

Creativity *clicks!*

THE GUIDE FOR BOOSTING YOUR
CREATIVE AND PHOTO COMPETENCIES



Co-funded by
the European Union



Hello there!

This is a guide designed by participants of the Training Course "Creativity Clicks!" that took place in Vaskna, Estonia, 15-23.04.2023.

It aims to boost your creative and photo skills. The product contains descriptions and photos of tools, methods, and games created by the participants and the project team.

You can use it for your work, group or team activities, personal development, friends or family meetings, or for any reason that fits you. For formal or non-formal purposes. It's up to you!

We are sure that it will help you become more creative!

Project Team



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About the project

The aim of the Training Course was to simultaneously develop the creativity and photography competencies of 24 European youth workers from Estonia, Spain, Poland, Greece, Turkey, Portugal, Romania, and Germany.

It was achieved through the following objectives:

- Increasing the knowledge of what creativity actually is, who is creative (everyone, not just artists), and how to unleash our own creative potential as youth workers.
- Developing the skills of unleashing and unblocking our own creative potential as well as supporting youth to do the same.
- Developing knowledge about photography and photo literacy.
- Honing practical skills in photography (pre-production, production, and post-production) as well as skills in promoting and disseminating youth work through photography.
- Increasing the awareness and attitudes on the importance of creativity and photography for youth work.



"Creative confidence is believing in your ability to create change in the world around you."

The Project Team



ROMY ALEXANDRA

Romy is a learning experience designer and certified experiential learning trainer on a mission to humanize learning spaces. She brings over a decade of experience as a youth worker and has facilitated training events in 30+ countries across 4 continents. Romy supports organizations across the globe to transform content into creative, effective, and engaging learning experiences. She holds certifications in Experiential Learning by the Institute for Experiential Learning (IFEL) as well in Experiential Critical Pedagogy by the International Experiential Learning Network (IELN). Romy has found her life purpose in empowering people to harness their (creative) potential and confidence through experiential learning.



MARTIN MARK

Martin Mark is the leader of the hosting organization NGO Revolution. He has been doing photography for more than 10 years, including different themes like 360 photography, virtual tours, light paintings, drone photography, and time-lapse videos. He has received recognition for his photos locally and internationally. He has been teaching photography for children and for adults, for beginners and for more advanced photography enthusiasts. He is certified in Experiential Learning and Pedagogy of the Oppressed by the International Experiential Learning Network (IELN).



URSZULA MALIŃSKA-MARK

Undaunted optimist, looking for good sides in every situation - according to the principle that "nothing happens without reason". Urszula has more than 10 years of experience in project management, designing learning paths, and working as a trainer in an international environment. Values the most in professional life-creating ambitious and challenging projects. The most interested in - what seems impossible to do. Certified Design Thinking Trainer. Enthusiast of using creativity, games and art as educational tools.

Humans of Creativity Clicks



"I don't care how people judge me. I don't really do things because I want people to perceive me some way, I do them because I want to."

Nura



"I think very few people know what love actually looks like."

Margareta



"You shouldn't compare yourself to others to see your own worth."

Deniz



"I was grown in a small town in Turkey and now I study in Istanbul. From my first Erasmus+ project, Istanbul is not enough, I want to feel more freedom."

Damla



"I think Erasmus project is very good way to meet people and discover new countrys and adventures."

Alvaro



"I admire very much of people who can really hear you when listening with full respect creating atmosphere where you feel safe."

Cristina

Humans of Creativity Clicks



"I used to be a perfectionist and an overachiever and when I realized that I was exhausted both physically and mentally I decided to change completely my lifestyle and re-evaluate things and so now I am taking a break and focus on my mental health and take it easy."

Veronica



"Life's a flower"

Olesja



"Our society tells us that failing is wrong. But I've learnt from experience that making mistakes is the key to success. For example, failing in getting my guitar diploma showed me that I really have to do it just for myself, for my inner peace, not in order to achieve something."

Georgia



"I love to experiment. I do photography and I enjoy playing with the light, with the shadows... and to create beautiful things. I have ideas that I would like to turn into reality and I am here to get knowledge and inspiration. I love to learn and to get inspired by the others..."

Lisa



"As a youth worker and project manager I like to experience to be on the other side. I got inspired by this amazing teachers so I had to take the chance to participate here in Estonia. Going out of my comfort zone and expressing myself in groups is always exciting for me."

Svetlana



"Trying to escape from reality."

Vergina

Humans of Creativity Clicks



"Q: What made you happy today?
A: Jumping on the trampoline."

Tatiana



"I want to be remembered as a happy person."

Marta



"I want to make a lot of good and help people but I don't need to be remembered for it, I want to do it anonymously."

Miruna



"In my first project, I totally forgot about my "real" life and I realized the problems I have are not "real" problems, they are the things I named as "problems" more than being "real" itself."

Konstantinos



"My passion is working with people. The children with disabilities, the workers, the volunteers, even my boss is great. Lodz was a safe place after the war, it has everything. Ugly glass buildings, tradition wooden houses, theatre, people... The people are changing the city, not those in power."

Ewelina



"I am really grateful about the REAL people that I met in the last few years. All these people make me see the real opportunities in my life. I always try to learn from different situations, even if it is a bad or a good experience I like to see what I can learn from that situation or what I can do better next time. I believe that life is a learning process and sometimes you just have to pick the right person to accompany you in the process."

Honorata

Humans of Creativity Clicks



"I'm a black driving criminal who loves honey like crazy and likes to learn a lot about how to be creative. I also fell in love with German hot dogs while I first visited this amazing tidy country:)"

Rana



"It is called black driving in Germany"

Christopher



"People should switch from looking into the mirror to looking out from a window. There is no villains, there is only people trying get by in life."

Carla



"You can go from Funghi to an endless conversation about the philosophy of life. Nature also allows us to observe the best in us. An observation of changes in people makes us a participant in this process. a change in people can be like a change of season, literally and figuratively:)"

That's why it's worth being part of this change."

Justin



"I am not crazy, but I am outgoing, ready to change my mind for the better."

Eleonora



"I love living in Europe because it gives me the flexibility to travel and discover different cultures within short distances. My passion is to find unique pieces wherever I go and dive into genuine authentic experiences. Apply this to food - even better. For relaxation there's nothing better than finding a little beach and laying in the sun."

Alana



How to click creativity?

- Choose creative courage - get creative confidence
- Think like a traveller and go exploring
- Take breaks - engage relax attention
- Observe your surroundings
- Reframe challenges and points of view
- F.A.I.L. forward
- Build a creative support network
- Practice self compassion

**TAKE A LOOK BELOW AT
HELPFUL IDEAS CREATED BY US!**

Psychologically safe space...

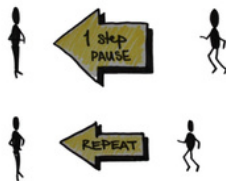
A suggested way to start your workshops



"Before we meet one another, we will meet ourselves.."

Invite your group to form a circle one hand on their heart on on their stomach with closed eyes.

Maintain silence
Form into pairs in two lines 4m apart



Line A remains still.
Line B steps slowly toward their partner one step at a time.



Partner A focuses on their own comfort level.
Partner A says 'stop' when they feel that partner B is as close as is comfortable for them.

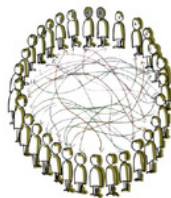
Partners exchange roles and repeat.

Divide into small groups to discuss the experience.



'Did anything surprise you?
Did you learn something about yourself?'

'Reform into one circle.



