



***CREATIVE
QUEST 101***

toolbox

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about

creative quest 101

The main aim of the training course “Creative Quest 101” was to develop knowledge of youth workers and youth leaders in the concept creation of creative workshops and give them practical skills in artistic printing techniques. As a result it will increase the number of available creative activities for young people in order to improve their mental health and give organizations a new tool to use also for promoting their social topics and goals. **In this toolbox you will find step by step guides for printmaking techniques (screen printing, linocut, stencil) and 9 ways to integrate them in creative workshops in order to promote different European Youth Goals**

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linocut

Linocut, also known as lino print, lino printing or linoleum art, is a printmaking technique, a variant of woodcut in which a sheet of linoleum (sometimes mounted on a wooden block) is used for a relief surface.

Step by step technical guide



Materials and tools

- Linoleum block (or rubber block)
- Carving tools (linoleum cutters)
- Brayer (ink roller)
- Printing ink
- Printing paper or fabric
- Bench hook or printing press (optional)
- Pencil and sketch paper
- Tracing paper (optional)
- Palette or glass surface for inking

Step 1: Design Preparation

Start by sketching your design on paper. Keep in mind that linocut is a relief process, so areas you carve away will not receive ink. Once you are satisfied with your design, transfer it to the linoleum block. You can do this by placing the sketch on the block and tracing over the lines with a pencil, or you can directly draw on the block.

Step 2: Carving

- Choose the linoleum cutter that corresponds to the thickness of the lines in your design. The cutters typically come with different blades for various line widths.
- Begin carving by removing the linoleum from areas that you want to remain white or blank in the final print. Remember that linocuts create a mirror image of your design when printed, so consider this when carving text or specific elements.
- Work carefully, starting with larger areas and gradually refining details. Be mindful of your fingers while carving to avoid accidents.
- Test the carving on a scrap piece of linoleum to get a feel for the tools and to adjust the pressure.

Step 3: Inking the Block

Squeeze a small amount of printing ink onto a palette or glass surface. Roll the brayer in the ink until it evenly coats the roller. Apply the ink to the linoleum block, ensuring that all carved areas receive an even coat. Work the ink into the carved lines.

Step 4: Printing

Place your inked linoleum block face-up on a clean, stable surface. Position the paper or fabric on top of the block, aligning it carefully. Use a baren, the back of a spoon, or a printing press to apply even pressure over the entire surface of the paper, transferring the ink from the linoleum block.

Step 5: Repeating the Process

If you want to create multiple prints, re-ink the linoleum block before each impression. Experiment with different colors, papers, and inking techniques to achieve variations in your prints.

Step 6: Cleaning Up

Clean your linoleum block and tools with soap and water or according to the manufacturer's recommendations for the specific carving materials.

VIDEO GUIDE

CLICK HERE



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LINOCUT: SILENT CUTTING

European Youth Goal: Mental
Health and Wellbeing

Aim - to create connection among group and express their inner feelings

Objectives

- To create connection between participants
- To create understanding and trust in each other
- To give participants possibility to express their inner state

Time: 2-3 hours

Resources needed

lino blocks
cutting tools
rubber rollers
glass/acrylic sheet for rolling out paint
thick paper
paint (for paper)

Participant profile

Young people with difficulties in verbal communication (shy, facing psychological and emotional difficulties etc.)

Descripton

1. Intro – introduction to materials and linocut technique
2. Split participants in groups of 2-4 people (depends on linoblock size, larger the block, larger the group can be)
3. Each group is given one lino block and carving tools
4. A question is given for the task (How do you feel about today? How do you feel in the group? What did you learn today? What are your expectations from ...? etc.)
5. The task is to make a group linocut answering the question. Task is done in silence. Carving is done by one person at the time. Timer is set for 3-5 minutes when it must be passed to the next group member. 2-3 rounds in total.
6. After linocut is done you go to painting station, roll over the lino block the paint and transfer the linocut on paper for each member of the group.
7. At the end all participants can share in the group what they how done and how was the process

Things to keep in mind:

- **During introduction part, you can give each participant a small block to train on if they haven't done carving before**
- **Be aware - cutting tools are sharp, be careful**

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LINOCUT : WHAT DOES EUROPEAN UNION MEAN TO YOU?

