

THE ART OF EXPRESSION

LapBook

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OWNER NAME



2024/2025



Hello!

Hello and welcome to our shared adventure! I'm thrilled that you're joining this international project where you'll have the chance to explore your passions, meet new people, and discover art in a fresh, inspiring setting. Together, we'll learn, create, and have fun while embracing the beauty of intercultural cooperation.

This lapbook will be your personal guide throughout the project. Here, you'll find space for your notes, reflections, souvenirs, and everything you wish to remember. Feel free to use it in many ways – write down your thoughts, draw, paste tickets and photos – let it be your creative space!

I'm excited to embark on this journey together. Let's get started!

About Erasmus+

Erasmus+ is a European Union program that supports education, training, youth, and sports. It provides young people with opportunities to participate in international projects, develop skills, and learn about different cultures.



Funded by
the European Union

About our project

The Art of Expression is an international project created jointly by young people from the Polish Bullerbyn Foundation and the Bulgarian Perpetuummobile Foundation.

This project combines the youth's passion for art with opportunities for learning, developing skills, and building intercultural bonds. It also aims to promote mental health care and encourage self-expression through art.



The Art of Expression project is funded by the European Union as part of the Erasmus+ program.

in this project

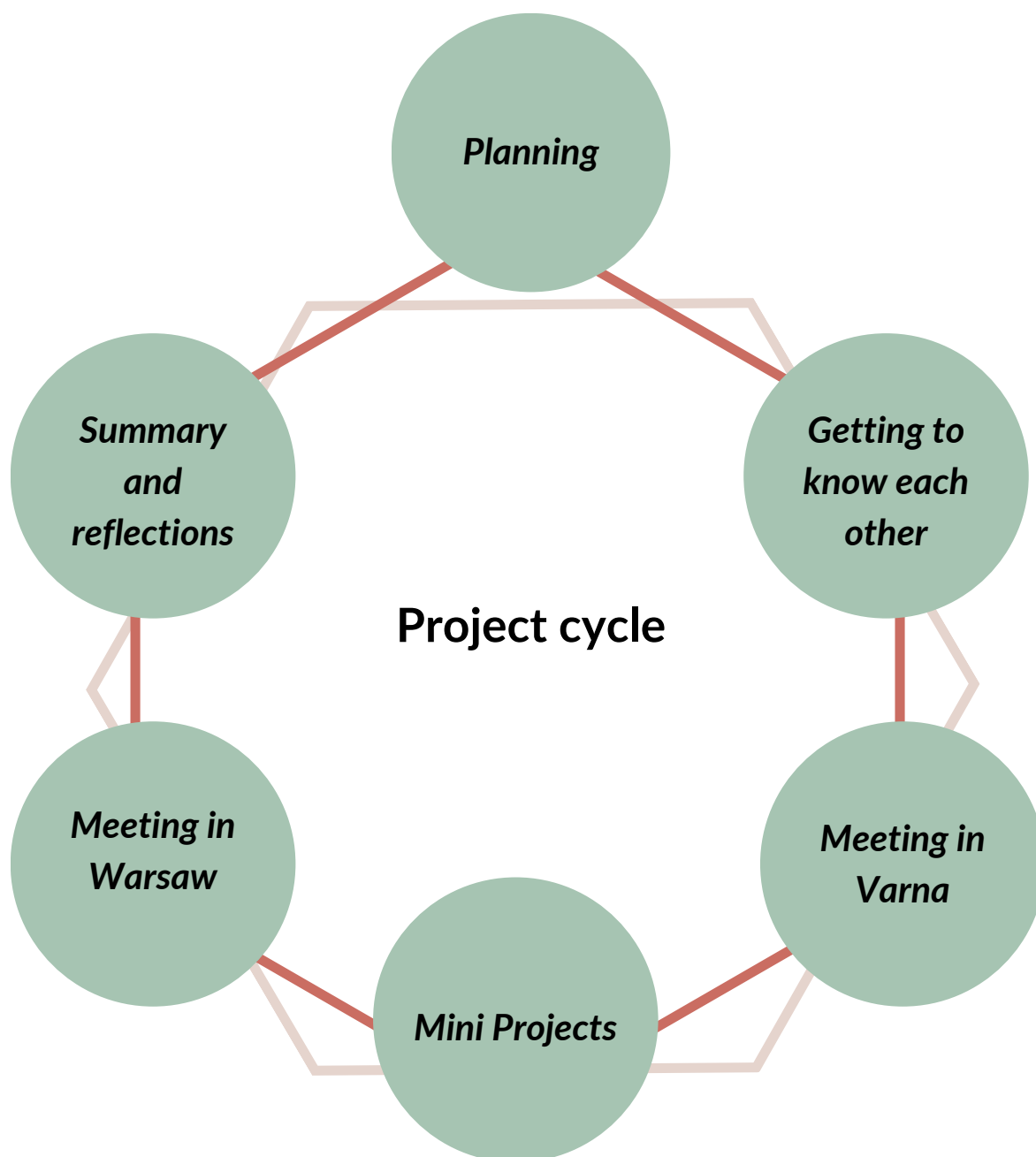


Let's check what will happen in this project!

- **Art workshops** - you will take part in artistic workshops and discover new forms of expression for yourself. You will learn more about painting, drawing, street art, film and architecture.
- **People** - you will meet new people from another country, you will cooperate with them, spend time with them, talk and have fun.
- **Cities** - you will visit Varna and Warsaw and will learn more about the culture of these cities, their architecture and history.