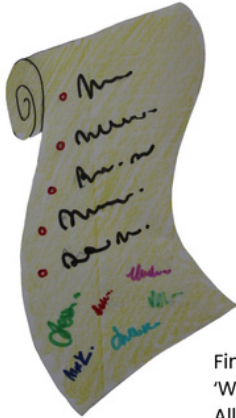
Then



One at a time give your name and two sentences
'What I need to feel safe here is...'
'Something that makes me uncomfortable in groups is...'

Facillitator posts up one sentence
"Recognize your needs and communicate them"
"Ask, don't assume"
"Practice kindness and respect"
(about psychological safety)

Extention for multiple day workshops.....



Facilitator compiles the 2 statements of each participant in contract form.

'We will...'

Open call for any extra important behaviours or responsibilities in the group contract

Finally:

'When we feel lines have been crossed we will speak and listen with kindness.'

All participants sign contract



'Now we will practice working together with our contract...'



Form into pairs

'One person is sculptor and one is clay..'

Clay speaks with their sculpture and decides if they would like to be physically or verbally sculpted. (Touching or no touching).



Sculptors have 2min to make a sculpture from their clay.

Faces are sculpted by sculptors giving examples with their own face



'Everybody freeze! Gallery is open, Sculptors are now art lovers impressed by the outstanding works of art.'



Art lovers walk amongst the sculptures, loudly discussing the beauty of the art and intentions of the artists.

Swap and repeat.

Creative Energizers

(videos - click on the picture))



AUTHORS: LISA, GEORGIA, MARGAREETA, AND CHRISTOPHER

Creative Energizers

(videos - click on the picture))



AUTHORS: LISA, GEORGIA, MARGAREETA, AND CHRISTOPHER

HUNTERS

IN THE TOWN

IDEAS!

- BEFORE THE PHOTO HUNT YOU CAN MAKE A WORKSHOP ABOUT PHOTOGRAPHY
- YOU CAN ENCOURAGE PARTICIPANTS TO COMMUNICATE WITH LOCAL PEOPLE TO SOLVE SOME OF THE TASKS
- AFTER THE PHOTO HUNT YOU CAN ORGANIZE AN EXHIBITION WITH THE PHOTOS OF THE PARTICIPANTS
- IT WOULD BE NICE IF AFTER THE CHALLENGE YOU CREATE A SPACE WHERE PARTICIPANTS CAN SHARE ABOUT THEIR EXPERIENCE AND EMOTIONS DURING THE PHOTO HUNT
- IT IS VERY IMPORTANT TO COLLECT FEEDBACK, SO YOU CAN IMPROVE YOUR FUTURE ACTIVITIES

!



HUNTERS

IN THE TOWN

IDEA: ORGANIZE A PHOTO HUNT FOR LOCAL YOUTH

EXPLORE YOUR SURROUNDINGS

NOTE: IT IS IMPORTANT TO INCREASE PARTICIPANTS EXCITEMENT BY TEASING THEM EVEN BEFORE THE HUNT ACTUALLY STARTS. YOU CAN USE SOCIAL MEDIA CHANNELS :)

SKILLS ON WHICH YOU CAN FOCUS: CREATIVITY, GROUP WORK, COMMUNICATION, STORYTELLING, MINDFULNESS, ETC.

MAIN GOALS:

- TO CHALLENGE PARTICIPANTS TO EXPLORE THEIR SURROUNDINGS
- TO HELP THEM TO FIND HIDDEN GERMS AND LEARN MORE ABOUT THEIR HOME
- TO IMPROVE THEIR ABILITIES TO WORK IN A TEAM AND COOPERATE WITH DIFFERENT PEOPLE
- TO START FOCUSING ON THE DETAILS AND DEVELOPING MINDFULNESS MINDSET
- TO PROMOTE THE IMPLEMENTATION OF OUTDOOR ACTIVITIES
- TO ENCOURAGE THE DEVELOPMENT OF PHOTOGRAPHIC SKILLS



AUTHOR: SVETLANA

HUNTERS

IN THE TOWN

DESCRIPTION: THE IDEA IS TO ORGANIZE A PHOTO HUNT FOR YOUNG PEOPLE FROM THE LOCAL COMMUNITY THAT CAN OFFER THEM THE OPPORTUNITY TO EXPLORE THEIR SURROUNDINGS.

IN THE PHOTO HUNT, YOU CAN INCLUDE IMAGES FROM FAMOUS PLACES, BUT IT IS IMPORTANT NOT TO MAKE IT TOO EASY. THAT IS WHY OUR SUGGESTION IS TO FOCUS ON THE DETAILS. SOME EXAMPLES CAN BE:

- A PHOTO OF THE DOOR OF ONE OF THE FAMOUS BUILDINGS, FOR EXAMPLE THE MAIN THEATRE OR CITY HALL. IF YOU PUT AN IMAGE OF THE BUILDING, THAT WOULD BE TOO EASY. BUT WHO HAS FOCUSED ON THE DOOR? :)
- A DETAIL OF A STATUE FROM THE CENTER OF THE TOWN, FOR EXAMPLE ITS FACE, HAND, ETC.
- MAYBE EVERYONE KNOWS THE KIOSK ON THE CORNER, BUT DO PARTICIPANTS KNOW HOW THE FACE OF THE PERSON BEHIND THE GLASS ACTUALLY LOOK LIKE?

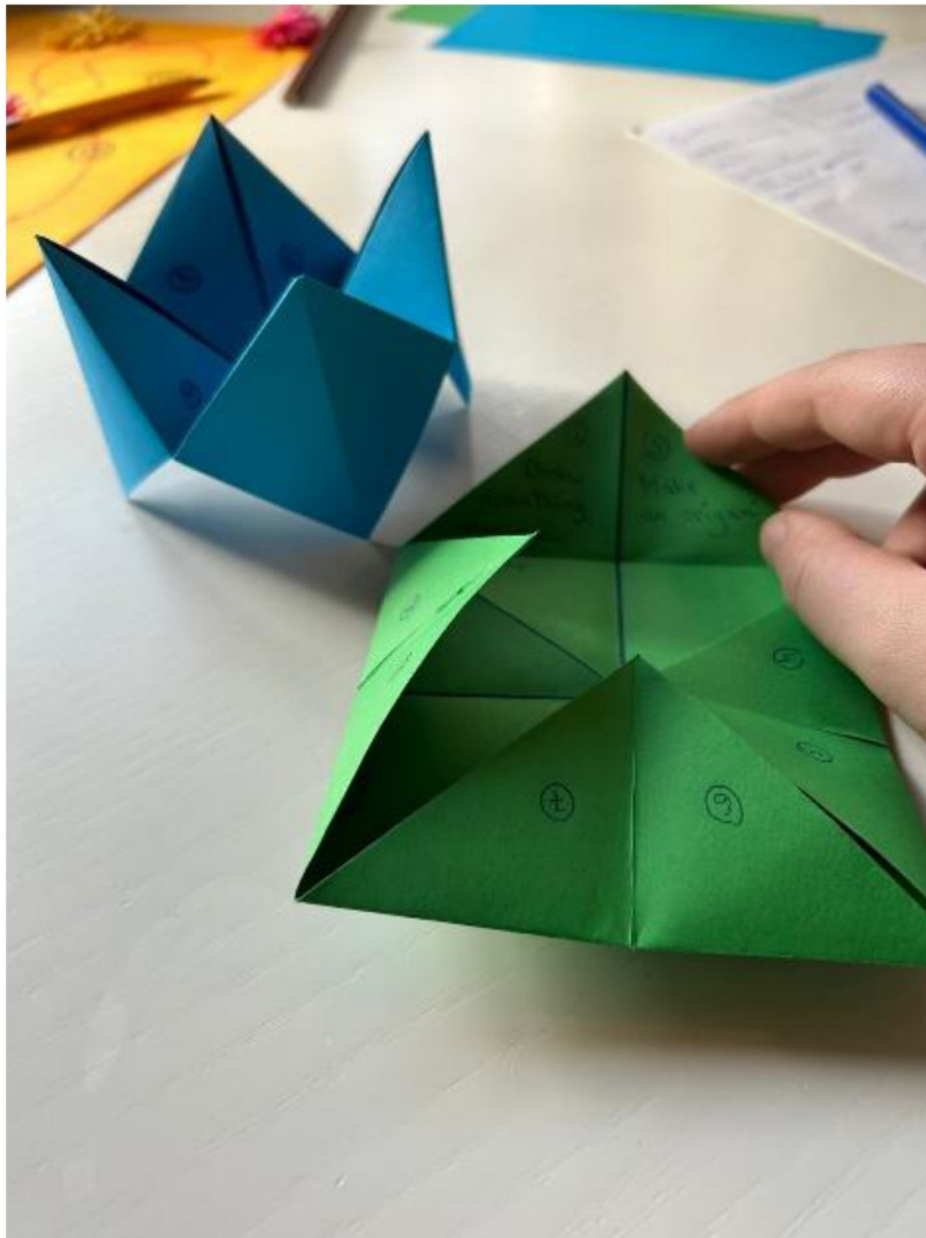
IMPLEMENTATION: PARTICIPANTS RECEIVE A PIECE OF PAPER WITH SEVERAL PHOTOS FROM THEIR TOWN. THE NUMBER OF THE IMAGES DEPENDS ON THE TIME YOU ARE PLANNING TO GIVE THEM, THE SIZE OF THE AREA THEY WILL HAVE TO EXPLORE AND THE NUMBER OF YOUNGSTERS PER GROUP. YOU NEED TO ADAPT THE PHOTO HUNT TO EACH CONCRETE CASE. IT HAS TO BE CHALLENGING AND REALISTIC AT THE SAME TIME.