European Youth Goal: Connecting EU with Youth

Aim - *Connect Youth with European Union*

Objectives

- To educate local youth about European Union
- To share information about Erasmus+ programme
- To provide basic information about different printing techniques, mainly linocut

Time: 4 hours

Resources needed

lino blocks

cutting tools

pencils

paper

tracing paper

printer

paint

rubber rollers

glass/acrylic sheet for rolling out paint

thick paper

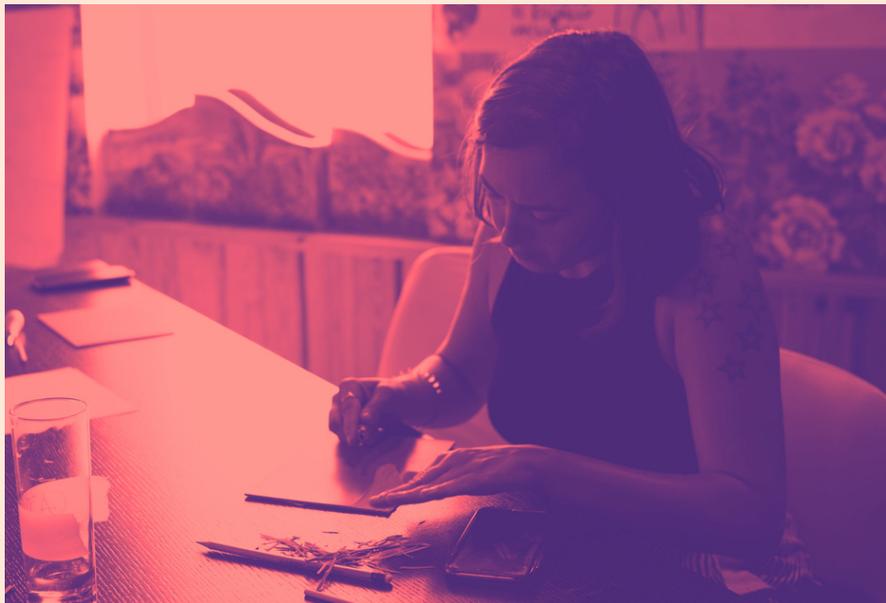
Participation profile: 15-20 years old (female/male)

Group size: 20-25 people



Description

- Short introduction about the workshop followed by presentation on topics about EU, how it works, benefits of Erasmus+, Youth Passes.
- Introduction about different printing techniques with focus on linocut method through video tutorials and live presentation.
- Participants make their designs on the topic, transfer them to lino blocks, proceed to cut the designs out and print them on paper.
- Networking after finished workshop



Things to keep in mind:

- **Working with cutting tools can be dangerous, make sure to keep a first aid kit at hand in case there is an accident**



screen printing

Screen printing is a printing technique where a mesh is used to transfer ink (or dye) onto a substrate, except in areas made impermeable to the ink by a blocking stencil.

Step by step technical guide

making the screen

Materials and tools

- Screen printing frame
- Mesh fabric (choose the appropriate mesh count for your project)
- Staple gun or adhesive
- Utility knife or scissors

Step 1: Choose a Screen Printing Frame

Select a screen printing frame of the appropriate size for your design. Frames are typically made of wood or aluminum. See in video instruction how to build it from scratch or use for instance old wooden photo frame or frame from canva.

Step 2: Choose Mesh Fabric

Select the mesh fabric based on your project's needs. Mesh comes in different counts, with higher counts providing finer detail but less ink passage.

- T-shirts and Fabric. 110-160 mesh count: Ideal for bold designs with fewer details or when printing with thicker inks. It allows more ink to pass through, providing better coverage.
- Paper. 160-230 mesh count: Suitable for fine detail and text on paper. Higher mesh counts are preferred for detailed prints on smoother surfaces.
- Wood and Cardboard. 80-160 mesh count: Depending on the surface texture, you may need a lower mesh count for rougher surfaces like cardboard or higher mesh count for smoother wood surfaces.
- Metal, Plastic, and Glass. 230 mesh count and above: Use higher mesh counts for fine detail on non-absorbent surfaces like metal, plastic, or glass. The higher mesh count allows for precise printing.
- Fine Art Prints and Posters. 200-305 mesh count: For detailed art prints on fine paper or posters, a higher mesh count is preferred to achieve intricate details and smooth gradients.