- **Mini project** - in between meetings you will implement a mini artistic project in a group according to your idea. Let's do it!
- **New skills** - you will learn many new things. You will develop your interpersonal skills, learn a lot about project organization, get to know new forms of art and practice speaking in English.

The Art of Expression

See what our project will look like.



Your thoughts at the beginning

Write below!

Why did you decide to participate in the project?

Your goals and expectations related to the project.

Your concerns and doubts about participating in the project.

Well-being tricks

By taking care of your well-being, you will fully benefit from the project experience and better cope with new challenges.

Below are some tips on how to take care of yourself during the project.

01

TAKE TIME FOR YOURSELF

Each day, set aside a little time to rest and reflect.

02

STAY ACTIVE

A walk or some exercise helps relieve stress and boosts your energy.

03

TALK WITH OTHERS

Sharing your feelings with friends or mentors can help you manage challenges better.

04

EAT WELL

Regular, nutritious meals give you strength throughout the day.

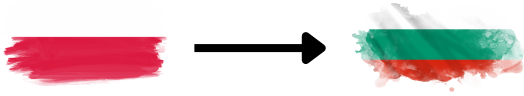
05

CONNECT WITH NATURE

Spending time outdoors lifts your mood and helps you relax.



Some useful phrases



Dzień dobry – Добър ден (Dobyr den)

Dziękuję – Благодаря (Blagodarya)

Proszę – Моля (Molya)

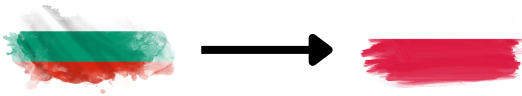
Przepraszam – Извинете (Izvinete)

Jak się masz? – Как си? (Kak si?)

Ile kosztuje? – Колко струва? (Kolko struva?)

Gdzie mogę to znaleźć? – Къде мога да го намеря? (Kade moga da go namerya?)

Fajnie Cię widzieć – Приятно ми е да те видя. (Priyatno mi e da te vidya)



Добър ден – Dzień dobry (дженъ добры)

Благодаря – Dziękuję (дженъ-ку-е)

Моля – Proszę (про-ше)

Извинете – Przepraszam (пшепра-щам)

Как си? – Jak się masz? (як шъе маш)

Колко струва? – Ile kosztuje? (иле кош-ту-е)

Къде мога да го намеря? – Gdzie mogę to znaleźć? (гдже мо-гэ то знале-жч)

Приятно ми е да те видя – Fajnie Cię widzieć (фай-не че вид-жеч)

Pro Tip:

Be open to new experiences, be curious, brave and seek help from others.