PARTICIPANTS SHOULD RECEIVE CLEAR INSTRUCTIONS ON THE PHOTO HUNT AND A DETAILED INFORMATION FOR ITS RULES.

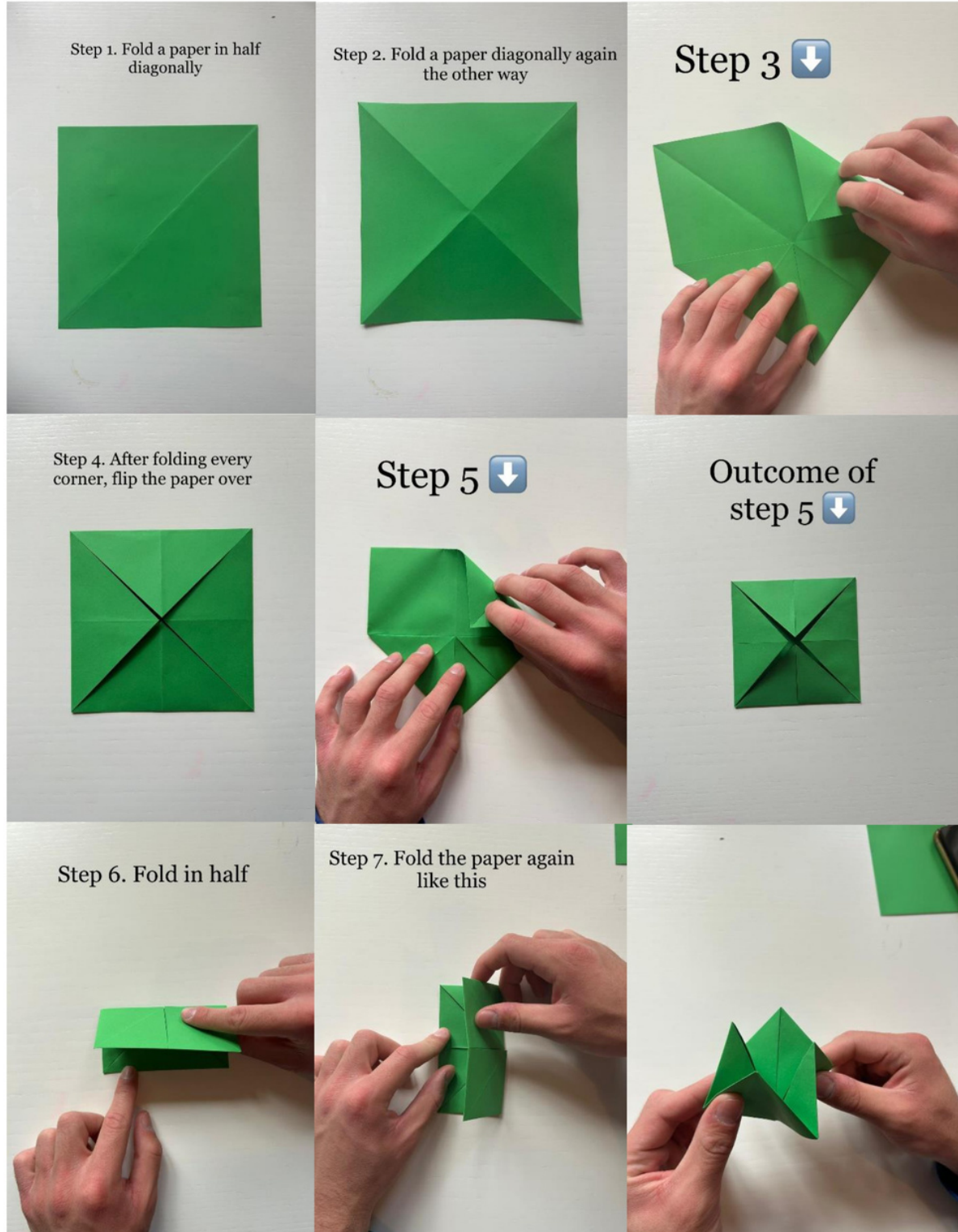
DEPENDING ON THE SKILLS YOU WOULD LIKE TO FOMENT, THE RULES OF THE GAME CAN BE CHANGED. FOR EXAMPLE IF YOU WANT TO WORK ON STORYTELLING, PARTICIPANTS CAN BE CHALLENGED TO CREATE A STORY WITH THE PHOTOS THEY WILL TAKE DURING THE HUNT!