Step 3: Stretch the Mesh

Lay the mesh fabric over the frame, ensuring it's larger than the frame. Start in the center of one side and use a staple gun to attach the mesh to the frame. Stretch the fabric taut but be careful not to distort the mesh.

Step 4: Staple Remaining Sides

Move to the opposite side of the frame and stretch the mesh, pulling it tight. Staple it in place. Continue stapling the mesh to the frame, working from the center towards the corners. Stretch and staple evenly to maintain tension.

Step 5: Trim Excess Mesh and Check Tension

Trim the excess mesh fabric using a utility knife or scissors, leaving a small margin beyond the staples. Ensure the mesh is evenly tensioned across the frame. Tap the mesh gently with a finger; it should produce a drum-like sound. Adjust tension as needed by adding or removing staples.

Step 6: Prepare the Mesh for Emulsion

Clean the mesh thoroughly to remove any dust or debris. Degrease the mesh using a screen degreaser to remove any oils that might hinder emulsion adhesion.

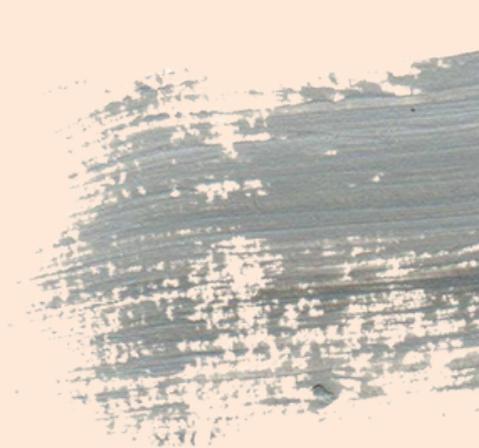
If you want to skip these steps you can purchase already made screen printing screens.

VIDEO GUIDE

[CLICK HERE](#)

Step by step technical guide

screen-printing



Materials and tools

- Screen (with mesh appropriate for your project)
- Emulsion and sensitizer
- Screen printing ink
- Squeegee
- Exposure unit or strong light source
- Transparency film (and printer) or stencil
- Water source and hose
- Printing ink and substrate (e.g., paper, fabric)

Step 1: Design Preparation

Create or choose a design for your screen print. Make sure it's suitable for screen printing and consider the number of colors involved. It's best to start with one colour designs.

Step 2: Screen Preparation

- Clean the screen thoroughly to remove any dirt or residue
- Coat the screen with emulsion using a scoop coater, covering both sides evenly
- Let the emulsion-coated screen dry in a dark and dust-free environment (it usually takes at least a day)

Step 3: Creating the Stencil

- Print your design on a transparency film or create a stencil.
- Place the stencil on the dry, coated screen and secure it with tape.
- Expose the screen to UV light using an exposure unit. This will harden the emulsion, except where the design blocks the light.

Step 4: Washout

Remove the stencil from the screen. Rinse the screen with water, using a gentle spray or hose, to wash away the unexposed emulsion, leaving behind the stencil (it's possible to use also shower)

Step 5: Drying

Allow the screen to dry completely before proceeding to the next steps.

Step 6: Set Up Printing Area

Set up a stable surface for hand printing. Place the substrate (e.g., T-shirt or paper) on the printing surface and secure it or ask someone to hold it.

Step 7: Inking

Place the screen over the substrate, aligning the design correctly. Apply a line of ink at the top of the screen. Using a squeegee, pull the ink across the screen in one smooth motion, ensuring even coverage. Repeat pulling with higher pressure. Lift the screen and check the print.

Step 8: Curing and Clean-Up

If using water-based ink, let the print air dry. If using plastisol ink, cure the print by applying heat with a heat gun or running it through a conveyor dryer. Clean the screen and tools immediately after printing to prevent ink from drying on the screen.

