



PORTFOLIO

Creative Crafts

*“Evolving Artistic Narratives
Through Traditional Techniques”*



Co-funded by
the European Union



EdenSQL



Introduction

The Creative Crafts project focuses on traditional crafts as a means of connecting generations, preserving cultural heritage and allowing participants to express their identities.

The project is aimed at two different generations, namely 18-35 year olds and over 55s, who together have created new products, shared stories, learned new and old techniques and, above all, forged new bonds.

Creative Crafts has several objectives:

- To give voice to personal narratives, i.e. to explore and express one's identity through traditional crafts.
- To preserve and reinterpret cultural heritage, i.e. to encourage the use of craft techniques by blending them with modern art.
- To promote intergenerational learning and collaboration, i.e. to facilitate meaningful exchanges between adults and young people.
- Expanding artistic heritage, i.e. amplifying the impact of existing craft projects (such as 'R YOU 65').

The project is carried out thanks to the collaboration between the lead partner Fondazione Città Nuova (Naples, Italy) and the partner Edensol (Reus, Spain). Creative Crafts is a project funded by the Erasmus+ programme. **Project No. 2024-2-IT02-KA210-ADU-000286231.**

Funded by the European Union. The views expressed are solely those of the authors and do not necessarily reflect the views of the European Union or the Erasmus+ National Agency - INDIRE. Neither the European Union nor the funding body can be held responsible for them.



Introduction

This portfolio presents a series of creative workshops designed to bring together participants of different ages and backgrounds. Through hands-on activities in crochet, embroidery, and textile art, the workshops encouraged the rediscovery of manual skills while fostering intergenerational exchange. The workshop sessions were led by Júlia Vilafranca (youth worker and expert in traditional and contemporary embroidery techniques), Giulia Visentin (trainer and community mediator expert in associating crochet with storytelling and the dimensions of listening), and Claudia Sabate (a graduate in fashion design from the Tarragona fashion academy, specializing in textile design and patchwork).



Young and older participants collaborated, shared techniques, and learned from one another in a supportive, creative environment. Each project offered opportunities for experimentation, personal expression, and connection. The portfolio highlights how these experiences not only develop practical skills but also create meaningful social bonds and a sense of shared accomplishment.



Embroidered Rose

Threads of culture and connection

Júlia
Vilafranca

On Wednesday, April 30th, Espai Boule hosted the first session of the creative workshop cycle within the Creative Crafts project. The session focused on embroidering a rose motif onto a cloth pouch and brought together around ten participants, mostly Ukrainian women who regularly attend the center as part of their ongoing journey of cultural and linguistic integration in Spain.

From the very beginning, the atmosphere was lively and welcoming, with participants curious and eager to explore the possibilities of hand embroidery. The simple act of preparing fabrics and threads became a moment of anticipation and shared excitement, setting the tone for the collaborative and creative experience that followed.



Co-funded by
the European Union

Embroidered Rose

From sketch to stitch

Júlia Vilafranca

The language barrier was smoothly bridged with the support of Tania, a former Ukrainian colleague, who guided participants throughout the session and fostered a welcoming, collaborative atmosphere. Her assistance made it possible for everyone to follow the instructions, ask questions freely, and feel confident in trying out new techniques.



The embroidery was executed following a pre-drawn rose design, attached to the pouch on a special paper guide, which helped participants accurately transfer and shape the motif while experimenting with stitch placement, density, and subtle variations in color and thread tension. This approach allowed each participant to take ownership of their design while engaging deeply with the creative process.



Embroidered Rose

Handmade blooms, shared stories

Júlia
Vilafranca

The group achieved excellent results, particularly among those with prior experience in embroidery. Even participants with less experience quickly found their rhythm, discovering how to control the thread, create consistent stitches, and bring the rose motif to life. The session offered opportunities to experiment with different techniques and textures, from outlining petals to filling shapes, allowing each participant to personalize their pouch while learning practical skills. Beyond the technical achievements, the workshop became a space of creativity, reflection, and shared accomplishment - where each embroidered rose represented both individual effort and the collective energy of the group.





Do it with flowers

Crochet a daisy bookmark

Giulia
Visentin

On Friday, May 9th, Espai Boule hosted a crochet workshop, where participants created flower-shaped bookmarks inspired by the Sant Jordi celebration. The session brought together women of different ages and skill levels, offering a hands-on creative experience.

Participants worked on three main components: the flower center, the petals, and the stem. Each part was crocheted separately using basic stitches such as chain stitch, single crochet, and double crochet.



Co-funded by
the European Union

Do it with flowers

One stitch at the time

Giulia
Visentin

The flower center was made by working double crochet stitches in a small circular shape, resulting in a compact base.

The petals were created directly onto the flower center by working chains and triple crochet stitches around its edge, shaping six petal forms that radiate from the center.

The stem was crocheted separately as a narrow strip. Attached to the stem, a leaf was formed using a sequence of stitches in ascending and then descending order: single crochet, half double crochet, double crochet, and triple crochet. This gradation of stitch height gave the leaf a natural shape.



Do it with flowers

Assembling is the key

Giulia
Visentin

Once all components were completed, the stem was sewn to the bottom of the flower to create the finished floral bookmark.

The activity emphasized stitch consistency, combining different crochet techniques, and assembling multiple parts, offering practical experience in both crochet skills and finishing techniques.





T-shirt Transformations

Turning ideas into wearable art

Claudia Sabate

On Thursday, May 16th, Espai Boule hosted a creative workshop dedicated to transforming ordinary T-shirts into personal artworks through a process of textile collage and hand-stitching. The activity brought together eleven participants - five younger and six older - which proved ideal for fostering conversation, exchange, and a relaxed, collaborative environment.

