

# Connecting people through art



## Youth Exchange

6/4 - 17/4/2022 (excluding travelling days), Hopeland, Argolida, Greece



*“I define connection as the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”*

Brené Brown

How to make friends?

How to create a real connection?

Make a space for vulnerability, empathy, and understanding?

How to create a meaningful relationship? And how to sustain it?

These are the questions we will be discovering. And we will use the tool which is encoded in human beings yet is rarely used on an everyday basis: **ART**.

**MUSES** are **12 days Youth Exchange** in Hopeland, Argos, Greece.

Every national team is going to prepare **art activities** (using different art forms like singing, dancing, storytelling, theater, and others) and offer them to others to discover the topic of connection through many different angles.



# Methods

## What is available to learn

- you will have the opportunity to define your values and identity
- get accountable, proactive, solution-oriented mindset
- recognize, understand, label, express, and regulate emotions
- gain more empathy and understanding
- define your way of how you create and sustain a relationships
- get to know other cultures
- practice English and much more



## Community living

Community living urges people to search for a way of communication and cooperation, which is run on a non-hierarchical base. Full involvement in the life of the community provides the best base for peer-to-peer learning (learning from each other).



## Art

Art is a tool leading directly to the subconscious, allowing us to unlock things which we had blocked due to social pressure and formal education. It allows us to reconnect with the core of our being and through it with other people around us on the non-rational basis.



## Learning by Involvement

Participants will hold the most responsibility for delivering the program. We believe that doing things (and mistakes) are the best way of learning. There will be skillful mediators and coaches around to support you with discovering the best ways to reach your goals.

This program is bringing **4 participants + 1 group leader** coming from **Greece, Spain, Latvia, Croatia, Italy, Czech Republic, Bulgaria, and Lithuania.**

**As a PARTICIPANT, you are:**

- 18-30 years old
- willing to live and learn outdoors for a week (meaning basic conditions: tent, limited shower, etc.)
- ready to prepare and deliver an art activity with cooperation with your national team
- willing to be part of a learning community

Priority is given to participants with [fewer opportunities](#).

**As a GROUP LEADER, you are:**

- 20+ years old,
- Youth Worker (working with young people) or Youth Leader (having an impact on young people)
- Interested in enhancing your mentoring abilities (you will be coached and mentored on it by our professionals)

# Timeline of the project

## Preparation

### March - April 2022

You will meet with your national team, prepare an art activity for the project. You might be also asked to do other assignments before your arrival to help you explore and familiarize yourself with other participants, your national team, the project, and its context.

## Youth Exchange

### 6/4 - 17/4/2022

#### *Arrival day - 5/04/2022*

You have to be able to reach the Korintos train station until 16:00. At 17:00 there is a dedicated bus leaving to Hopeland. There is no other way to arrive in Hopeland.

#### *Departure day - 18/04/2021*

The bus is leaving Hopeland with direction Korintos train station. The earliest flight you can catch is from 13:30 onwards.

## Follow-up

### May - June 2022

You will have 2 months to deliver

**2 art activities** of your choice **in your local community**.

Its purpose is to share the learning about the connection in society.

## Evaluation

### July 2022

You will receive an online evaluation form.

You will meet in your national teams to discuss the experience and pass the anonymous feedback to Hopeland.



# Program

## Structure of the day

### *Morning circle*

Meeting of the community

### *Question of the day*

Topic to ponder about during the day

### *Daily input*

Theoretical input on a topic of the day

### *Break*

### *Art activity 1*

Activity prepared by national team of the day

### *Buddy meeting*

Meeting with a reflection pair

Lunch

### *Art activity 2*

Activity prepared by national team of the day

### *Reflection group*

Meeting of international reflection group

Dinner

### *Evening art activity*

Activity prepared by national team of the day



## Day 1

### Clio | Storytelling

Organisation team | Storytelling activities

Daily input: Getting to know the group, Active listening

## Day 2

### Terpsichore | Dance

Italian team | Dance activities

Daily input: on emotions

## Day 3

### Euterpe | Music

Latvian team | Music activities

Daily input: Learning by doing

# Program

## Preparation of national activities

National team should be meeting during the Preparatory phase (March-April 2022) to discuss, plan, and prepare art activities to offer to their peers.

1. The activity should be using the art form of the day.
2. The activity should be discovering the topic of the day (eg. emotions, learning by doing, etc.)

There are 3 block of activities:

1. Morning block - cca 1,5 h
2. Afternoon block - cca 3 hours (should contain a break)
3. Evening block - up to 2 hours. This part of program is voluntary, keep in mind it will be dark around.



## Day 4 Calliope | Handcraft

Greek team | Handcraft activities  
Daily input: Personal accountability

## Day 5 Thalia | Comedy

Czech team | Art of being a fool, clowning  
Daily input: Learning from successes and not taking yourself so seriously.