Tips:

- **Practice on scrap material before starting your actual project.**
- **Store screens in a dark and cool place to prolong their lifespan.**

4

SCREEN PRINTING: UPCYCLE

European Youth Goal: Sustainable Green Europe

Aim - to use the method of screen printing to introduce young people to the concept of upcycling

Objectives

- Introduce screen printing to young people
- Repurpose used textile
- Discuss the problem of fast fashion

Time: 5 hours

Resources needed

Mesh frames with emulsion already applied

laptop (bringing your own is not mandatory but welcome)

printer, transparent film

red light

UV light

textile paint

cardboard, printing tools

some spare T-shirts and other textiles (encourage people to bring their own or provide second hand)

Participation profile: 15-20 years old (female/male)

Description

- Intro: Introduction to screen printing and the aim of the workshop
- Warm-up: Presentation and demonstration of screen printing
- Main program: Creating the design and transferring it on textile; discussion about the problem of fast fashion and upcycling
- Debriefing: Presentation (fashion show)
- Closure: Option to take the finished product home; encouraging people to pass the knowledge and raise awareness about discussed topics



Things to keep in mind

- **Only a few people will be able to work on printing at a time. Find a way to include those that are waiting for their turn to print chosen designs**
- **Use second hand textile or encourage participants to bring their own (especially wearable textiles with some spots on them that can be nicely covered by screen printing)**

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SCREEN PRINTING: YOUTH PARTICIPATION IN EU THROUGH THE SIMPLE LANGUAGE OF ART

European Youth Goal: Connecting EU with Youth

Aim - *Young people creating art inspired by their idea of youth participation in EU*

Objectives:

- A creative workshop for screen printing technique
- Encouraging a discussion for the possibilities of youth participation
- Exhibition

Time: One day + exhibition day

Resources needed

Emulsified and fully dried mesh frames
paint suitable for the screen printing
UV light
red light
printer and film for the designs
canvas for printing

Participant profile: 30 artistic young people interested in youth participation

Descripton:

1. Intro – what is the plan for the day, introduction to the materials (10 minutes)
2. Supervising the creative process – the participant create a design for screen printing inspired by the aim of the project (3 hours)
3. Exposing the mesh frames – they must be already prepared by the coordinators with the emulsion the day before and be fully dry (1 and half hour)
4. Printing the designs on canvases (1 hour)
5. Discussing the topic of youth participation in EU

Two days after the project coordinators set up an exhibition and make an opening to which they invite workshop participants and citizens of the city.

Program of the exhibition:

1. Intro – coordinators explain the creative process and purpose of the project
2. Open discussion with the citizens and the participants on the topic of youth participation in EU
3. Free time to see the exhibition

Things to keep in mind:

- **For bigger projects like this it can be beneficial to provide participants with some informative resources on the selected topic before the actual event**



6

SCREEN PRINTING: BE CREATIVE

European Youth Goal: Connecting EU with Youth

Aim of the workshop is to introduce a new art technique (screen printing) to the youth and foster community building

Objectives

- Introduce screen printing as a method of artistic self expression
- Give opportunity to the local youth to network
- Include marginalised young people (optional)

Participant profile : Young people (15-25 year old) with no experience in screen printing

Time: 2 hours

Resources needed:

Pre-prepared mesh frames with designs,

textile pain

printing tools

cardboard or thick paper

tote bags and t-shirts



Description

Intro: Presentation of the printing technique

Warm up: Simple energiser

Main activity: Screen printing on tote bags and/or T-shirts

Debriefing/Reflection: Sharing results with the group

Closure: Networking

Things to keep in mind

- Working with textile paint can be messy. Make sure to cover any surface you don't want to get paint on and use disposable gloves
- You can give the possibility for participants to send in their preferred designs beforehand

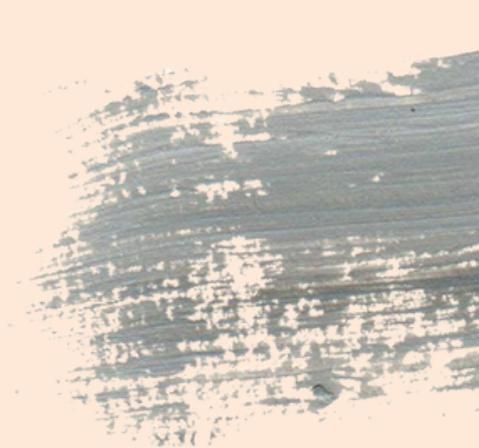




stencil

Stencilling produces an image or pattern on a surface, by applying pigment to a surface through an intermediate object, with designed holes in the intermediate object. The holes allow the pigment to reach only some parts of the surface creating the design.