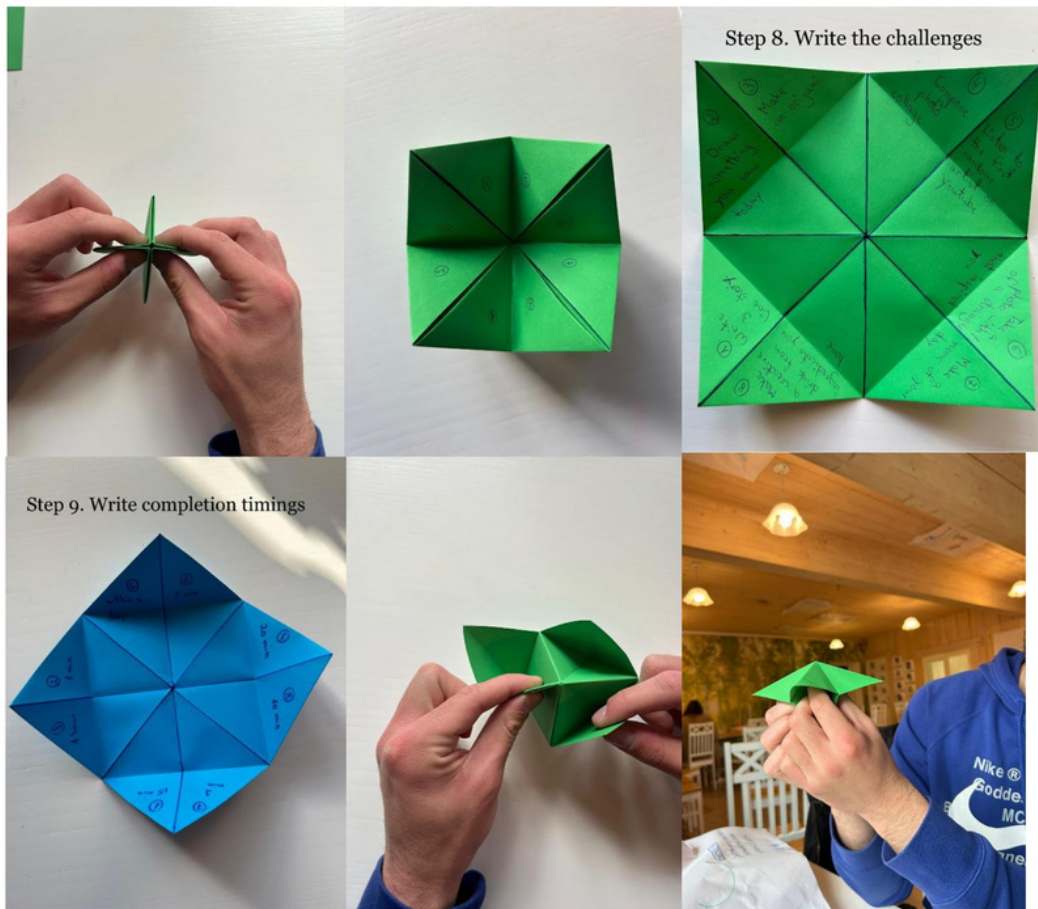
Creative daily challenges



To make the paper creation follow the steps below



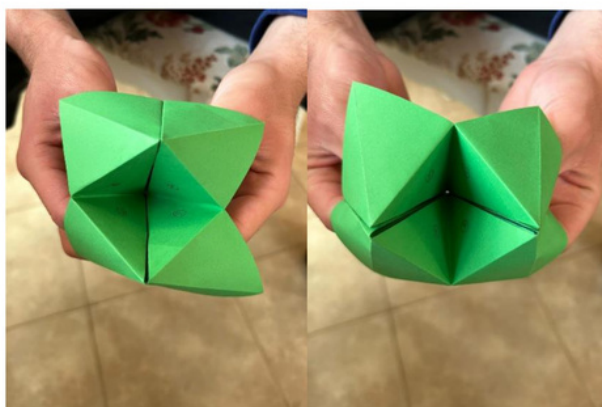
AUTHORS: OLESYA AND KONSTANTINOS



After finishing with folding the paper, write on a piece of paper 8 creative challenges and the time needed to finish each one. Write every challenge in each of the areas of the first origami created and then, the timings on the second one. Completion times don't have to be in the same order as the challenges.

To play this game:

The player holding the origami thinks of a word and alternates the faces for each syllable of it. Like in the pictures below.



When the player stops alternating, they choose a number and unfold to reveal the challenge. Follow the same procedure for timings and complete the challenge within the completion time.

To play again think of a different word and do the same

Creativity Cards

The set contains 35 hand-sketched cards. You can use them generate ideas, get to know people or use as Dixit cards.