The session began with a brief, textile-related, icebreaker activity that helped dissolve initial shyness and established a friendly tone that carried through the entire workshop.



Co-funded by
the European Union

T-shirt Transformations

From imagination
to fabric

Claudia
Sabate

Participants were then introduced to the main activity: creating an artistic intervention on their own T-shirts. Many were surprised by the idea of working directly on a wearable garment, and quickly immersed themselves in the creative process of cutting, arranging, and stitching fabric pieces.



The result was a lively and expressive atmosphere where ideas flowed freely, and collaboration emerged naturally. While some materials such as additional fabrics and decorative elements would have expanded the range of possibilities, this limitation encouraged improvisation and inventive use of available textures and colors.





T-shirt Transformations

Hands-on creativity

Claudia
Sabate

Although the original plan was to spend more time designing before sewing, the group's eagerness to start creating shifted the dynamic in a positive way. The immediate hands-on approach reflected an intuitive understanding of the project's spirit, based on creativity as a process of play, discovery, and self-expression.

The workshop concluded with a shared sense of satisfaction and connection, and participants expressed a strong desire for continuity and future sessions of the same kind. The experience demonstrated once again how a simple craft activity can become a space for dialogue, imagination, and community-building.



Co-funded by
the European Union



Sew & Personalize

From design to stitch

Claudia
Sabate

On Thursday, May 23rd, Espai Boule hosted the second session of the T-shirt workshop. Almost all participants from the first day returned, and a new participant joined the group, helping to maintain the energy and continue building connections.

With the addition of an iron and interfacing, the sewing process became much smoother. Pieces were better secured, and working on them was easier and more precise. However, the need to take turns slowed the pace slightly, so not everyone was able to finish their piece during the session.



Co-funded by
the European Union



Sew & Personalize

Finding the right rhythm

For future workshops, options could include providing a sewing machine for those who want to complete pieces faster or add more technical details, though this would change the relaxed, hand-sewing rhythm that makes the process so shared and meditative. Simple fabric glue could also be used for quick applications, giving flexibility depending on the workshop style.

Claudia Sabate



Co-funded by
the European Union



Sew & Personalize

Looking forward to more creativity

Claudia Sabate

A slightly longer session would also help, as paperwork, introductions, and feedback forms take up nearly half an hour before hands-on work begins.

Despite these small challenges, feedback was extremely positive. Participants were happy and satisfied with the process, and expressed a strong desire for more workshops of this playful, expressive, and creative nature.



Co-funded by
the European Union

Let's crochet!

How to create a crochet scrunchie

Giulia
Visentin

On Friday, May 30th, Espai Boule hosted its second crochet workshop. The goal of the activity was to create a crochet hair scrunchie by working yarn directly onto a plain hair tie. The project combined technique and creativity, inviting participants to transform a simple everyday object into a handmade accessory through rhythm, repetition, and design.

The technique began with crocheting a foundation chain that was joined into a loop around the elastic. This first step required careful attention to stitch tension, as it determined the flexibility and overall fit of the scrunchie.



Let's crochet!

Covering and shaping

Giulia
Visentin

Participants then worked single crochet stitches evenly around the elastic to cover it completely, ensuring a smooth and uniform surface with no gaps. This created a sturdy base that securely held the elastic while maintaining its stretch.

After the elastic was fully covered, decorative edging was added using an increasing double-crochet stitch pattern - specifically, three double crochet stitches worked into each single crochet from the previous round.

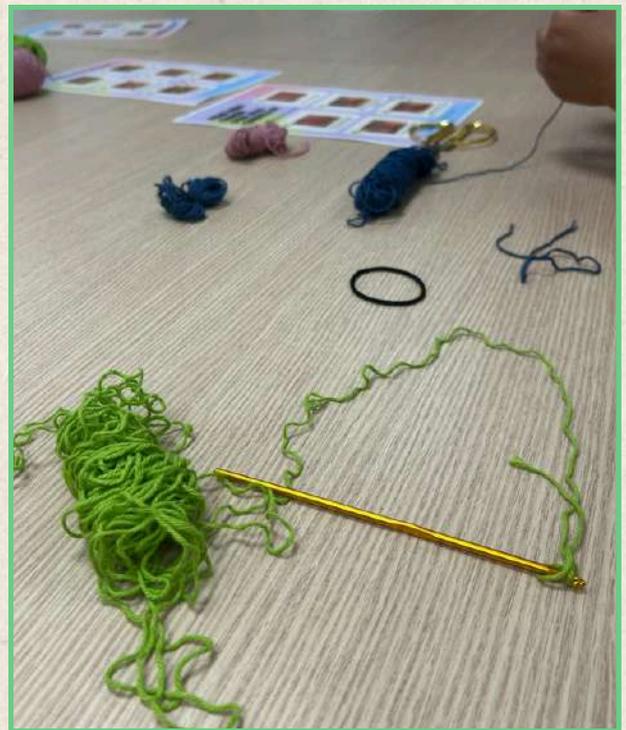


Let's crochet!

Time to ruffle it up

Giulia
Visentin

This consistent increase created a soft, voluminous ruffle that expanded outward, giving the scrunchie its distinctive gathered look. The repetition of these clusters produced a rich texture and organic movement, transforming a basic circular form into a playful, sculptural piece. The edging could be extended by adding additional rounds following the same increasing pattern, allowing participants to adjust the fullness and size of the ruffle according to their personal taste. The result was a versatile and expressive accessory, demonstrating how even simple crochet techniques can be layered to achieve intricate, decorative effects.





PORTFOLIO

Creative Crafts

*Evolving Artistic Narratives
Through Traditional Techniques*



CREATIVE
CRAFTS



Co-funded by
the European Union