Develop Your Creativity
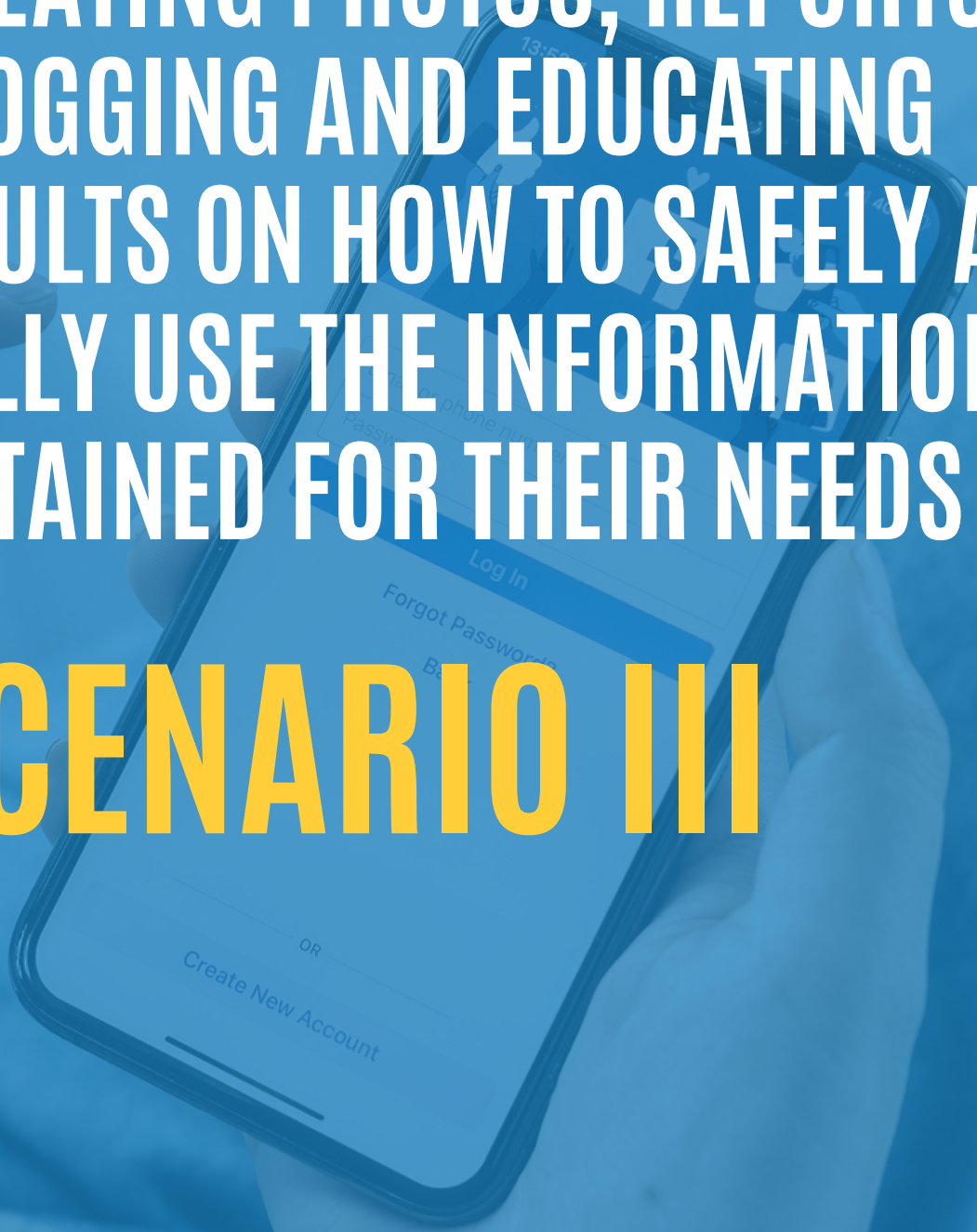
CREATING PHOTOS, REPORTS, BLOGGING AND EDUCATING ADULTS ON HOW TO SAFELY AND FULLY USE THE INFORMATION OBTAINED FOR THEIR NEEDS

SCENARIO III

Table of Contents

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I General Information

Age:
50+

Topic:
Creating photos, reports, blogs and educating adults how to safely and fully use the information obtained for their needs.

Modules :
- Creating good photos (4 h)
- Voice emission (2h)
- Creating a story (2 h)
- Photoblog (2 h)

Aim of the workshops:
After the classes, the workshop participant:
- can take a good photo on their own
- can use photo processing programs
- can correctly modulate the voice so that it sounds like good quality on the videos
- can read body language
- can create a story on social networks
- can create and use their own photoblog (add entries).

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Topic of the workshops:

Creating good photos, stories, how to read body language and use it in social media - Safe online activity.

Time:

10 x 60 mins

The form of the implementation of the classes:
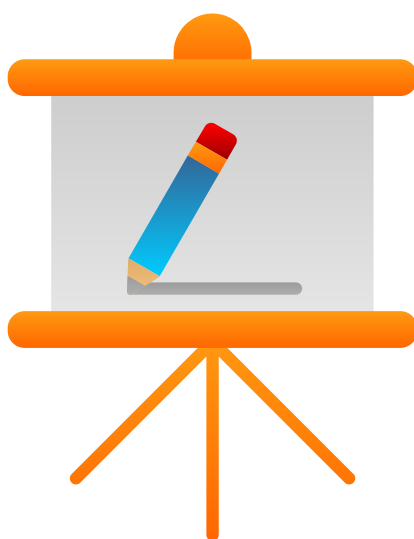
- Workshops

Teaching methods used in classes:

- talk,
- presentation,
- practical exercises,
- explanation,
- observation,
- discussion.

Tools used during classes:

- telephone,
- photoblog,
- PC / laptop ,
- projector,
- Internet.

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List of digital competences acquired during the classes

Digital competences of a 50+ workshop participant:
- Understanding what social media is and how social media stories work,
- The ability to take a good photo and its professional processing,
- Awareness of how to use the voice correctly, how to pronounce and emit your voice correctly,
- Knowledge of human body language,
- Using an application that allows the publication of photos with a description (blog)
- Creating photo posts,
- Adding photos,
- Is able to consciously build their image on the Web while maintaining privacy.

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II INTRODUCTION

II. Course of the workshop

- Introduction to the classes - a talk
- Practical workshop
- Break
- Checking exercises
- Practical workshop
- Checking exercises
- Questions and Answers
- Summary with evaluation

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III. Merits

Part 1
Introduction to the topic

The main goal is for the participants to acquire competences in the field of taking and processing photos, creating short films. It is a 21st century skill that is needed in everyday and professional life. Social media is also one of the tools for the elderly during the COVID-19 pandemic. The restrictions related to the COVID-19 pandemic have limited the functioning of the entire society. For organizations dealing with social activation, such as the elderly, this meant the suspension of existing activities.

Good photos or reports are the basis of functioning in the world of the Internet. The main messages are currently created in the form of photos, with a short description, or a timeline. The society strives for a minimum amount of content, replacing it with a nice photo, - they convey meaning, message and emotions.

In order for the photos to be interesting, it is necessary to have basic knowledge about photography and knowledge of basic programs for their processing.

For creating videos, it is important to know the techniques of voice broadcasting so that the content is clear to other users. Knowledge of body language reading techniques is also important, thanks to which we are able to read intentions, emotions and the meaning of recorded videos.

The above competences are extremely important, especially in the Internet age, where social media is the main source of communication.

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We start with the Create Good Photos module:

The facilitator explains to the workshop participants what a good photo is and why it is important. They explain that you do not need expensive equipment to take a good photo, but a regular mobile phone with a camera is enough. The basis for taking a good photo is to be aware of what a good frame, color composition, well-chosen object and scenery should look like.
Knowledge of at least one photo manipulation program is also essential. You do not need advanced knowledge, but basic operation that allows you to use a filter, crop a photo, change orientation, resize, etc.

Ask the following questions:

Do you know how to take a good photo?
Do you know what elements are important to take a good photo?
What do you think is a necessary camera to take a good photo? Can you take a good photo with your mobile phone?
What is a good photo for you?
What should a good photo show?
The facilitator summarizes the discussion.

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Features of photos and programs for their processing:

Having a profile on a popular social networking site is now desirable and often required. A good photo should convey the emotions, purpose and intention of the user. When creating a photo, remember about the basic rules. They should be performed in such a way that no one can use them. Remember not to post nude photos or photos that show nudity. If there are people in the photo, you should make sure before publishing that the people in the photo consent to it, because it is the use of their image.

You do not need professional equipment to take a good photo, you only need a regular phone with a camera.

Social media are places on the web where we have the opportunity to publish content, make contact with other people, and thus building a certain community or belonging to it, can be called social media. All this can be conveyed not necessarily through content, but also through photos. In the right composition, we are able to convey emotions, purpose and much more.

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Features of photos and programs for their processing:

- The ability to convey emotions using appropriate photos,
- Possibility to publish your own content in the form of photos,
- Ability to interact with other users through photos
- Possibility to improve photos when they are not quite good.

Remember!

What you publish on social media is there forever, every photo, even deleted from the profile, stays on the servers!

Important rules:
· Do not post photos under the influence of strong emotions – they are a bad advisor
· Remember to create a good composition
· Lighting has a significant effect on the photo
· We do not publish photos with other people, if they do not consent to it, it is unlawful use of the image.

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Ask questions:

Which photo manipulation program is the easiest or most intuitive for you? Why?
Could easily talk about the program you are using in a few steps - try to do it with your colleague / friend sitting next to you.
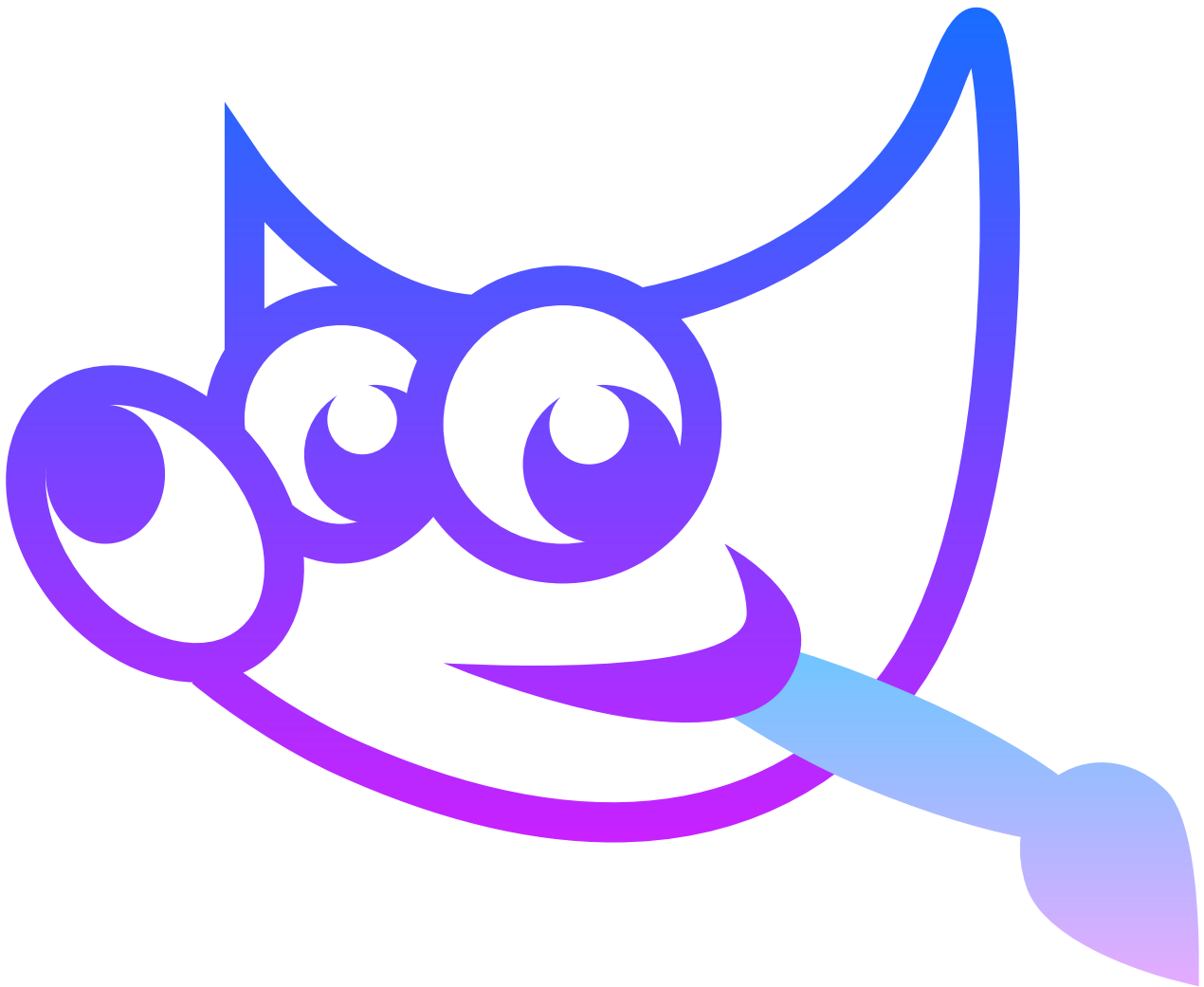
Summarize:
Photo manipulation programs are a great tool for perfecting your photos. They have a number of possibilities. There are many free programs available that are easy to use and every person after a while of learning is able to use it at the level of basic needs. In addition, you can find many tutorials - ie instructional (educational) videos that can help you learn how to use the program. They show step by step how to use the program, how to use individual functions.

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Part 2 – module 1

Workshop

- Taking good photo shots
- Photo editing in one program: GIMP

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WORK CARD 1
GIMP

- Select any photo and try the following:
- Change the photo size,
- Lighten / darken the photo,
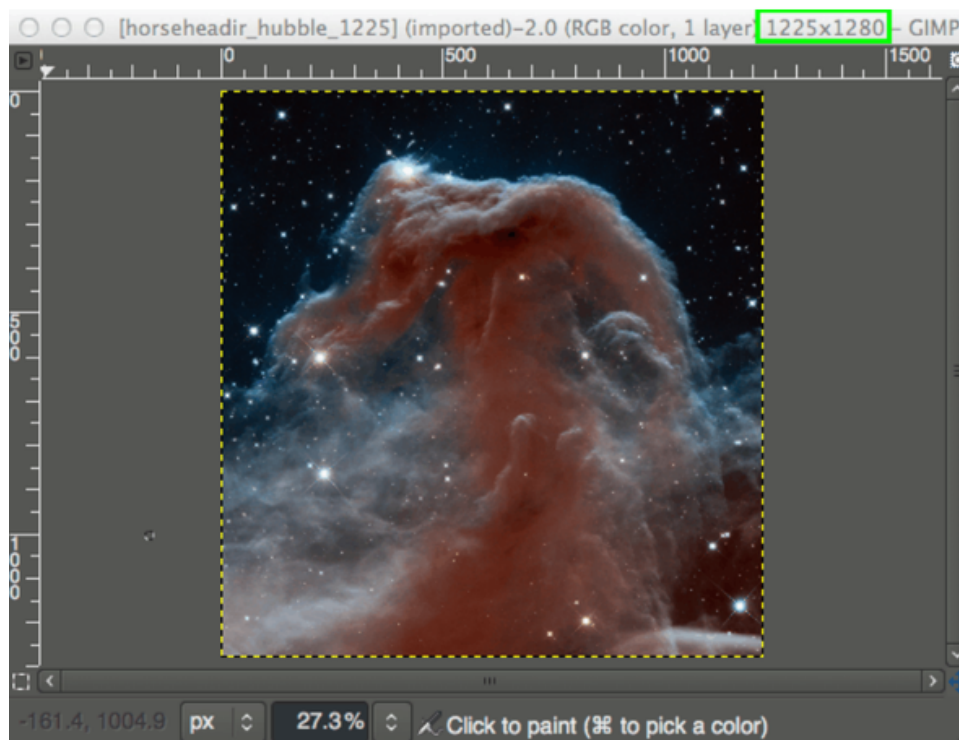- Try to change its horizontal / vertical orientation

Photo Resize Tips:

Step 1

File → Open

A common problem is having an image that is too large for a specific purpose (e.g. embedded in a website, posted on the Internet, or sent in an email). In this case, you will often want to scale the image to a smaller size more appropriate for your application.

This is a very simple task that can be easily done in GIMP.

The image that we will use to illustrate this task is the Horsehead Nebula in infrared.