AUTHORS: MARGARETA AND CARLA



ROLL YOUR OWN STORY

**CREATE YOUR OWN
CREATIVE STORY**

**ROLL THE DICE,
USE THE DRAWN ITEM, AND...
HAVE FUN**

— enjoy the creativity time —

ROLL THE DICE, DRAW AN ITEM
AND USE IT FREELY



DRAW YOUR MAIN CHARACTER

1



DRAW THE PLACE OF ACTION

2



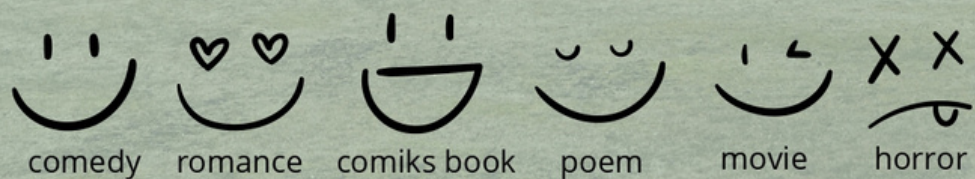
USE ONE OF THESE ITEMS

3



ADDITIONAL CHALLENGE AT WORK

4



AUTHOR: EWELINA



ROLL YOUR OWN POSTCARD

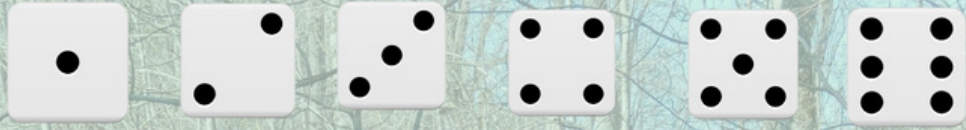
**CREATE YOUR OWN
CREATIVE POSTCARD**

**ROLL THE DICE,
USE THE DRAWN ITEM, AND...
HAVE FUN**

enjoy the creativity time

AUTHOR: EWELINA

ROLL THE DICE, DRAW AN ITEM
AND USE IT FREELY



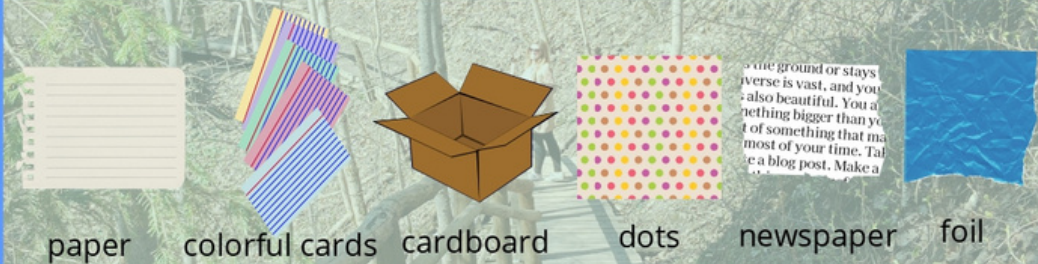
CHOOSE WHO THE POSTCARD WILL BE FOR

1



DRAW THE STRUCTURE

2



paper colorful cards cardboard dots newspaper foil

USE ONE OF THIS COLOR

3



ADDITIONAL CHALLENGE AT WORK

4



you can not use paper

use three items on the letter K

use shades only one color

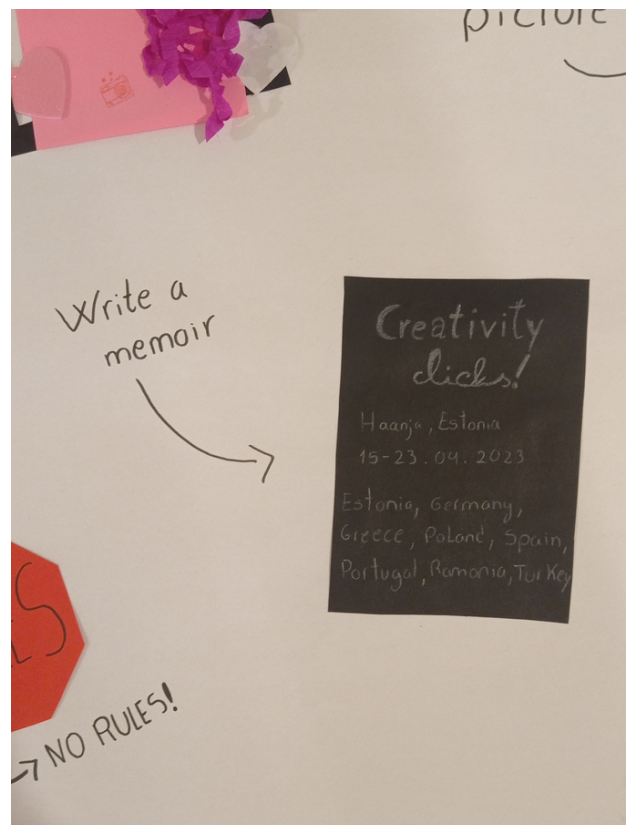
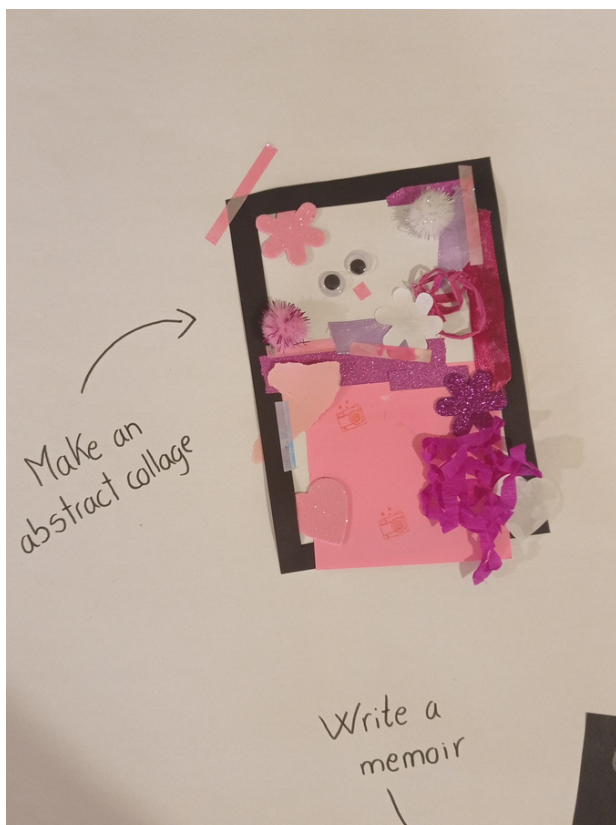
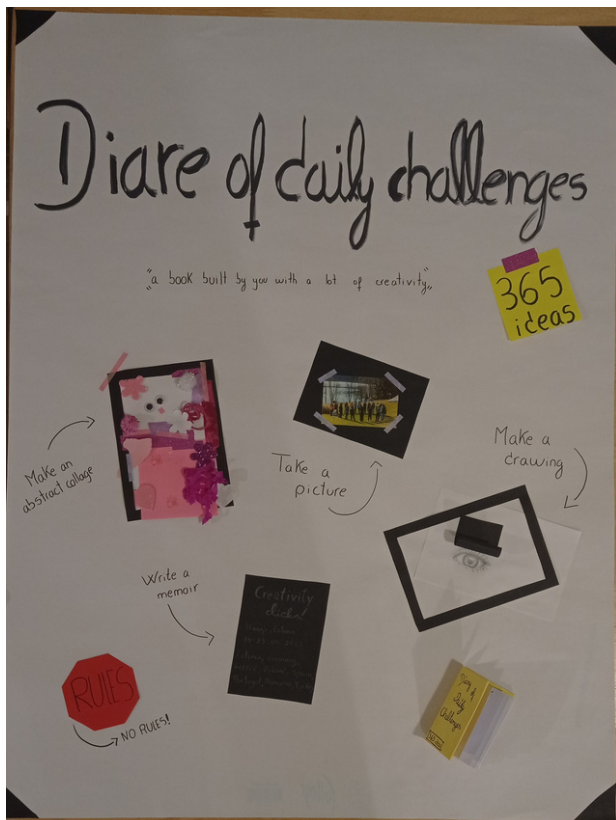
you can not to draw anything

join one origami element

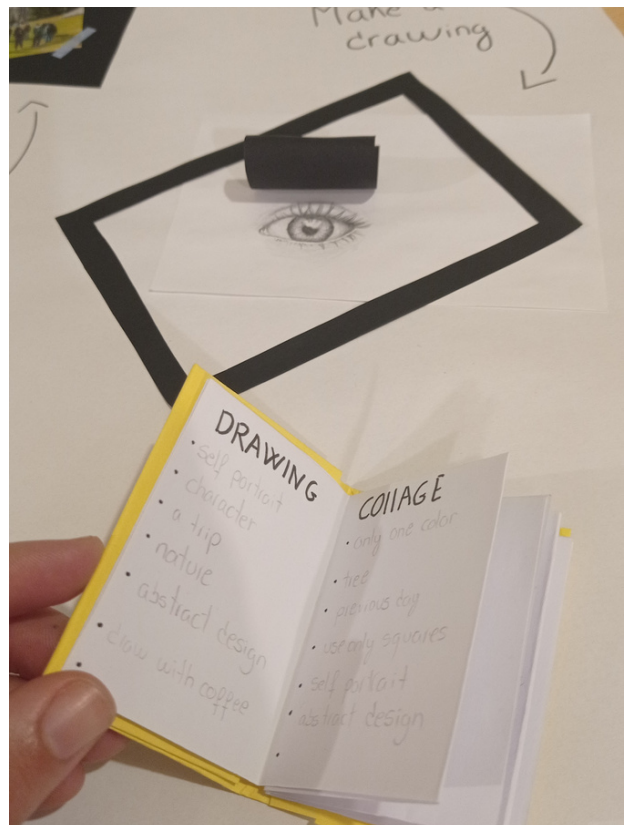
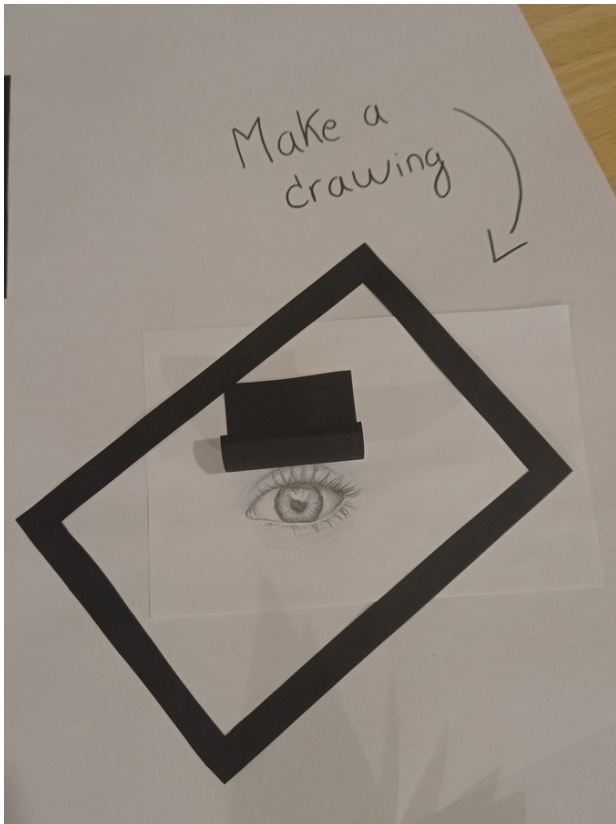
use the round blue item

AUTHOR: EWELINA

Diary of Daily Challenges



AUTHOR: TATIANA



AUTHOR: TATIANA

Cultivating Creativity - 7 day challenge



✦ CHALLENGE #1 ✦

Create your own flower pot

Welcome to your first cultivating creativity challenge.