Step by step technical guide



Materials and tools

- Stencil material (stencil paper, acetate, cardboard, etc.)
- Craft knife or utility knife
- Cutting mat or protective surface
- Pencil
- Design or image to stencil
- Masking tape or painter's tape (optional)

Step 1: Choose Your Stencil Material

Select a suitable material for your stencil. Common options include stencil paper, acetate sheets, cardboard, or even reusable stencil blanks. The material choice depends on the project and the desired durability of the stencil.

Step 2: Choose or Create Your Design

Select a design or image for your stencil. This could be a hand-drawn design or a printed image. Keep in mind that intricate details may be challenging to cut, especially for beginners. You can create stencil designs out of ordinary images/photos by various free “stencile generators” online

Step 3: Transfer the Design onto the Stencil Material

Place the chosen design under the stencil material. Secure both layers in place with masking tape or painter's tape to prevent slipping.

Trace the design onto the stencil material using a pencil. Ensure that all essential lines are marked clearly, as these will be the areas you cut out.

Step 4: Cutting Out the Design

Place the stencil material on a cutting mat or another protective surface to avoid damaging your work surface. Using a craft knife or utility knife, carefully cut out the marked areas of the design. Take your time, especially around intricate details, and use a straight edge or ruler for straight lines.

Step 4: Cutting Out the Design

Place the stencil material on a cutting mat or another protective surface to avoid damaging your work surface. Using a craft knife or utility knife, carefully cut out the marked areas of the design. Take your time, especially around intricate details, and use a straight edge or ruler for straight lines.

Step 5: Remove Excess Material

Once you've cut out the entire design, gently remove the excess material around the edges. Be cautious not to tear any delicate parts of the stencil. Inspect your stencil, and make any necessary adjustments. Clean up any rough edges or unwanted marks, ensuring that the stencil is clean and ready for use.

Step 6: Testing Your Stencil

Before using the stencil on your final project, do a test run on a scrap piece of material to check for any issues or imperfections. Adjustments can be made as needed.

Step 7: Stenciling

Place your stencil on the desired surface and secure it in place with masking tape if necessary. Apply paint, ink, or another medium using a brush, sponge, or spray, depending on your project.

VIDEO GUIDE

[CLICK HERE](#)



7

STENCIL : RECYCLING FOR YOUR FUTURE

European Youth Goal: Sustainable Green Europe

Aim of the workshop is to raise sensibility/awareness about recycling

Objectives

- Discuss topics related to recycling
- Use stenciling

Participant profile - local youth (15-25 y.o.)