When you first open an image in GIMP, it will likely zoom in to fit the entire canvas onto the canvas. In this example, note that by default, the image information is displayed at the top of the GIMP window.
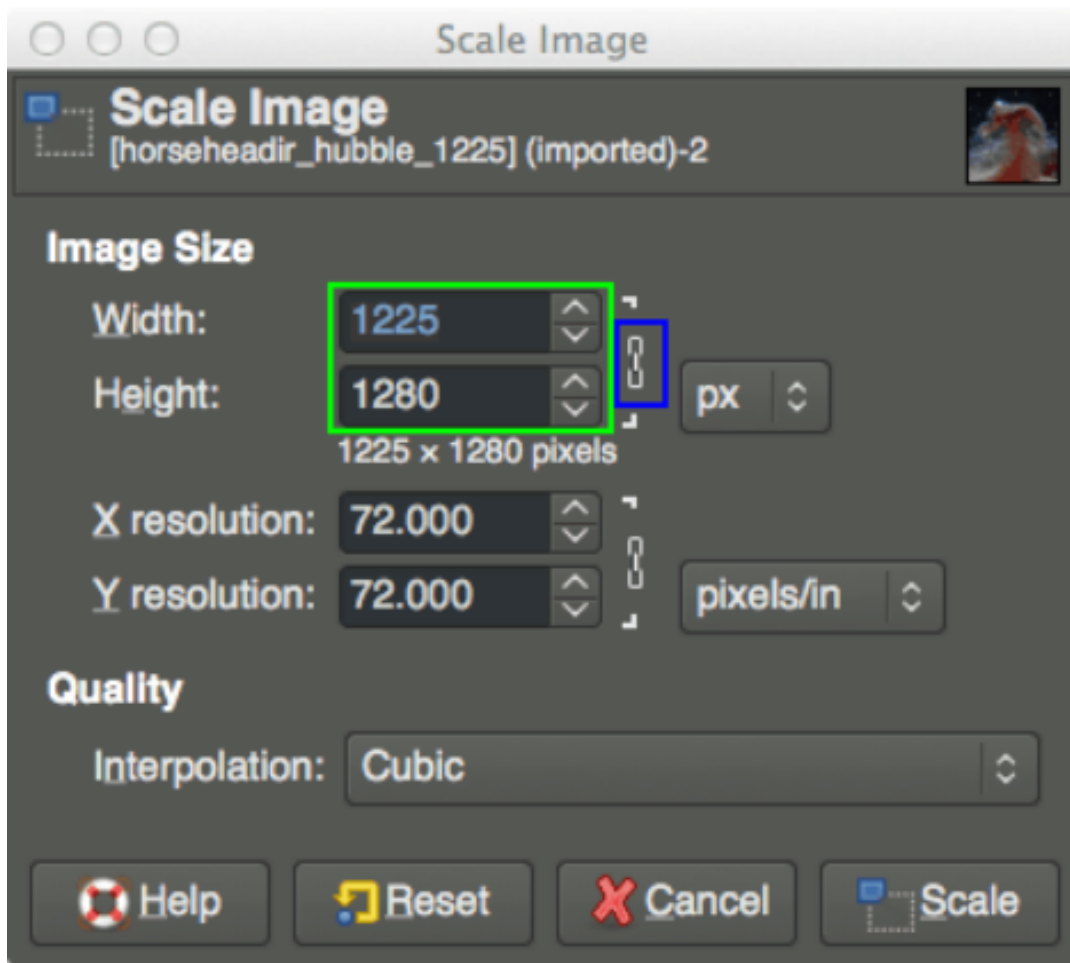
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Notice that the information at the top of the window shows the current pixel dimensions of the image (in this case, the pixel size is 1225 × 1280).
To resize an image to a new one, just bring up the Scale Image window:
Image → Scale Image …

This will open the Scale Image window:

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WORK CARD 2

Thre is a place in the Scale Image window where you can enter new values for width and height.
If you know one of the new dimensions you want to add to the image, enter it here.
There is a small chain to the right of the input fields for width and height. This icon shows that the Width and Height values are locked to each other, which means that changing one of them will change the other to maintain the same aspect ratio (without weirdly pinching or stretching the image).
For example, if you know you want your new image to be 600px wide, you can enter this value in the Width field and the height will change automatically to keep the image's aspect ratio:

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WORK CARD 3
CHANGING THE COLOUR OF THE PHOTO

Primary photo

*SOURCE: HTTPS://WWW.GIMP.ORG/TUTORIALS/BASIC_COLOR_CURVES/
DOWNLOADED ON 09.06.2022*

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Opening the Curves window, I can see the following:

Colors → Curves ...
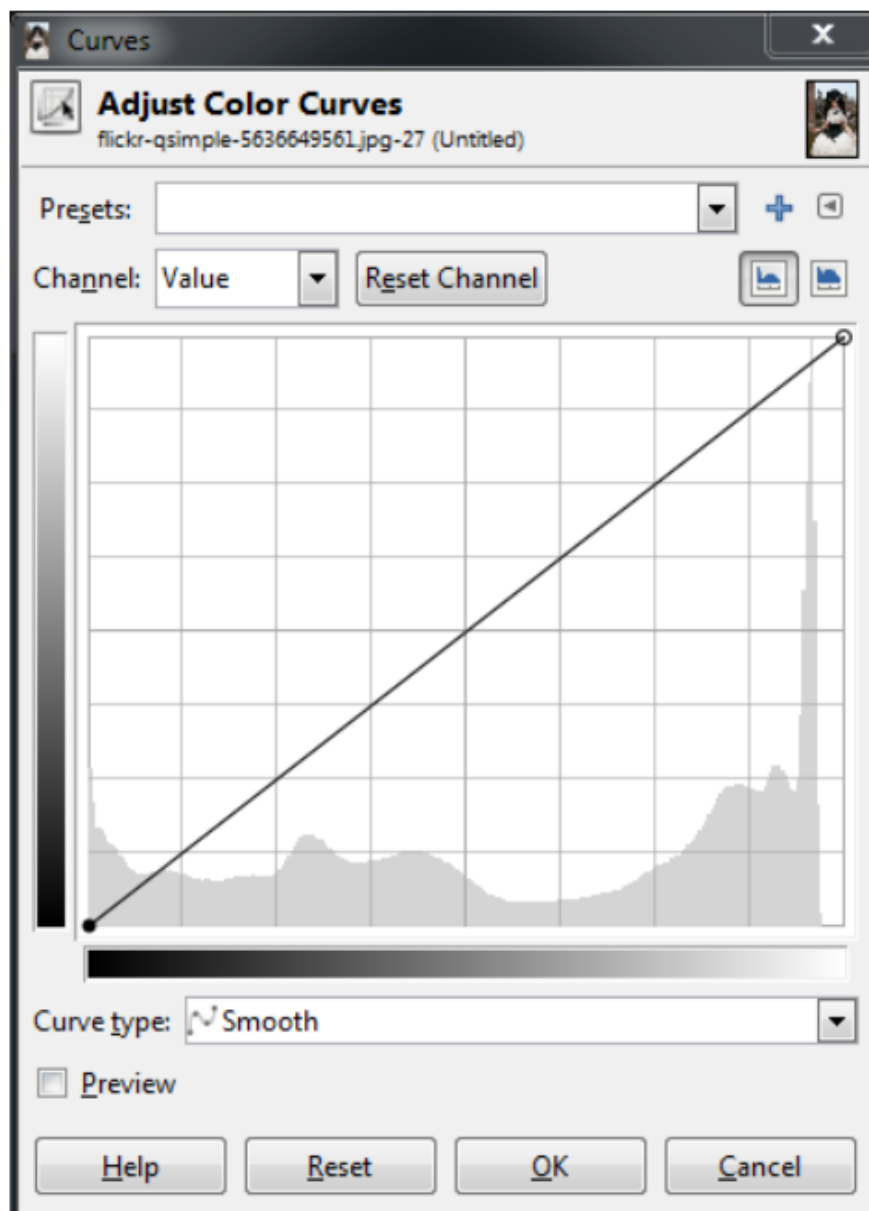
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We can see that we start with the curve for the pixel values. If required, you can also use the "Channel" drop-down list to change the curves to red, green or blue. For now, however, let's deal with the value.

The main area of the dialog box displays a linear curve followed by a histogram of the value data for the entire image (showing the amount of each value in the entire image). On the right you can see a jump in the high values and a small gap in the brightest values.
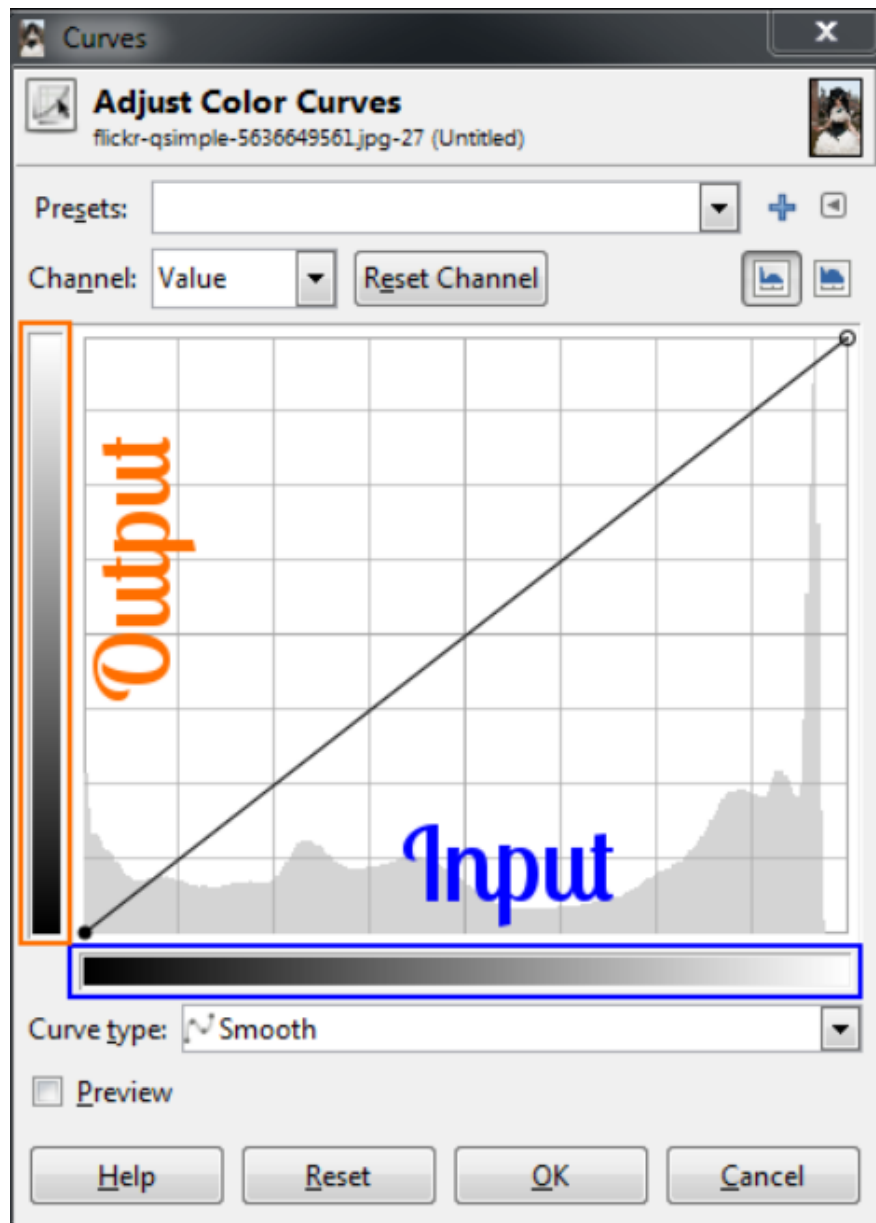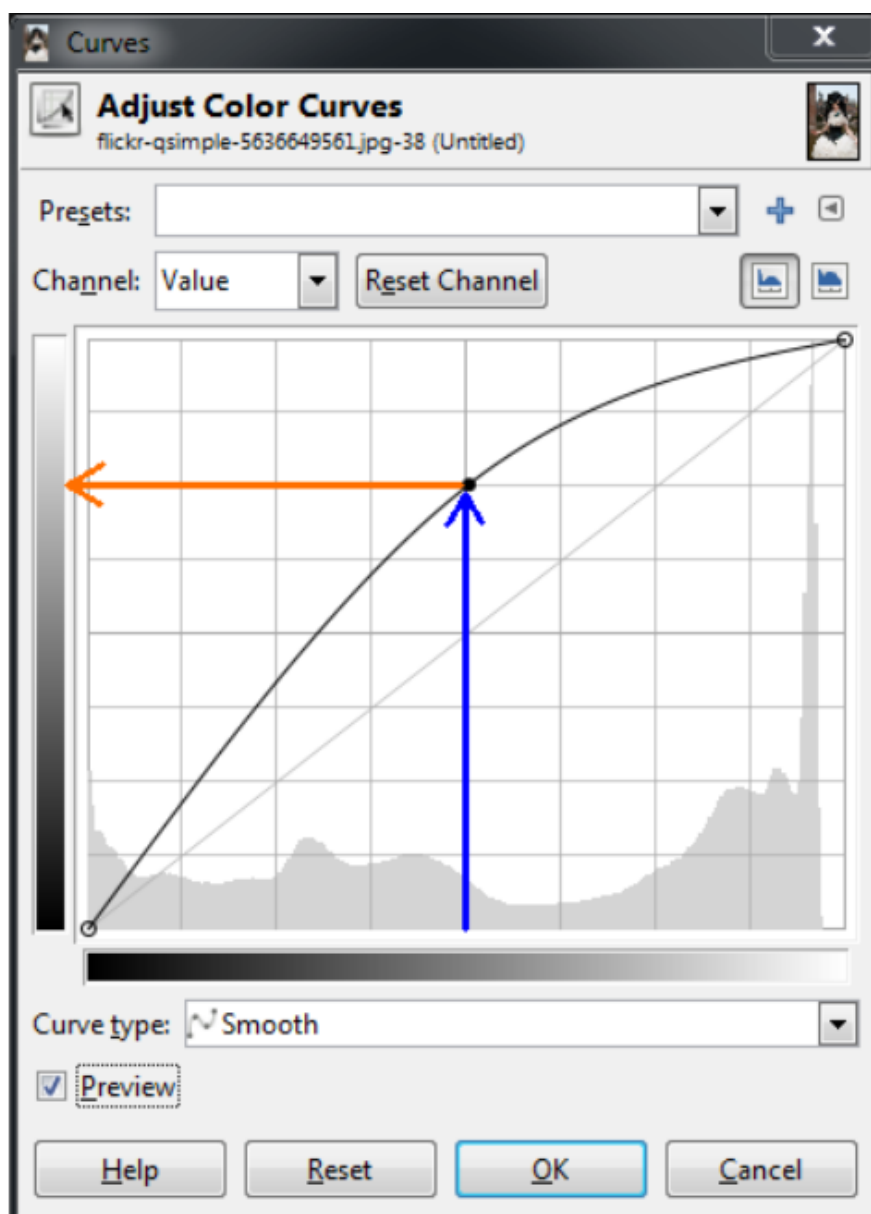
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WORK CARD 4

The best way to visualize it is to remember that the lower range from black to white represents the current pixel value and the left range is the value you want to map to. Now we can adjust the individual pixel values of the image with the curve from the previous worksheet.

An example of how this curve will affect an image, let's assume we want to map all the values in the image that were in the middle tones and make them brighter. This can be done by clicking on the curve near the midrange and dragging it higher in the Y direction:

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WORK CARD 5

These curves use the values around the mid tones and shift them to be much brighter than before. In this case, values around 128 have been remapped so that they are now closer to 192.