To get started we're going to make our own flower pot. You can design it however you want, with whatever you want.

Just make sure it can hold the soil and water. Get creative!

✦ ✦

✦ CHALLENGE #2 ✦

Human Library

We are all our own libraries with our own stories to tell.

Go out and find someone who has an inspiring story to tell and ask them to share it with you.

Tip: Do you know anyone who has traveled to more than 10 countries? Ask them to tell you about their travels!

✦ ✦

AUTHORS: ALANA AND VERONICA



You've completed your second challenge!

Now it's time to add your soil.

Take out the soil from the envelope and add it to the flower pot you've created.



CHALLENGE #3



Using our imagination

For this challenge we are going to stretch our imagination muscle.

Start by picturing your creative spirit. What does it look like? Is it big? Is it small? Is it human? Is it an animal? What does it feel like?

Create something to represent your creative spirit. Draw, paint, sculpt...!



You've completed your third challenge!

Now it's time to add your seeds.

Carefully take out the seeds from the envelope. Gently place the seeds in the soil pressing them down until you can't see them anymore. They should be completely covered by a layer of soil!



CHALLENGE #4



Facing our fears

Did you know that Liam Payne from One Direction used to be scared of singing in public?

Maybe you're afraid to say "I don't know" when the teacher asks a question in school. Or maybe you want to join a sports team but are afraid you're not good enough.

What's something that worries you? What can you do to face it?



You've completed your fourth challenge!

Now it's time to find a great place to put your little seedling.

Find a place in the house that gets sun and a lot of fresh air.



CHALLENGE #5



Be mindful

Find a comfortable spot. Close your eyes. Take 3 deep breaths.

Try to imagine a beautiful bright light. The light begins to enter your body. It starts from the tips of your toes and travels into your legs, it moves through your stomach and flows into your chest and arms. You are filled with light. Feel your body relax.

Remember this light is always inside of you and you can always come back to it.





CHALLENGE
#6



Become a tourist

Choose one thing to change in your everyday schedule. Get off the bus one stop earlier, or have breakfast in a different room of the house.

Imagine you are on vacation in your hometown.

Notice your new surroundings. What seems different to you? Take a photo of it!



You've completed your sixth challenge!

Now it's time to add your fertilizer.

Take out the fertilizer and sprinkle it over the soil.



CHALLENGE
#7



Once upon a time

In our last challenge we are going to create our own fairytale.

When did you feel most creative and when did you struggle? How did you overcome those obstacles.

Think about how your creativity has evolved over the last 7 days and write a short story using the following prompts.

*Once upon a time
And everyday
Until one day
And because of that
Until finally
And everyday since*



You've completed your final challenge!

It's once again time to water your plant.

This plant as well as your own creativity is continuously growing, you just need to remember to "water" them.

Don't stop cultivating either of them!



Meditation For Children

● Children as young as two years old can benefit from meditation and peace of mind it brings. By incorporating meditation for kids into their daily routine, if child will opportunity to tap into this valuable skill at a moments notice to help them find peace and quiet whenever they need it.

TRICK

TIPS



● Meditation and mindfulness at work have been proven to help adults excel in their lives. And while younger kids may already be full-time students, in a school setting, meditation can have a measurable, positive impact.

● How Often can Children Meditate?

Tips: for Preschool Children a few minutes per day,
for Gradeschool Children 3-10 minutes twice a day.



MEDITATION CLASSES FOR CHILDREN



FRIENDLY

MEDITATION

EXAMPLES

FOR

CHILDREN



● THE BALLOON

This guided meditation brings a visual component to very simple deep breathing exercise. You can do this standing or seated.

Say these:

Relax your body and begin to take deep inhaled and exhaled through the nose.

Start to take slow, deep breath to fill your belly up with air, as if you're trying to blow up a big balloon. Hold your belly as much as you can.

Slowly let the air out of the balloon (through the nose) as you release the breath from the belly.

4- Encourage your kids to feel their entire body relax each time they exhale. Each time air is slowly being released from the balloon you can to slow down the exhale even more. Like "letting your air balloon"

5- Continue for several minutes.

Also

1- Ask them to think of their balloon of what color in their mind.

2- Then have them take slow, deep inhaled through the nose, filling up their bellies with air as if trying to blow up a giant balloon.

3- When their balloon is totally full, have them hold their breath at the top, and you can "pop the balloon" for them (gesture finger to belly) and they can fall as they exhale.

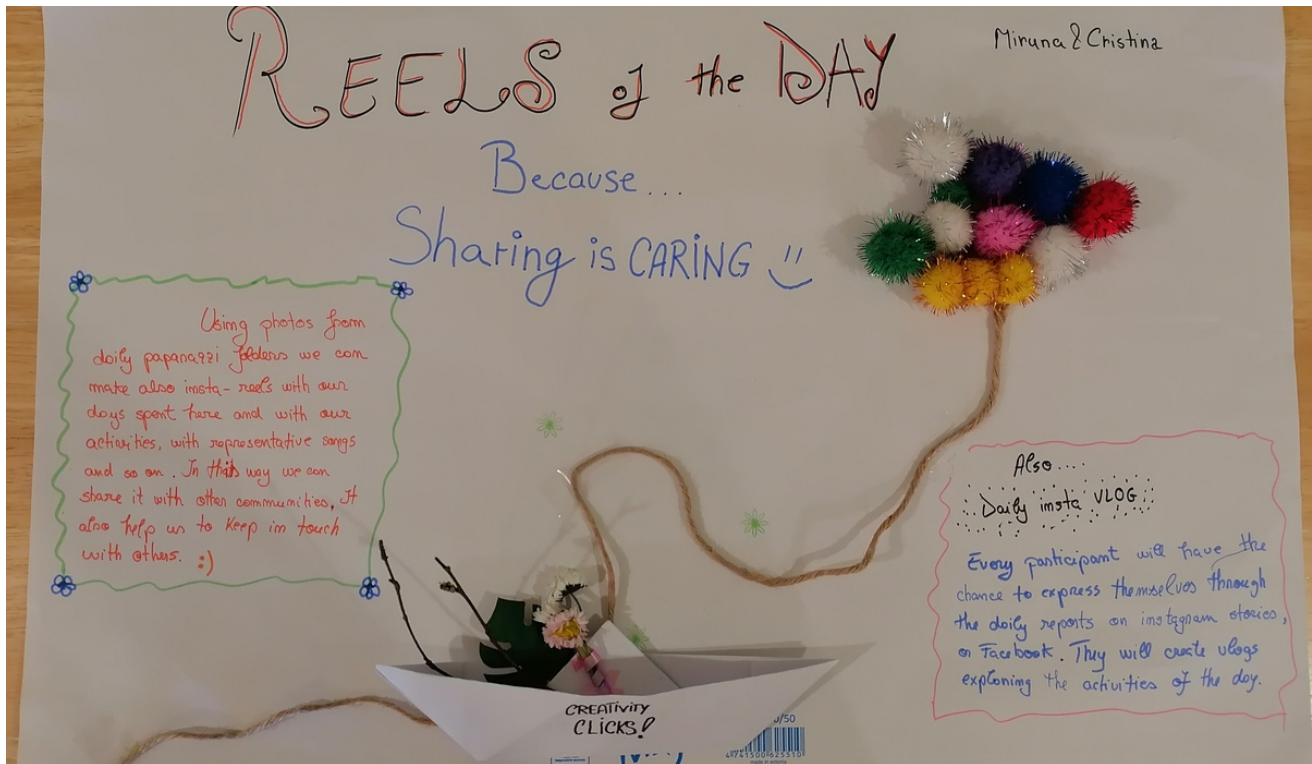
(Also you can try "Guided Relaxation" and "Follow the Leader" meditations for children)