01

Varna



Our journey will begin in Varna, Bulgaria, where we'll have the chance to meet and get to know each other in a creative, inspiring setting by the Black Sea.

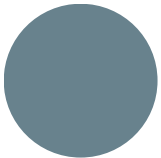
Together, we'll participate in workshops and exploring how art can be a tool for self-expression and connection.

We'll visit interesting places and take in the vibrant culture of Varna. This first meeting will be just the beginning, setting the stage for our collaboration and friendship.

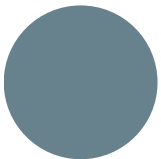
Before first meeting

We will soon meet for the first time.

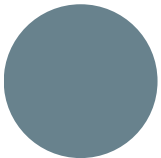
To prepare well for the meeting, remember a few things



Think about what you can learn and experience during your exchange. It will be a great and very valuable time!



Pack all the necessary things. Remember travel documents and medications.



Take a few breaths. Everything will be fine. If you have any concerns, talk to the group leader.

Or maybe you want to write something down before our first meeting? How are you feeling before that?

VARNA BUCKET LIST



Watch the sunset over the Black Sea.

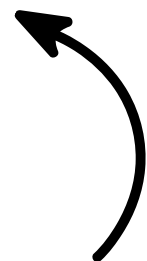
Take part in an art workshop. Learn one new art technique.

Meet a new person and talk to them in English.

Learn a few words in a new language and use them in conversation.

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Add whatever you want

Your Varna diary

Here you can keep a trip journal, write down your thoughts, emotions, experiences and whatever you want.

To chill and calm down

When you're feeling overwhelmed, taking a few moments for yourself can make a big difference. Try these simple exercises to relax, reset, and find a bit of calm in the midst of a busy day.

01

Deep Breathing - Sit comfortably, take a slow deep breath in through the nose for a count of four, hold briefly, and exhale slowly for a count of four. Repeat this 5-10 times to calm the mind.

02

Mindful Music Listening - Choose a calming piece of music, put on headphones, and close your eyes. Pay attention to each note, instrument, or rhythm. Notice how the music makes you feel, and let yourself be fully immersed in the sounds. Avoid thinking about other things; just let the music carry you.