As the curve is smooth, all the tones surrounding the point will gradually shift in the same direction (this results in a smoother fall rather than a sharp change in one value). Since there is only one point on the curve at the moment, it means that all values will be pulled higher.
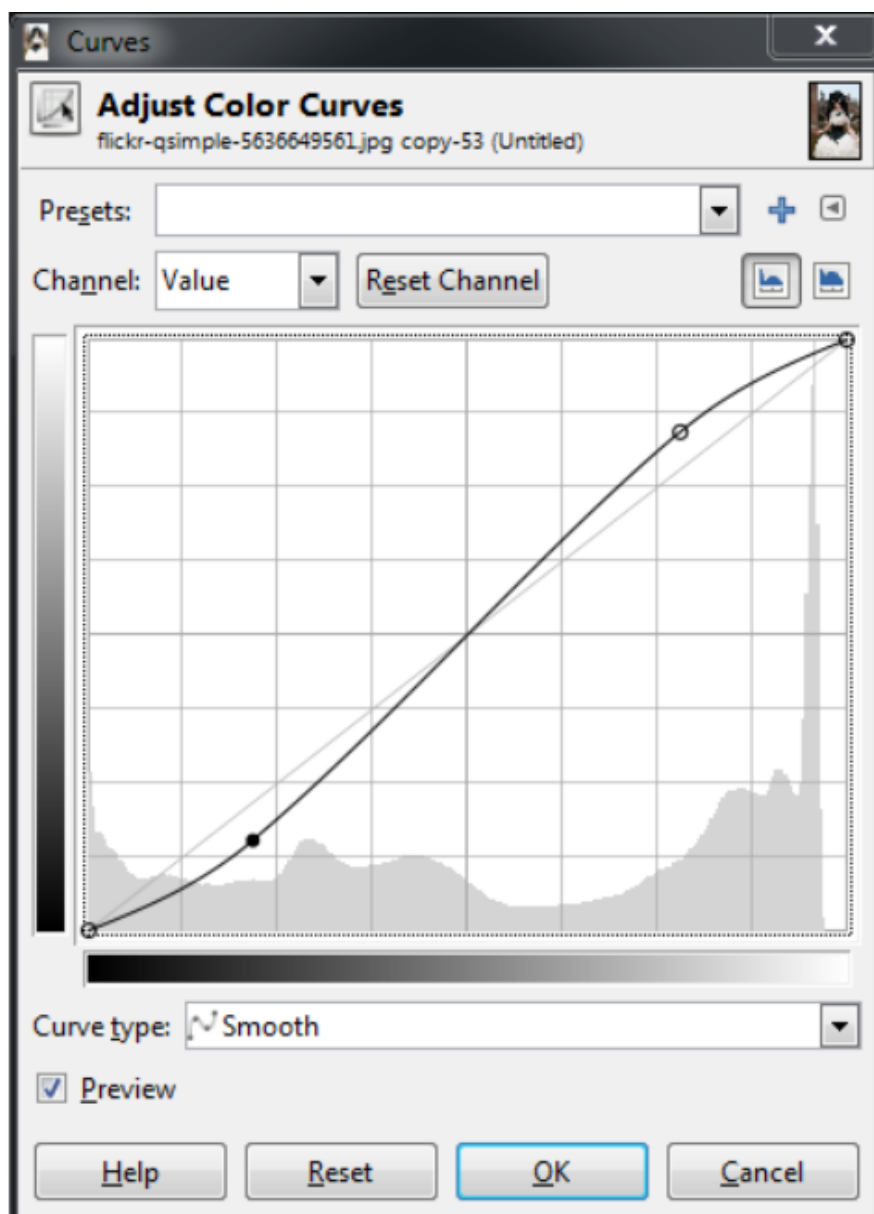
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Of course, when manipulating these curves, be careful not to blow up elements or destroy details. The curves are introduced here only to illustrate their operation.
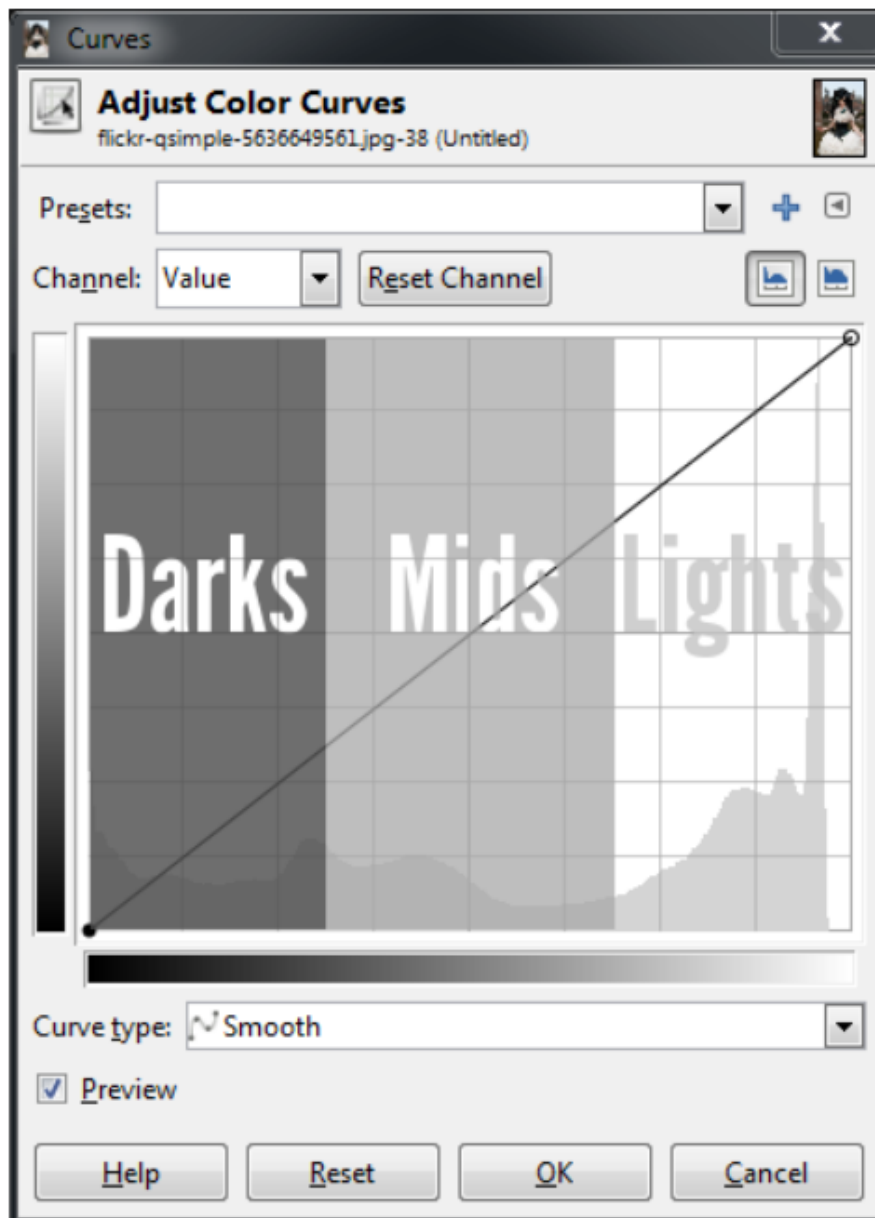
A very common curve adjustment that you may hear about is to apply a slight "S" curve to the value. This curve has the effect of darkening the dark tones and brightening the bright ones, which in turn increases the global contrast of the image. For example, if we click on another point on the curve and adjust the points to form a shape like this:

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WORK CARD 6

Here's a quick way to visualize (this applies to both value curves and RGB curves):

GENERALLY SPEAKING, IT IS EASIEST TO ILLUSTRATE IN TERMS OF WHICH REGIONS OF THE CURVE AFFECT THE DIFFERENT SHADES IN THE IMAGE.

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Curves: Colours

How does this relate to other channels? Let's take a look at this.

The same theory applies for RGB channels as for values. The relative positions of dark, medium, and light colours are still the same in the curve dialog. The main difference is that you can control the proportion of colours in specific tonal regions of an image.
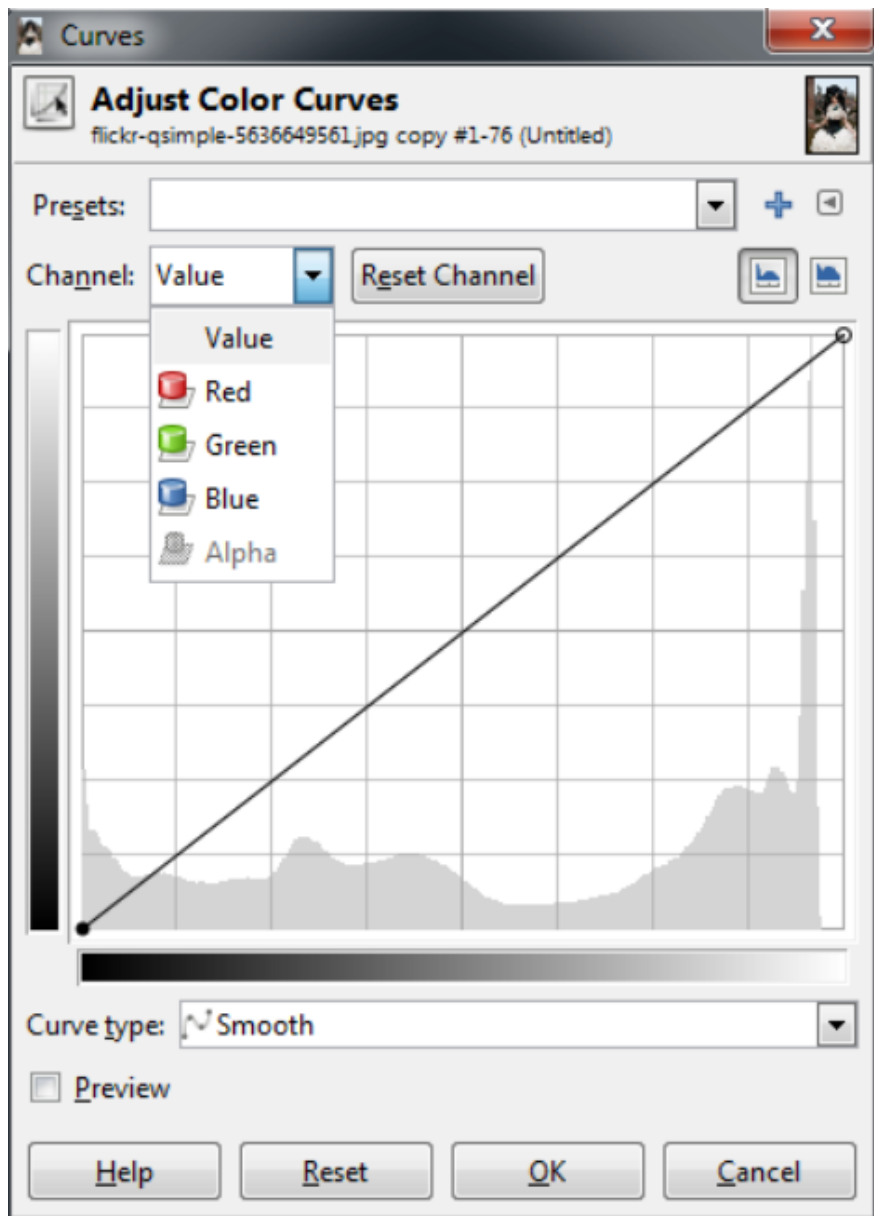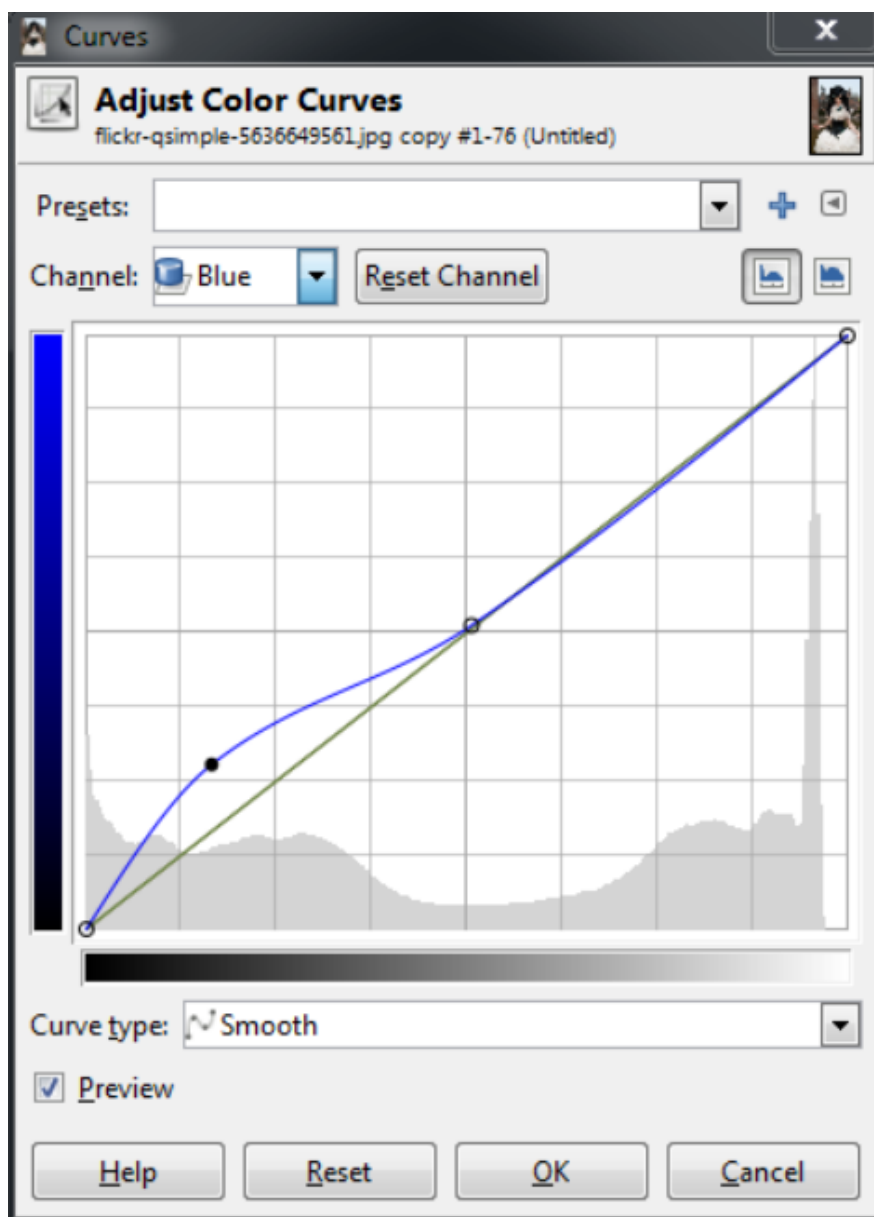

SOURCE: HTTPS://WWW.GIMP.ORG/TUTORIALS/BASIC_COLOR_CURVES/
DOWNLOADED ON 09.06.2022

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From the "Channel" drop-down list you can select the channel you want to customize.

To demonstrate what's going on here, it's helpful to have an idea of what effect you want to get in the photo. This is often the hardest part of adjusting colour tones unless you have a clear idea to start with.

For example, perhaps we want to "cool" the shadows in our photo. "Cool" shadows are often found in shadows of direct sunlight during the day. Most of the light that falls in the shadows is reflected from a bluish sky, so the shadows will appear a little bluer.

To try this out, let's adjust the Blue channel so that it is slightly more visible in the darker tones of our image, but returns to normal around the mid and lighter tones.

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WORK CARD 7

When you manipulate curves, this means that if you drag the curve for blue upwards, you will enhance blue in that region of the image. If you drag the curve for blue downwards instead, you remove blue (or enhance yellow in that region of the image).

