



Regular creative breaks energise and make you happy, boost productivity because you're working different parts of the brain, and allow you to express who you are, what you're about, and what's important to you. When life is busy, we don't always prioritise these kinds of activities, but they are undeniably good for us—so treat yourself to a weekly creative reward!

What is it?

Creative Tea Breaks facilitate writing workshops and are run by Alice Shepherd Erlac.

More info here [website](#) and here [Instagram](#).

- We read poems and prose to kick off creativity.
- I guide your group through different writing activities in English.
- Every session brings new themes.
- We play with writing styles, metaphor, and imagery, create a range of narrative voices, and discover which words make our brains tingle with joy!



Alice Shepherd Erlac is a Brit, qualified educator, graduate of Literature and Creative Writing, and co-organiser of east London creative writing events.

Who's it for?

Tea Breaks are open to all and are a safe and inclusive space. You don't need to have a background in creative writing or be studying anything related to it. All humans with a wish to be creative in English are welcome!

Where and when's it happening?

You can attend in person (most sessions will be in Pisarna so you can grab a tea or coffee and get comfy writing—some sessions will happen in the university building) or online. Weekly writing workshops from 5:30-7pm. If you can't join one week, the door's still open to you the next.

What do I do next?

- ✓ Sign up for the introductory session with the Erasmus team.
 - ✓ Get your pen or screen ready for writing exercises during the session.
- You will receive an email with extracts prior to sessions. To reduce paper use, please bring a screen where you can access these, or if you feel more comfortable with a solid copy, print your own beforehand. *Can't wait to write together!*