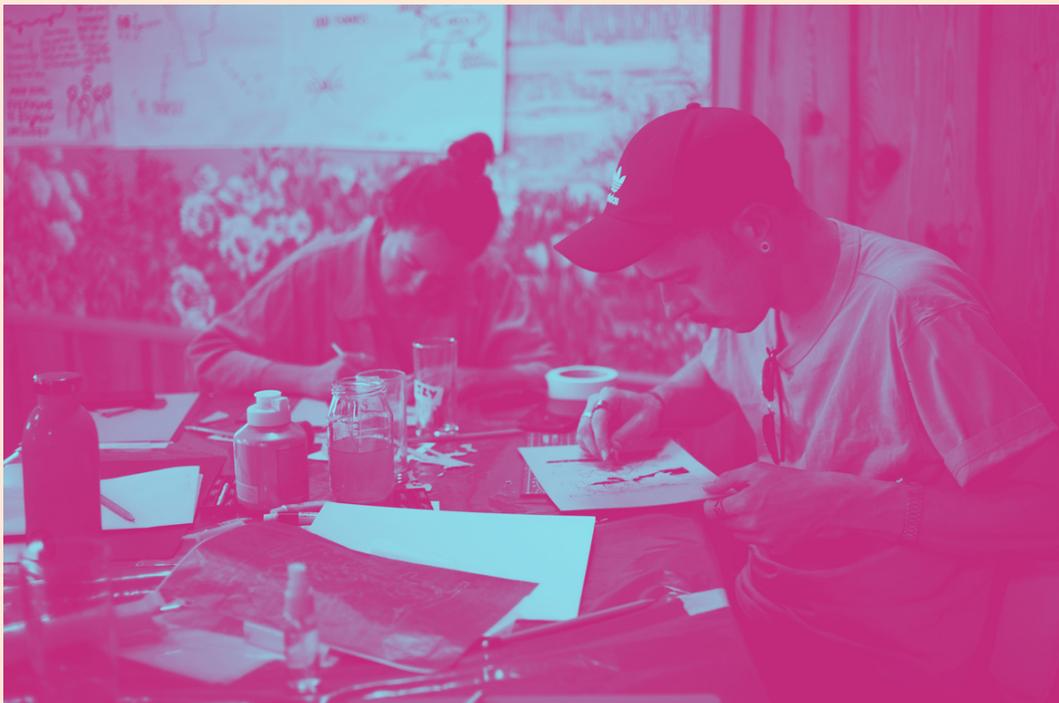
Resources

Recycle papers
trash bags
trash bin
pamphlets
paint
brushes
cutting tools
cutting boards

Time: 2 hours

Description

- Introduce the 3R principle (reuse, reduce and repropose/recycle). Discuss topics involving recycling and its importance to save world: oceans, land, forests, animals and fresh air. Then we invite our Erasmus+ participants to share about the experiences in their countries and global issues in general across the world.
- Main activity: Introduce stencil and it tehniques making personalized trash bin signs using stencils
- Closure/reflection: have participants fill a questionnaire to know if their mindset changes after getting specific information about recycling.



8

STENCIL: WITH ART AGAINST VANDALISM

European Youth Goal: Space & Participation for All

Aim of the workshop is to raise awareness of vandalism, offensive graffiti being harmful by using art technique to improve common public spaces.

Objectives

- Fight vandalism
- Offer positive alternative to vandalism

Topic: covering offensive graffiti by the use of stencil

Group size & participant profile: 15 participants (13 - 16 y.o.) interested in improvement of surroundings

Time: 4 hours

Resources:

prepared stencil designs

spray paint



Description

- Introduction about vandalism, offensive graffiti, small discussion about its effect on surrounding area
- Presentation of stencil as an art technique, used materials
- Walk to 2-3 predetermined locations with real life examples of offensive graffiti (preferably each location has more than one graffiti to cover)
- Reflections and discussion
 - Why should we cover offensive graffiti?
 - Feedback
 - Explanation about why offensive graffiti is bad
 - How can simple art improve everyday life?



Things to keep in mind:

- **Always get permission from building owners and agree on a design that would be more appropriate beforehand**



9

STENCIL: BETTER TOGETHER

European Youth Goal: Inclusive societies

Aim - *integrate marginalised young people in local community*

Objectives:

- Bring together marginalised young people with more active youngsters from youth organisations
- Inform marginalised young people about opportunities for young people

Time: 5 hours

Resources needed

carboards
craft knives
cutting boards
paint
brushes
canvas or wall to put stencils on

Participant profile: equal group of youngsters active in youth organisations and marginalised young people currently not involved in youth organisations

Descripton:

- Intro – get to know each other activities and split in groups, which consist of both groups
- Presentation on how to create stencil
- Creative process: design preparation, cutting and painting in mixed groups
- Presentation of the art work by groups
- Presentation about future opportunities to get involved into acitivities by organisation



Things to keep in mind:

- **For bigger projects like this it can be beneficial to provide participants with some informative resources on the selected topic before the actual event**

use it!

Dear changemakers, the power to shape a brighter future lies in your hands. This toolbox is not just a collection of techniques; it is a guide to nurturing the hearts and minds of the next generation. Embrace these techniques, infuse them with your unique passion, and watch as young individuals blossom into confident, compassionate, and visionary leaders. Together, let's inspire greatness and create a world where every young mind thrives and makes a lasting impact.

