



15/02/2023

# REPORT

## I & II INTERNATIONAL CREATIVE WORKSHOPS

Prepared For :

Creative Nordic Generation 2030:  
from Niflheim to a paradise of Yggdrasil...

## **I & II International creative workshops**

**24-27 November 2022****Lerum and Göteborg, Sweden****09-12 February 2023****Copenhagen, Denmark**[www.creativenorden.art](http://www.creativenorden.art)

**Project:** “Creative Nordic Generation 2030 (CNG):  
from Niflheim to a paradise of Yggdrasil...”

**Date:** 24-27 November 2022

09-12 February 2023

**Place:** Lerum, Göteborg and Copenhagen

**Participants:** 61

**Webpage:** [www.creativenorden.art](http://www.creativenorden.art)

Project “Creative Nordic Generation 2030 (CNG): from Niflheim to a paradise of Yggdrasil...” aims to improve children's and young people's art skills and knowledge of Nordic culture, specifically regarding the green revolution, social inclusion, and climate change. The project involves hosting informative, educational, and creative workshops across the region and organizing two international workshops and a cooperation meeting.

The project's total participation is expected to be up to 300 young people, and 30 culture experts, youth NGOs, and institutions dealing with creativity, culture, and sustainable development will be engaged. The goal is to encourage proactive cultural participation and ensure that children and youth are involved at all project stages, giving them more significant influence on the project's results.

The project aims to make the Nordic region the most integrated and sustainable globally by 2030. By creating performances, the project aims to strengthen Nordic languages, culture, and young people's organizational, social, and creative skills while improving their influence and increasing participation in cultural and social activities for their community and society.

The project aims to foster creativity, cultural awareness, and sustainability while empowering young people to become future leaders.

## **EXECUTIVE SUMMARY**

The International Creative workshops, held at Lerun, Gothenburg and Copenhagen on 24-27 November 2022 and 09-12 February 2023, brought together teachers, experts and youngsters interested in supporting and developing artistic creativity and cultural participation.

The workshop's goal was to create a creative place where young people would make content for performance, get new experiences and practise innovative approaches in art performance, and, through cooperation, contribute to the project's primary outcome.



# Workshop "What to write? How to write? Write!"

**Material:** Notepads, pencils, pens, whiteboard markers, erasers, roll of paper

## Overview

1. **Create a comfortable environment:** Make sure the space where you conduct the workshop is comfortable and inviting. Young people are more likely to be engaged in writing if they feel relaxed and at ease.
2. Start with **brainstorming:** Begin by brainstorming with the participants about what they want to write about. Encourage them to develop ideas for stories, poems, or other forms of creative writing.
3. Provide **writing prompts:** Provide writing prompts to help the young writers get started. You can give them a sentence, phrase, picture, or object to write about.
4. Teach them about **structure:** Teach the participants about the basic system of different forms of writing, such as the three-act structure for stories or the different types of poetry.
5. Focus on **construction:** Show the participants how to construct sentences and paragraphs that flow well and make sense. Emphasize the importance of grammar, punctuation, and spelling.
6. Explore **rhymes:** If you want to focus on poetry, explore different types of rhymes and how they can be used to create rhythm and musicality in poetry.
7. Use **metaphors:** Teach the young writers about using metaphors and other literary devices to create depth and meaning in their writing.
8. Encourage **experimentation:** Encourage the participants to experiment with different styles and forms of writing. Remind them that writing is a discovery process and that making mistakes is okay.
9. Provide **feedback:** Offer constructive feedback on the participants' writing, pointing out areas where they can improve and praising them for what they've done well.
10. **Celebrate their work:** At the end of the workshop, celebrate the participants' work by showcasing it in reading or publishing it on a zine or online platform. This will give them a sense of accomplishment and inspire them to continue writing.

## Gunerius

I was born in the traffic  
My father brought me down to Gunerius1  
I was baptised in the traffic there  
No matter how I think that you look like

A corner kick is not a goal, a goal is a goal  
That's what they taught me in Holmenkollen2  
And if someone passes you the ball then keep it  
Buy the team, keep going on now  
Hi there Sogndal, hi there Jostein Flo3  
This is 100.6 Radio Oslofjord4  
The public transport as a replacement for my mother  
That's where I live then

And I was sure that I would live in the city until the day I died  
But now I'm looking at a screen with two little ones in fetal position  
Twins, twins, twins, twins, shit  
An even bigger car, an even bigger heart, even bigger boobs  
She wants something bigger, she wants a farm, so she wants Jonas  
I want the noise, I want the kebab, but I want Oda5  
I'm going to be a dad, this is perfect  
I'm going to be a dad, I'm going to be a dad, everything else is a bonus

But I was born in the traffic  
My father brought me down to Gunerius  
I was baptised in the traffic there  
No matter how I think that you look like

So I'm going to love you until I die  
It is a death threat, death threat, death threat  
She said: I will love you until I die  
It is a death threat, death threat, death threat