So, to enhance the blues in dark tones but increase the yellows in lighter tones, you can create something like an "inverted" S-curve in the blue channel:
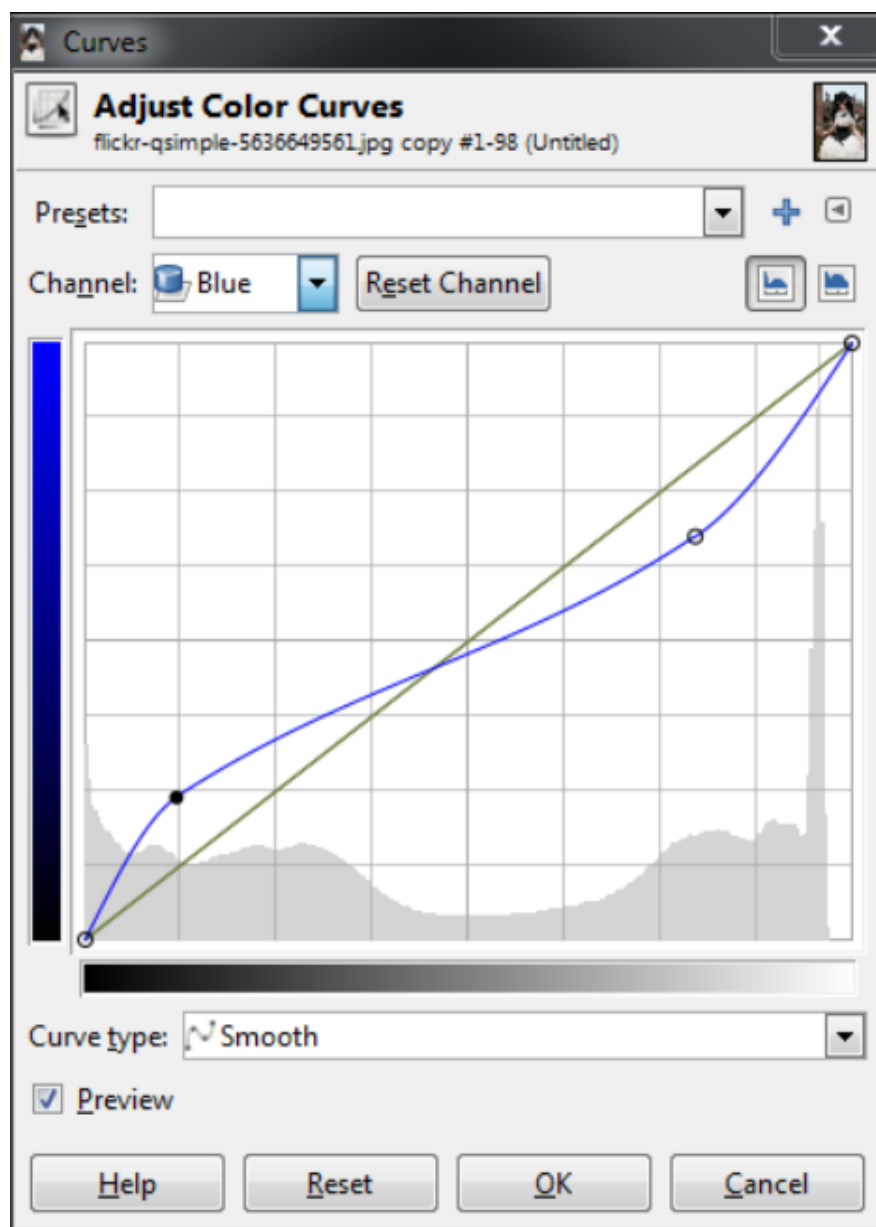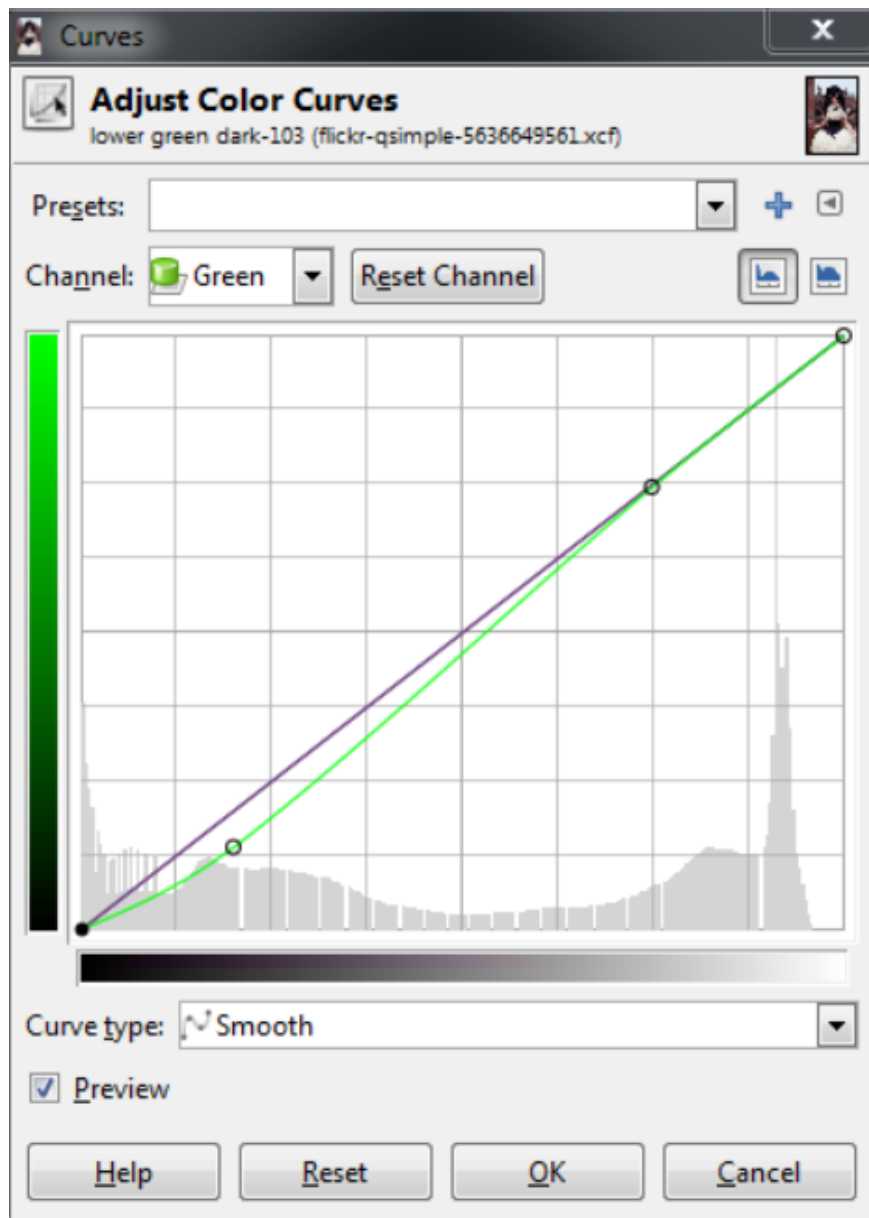
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*SOURCE: HTTPS://WWW.GIMP.ORG/TUTORIALS/BASIC_COLOR_CURVES/
DOWNLOADED ON 09.06.2022*

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For example, in the green channel, you can start putting more magenta into the tones, making the curve smaller. This way, you can reduce the green curve in dark tones and let it return to the normal level in the high tones:

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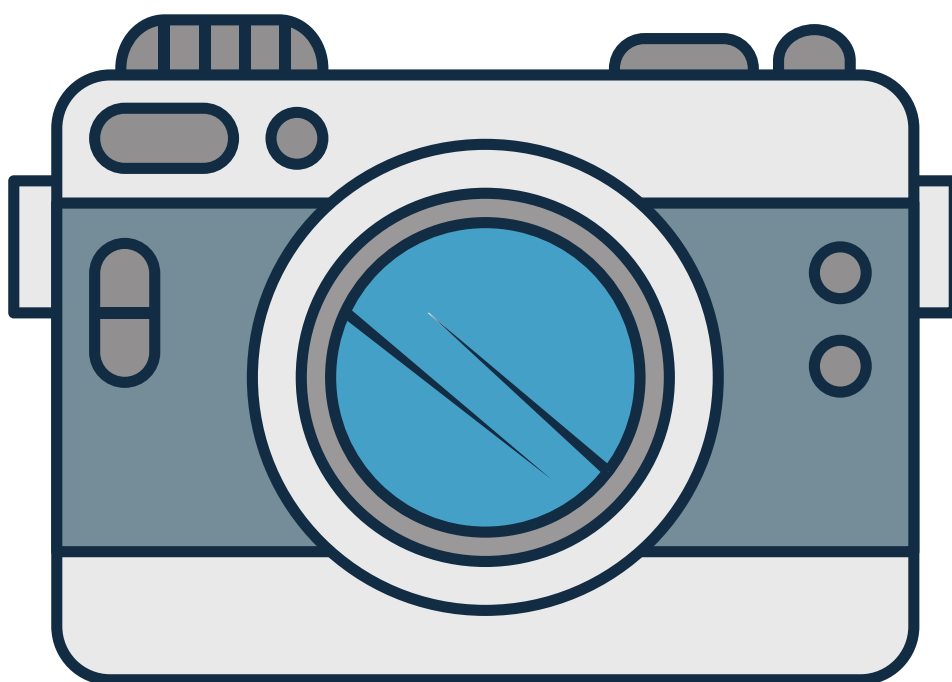USE THE INFORMATION OBTAINED FOR THEIR NEEDS**

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Exercise 1

Photography

Keeping in mind the principles of good photography, take some photos:

- Still life,
- Portrait,
- Work.

Remember that you can take photos with your phone.

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Part 2 – module 1
Summary of tasks and evaluation

In conclusion, tell the participants about the endless possibilities that photo processing programs offer us, and that taking a photo is very simple. It is worth using these skills also to enhance our virtual space.

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Part 2 – module 2
Introduction

Correct voice emission is learning that focuses on the implementation of certain principles and rules in order to obtain a good sound of the voice, while keeping it in good shape and health.
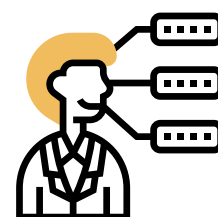
The subject of voice emission concerns mainly people working with it professionally, i.e. singers, teachers, speakers, journalists, actors.

Voice operation is the basis of communication and acquiring the correct voice habits guarantees the vocal cords to stay healthy and active for a long time. Conscious emission is a breathing technique and breathing, affects the work of the lungs and heart, i.e. the most important life processes.

Many people who work with their voice during speeches in front of listeners experience a variety of problems, such as a feeling of tightness in the throat, trembling of the voice, and even the whole body. Such a situation can be very difficult to control if we do not know the rules of voice communication. When we listen to the interlocutor, we can see not only information in his voice. It reflects physical, mental and emotional health. On its basis, we can determine whether the interlocutor is balanced, competent, and favourably disposed towards recipients. It also indicates the mental state of a person. Voices are the sounds made by the vocal apparatus. Its source is the vocal folds in the larynx, vibrating under the influence of air. Each voice is characterized by timbre, intensity and pitch. Using the pitch scale while speaking is called intonation, which gives you orientation in the intentions of the spoken words. Modulation concerns the correct use of the other physical properties of the voice, i.e. the intensity scale and emotional tones. It gives emotional values and makes the statement more plastic. Mimicry and gesture are extralinguistic means of expression that stimulate the imagination of the listener.

Body language - a term from the field of social psychology. Sometimes it is used as a synonym for non-verbal communication, which is, however, a broader concept.

Body language usually includes non-verbal messages as: body gestures and movements, facial expressions, body posture and orientation, eye movements and pupillary reflexes, use of interpersonal space, etc.

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Body language excludes messages such as the non-verbal aspects of speech (e.g. the timbre of the voice, the way words are used and pronounced, linguistic mistakes, etc.). The status of messages such as clothing, makeup or items that carry additional information (e.g. a watch, glasses, type of car you are driving etc.), as well as e.g. eye contact, which is an interactive message, is not clear. Similarly, territorial behaviour and the way in which permanent space and semi-permanent space are organized carry non-verbal information, but are not body language.
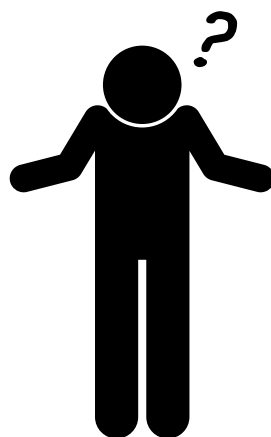
Ask questions:
• What is voice emission?
• What is the purpose of proper voice emission?
• What is body language?
• What is the importance of body language in communication?
• What are the elements of body language?

We listen to the listeners' answers, then summarize:

Both body language and voice emission are very important elements in the communication process, not only in personal but also in virtual communication. Awareness of the possibility of your voice and the right attitude can positively affect how we will be perceived by third parties. Thanks to this, our messages will be complete and there will be no situation in which contradictory information may arise.

Workshop part
- Learning to correctly emit voice - exercises
- Learning body language - exercises

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Exercise 2
Voice Emission

Exercises for motor skills of speech organs - jaw.
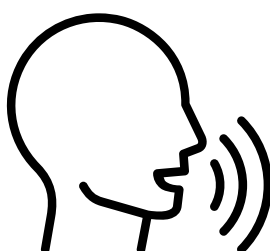Do this exercise:

- energetic lowering and lifting of the lower jaw,
- lowering and lifting the lower jaw by marking three phases (moderate opening, deeper opening, maximum opening),
- lowering the lower jaw and retracting it.

ATTENTION!

We do not practice sideways movements of the jaw, as we can cause the jaw to fall out of the temporomandibular joint. During jaw exercises, the tongue lies freely and flat on the bottom of the mouth.

1. Tongue:

- stick the tongue out to the maximum,
- stick the tongue out and make horizontal swinging movements to the right and left,
- with the mouth closed, slowly circulate the tongue inside the lips to the right and left,
- stick the tongue out as far as possible towards the nose, chin, left and right ear,
- lick the lips in a circular motion, opening the mouth wider and wider,
- with the mouth moderately open, touch the upper and lower lips with the tongue alternately,
- with the tip of the tongue, run over the palate from the front teeth as far as possible towards the throat cavity, then return to the starting position,
- rhythmically hit the tip of the tongue against the hard palate, imitating the sound of clattering hooves, - quickly pronounce: tktktktk,
- at the beginning we pronounce slowly: p, t, ch, , k then we increase the pace of pronouncing the proposed set of sounds.
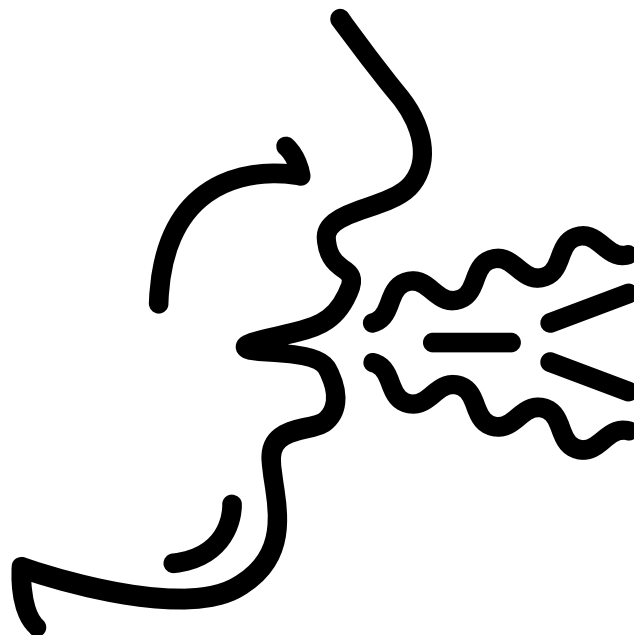
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2. Lips:
- kissing sounds with protruding and rounded lips,
- lifting the upper lip to the nose,
- with tight lips, maximum shift of the lips to the left and right,
- snorting, i.e. extracting air with the vibration of both lips,
- whistling on one tone,
- put your lips as though you were trying to pronounce the vowel u , then flatten it, moving back the corners as in the case of a vowel i. Repeat the exercise many times.

3. Larynx and soft palate:
- make movements like you are sucking a sweet
- yawn (tongue stays behind lower teeth),
- combine the exhalation with a yawn at individual sounds a, o, u, e, i, y,
- cough with tongue out.

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Exercise 3

Voice Emission

Abdominal-lower rib breathing is normal for humans. Inhalation begins with the bulging of the lower abdomen and the widening of the lower ribs, then the chest rises and widens; while the exhalation begins at the top of the chest and ends with drawing down the lower ribs and drawing in the abdomen. Do the individual exercises:

1. While lying on the back, relax the whole body, take a few deep breaths, and then stay for a while without breathing after exhaling.

2. After lying down for about 20 seconds, regulate your breathing so that the air, with minimal movement of your chest, sluggishly flows in and out through your nose.

3. When lying on your back, curl your legs. The left hand is on the stomach, the right hand over the chest. In this position, the following exercises should be performed: abdominal thrust - inhale deeply through the nose; pulling the stomach in with a slight pressure of the hand on the diaphragm - long exhale through the mouth; pause.

4. Lying on your back with curled legs, breathe in the air through your nose, and when you breathe out, whistle on one tone legato (smoothly) and then staccato (stopping).

5. On one breath out: - we pronounce the vowels: a, o, u, e, i, y; - we pronounce consonants, e.g .:ba, wa, ko; - we laugh: cha, cho, che, chu, chi; - we multiply: 1 × 1, 1 × 2, 1 × 3...; - we count: one, two, three, four,...; - we repeat: A hen is sitting in the basket, it counts its eggs: first egg, second egg, third egg...; - we say the text: One crow without a tail, the second crow without a tail, the third crow without a tail.... Each breathing exercise should be practiced for 5-10 minutes. If you feel dizzy, stop exercising for a while

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Exercise 4

Voice Emission

Perform the individual exercises:

1. Lying on your back, place your open hand slightly on the inside of your face and - without pressing your nose or lips with your hand - pronounce mmm fluently, and then m... m... m... intermittently. Observe the vibrations and tremors caused by the m sound, change the position of your hands and look for the place where the sound resonates most clearly.

2. Do the same exercise with the sounds nnn (legato) and n... n... n... (staccato).

3. Still lying on your back, place your hand on top of your head and speak m and n fluently again. Try to direct the sound so that you get a distinct vibration in that place. The purpose of these exercises is to activate these head resonators and become aware of the sites of vibration and tremors.

4. In the supine position, pronounce the sound m, keeping the note on one tone, alternately: mmm (legato) and m... m... m... (staccato).

5. Add the vowels to the m sound, remembering to keep the sound on one tone:, mmmooo, mmmuuu.

6. Then say: mama, mia, mama, mia, mama, mia

7. Speak freely: yum, yum, yum, as if you were savoring a treat. The purpose of this exercise is to find the so-called midrange, i.e. the tone that is most easily spoken.

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Exercise 5

Body language

- Get in pairs.
- Sit facing each other.
- Try to read what the other person's body is saying, pay attention to all the elements that were included in the presentation.
- Confront your interpretations with your partner.
- Did you read everything correctly?
- What you read differently, think about what caused the misreading.

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Part 3 – module 3
Creating a story

Creating an Instagram story is very simple. The purpose of creating a story is to tell others what's going on that's interesting for you.

- The story is in the form of a video, photo or the so-called "boomerang"

Stories began with the once extremely popular Snapchat app - a social networking platform whose main function was to share photos and short videos for just a few seconds. The app was created in 2011 and quickly gained popularity, especially amongst young people.

Stories on another social platform are great promotional opportunities for brands. Even though another channel of communication with your audience can be overwhelming, creating stories is extremely easy. It can even be fun and distract from routine, as well as an opportunity to communicate more naturally with the community around your business.