College



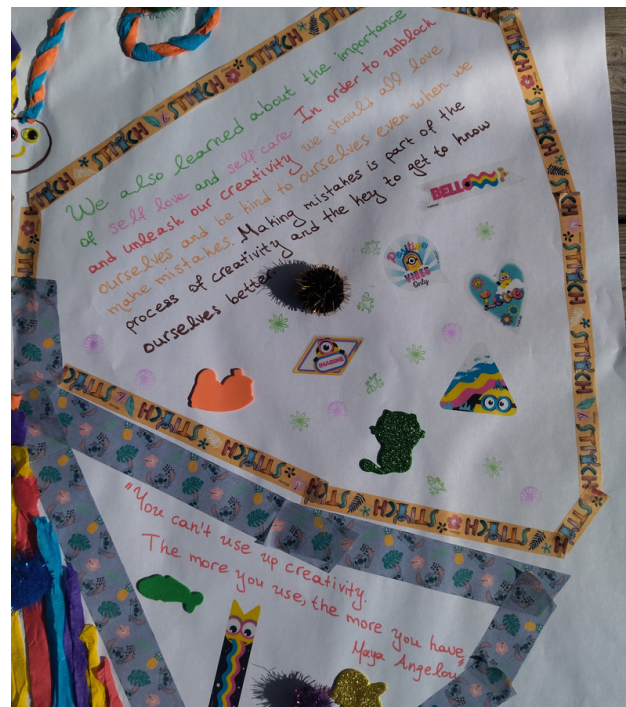
Visual Memories



AUTHORS: MIRUNA AND CRISTINA

Visual Memories

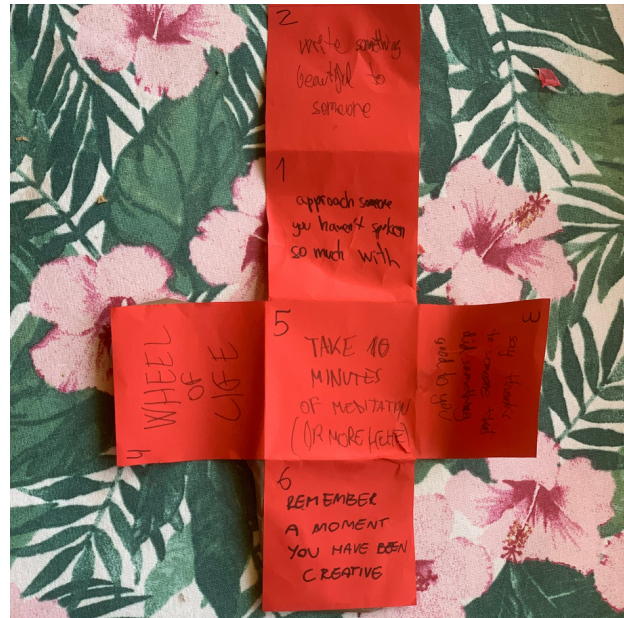
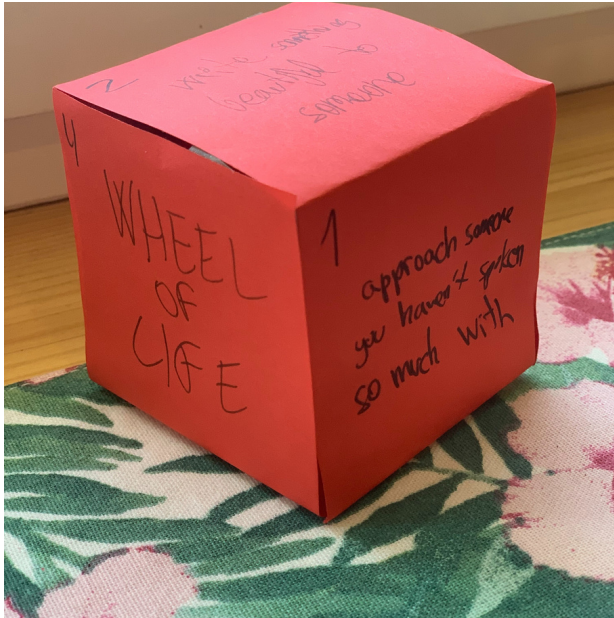
The idea is to present your thoughts, memories in creative way..



AUTHORS: GEORGIA AND VERGINA

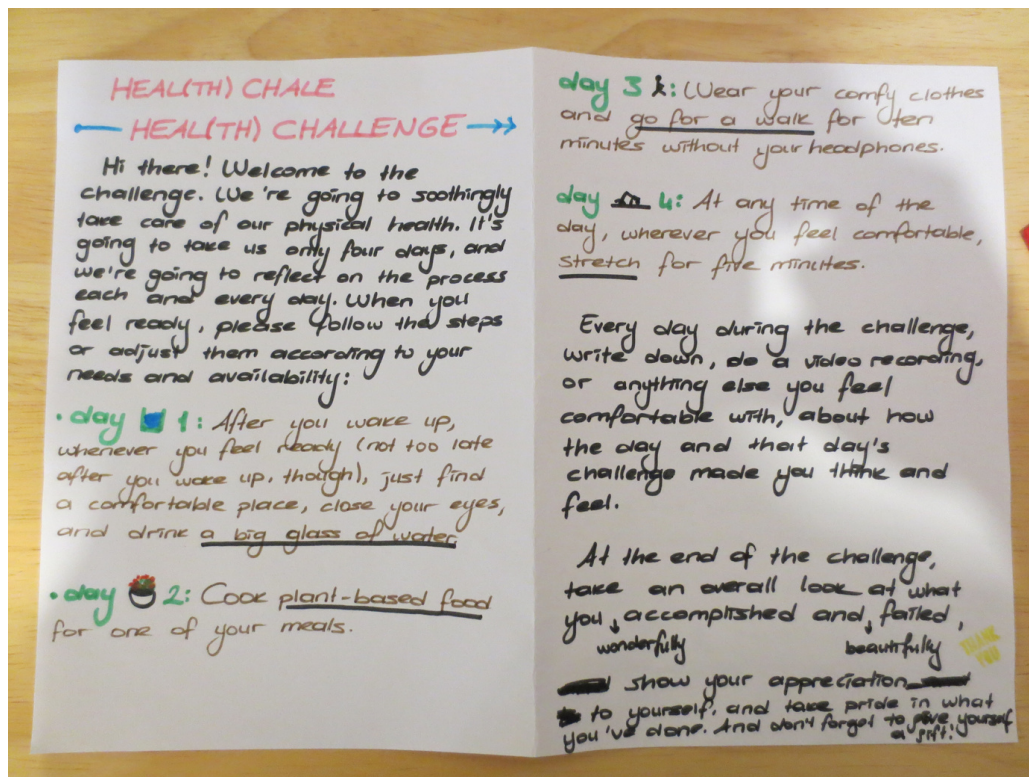
Challenge Dice

The idea is to roll the dice and challenge yourself with the activities you got at the moment (in the dice).