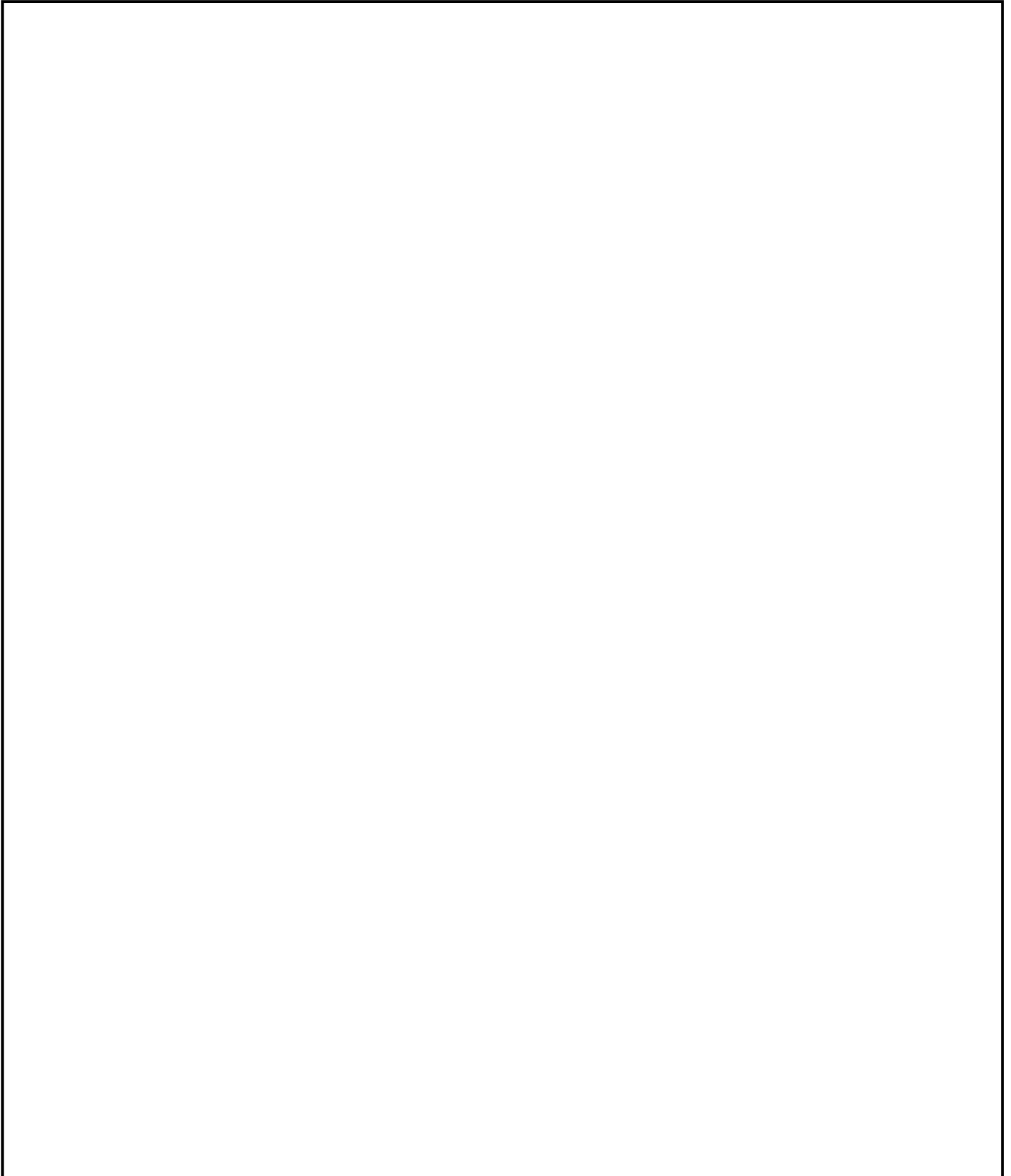
03

Stretching Routine - Spend a few minutes stretching out your body, especially your neck, shoulders, and back. Simple stretches relieve tension and refresh your energy.