Workshop part
· Creating a Facebook story
· Creating an Instagram Story
· Recognizing the benefits of creating stories
· Possibilities of social media stories

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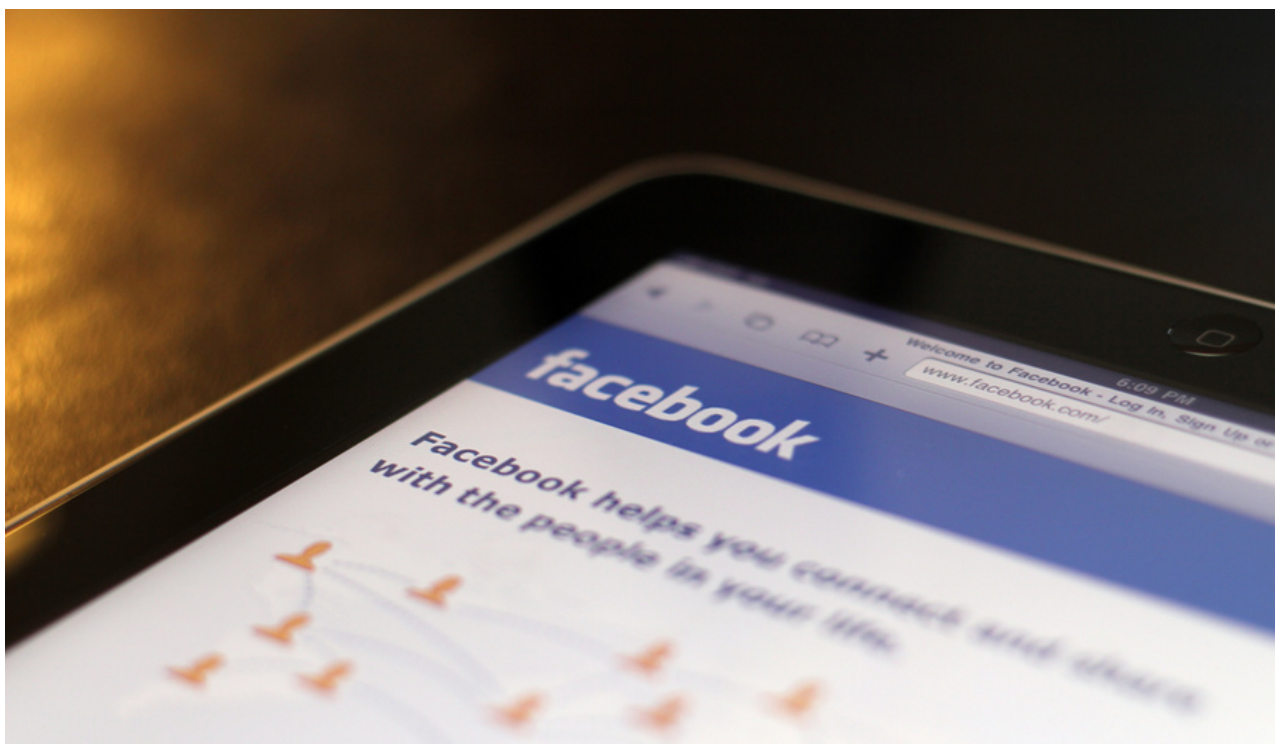
WORK CARD 8
INSTAGRAM

INSTAGRAM
Create Instagram Story. The story should be about inviting friends to the next family festival in your town. Remember to use #, location, organizer tags.
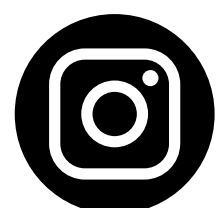How to do it ?
When it comes to adding stories on Instagram, we have two options here - we can use the built-in camera module in Instagram or use a photo already saved in the phone gallery.
• In the first case, follow the instructions below:
• Open Instagram and log in.
• Swipe your finger on the screen to the right.
• Tap the buttons on the left to add captions or change the layout, for example. Then press the big white button at the bottom of the screen to take a photo or scroll through the list of available filters to choose from.
• After taking the photo, you can also add additional elements to the story using the buttons at the top of the screen. Once your story is ready, click on the "Your Story" button on the bottom left of the screen to add an effect to your story.

If, on the other hand, we are interested in adding Instagram stories from the Gallery, the situation is similar:
• Go to Instagram and log in.
• Slide your finger to the right first to go to compose a story, then slide it up to select a photo from the Gallery.
• Press the photo you want to use as the background, then tap buttons at the top of the screen to add text or a poll to your story, for example. When you're done, hit "Your Story" to share it.
And ready - the report will be available to followers at the top of their home page. It is worth making efforts to create a relationship to make it as visually attractive and interesting as possible. It will certainly have a positive impact on how it will be received.
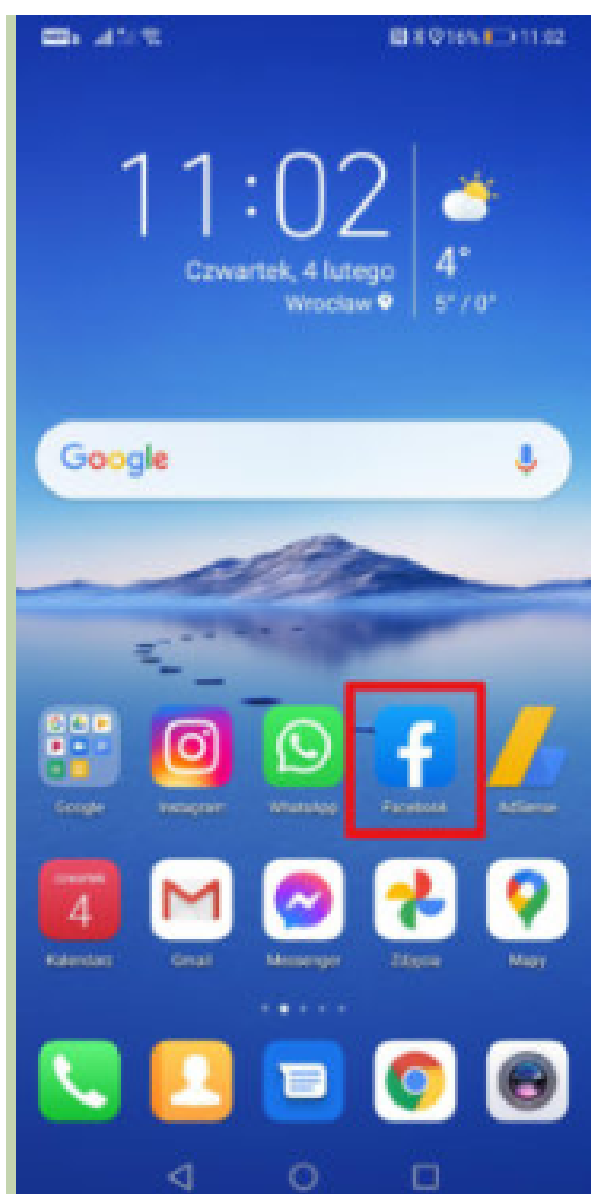
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WORK CARD 9
FACEBOOK

Create a facebook story. Inform your friends that you are on a trip in a beautiful and picturesque town, show them what to see, describe how you feel at this moment.
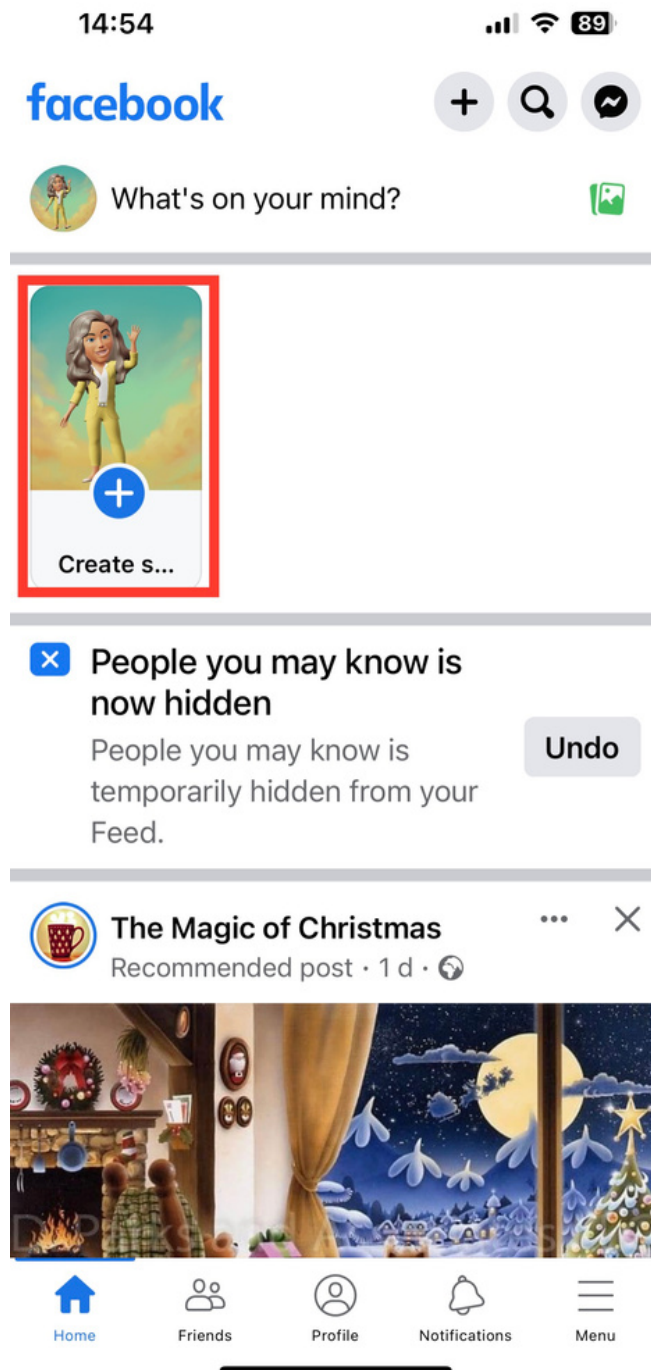
How to do it ?

• Launch the Facebook app and log in to your account, providing your e-mail address / phone number and password;

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• In the upper part of the News, click on the button "Create Story ";

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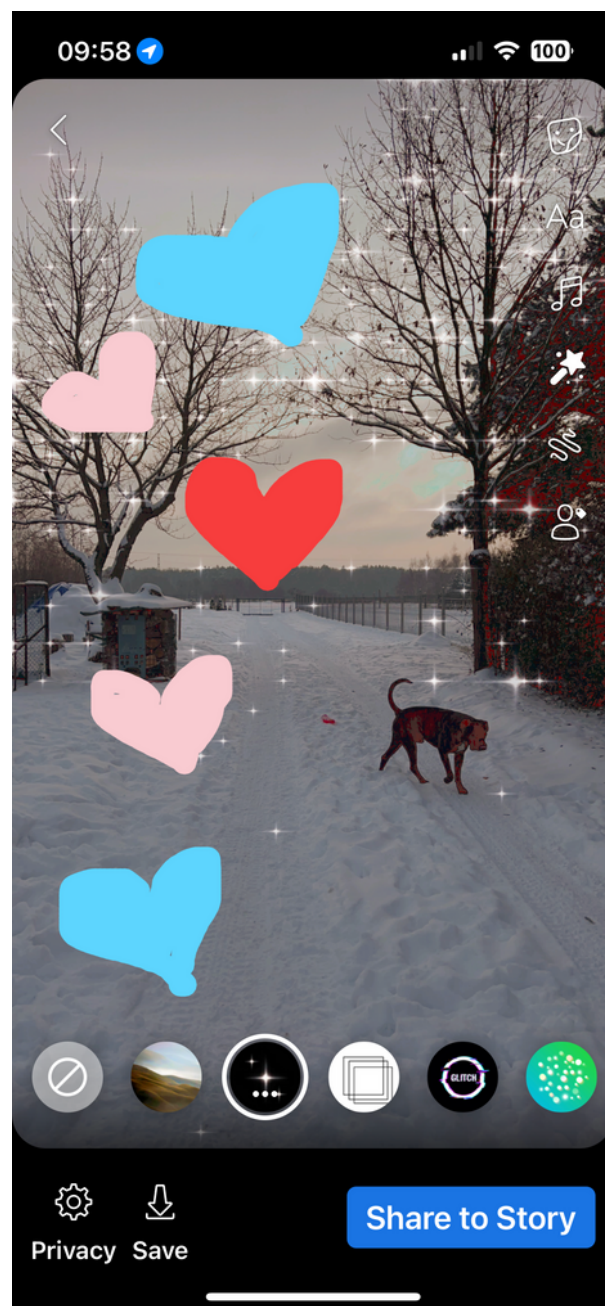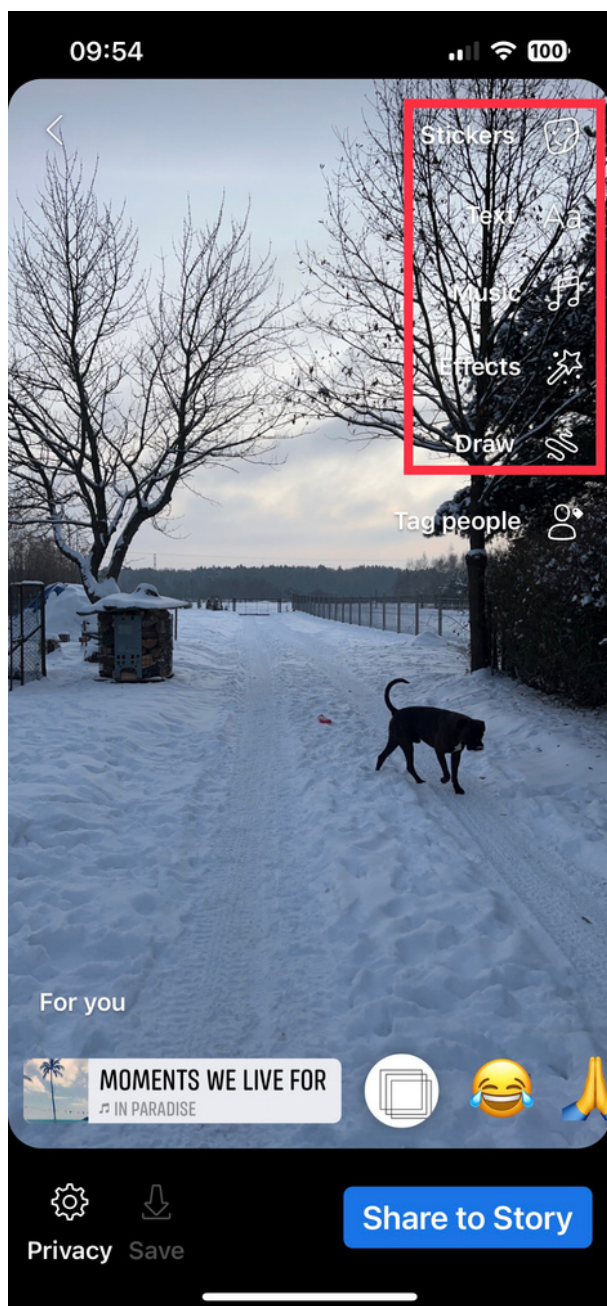USE THE INFORMATION OBTAINED FOR THEIR NEEDS