## Day 6 Field trip & Study visit

Organization team |  
Visit to the local eco-community and implementation of art activities on the street in nearby city.

# Program

## Types of art

Even though nationalities got assign certain types of art for their activities, you don't have to stick to them strictly. They are only guidelines, not restrictions.

Feel free to combine different types of art activities as it suits you including the ones which are not mentioned at all. And don't be afraid to experiment.



### Day 7

## Erato | Poetry

Spanish team | Poetry activities  
Daily input: Being in/out of the box

### Day 8

## Polyhymnia | Singing

Bulgarian team | Singing & voice activities  
Daily input: Rebuilding broken relationships

### Day 9

## Melpomene | Theatre

Croatian team | Theatrical activities  
Daily input: Learning by doing

# Program

## Muses and their arts

You might notice the muses doesn't strictly fit to the types of arts that are assigned to them. It is because we tried to update the art activities in a sense which is closer to modern human.



### Day 10 Urania | Visuals

Lithuanian team | Painting and photography activities.  
Daily input: Self-identity



### Day 11 Future

Organization team | Project management tools and preparing the art activities for the dissemination phase.



### Day 12 Closing

Organization team |  
Summary of learning and saying goodbye.

# Cost

Accommodation, food and program materials are provided through co-funding from Erasmus+ program.



## Travel reimbursement

• <i>Spain</i>	330.00 EUR
• <i>Latvia</i>	330.00 EUR
• <i>Lithuania</i>	245.00 EUR
• <i>Croatia</i>	245.00 EUR
• <i>Italy</i>	245.00 EUR
• <i>Bulgaria</i>	245.00 EUR
• <i>Czech Republic</i>	245.00 EUR
• <i>Greece</i>	0 EUR

Keep in mind that we have already kept 30€ from your travel amount in order to pay the bus Athens - Hopeland - Athens. Thus you will have no costs between Athens - Hopeland - Athens.

## Sustainable travelling

As we are an eco organization, we promote sustainable travelling. We invite you to use more ecological means of transport such as bus and train to come. If it is not possible, and you take a flight to come, we are going to plant at least a tree per person in Hopeland to compensate one part of the CO2 emitting from your flights.

## Participants Contribution

We ask participants to contribute to the programme by **investing 50€**. This contribution is directly going to the enhancement of the place (eco buildings, planting trees, etc). It grants you also a lifetime connection with the place by planting literally your seed to Hopeland. We are open to alternative ways of contribution. This programme is for everyone.

# Partners

## Country

## Partner

## E-mail

Bulgaria

Smokinya Foundation

info@smokinya.com

Croatia

Synergy Croatia

synergy@synergy-croatia.com

Czech Republic

INspire, z.s.

czechinspire@gmail.com

Greece

Hopeland

hello@hopeland.gr

Italy

New Wellness Education

info@newnesseducation.com

Latvia

Biedriba Piedzivojuma Gars

international@piedzivojumagars.lv

Lithuania

Synergy Lithuania

info@synergylt.lt

Spain

Xuventude Verde polo Cambio

xuventudeverdepolocambio@gmail.com

# Hopeland

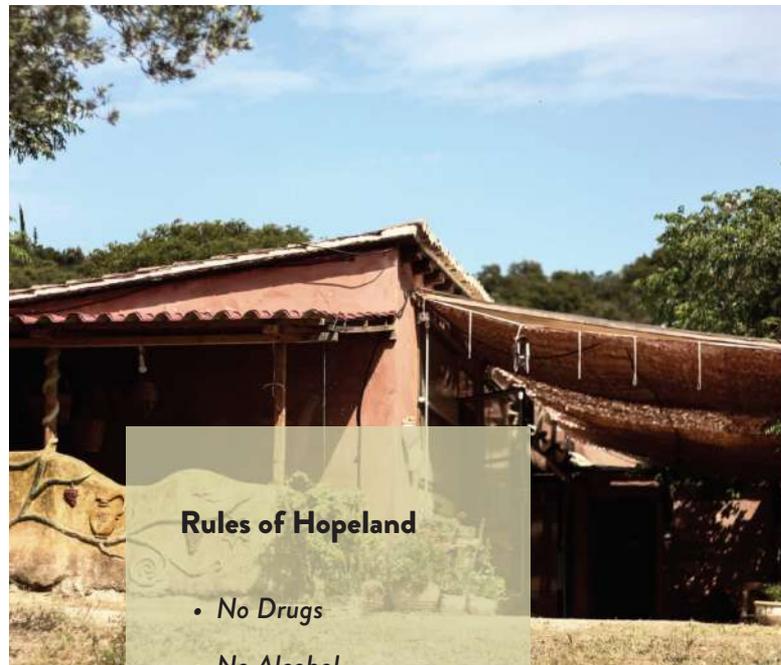
## NGO

Hopeland is a venture that aims at creating and supporting activities for parents children and adults regarding the Environment, Tradition, Culture and Personal Development, while also promoting sustainability in all levels. It aims at setting an example of self-suciciency. Some of its main objectives are natural building, natural farming, recycling, respect for nature and reducing the ecological footprint.