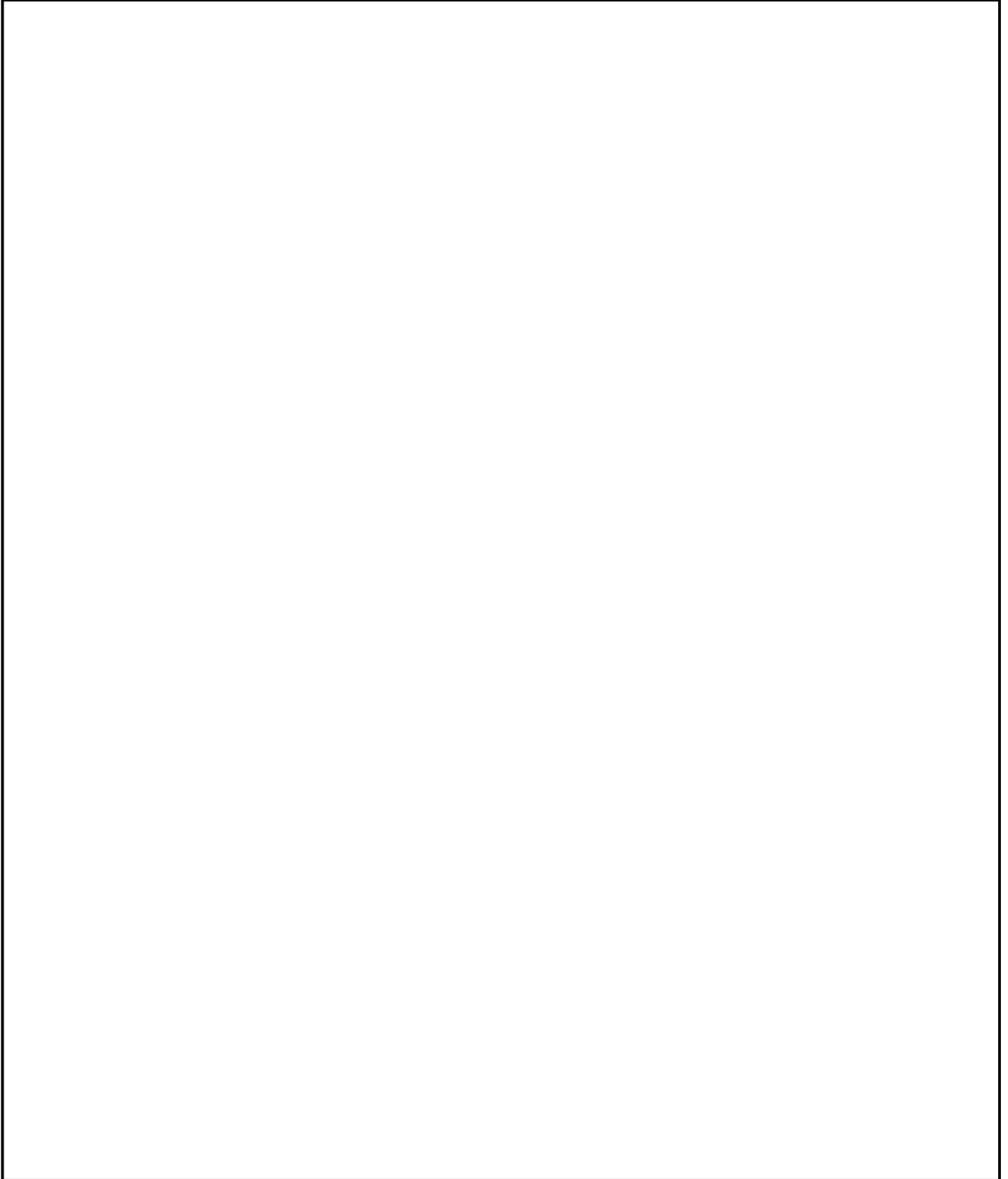


Find a quiet space, focus on each shape as you color, and relax into the process. If you need crayons, ask the group leader.

Ideas/ inspirations/ notes

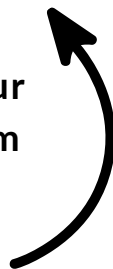
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Ideas/ inspirations/ notes

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Souvenirs and memories

Write down your memories here, paste your museum entry ticket or other souvenir from your exchange.

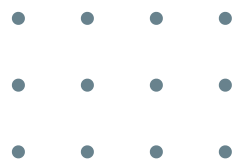


Reflection after the first meeting.

Write below!

How was your meeting? What was pleasant and unpleasant for you during the exchange.

What have you learned, found out about yourself and the world?



Mini projects

Mini-projects are your group creative challenges to work on between our meetings in Poland and Bulgaria.

Together, you can express yourselves, experiment with new ideas, and create something unique that reflects your inspiration – it could be a drawing, a collage, a short video, anything you can imagine!

Your group decides what kind of project to create, making it a true team effort. We'll share and discuss the projects together during our second meeting, so get ready to show us what you've come up with!





Mini projects notes

Write down your mini project ideas, plans or inspirations for action here



Pro Tip:

Remember to appreciate yourself and all the effort you're putting in—every small step counts!



02

WARSAW



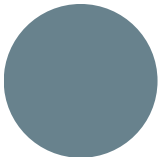
Our second meeting will take place in the vibrant city of Warsaw, where we'll dive into the world of street art and urban creativity. Together, we'll explore iconic spots, try our hand at creating graffiti, and discover the unique architecture that defines Warsaw.