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• Select the type of story, eg text, selfie, Boomerang, poll, or select a photo / video from your camera roll. You can also click on the camera icon (lower right corner of the screen) and take a new photo or record a video;
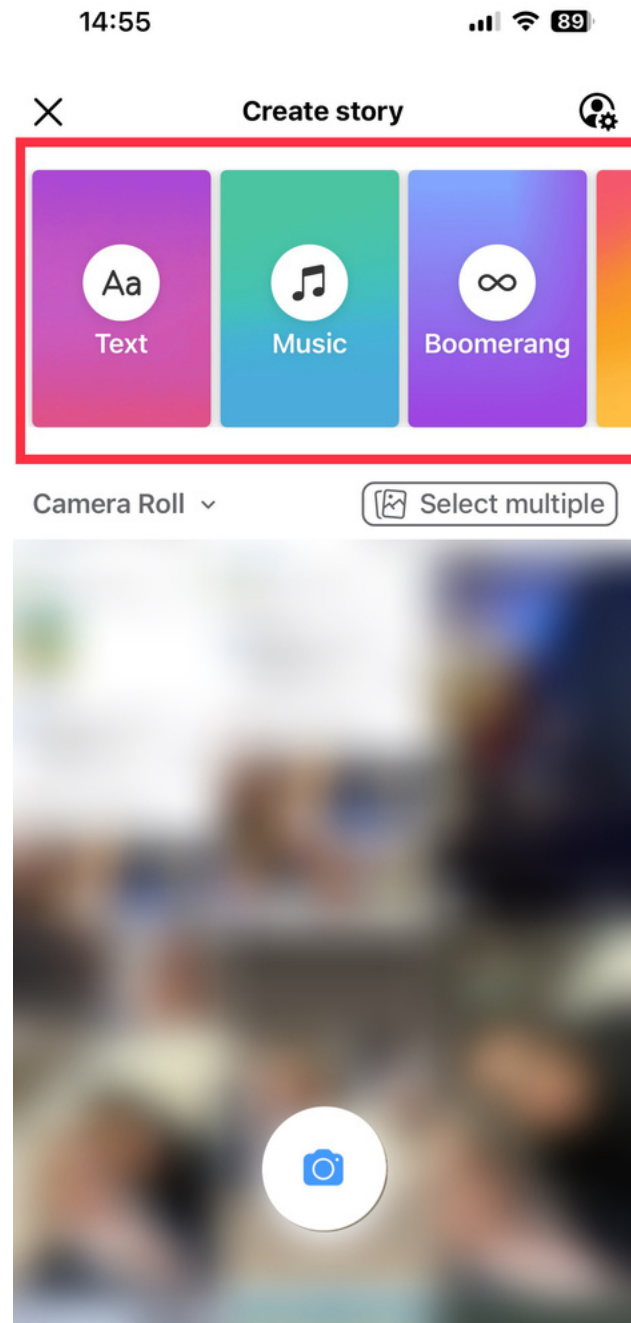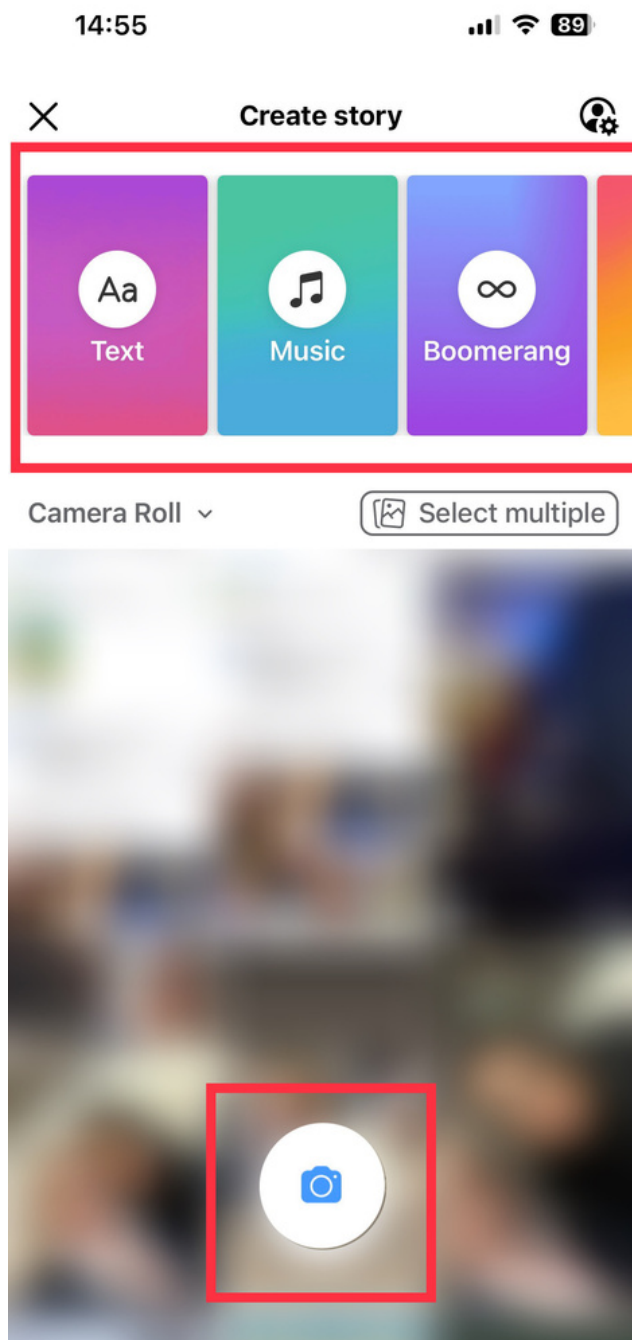
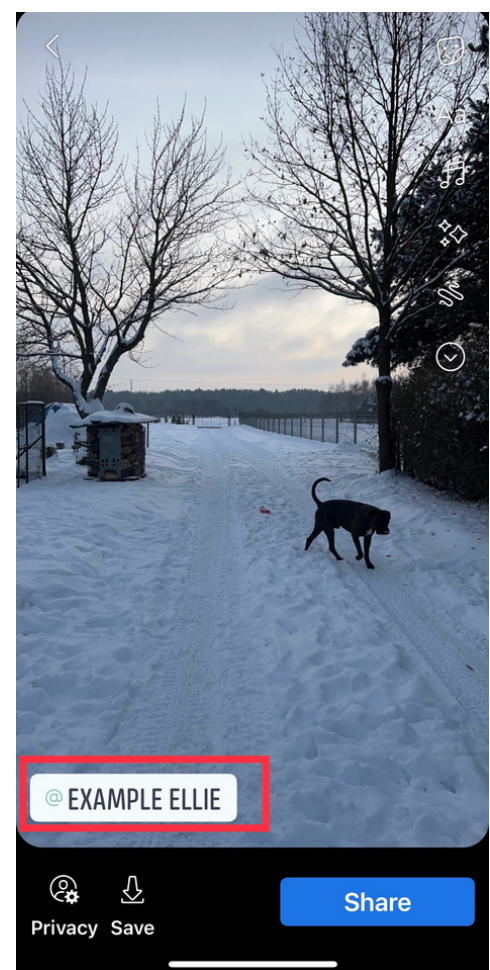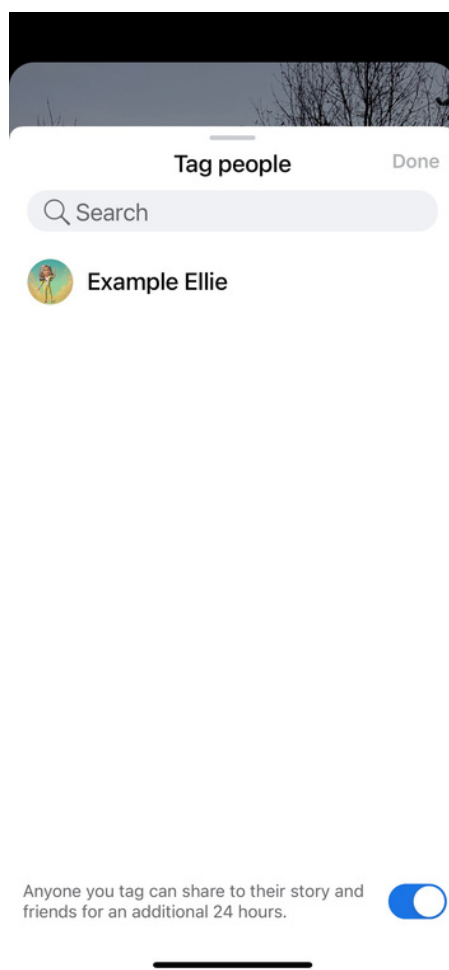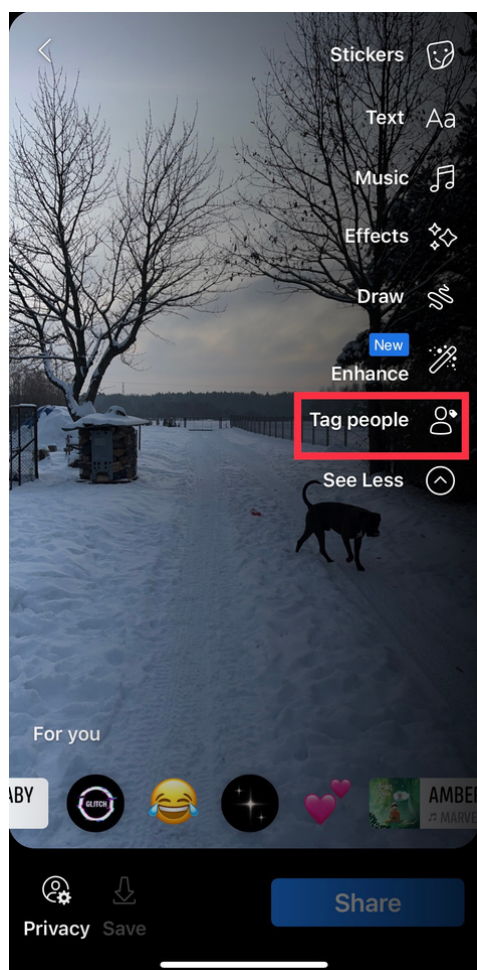SCENARIO III | CREATING PHOTOS, REPORTS, BLOGGING AND EDUCATING ADULTS ON HOW TO SAFELY AND FULLY USE THE INFORMATION OBTAINED FOR THEIR NEEDS

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• After taking or adding a photo / video, you can use the edit option. Add text, sticker, drawing or insert special effects;

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You can tag your friends in your story.

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• Click on the "Privacy" button (bottom left corner of the screen) and specify who will be able to see your story - all Facebook users (public) or only your friends. If the story is to be hidden from only a few people, and you want it to be visible to other friends, select the "Hide story from" box;
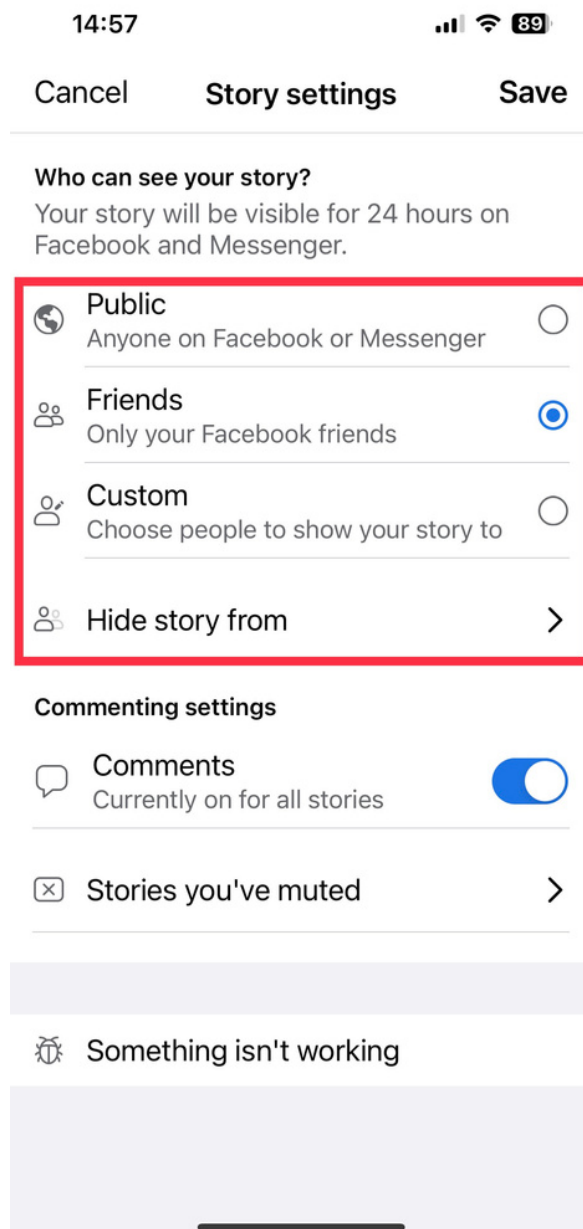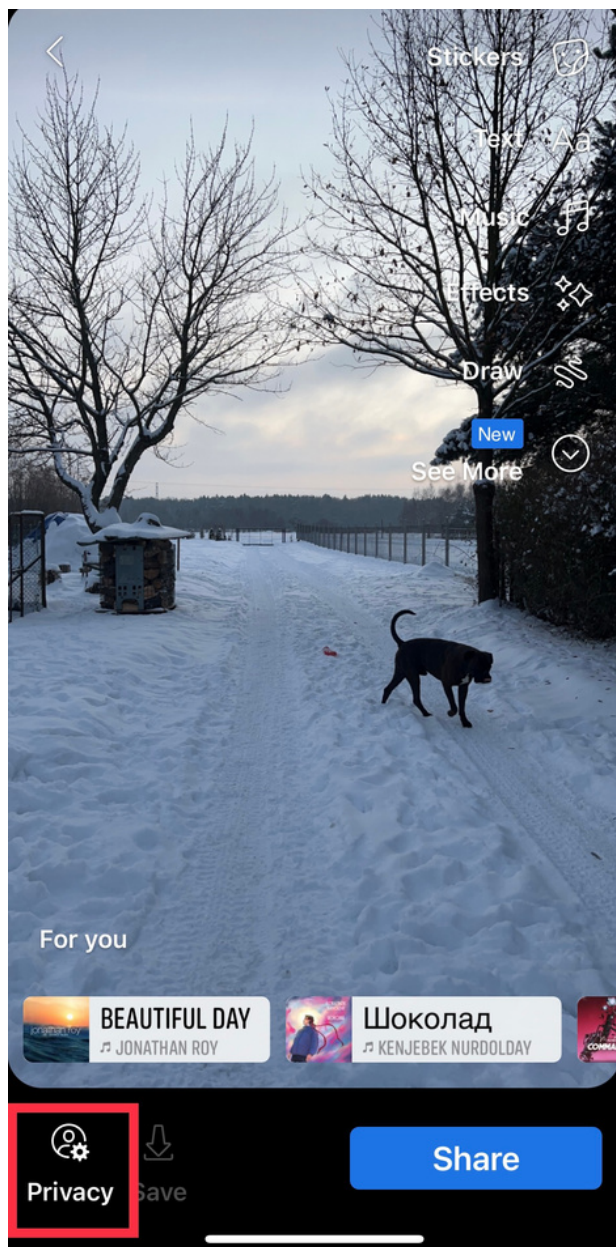
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• Submit by clicking on the "Share to Story" button. Done!
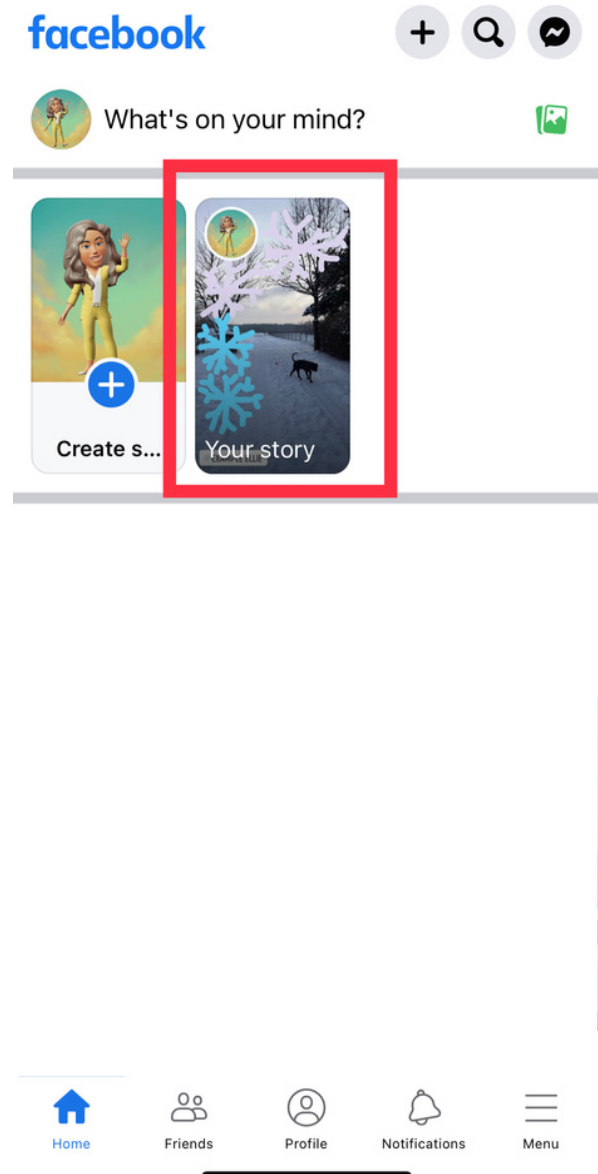
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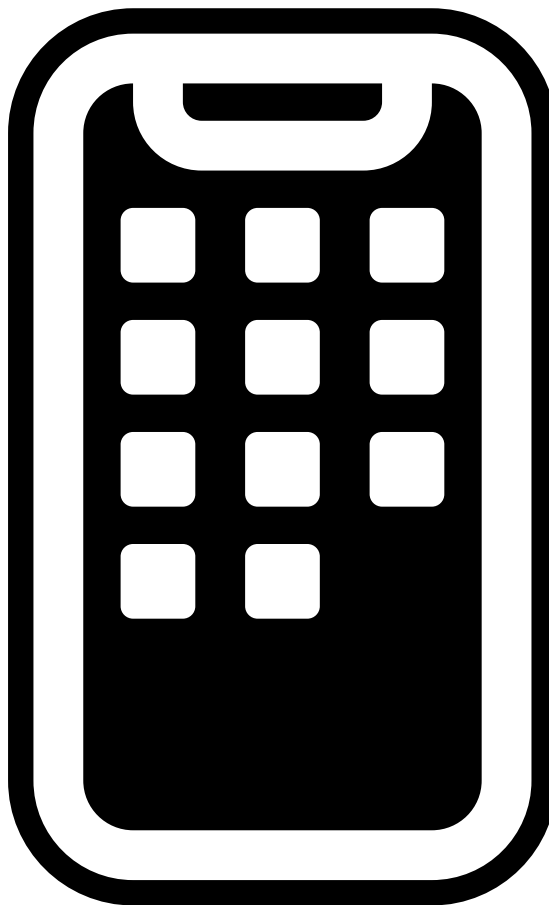
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Part 3 – module 4
Mobile phone apps

Introduction

• **VSCO is the name of a photo and video app,** it managed to create an entire social network, similar to Instagram, where the photo is the most important. But not just any photo, we are talking about professional paintings and very complex works.

