

**CREATIVE**

**BOOK**

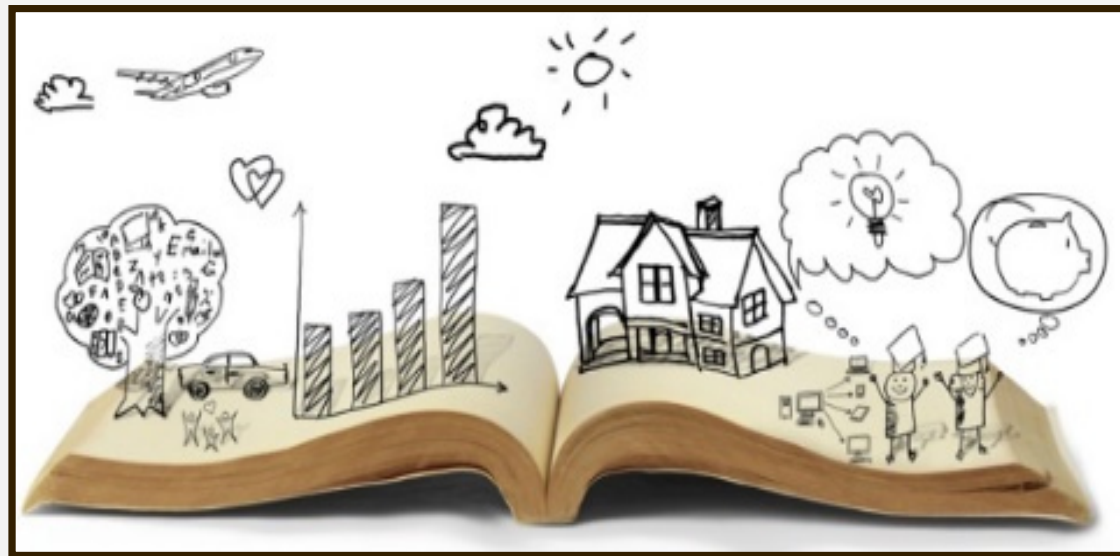


# CREATIVE BOOK

## WHAT IS?

A compilation of life stories written by multiple and intercultural hands.

Each woman involved in the project will share some of her life story in order to inspire others with her example.



# CREATIVE BOOK

## HOW WILL IT WORK?



- ✓ CFPIMM is developing the idea and the “physical” book
- ✓ All partners work on it throughout the project
- ✓ Pass on from one partner to other in transnational events:

Lithuania > Estonia > Poland > Hungary > Portugal

- ✓ In each meeting, the partner responsible for the Creative Book will present the work done so far, sharing all the experiences they had around this activity.

# CREATIVE BOOK GUIDELINES

- ✓ 1 sheet/woman life story or a significant moment of her life
- ✓ Each story must be signed, dated and identify the place where it was produced and the partner country
- ✓ If necessary to use texts, it should preferentially handwriting



- ✓ Illustrations, collages, multiple colours, multiple painting materials, photos, newspaper clippings, cards, cut-outs on the pages, reliefs, different arts and techniques (lace, embroidery, handcrafts, creative sewing, among others)

# CREATIVE BOOK GUIDELINES

- ✓ 2 or 3 keywords chosen by the group



*Fear Hope Childhood Balance  
Dependence Obstacles  
Success Experience Dreams  
Family Resilience Work ...*

# CREATIVE BOOK RESULTS

Women will...

- ✓ develop verbal and visual expression and improve english vocabulary.
- ✓ reflect on her life story, valuing the life experience as a "launching pad" to gain more skills and find new ways for taking pleasure out of life and MOVE-ON!
- ✓ inspire others to MOVE-ON!



# CREATIVE BOOK



Let's  
start