We'll also have the opportunity to present and share the mini-projects and celebrating each group's creativity and hard work. This visit is a chance to build on what we started, deepen our connections, and enjoy the inspiration this amazing city has to offer!

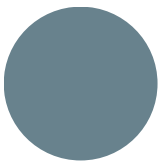
Before second meeting

We will meet again soon!

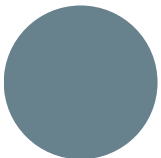
To prepare well for the meeting, remember a few things



Think about what you liked about the first meeting. Maybe you want to repeat it, or maybe you have some new ideas.



Pack all the necessary things. Remember travel documents and medications.



Take a few breaths. Everything will be fine. You already know these people and you know how international youth exchange works. If you have any concerns, talk to the group leader.

Or maybe you want to write something down before our first meeting? How are you feeling before that?

WARSAW BUCKET LIST



Try traditional Polish pierogi - yummy

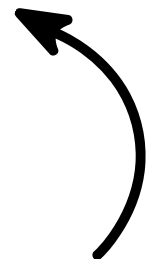
Take part in street art workshops

Talk to someone you have had little contact with so far.

Take a walk through the Old Town - admire the streets and architecture

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Add whatever you want

To chill and calm down

When you're feeling overwhelmed, taking a few moments for yourself can make a big difference. Try these simple exercises to relax, reset, and find a bit of calm in the midst of a busy day.

5-4-3-2-1 Sensory Check:

Ground yourself by identifying 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you taste. This helps bring you back to the present.

Creative Expression:

Grab a pen and paper, and write down your thoughts or doodle whatever comes to mind. This simple act can help release stress and refocus your energy