The developers of this application are Visual Supply Company, which has experience in working with professional photographers. So much so that they created presets for Lightroom or Aperture, well known to photography experts.

Workshop part:
• Importing photos
• Editing photos in the VSCO app

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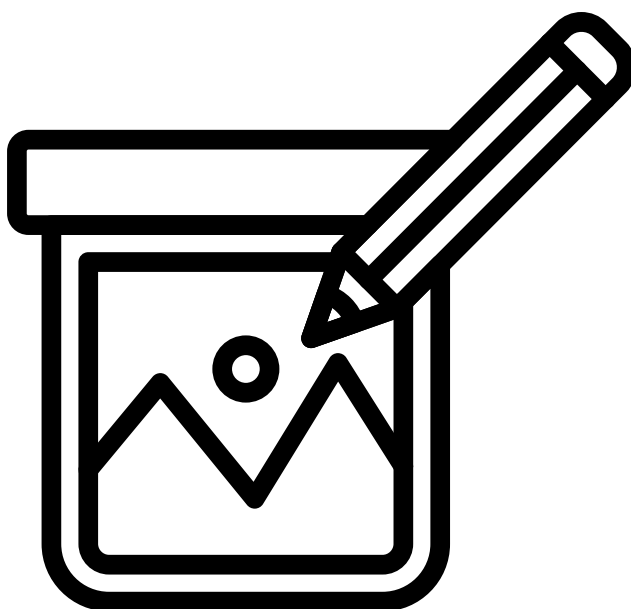USE THE INFORMATION OBTAINED FOR THEIR NEEDS**

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WORK CARD 10
Installing the VSCO app

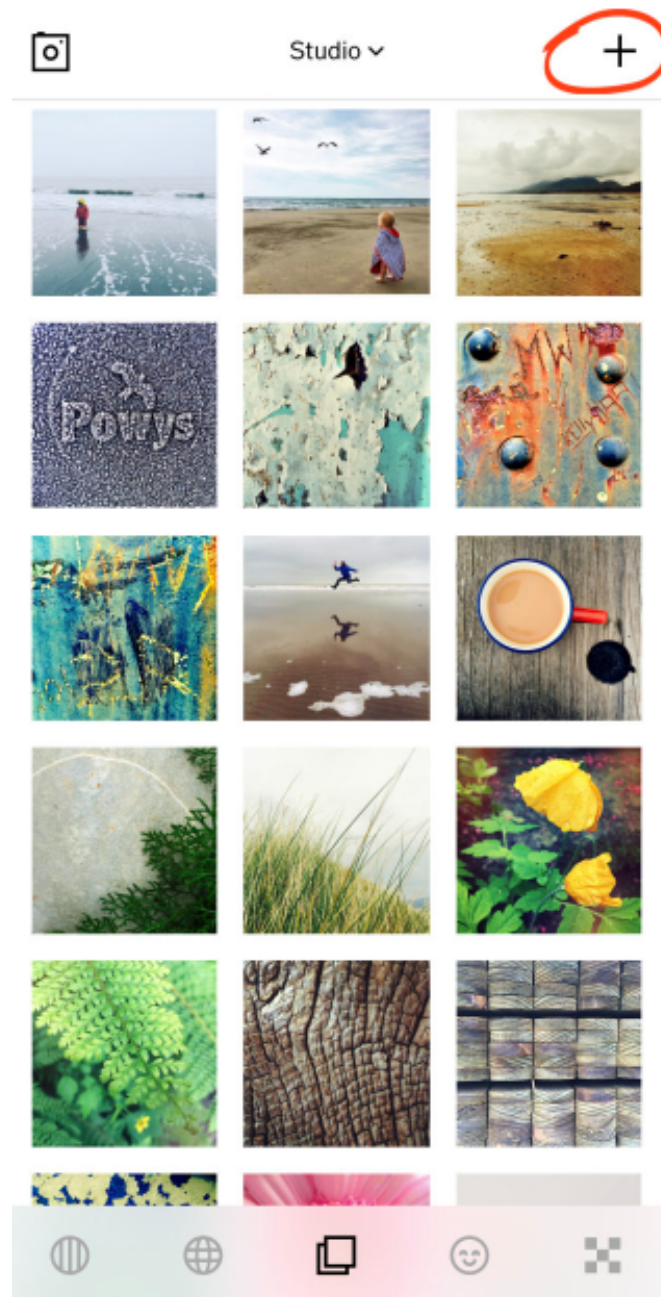Whether you have an Android or iOS mobile phone (or tablet), downloading the app is very simple.

• For Android, VSCO is available on Google Play, so if you type it into a search engine, it will appear among the first results.

• Then just press install and wait a few minutes until it is fully downloaded on your mobile phone to start using it.

• It is just as easy on iOS, go onto AppStore and just enter the name of the app in the search engine and click on it to install it.

• In both cases, you will need to create an account to use the VSCO app. You will be asked for an email to proceed to the next step, which will be entering your password. The app also allows you to connect to social networks such as Twitter.

• Finally, simply tick the box where you accept the terms and conditions of use and click to create an account.

• From now on, you will be able to take your own photos in the application, but also import the ones you have already taken with your phone.

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How to use VSCO filters to improve the quality of photos from the phone?

Step 1: Import photos into VSCO

Open the VSCO app. Then tap the [+] icon in the upper right corner of the screen:

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Select the images you want to edit and then tap Import at the bottom of the screen:
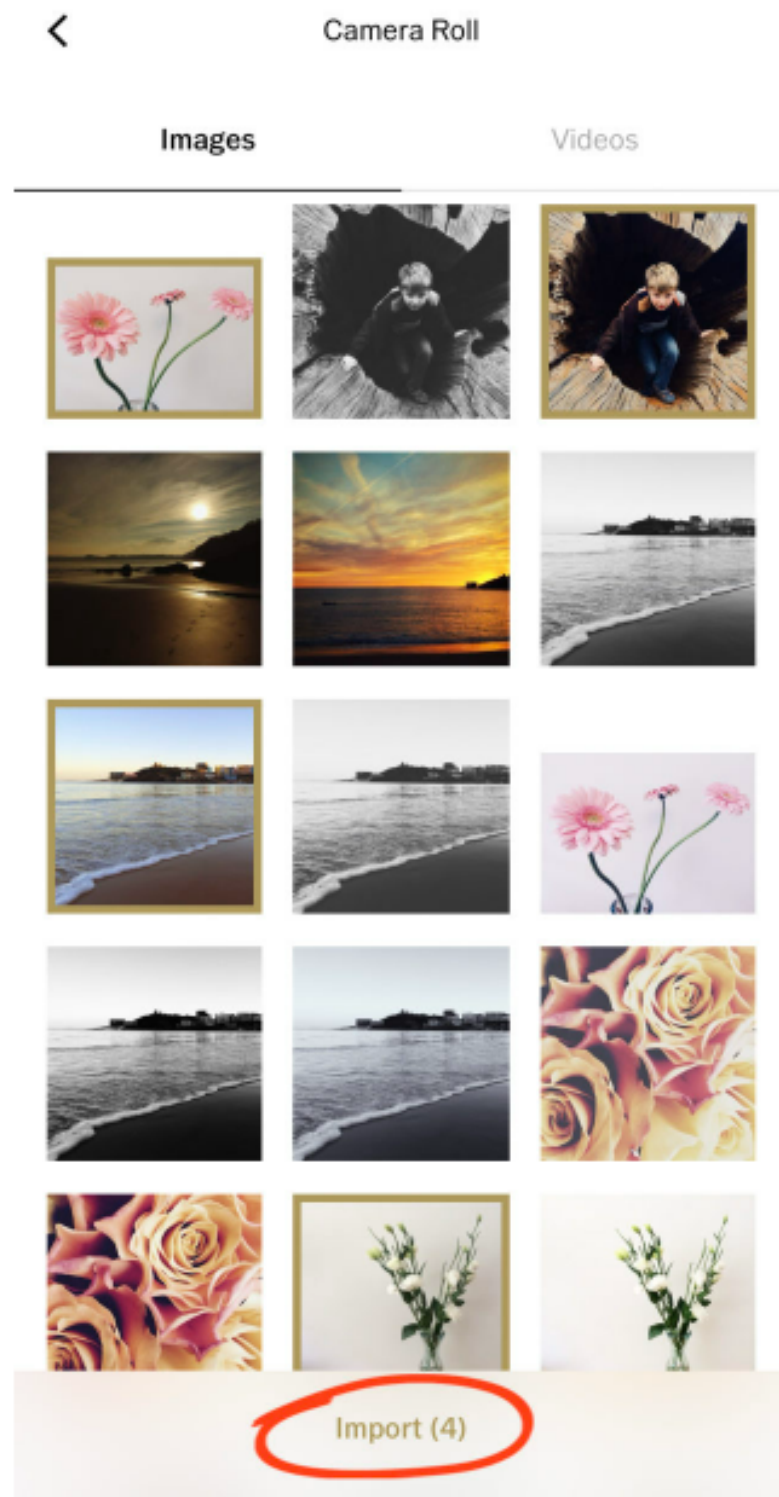
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Step 2: Open the VSCO Editor

Tap on the photo you want to edit. A colored border appears around the selected photo.

Tap the Edit icon (two sliders) at the bottom of the screen:
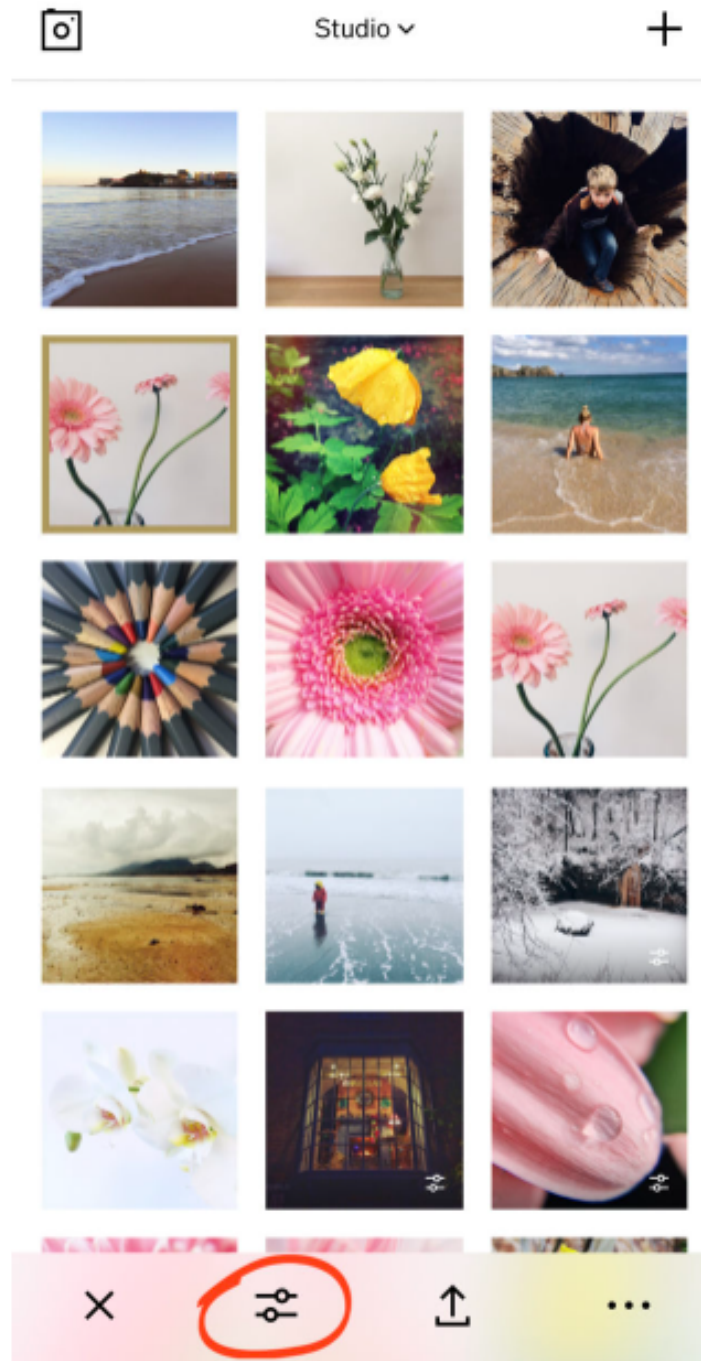
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SNote that if you have more than one photo selected, you won't be able to tap the Edit icon. This is because you can only edit one photo at a time. If you have more than one photo selected, deselect all by tapping the X in the bottom left corner of the screen. Then select a single photo to edit.

After opening the edit options, you'll see a row of VSCO filters along the bottom of the screen. VSCO filters are named with letters and numbers, e.g. A6, F1, HB2, S5, Q10:
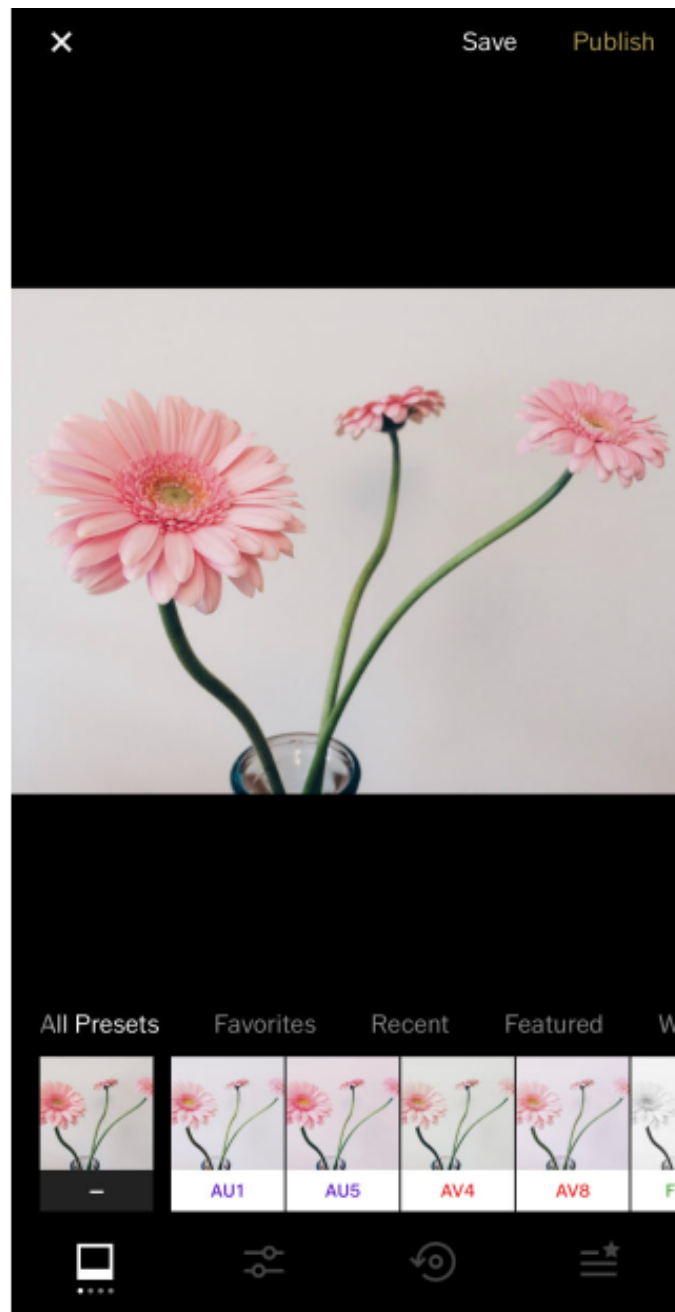
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The VSCO app comes with a basic collection of 10 filters to get you started. But there are many more filters available.
You will learn how to access the entire VSCO filter collection at the end of this section.

Step 3: Apply a VSCO filter to your photo
To apply a VSCO filter to your photo, tap the filter of your choice at the bottom of the screen.