A corner kick is not a goal, but a goal is a goal  
That's what we talk about in Holmenkollen  
Don't pretend that you're a criminal, you won't surprise anyone  
Especially not those who decides over the IPOs  
What is a little bit of stabbing compared to  
Ten digit white-collar crimes when  
The tie is tied in shipping  
There is no MMA or kickboxing, only blind violence

The police are investigating economic crimes in my hood like ding dong  
No one informs them here, the wife's wondering why they're visiting  
They're looking for Svein, they are way too late, he's on the plane now  
Svein in Switzerland, Liechtenstein  
A new house and a new woman  
A new boat and a new PIN code  
A new bathrobe, a new SIM card  
Everything will work out for rich people  
Svein and I, we were up to no good  
Svein and I, born the same year  
Svein and I, we're from a place where you never talk about bad things

I was born in the traffic  
My father brought me down to Gunerius  
I was baptised in the traffic there  
No matter how I think that you look like

So I'm going to love you until I die  
It is a death threat, death threat, death threat  
She said: I will love you until I die  
It is a death threat, death threat, death threat

Till death  
Till death  
Till death  
Till death do us part  
Part, part, part, part  
<https://lyricstranslate.com/en/gunerius-lyrics.html-0>





# Workshop "How do we want our future to be?"

**Material:** Notepads, pencils, pens

## Overview

1. **Introduce the theme:** Begin by introducing the workshop's theme, which is exploring how the participants envision their future. Explain that the workshop's goal is for each group to create a trailer that showcases their vision for the future.
2. **Divide into groups:** Divide the participants into four groups, ensuring each group has an equal number of participants. It may be helpful to mix up participants who don't know each other to encourage networking and collaboration.
3. **Brainstorming:** Provide time for each group to brainstorm ideas for their trailer. Encourage them to think creatively and outside the box. Give them prompts such as "What would a day in life look like?" or "What changes would we like to see in the world?".
4. **Scriptwriting:** After the brainstorming session, ask each group to write a script for their trailer. Provide guidelines, such as keeping it under a certain length, and ensure the hand has a clear message.
5. **Production:** Once the script is finalized, encourage each group to produce their trailer. They may need to gather props, costumes, or equipment. Provide them with the necessary resources.
6. **Rehearsal:** Set aside time for each group to rehearse their trailer. Encourage them to practice their delivery and timing.
7. **Screening:** Once the trailers are completed, screen them for the entire group. Allow each group to present their trailer and explain their vision for the future.
8. **Feedback:** After the screening, ask the participants to give feedback on each trailer. Encourage them to share what they liked about each trailer and what they would like to see improved.
9. **Reflection:** Finally, ask the participants to reflect on the workshop and what they learned about their vision for the future.
10. Encourage them to take action towards achieving their goals.



Thor with friends in store

Music solution



Dance solution

The world is destroyed.  
The gods are building a new



# Workshop "MASKs"

**Material:** Masks, notepads, pencils, pens

## Overview

1. **Introduce the theme:** Start by introducing the theme of the workshop, which is mask and self-expression. Explain that masks can be used for self-discovery, creativity, and communication.
2. **Provide materials:** Provide various masks for young people
3. **Encourage creativity:** Encourage the participants to be creative and use their imagination when making heroes with their masks. Remind them there are no right or wrong ways to create heroes.
4. **Discuss self-expression:** Talk to the participants about the importance of self-expression and how it can help them communicate their thoughts and feelings to others.
5. **Stage a performance:** Once the hero is complete, work with the participants to stage a performance that showcases their self-expression. This could be a play, a dance, or any other type of performance that allows them to express themselves creatively.
6. **Encourage communication:** Encourage the participants to communicate with each other throughout the workshop. This will help them develop their communication skills and build connections with each other.
7. **Provide feedback:** After the performance, provide feedback to the participants on their masks and performance. Encourage them to reflect on what they learned about themselves and their ability to express themselves through the process.





# Workshop "MOVEMENTS"

**Material:** dance hall

## Overview

1. **Introduction:** Begin by introducing the theme of the workshop, which is movements. Explain that the workshop's goal is to teach the participants different ways to move their bodies and how they can be used for self-expression.
2. **Wake up and warm up:** Start the workshop with energizing exercises to wake up the participants' bodies and prepare them for movement. You can include stretching, breathing exercises, and simple warm-up activities.
3. **Movement exploration:** Encourage the participants to explore different ways of moving their bodies, such as walking, jumping, crawling, rolling, and spinning. Play music and ask them to move freely without specific rules or techniques.
4. **Group movement:** Divide the participants into small groups and ask them to create a short movement sequence together. Encourage them to communicate effectively and collaborate to create a cohesive line.
5. **Performance:** Allow the participants to perform their movement sequences for the group. This will help them build confidence and showcase their creativity.
6. **Reflection:** Finally, ask the participants to reflect on what they learned during the workshop. Encourage them to think about using movement for self-expression and communication daily.