AUTHOR: ELEONORA

Heal(th) Challenge

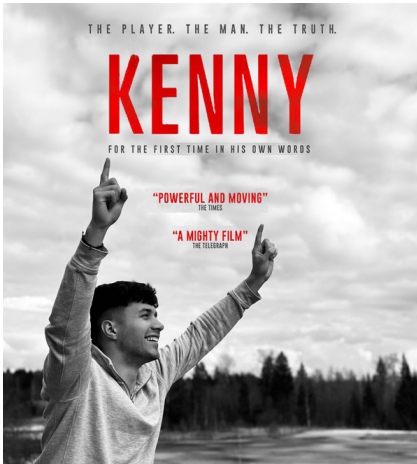


AUTHOR: RANA

Creative Photos

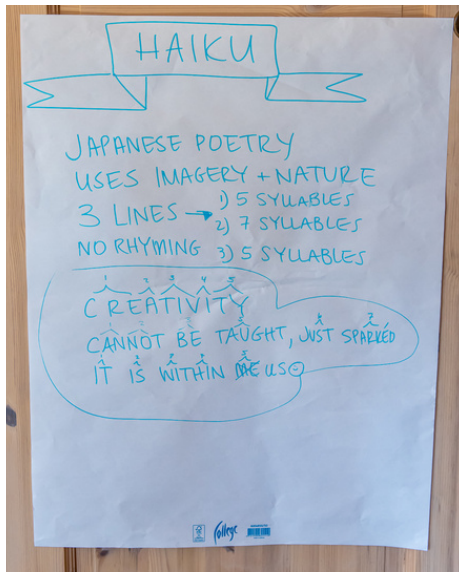
Create photos that show:

- one famous painting
- one famous movie poster
- one creative perspective



AUTHORS: HUMANS OF CREATIVITY CLICKS

Haiku



Creativity

Sharing thoughts on a piece of paper

To reach the whole world

Show your truth.

We shouldn't hold back.

I admire you.

I've known for a while

I have everything I need.

But today, it clicked.

What you are looking for

You can search for it outside

Only yourself to find.

*From now on each day
I'll try to express myself in a different way.*

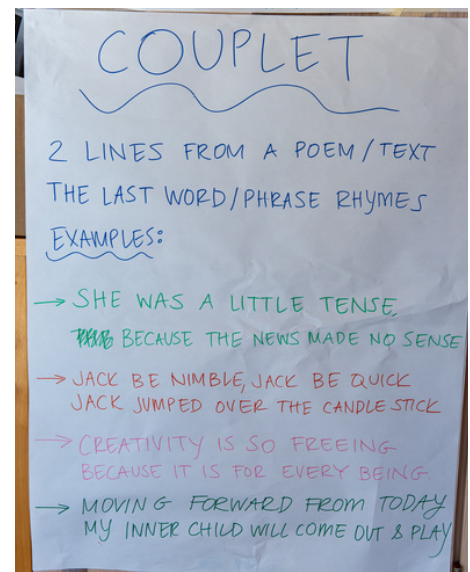
LOW MOOD IS FAR TOO
EMBODIED FOR ME
ADD A PIROUETTE WHEN RUSHING
FROM A TO B

When this project will end

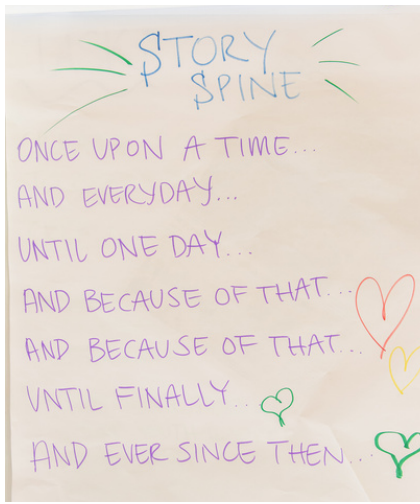
A lot of "I miss you" messages will be sent.

The battle has begun
Between who I am and who I will become
No longer trying to be perfect
Because I know that I am worth it.

Couplet



Story Spine



Once upon a time a girl named Julia was born

And everyday she tried to stand out from the group by being creative, artistic, and different, but she never finished learning things that she liked.

Until one day Julia faced judgment and misunderstanding from people she loved and because of that she started to close up to the creative side of her life.

And because of that she felt cold and disconnected from others.

Until finally she realized that there is nothing wrong with being different, it's just making a person authentic.

And ever since then Julia stopped being scared of differences and started to point them out for herself and others

Once upon a time, there was a little boy.

And everyday he did many creative things. And experimented with different types of art

Until one day that boy grew up

And because of that he had responsibilities and important and pressing matters he needed to attend to

And because of that he had no time, energy and willingness to express himself through art.

And ever since then his creativity found different ways to express itself through things other than art.

The end.

Once upon a time there was a simple girl, who liked to do sports.

And everyday she used to go running in nature

Until one day when she was running, she tore the ligaments in her foot.

And because of that she could no longer do what she loved to do such as running in nature.

And because of that she had to creatively find other things to do, such as drawing or taking pictures.

Until she finally recovered from the injury.

And ever since then, she has never stopped doing sports but always with due attention.

ONCE UPON A TIME, THERE WAS AN UNSTOPPABLE OPTIMIST. AND EVERY DAY, SHE THOUGHT POSITIVELY ABOUT MANY, MANY THINGS: LIFE, RELATIONSHIPS, PROBLEMS... SHE WAS ALMOST SKIPPING THAT "GRIEVING" PART IN ISSUES, AND WAS IMMEDIATELY THINKING ABOUT THE POSITIVE. UNTIL ONE DAY, WHEN SHE LOST THIS CORE TRAIT. THIS MADE HER FILL WITH NEGATIVITY, LEAVING A CONSIDERABLY SMALL PLACE FOR RELAXING AND SMILING. SHE MISSED HER OLD SELF, BUT SHE KNEW SHE NEEDED TO FIND THE REASON LYING UNDER THIS LOSS FIRST. UNTIL FINALLY, WHEN SHE SAT DOWN AND REFLECTED ON HER PAST SELF AND CURRENT SELF. SHE WAS IN A QUIET PLACE WITH NO DISTRACTION, INCLUDING HER PHONE. THAT REFLECTION AND ALONE TIME FELT LIKE FEELING THE JOY SHE USED TO FEEL. AND EVER SINCE THEN, SHE BECAME MORE AWARE OF HERSELF. BUT THIS DIDN'T LEAD HER TO LIVE A MORE STRESSFUL AND STIFF LIFE. INSTEAD, SHE FELT MORE PRESENT IN EVERY MOMENT, RELAXED AND CALM.

Collage



"College can be a great way to encourage self-expression and creativity in young people.

It's a versatile activity that can be adapted to suit a variety of themes and topics.

As a guidance, as we learned from one of our books, Margit, we just have to start without thinking of the final output and let the process reveal the final image!"

Now it's your turn!

Get inspired and start your journey with creativity and photography!

For further questions, support, or cooperation on the topic of creativity and photography, feel free to get connected with the project team :

Romy Alexandra [linkedin.com/in/romy-alexandra](https://www.linkedin.com/in/romy-alexandra)

Martin Mark [linkedin.com/in/martinmarkest](https://www.linkedin.com/in/martinmarkest)

Urszula Malińska-Mark [linkedin.com/in/urszula-mark](https://www.linkedin.com/in/urszula-mark)



Project coordinator:

ESTONIA: NGO REVOLUTSIOON

Project partners:

GERMANY: JUGENDKULTURARBEIT EV

GREECE: IASIS

POLAND: FUNDACJA IDT

PORTUGAL: ASSOCIAÇÃO NOVO MUNDO AZUL

ROMANIA: ASOCIATIA YOUTHOPOLIS

SPAIN: TICKET2EUROPE

TURKEY: ISTANBUL KULTUR VE SPOR DERNEGI

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