The F2 filter is applied in the screenshot below:
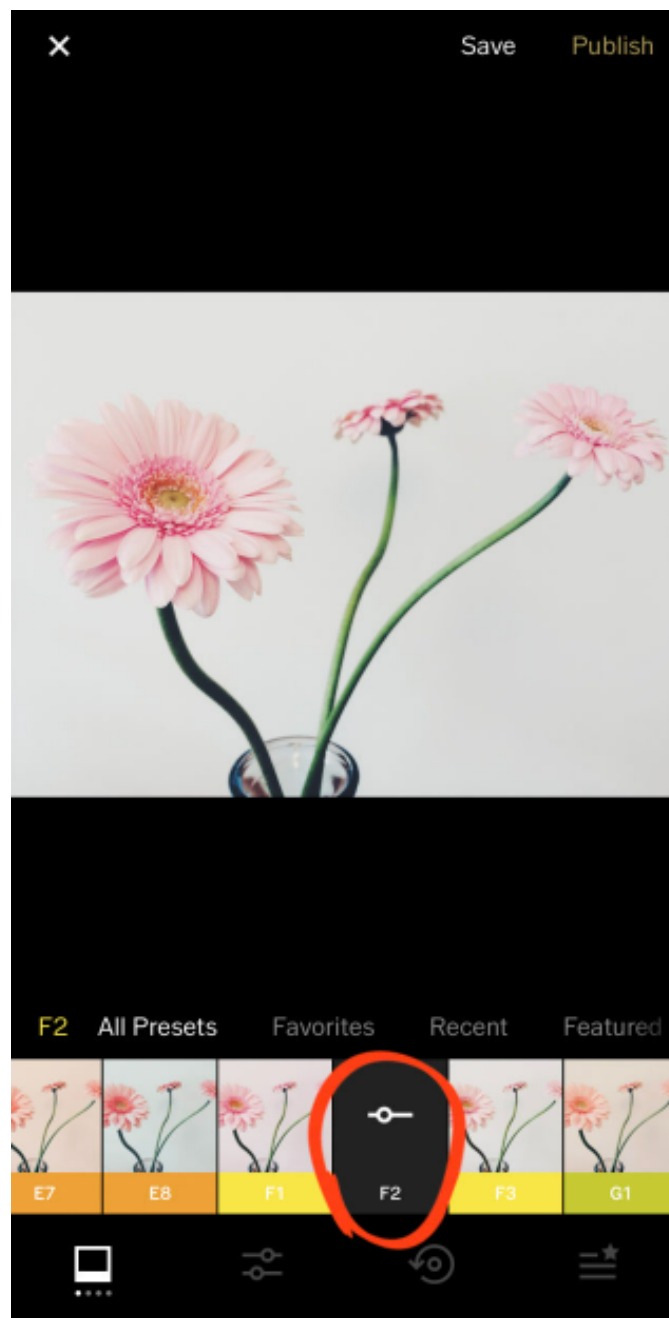
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Swipe across the bottom of the screen to see more VSCO filters. Keep tapping on different filters until you find the one you like.

Notice how the colours and brightness of the photo change depending on which filter you've applied:
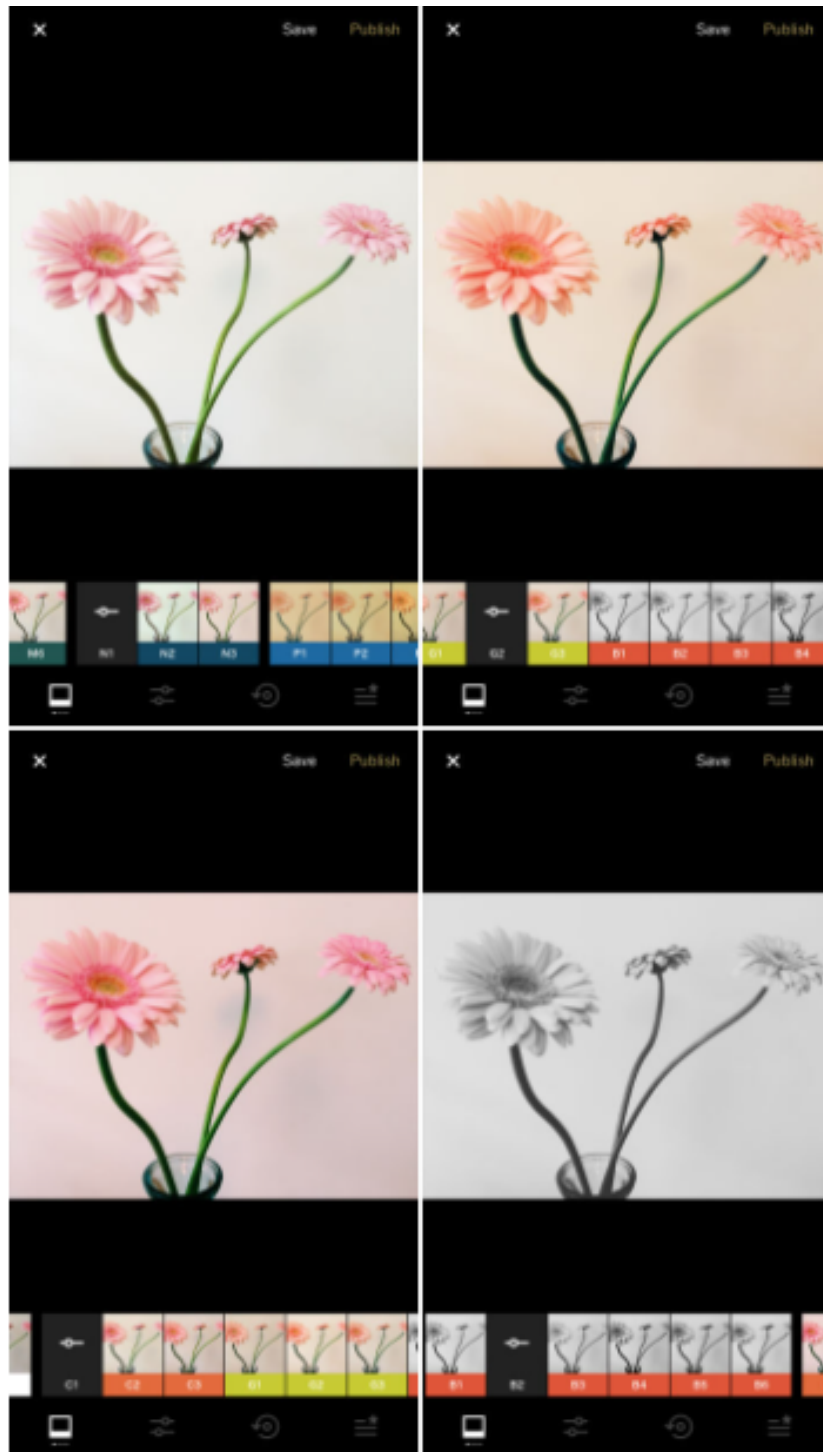
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It's a good idea to compare the edited and unedited versions of the photo. Tap and hold the image to see the unedited version, then release to return to the edited image.

Step 4: Adjust the filter strength

If the filter effect is too strong, you can reduce it by reducing the filter strength.

To access the filter strength slider, tap the black filter icon you just applied

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Drag the slider to the left to decrease the filter intensity:

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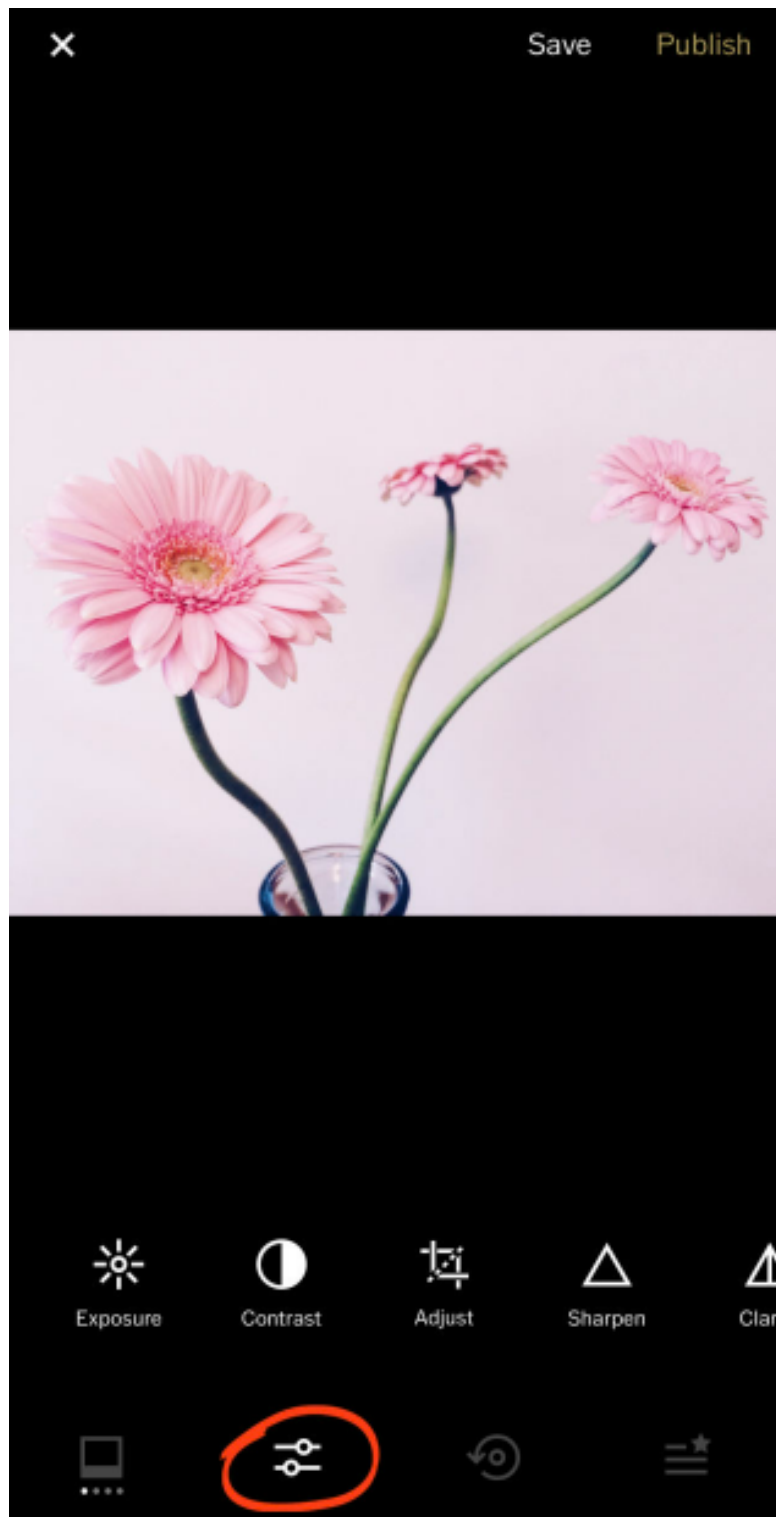
Step 6: Save your VSCO edit

The last step is to save the edited image. Tap Save at the top of the screen:
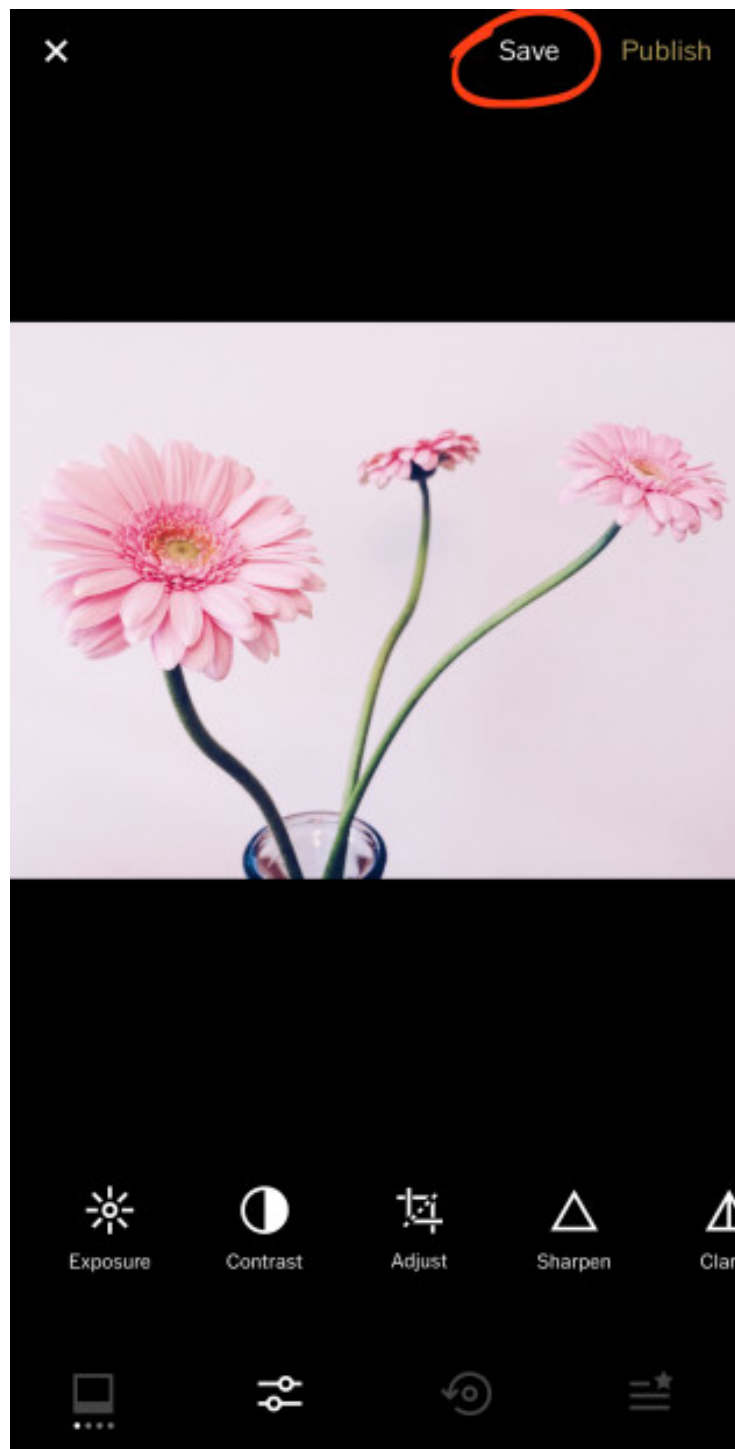
YOUR EDIT IS NOW SAVED IN THE VSCO APP

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IV End of the workshop (20 MIN.)

The facilitator asks the participants to sit in a circle and each answer the question:

- *What did you like the most about today's workshops?*
- *What will you take for yourself?*
- *What surprised you the most and caught your attention?*
- *How did the workshops affect you?*
- *What things are you going to change in your behavior?*

After the participants have finished speaking, the facilitator would like to thank you for your participation in workshops and the teacher asks you to fill in evaluation questionnaires.

After taking the questionnaires, the teacher will distribute the diplomas.

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V Evaluation Questionnaire

DEAR PARTICIPANT/DEAR PARTICIPANT,
WE HOPE THAT THE WORKSHOP WAS INTERESTING FOR YOU AND YOU COULD LEARN MANY INTERESTING THINGS. WE WANT TO RECEIVE FEEDBACK FROM YOU, SO WE WILL BE VERY GRATEFUL FOR YOUR TIME AND FOR COMPLETING THE QUESTIONNAIRE BELOW.
THE QUESTIONNAIRE IS ANONYMOUS.

1.DID THE WORKSHOPS ALLOW YOU TO GET ANSWERS TO THE QUESTIONS THAT HAVE ARISEN IN YOUR LIFE?

☐ DEFINITELY YES ☐ RATHER YES ☐ RATHER NO ☐ DEFINITELY NO

2. DID THE WORKSHOPS PROVIDE YOU WITH USEFUL TIPS AND TECHNIQUES REGARDING THE FUNCTIONALITY OF SELECTED WEBSITES (FACEBOOK, INSTAGRAM, GOOGLE, TWITTER)?

☐ DEFINITELY YES ☐ RATHER YES ☐ RATHER NO ☐ DEFINITELY NO

3. DID THE WORKSHOPS PROVIDE YOU WITH USEFUL TIPS THAT MAY HELP YOU OVERCOME STAGE FRIGHT RELATED TO CONTACTS WITH A GROUP?

☐ DEFINITELY YES ☐ RATHER YES ☐ RATHER NO ☐ DEFINITELY NO

4. WHICH PART OF THE WORKSHOP DID YOU LIKE THE MOST AND WHY?

....

....

5. WOULD YOU LIKE TO TAKE PART IN OTHER THEMATIC WORKSHOPS?

☐ YES ☐ NO

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6. 6. IF YES, PLEASE LIST THE TOPICS THAT WOULD BE INTERESTING FOR YOU.

....

....

7. SHARE YOUR REFLECTION AND COMMENTS

....

....

THANK YOU FOR YOUR CONTRIBUTION.

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Develop Your Creativity

CERTIFICATE

IT IS CONFIRMED THAT

....

(FULL NAME)

TOOK PART IN THE WORKSHOP
CREATING PHOTOS, REPORTS, BLOGGING AND EDUCATING ADULTS ON HOW TO SAFELY AND FULLY USE THE INFORMATION OBTAINED FOR THEIR NEEDS

DEVELOP YOUR CREATIVITY
ERASMUS PROJECT NO. 2020-1-PL01-KA227-ADU-095783

WORKSHOP FACILITATOR:

PLACE:

DATE:

Co-funded by
the European Union