By providing a fun and engaging environment, this workshop can help young people develop their creativity, communication, and physical abilities.



# Workshop "Dancing Opportunities"

**Material:** Notepads, pencils, pens, music, dance hall

## Overview

1. **Introduction:** Begin by introducing the workshop's theme of exploring different dancing opportunities. Explain that the workshop aims to teach the participants about different dance styles and how they can be used for self-expression.
2. **Dance styles:** Introduce the participants to different dance styles, such as hip-hop, salsa, contemporary, and jazz. Show them examples of each type and explain the basic steps and movements.
3. **Notepad exercise:** Provide notepads and pencils to the participants and ask them to write down their favourite dance styles and what they would like to learn more about. This exercise will help them develop their communication skills and encourage them to think creatively about their interests.
4. **Dance hall:** Provide a space for the participants to practice their dancing. Play music from different genres and encourage them to experiment with varying dance styles.
5. **Dance routines:** Divide the participants into small groups and ask them to create a short dance routine together. Encourage them to collaborate and communicate effectively to make a cohesive way.
6. **Performance:** Allow the participants to perform their dance routines for the group. This will help them build confidence and showcase their creativity.
7. **Reflection:** Finally, ask the participants to reflect on what they learned during the workshop. Encourage them to think about how they can use dancing for self-expression and communication daily.





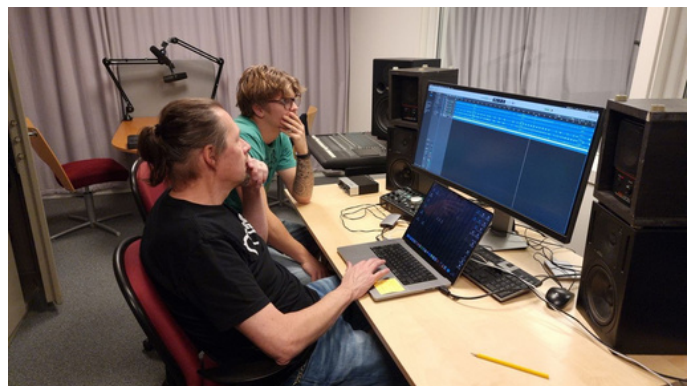


# Workshop "Music Production"

**Material:** Notepads, pencils, pens, musical instruments, recording studio

## Overview

1. **Introduce the theme:** Begin by introducing the theme of the workshop, which is music production. Explain that the goal of the workshop is to teach the participants the basics of creating a music track and how it can be used as a tool for self-expression.
2. **Music software:** Provide access to a digital audio workstation for the participants to use. Explain the basic functionality of the software, such as creating MIDI tracks, adding instruments and effects, and mixing and mastering.
3. **Music theory:** Teach the participants some basic music theory, such as chords, scales, and melody. This will help them understand the structure of a track and how to create music that sounds good.
4. **Collaboration:** Encourage collaboration between the participants, as this will help them develop their communication skills and learn from each other. Provide time for them to work in pairs or small groups to create a track together.
5. **Feedback:** Give feedback on the participants' tracks, offering constructive criticism and suggestions for improvement. Encourage the participants to give feedback to each other as well, as this will help them improve their own tracks and communication skills.
6. **Performance:** Give the participants the opportunity to perform their tracks for the group. This will help them build confidence and showcase their creativity.
7. **Reflection:** Finally, ask the participants to reflect on what they learned during the workshop. Encourage them to think about how they can use music production as a tool for self-expression and communication in their daily lives.





# Workshop "Let's put all the elements together"

## Overview

1. **Brainstorming:** Gather all the individuals involved in the workshop and brainstorm ideas for the performance. This could include discussing themes, concepts, and overall goals for the piece.
2. **Music composition:** Work with a composer or musician to create the music for the performance. This could involve selecting a specific genre or style of music that fits the theme of the piece, as well as creating melodies and harmonies that work with the lyrics and text.
3. **Lyrics and text:** Collaborate with a lyricist and writer to create the words for the performance. This could involve crafting a story or narrative that fits with the music, as well as developing lyrics that convey the emotions and themes of the piece.
4. **Choreography:** Work with a choreographer to create a movement that enhances the music and lyrics. This could involve selecting specific dance styles or techniques that fit the mood of the piece, as well as creating movements that work with the rhythm and tempo of the music.
5. **Rehearsals:** Once all the elements have been developed, hold rehearsals to bring everything together. This could involve working on timing, transitions, and overall coordination between the music, lyrics, text, and choreography.
6. **Performance:** Finally, perform the piece in front of an audience. This could be in a theatre or other performance space and should be done with careful attention to all the elements that have been developed throughout the workshop process.

Throughout the workshop, it's important to maintain open communication between all the individuals involved in order to ensure that everyone is on the same page and that the final product meets everyone's expectations.