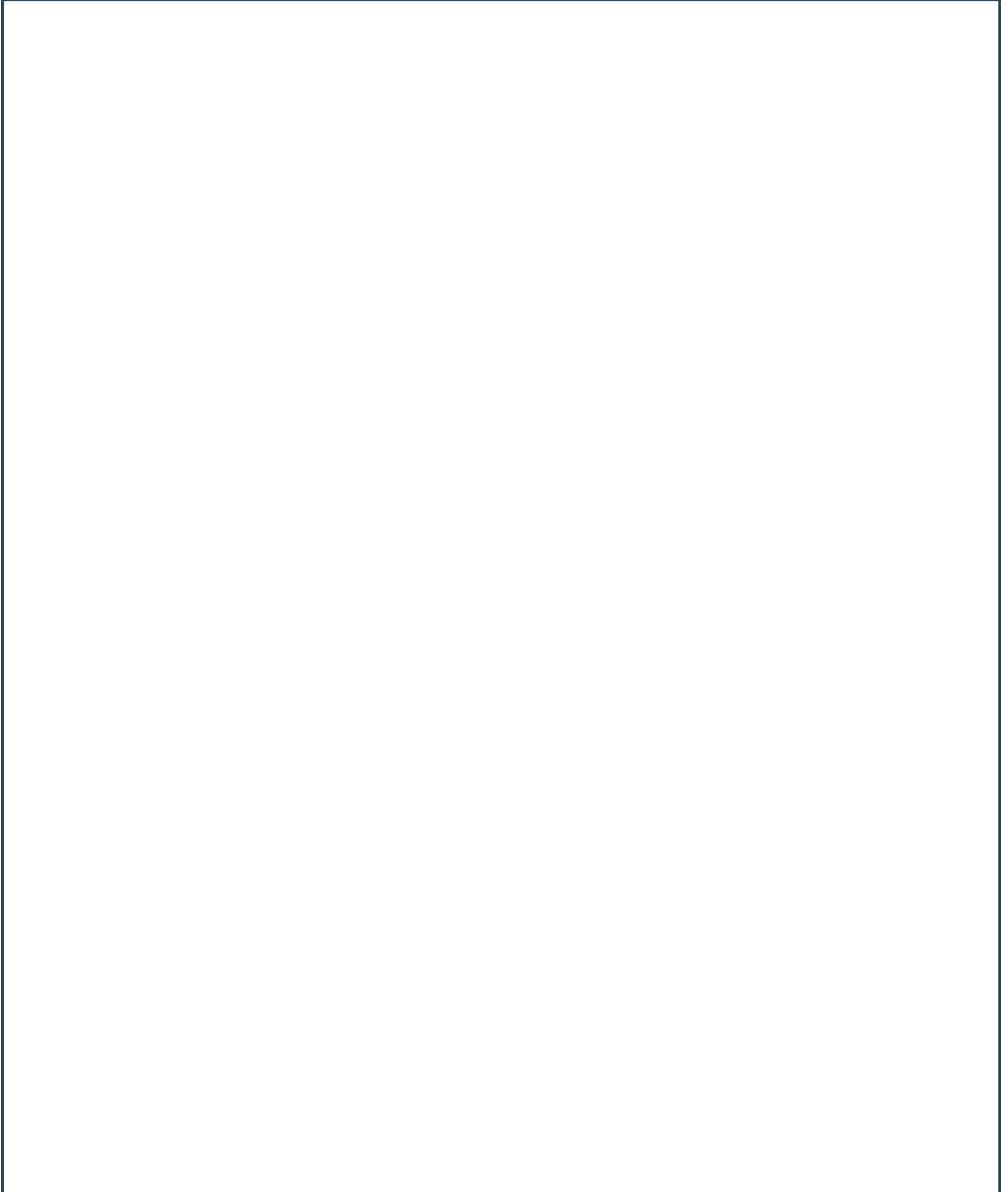
Mindful Listening to Surroundings

Find a comfortable spot, close your eyes, and focus on the sounds around you. Try to notice each sound individually – birds chirping, distant voices, the wind, or any background noise. Simply listen without judgment, letting each sound come and go.

