PDF was created to provide customers with links, that contain important information about their nutrition plan.

I designed the layout. The illustrations, colors and font were already given.

UpGreatLife

Image editing and content management



1.



2.



3.



4.

UpGreatLife is an online store that sells food supplements and nutrition programs.

Since 2018 I have worked for them both as employee and as a freelancer.

1. UGL also sells via Amazon. I did content management and image editing for the additional product information.

2. + 3. Image editing for product images.

4. I selected stock photos and edited them to be used as a header. On the left is the stock photo, on the right is the final header.

UpGreatLife

Detox & Well-Being Smoothie E-Book

10 ERFRISCHENDE REZEPTE
Lass Dich von unserer 10 Smoothie Lieblingsrezepten inspirieren und verwöhnen

MY DETOX & WELL-BEING SMOOTHIE E-BOOK



Alle UpGreatLife Kuren und Produkte findest Du auch unter:
www.upgreatlife.com
oder
www.amazon.de/upgreatlife

UP GREAT LIFE

BANANE-KOKOS-CHIA SMOOTHIE

Chia-Samen unterstützen die Verdauung, sorgen für ein langes Sättigungsgefühl, schützen vor Heißhungerattacken und unterstützen beim Abnehmen.



ZUTATEN:
1 Banane
200 ml Mandelmilch
100 ml Orangensaft
1 EL Kokosmehl
1 TL gekapselte Kokos (als Topping)
2 EL Chiasamen (eingeweicht)

UpGreatLife Tipp:
Füge noch 10g unseres **CocoFit Superfood Pulvers** hinzu für den Extra Vitamin- und Zink-Kick.

Hier klicken
oder shoppen auf
www.amazon.de

HIMBEER-ROSENWASSER SMOOTHIE

Ein Traum von Rosa der jähre Frühlingsherz höher schlagen lässt. So kann ein perfekter Start in den Tag aussehen.



ZUBEREITUNG:
1) Himbeeren mit Hafermilch und Wasser und mixen
2) Anschließend Agavensirup / Honig und Rosenwasser hinzufügen, nochmals mixen
3) In Gläsern servieren und mit Basilikum verzieren

Für die wilden Eroten unter uns: Anstatt Rosenwasser kann man auch eine Prise Kardamom hinzufügen

ZUTATEN:
300g Himbeeren (frisch oder tiefgekühlt)
4 EL Agavendicksaft oder Honig
100ml Hafermilch
200ml gefiltertes Wasser
2 EL Rosenwasser
3 Basilikum-Blätter
(Zutaten für 2 Portionen)



Hier klicken
oder shoppen auf
www.amazon.de

ORANGEN-MÖHREN SMOOTHIE

„Orange is the new black“. Vor allem wenn es so gesund ist wie dieser Smoothie



ZUBEREITUNG:
1) Orangen und Zitrone auspressen.
2) Möhren, Papaya und Ingwer schälen, in kleine Stücke schneiden.
3) Alles zusammen mit Chia-Samen und Kokosöl in den Mixer geben und go!
4) Smoothies in Gläser geben und einfach genießen.

ZUTATEN:
2 Orangen
3 mittelgroße Möhren
1 Papaya
1/2 Zitrone
1 TL flüssiges Kokosöl
1 TL Chia-Samen
1 kleines Stück Ingwer (optional)
(Zutaten für 3 Portionen)

UpGreatLife Tipp:
Füge noch 10g unseres **CocoFit Superfood Pulvers** hinzu für das Gewisse extra Portion an Vitaminen und Zink.

Hier klicken
oder shoppen auf
www.amazon.de

GURKE-AVOCADO SMOOTHIE

Der Klassiker jeder Diät-Kur. Cremig und sättigend und ideal für zwischendurch wenn die Heißhunger-Attacke kommt.



ZUBEREITUNG:
1) Avocado aushöhlen und in Stücke schneiden
2) Gurke in mittelgroße Stücke schneiden; nicht schälen
3) Alles in den Mixer und go! bis alles cremig lecker ist

ZUTATEN:
1 reife Avocado
1 Gurke
60ml frisch gepresster Zitronensaft
240ml ungesüßte Mandelmilch
(Zutaten für 2 Portionen)

UpGreatLife Tipp:
Ideal für unsere **Detox** und **DietLight** Kur für **Zwischendrin**.

Hier klicken
oder shoppen auf
www.amazon.de

SUPER-BERRY SMOOTHIE

Ein Klassiker der nicht fehlen darf - und auch als Mahlzeitenersatz eignet.



ZUBEREITUNG:
1) Beeren, Yoghurt und Milch in den Mixer und cremig mixen
2) Anschließend die Haferflocken unterrühren
3) Mit Honig leicht abschmecken

ZUTATEN:
450g gefrorene Beeren
450g Erdbeer-Yoghurt (low oder fat-free)
100ml Milch
25g zarte Haferflocken
2 TL Honig (optional)
(Zutaten für 4 Portionen)

UpGreatLife Tipp:
Füge noch 10g unseres **Morning Glow Superfood Pulvers** hinzu für mehr Ballaststoffe und ein längeres Sättigungsgefühl.

Hier klicken
oder shoppen auf
www.amazon.de

UpGreatLife is an online store that sells food supplements and nutrition programs. Since 2018 I have worked for them both as employee and as a freelancer. I was asked to create an e-book (PDF) with recipes. I did the concept, layout, cover illustration, image research and part of the text.

Art

Drawings inspired by old photographs



In 2013 I created a series of pastel drawing that are inspired by old photographs. The drawings are a way to express my fascination for the anonymous photos (I bought them at a flea market), as well as my special interest in fashion.

Art

„Knot“, an installation and photographs



Kunstkavel (2008) was a festival presented in a block of unfinished houses. Several artists were selected for a presentation. My installation consisted of knotted objects/ nets. During the festival I invited people to get into the nets, or wear them. By making pictures of that, I searched for a way to express human bonds.

Art

„Hypertextile“, a Zine



This zine was part of my graduation project in 2007. Next to a Zine, I presented a series of tattoo designs and a design for a scarf. The central theme was "creation out of destruction". It was about creating new structures, for example by changing the skin through tattoos. I was also fascinated by holes in fabric, as a metaphor for personal change.