



A MILLION VOICES: CONNECTING THROUGH CREATIVITY ACROSS EUROPE

Over the past months, A Million Voices: Uniting Through Stories has brought people together through a series of creative workshops focused on emotional well-being, expression, and human connection.

These workshops were implemented in Lithuania, Poland, and Germany, bringing together Ukrainians, local communities, and international participants. Through simple, shared activities, the project created spaces where people could slow down, meet one another, and connect beyond language or background.

What We Did

Participants took part in a wide range of creative sessions:

- Gong relaxation and sound-based practices to rest and release tension
- Dance therapy sessions using movement and music
- Painting workshops offering free, non-judgmental creative expression
- Cooking & Connection nights, where people prepared and shared meals together
- Singing and Inner Voice workshops, focused on breath, voice, and presence

Each activity offered a different way to connect - through movement, sound, colour, food, or voice - but all shared the same intention: creating safe, welcoming spaces to simply be together.



A Special Moment in Lithuania: Car Painting for Ukraine

One activity was implemented only in Lithuania: the Car Painting for Ukraine event. In collaboration with a humanitarian aid organisation, participants painted two cars that will be sent to Ukraine as part of humanitarian missions. This activity combined creativity with direct action, turning artistic expression into a visible sign of solidarity and support.



What Participants Shared

Across all countries and workshops, participants described feeling:

- calmer and more grounded,
- more connected to others,
- supported through shared experiences,
- encouraged to express emotions in safe and creative ways.

While each workshop was different, together they formed a meaningful journey - one built on presence, creativity, and everyday human connection. Thank you to everyone who joined us and helped make these spaces possible. More activities are coming soon.

[Learn more or get involved](#)