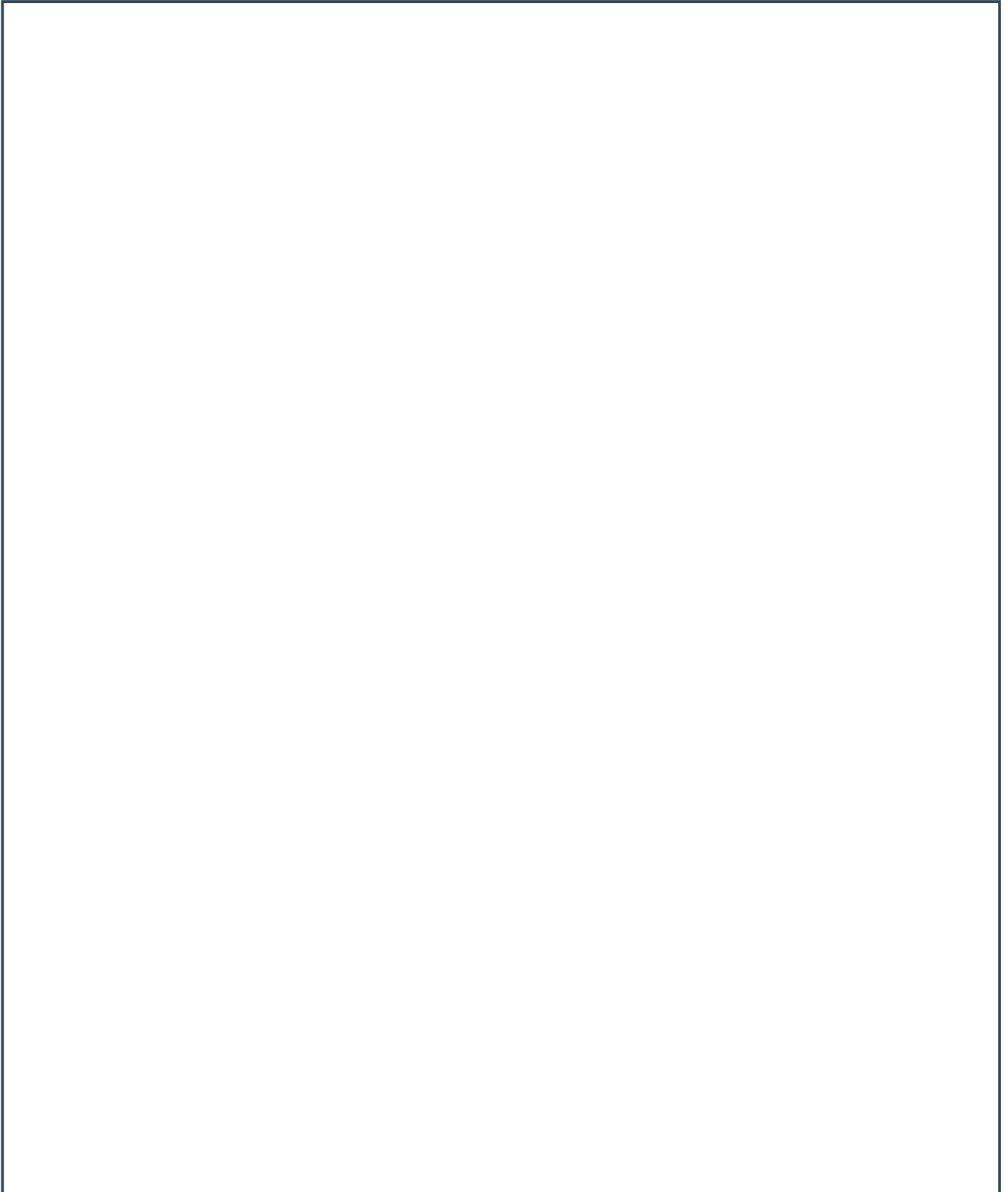


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Reflection after the second meeting.

Write below!

How was your meeting? What was pleasant and unpleasant for you during the exchange.

What have you learned, found out about yourself and the world?



Summary

**It's great that you were with us!
It was a great adventure!**

Thank you for being an essential part of this journey! Through your openness, creativity, and willingness to connect, you helped make this project truly special. From engaging in workshops to sharing moments with new friends, your contributions brought this experience to life.

We hope the project has sparked inspiration, strengthened your skills, and opened up new perspectives. May the memories, friendships, and insights you've gained stay with you as you move forward.

We also hope that using this lapbook has been both enjoyable and helpful, giving you a space to capture memories, thoughts, and insights along the way.

Here's to all the amazing things you'll create and achieve in the future. Thank you for your participation, and best wishes for the adventures that await!



Your thoughts at the end of the project

Write below!


What new skills or insights did you gain from this experience?


What was the most meaningful part of this project for you, and why?


What would you like to apply to your future life from this experience and how?


What's next


Now that the project has come to a close, you have the chance to share what you've learned with others. Consider ways you can showcase your skills and inspire your community—whether through an art exhibit, a workshop, or another creative idea. Here are some ideas:

 **Collaborate Locally:** Connect with local youth organizations, art clubs, or community projects to apply your skills in new settings. Working with others helps reinforce what you've learned.

 **Organize an Exhibit:** Display your project work in a community space to share your journey and inspire others.

 **Host a Workshop:** Share what you've learned by teaching techniques and insights from the project to your community.

 **Create a Personal Project:** Develop your own mini-project, like a photography collection, an art series, or a blog, where you can express your passions and showcase what you've learned.

 **Stay Connected with Project Friends:** Keep in touch with friends from the project, share updates, and maybe even plan future collaborations. Supporting each other can keep your motivation high.





Your notes



Your notes



Thank you!

This may be the end of the project, but remember, your journey of growth and sharing doesn't stop here.

Continue exploring, connecting with others, embracing new perspectives, and expressing yourself through art.



How can I help you?

Write me a message!

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Weronika Fournadjieva- Perpetuummobile Foundation
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