Hopeland is situated on a hill near the village Malandreni which is 4 km away where you can find small shops for shopping and coee. Shops are limited and it's not a walking distance so it is advised to bring your own supplies if needed. It is located in a 7.7 acre piece of land, with age long olive trees and other fruit trees as well as native herbs and it is surrounded by a forest and boasts 5 oversize yew trees (which are protected by the local Forest Protection Service), as well as a 400-year-old oak tree.

The nearest town is Argos which is 12 km away where you can find anything from small shops to supermarkets, banks, post oce, and bus station.

Keep in mind that for most of the time, we will be cut out of civilisation and its comfort. You will have regular access to electricity and hot water, but not to the internet, shops, etc.



### Rules of Hopeland

- *No Drugs*
- *No Alcohol*
- *No Meat*

## Team

The project *Muses* is going to be facilitated by an international team of youth workers experienced in coaching, mentoring, community development, sustainability, and experiential learning.

They are going to be assisted by an international team of volunteers and group leaders who have prior experience in the subjects of the project.

## Accommodation

Accommodation during *Muses* is going to happen in Hopeland territory. There is a guesthouse, a two-story open area with bunk beds and all the necessary standards (electricity, toilets, internet etc).

There is several big glamping tents available that can accommodate 20 people in pallet beds and regular tents in the camping area.

But we definitely suggest that you bring a sleeping bag. We can provide you pillows (only if you have a pillowcase) and thin sleeping mattress, if you want thicker, better bring your own.

Electricity and internet connection are **EXTREMELY LIMITED** as they are provided through photovoltaics. The Internet will be available only for the sake of arranging the travels or the most necessary things. No hairdryers or any other heavy-duty electrical appliances are allowed.

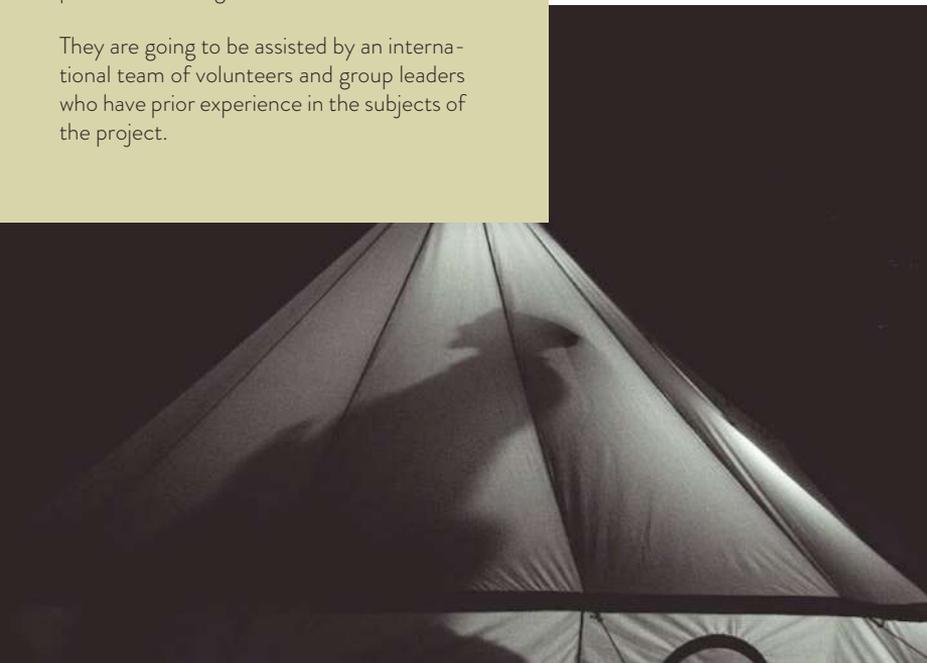
There is an organic farm and some chickens in the garden. In the area, there is a lot of greenery, old oaks, olive trees and almond trees and in general mediterranean flora which aim to make the venue **A REAL SUSTAINABLE PLACE.**

You can bring your own tent too. There is a camping area with greenery for tents, olive and almond trees.

There are 4 common toilets: 2 in the guesthouse and 2 in the campsite.

There is one indoor shower and 4 covered outdoor showers next to the guest house and in the camping area.

There is no washing machine, only a washbasin.





# Apply here

for more info, write us to  
**hello@hopeland.gr**