

NEW MESSAGE



TO

CC BCC

SUBJECT

Dear Participants,

Re: body

Training Course for **youth workers,**
facilitators, volunteers and educators.

9-17th of September 2026
(including travel days)

Best,

Hopeland, Argolida, Greece



Co-funded by
the European Union



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INTRO

What is Re:body?

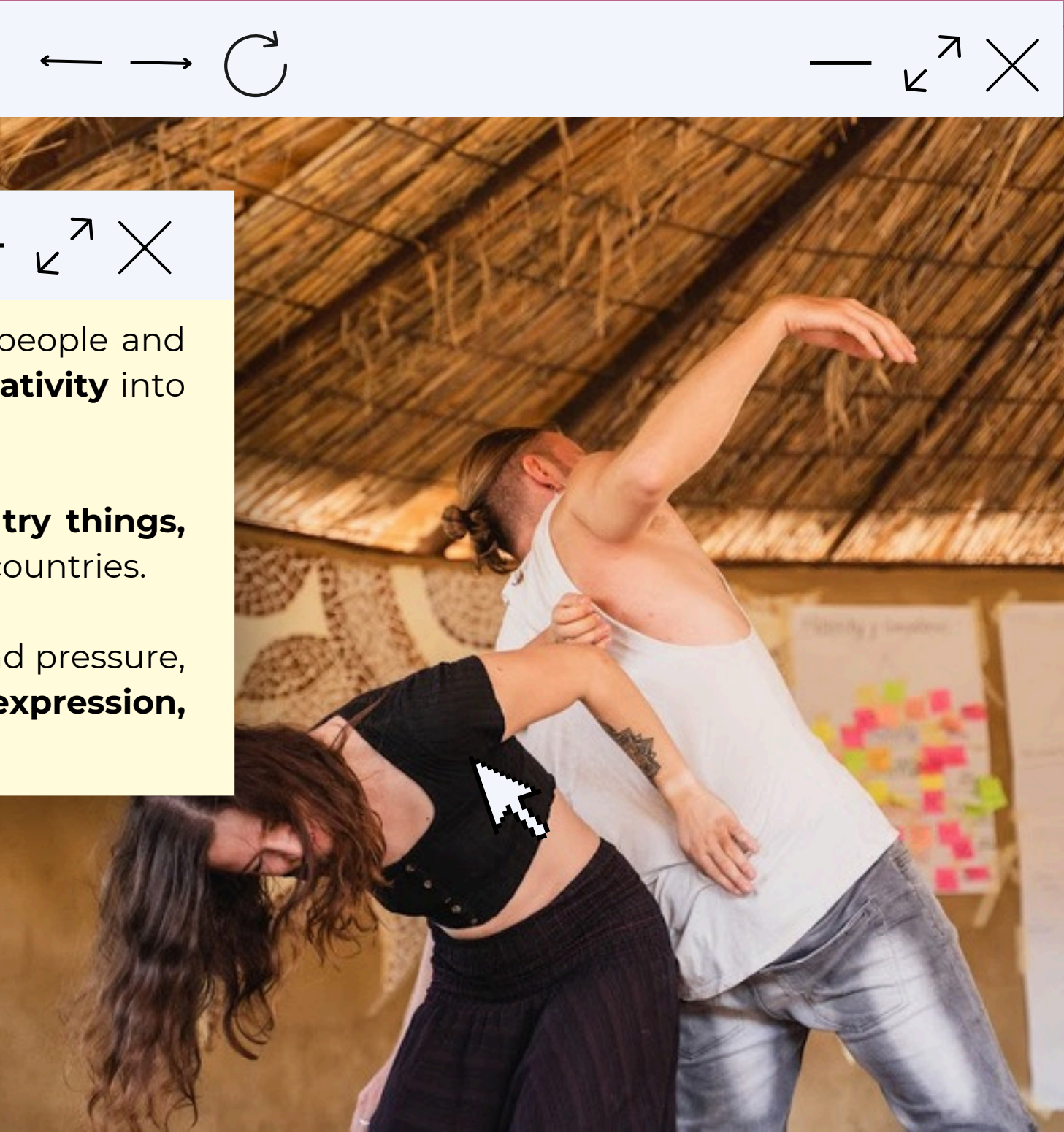
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Re:Body is a training experience for people who work with young people and want to bring more **movement, theatre, body awareness and creativity** into their work.

It is not a course where you sit all day and listen. You will **move, try things, reflect, share, create and test activities** with others from different countries.

The heart of the project is simple: in a world full of screens, speed and pressure, we want to remember that the **body is also a place for learning, expression, safety and connection.**

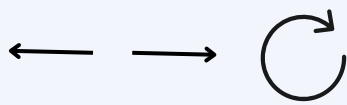


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INTRO

Why this project matters?



Many young people today feel tired, disconnected or unseen. Some do not express themselves easily with words. Some struggle in classic learning spaces. Some are overwhelmed by screens, expectations and constant information. Re:Body explores another way.

Through **dance, theatre, movement, images, silence, reflection and group creation**, you will explore how to support young people in ways that feel more alive, accessible and human.

This project is also for you as a youth worker. It gives space to reconnect with yourself, your body, your way of working and the reason you do this work in the first place.

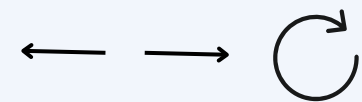


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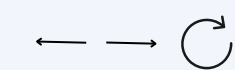
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TARGET GROUP

The project is for you if...



- You are resident of **Greece, Cyprus, Finland, Latvia, Italy, Spain, Hungary or France**
- You work with young people as a **youth worker, facilitator, volunteer, educator, mentor or community organiser**.
- You want to use more **creative, body-based or theatre-inspired tools** in your work.
- You work with young people who may feel excluded, disconnected, shy, overwhelmed or not reached by classic methods.
- You are curious about **movement, expression, group work and emotional safety**.
- You are ready to participate actively, not only observe.
- You are willing to live simply, share space and be part of a temporary intentional learning community at Hopeland.
- You are motivated to bring something back home and try it with your own group or community.



You **do not need** to be a professional dancer or actor.

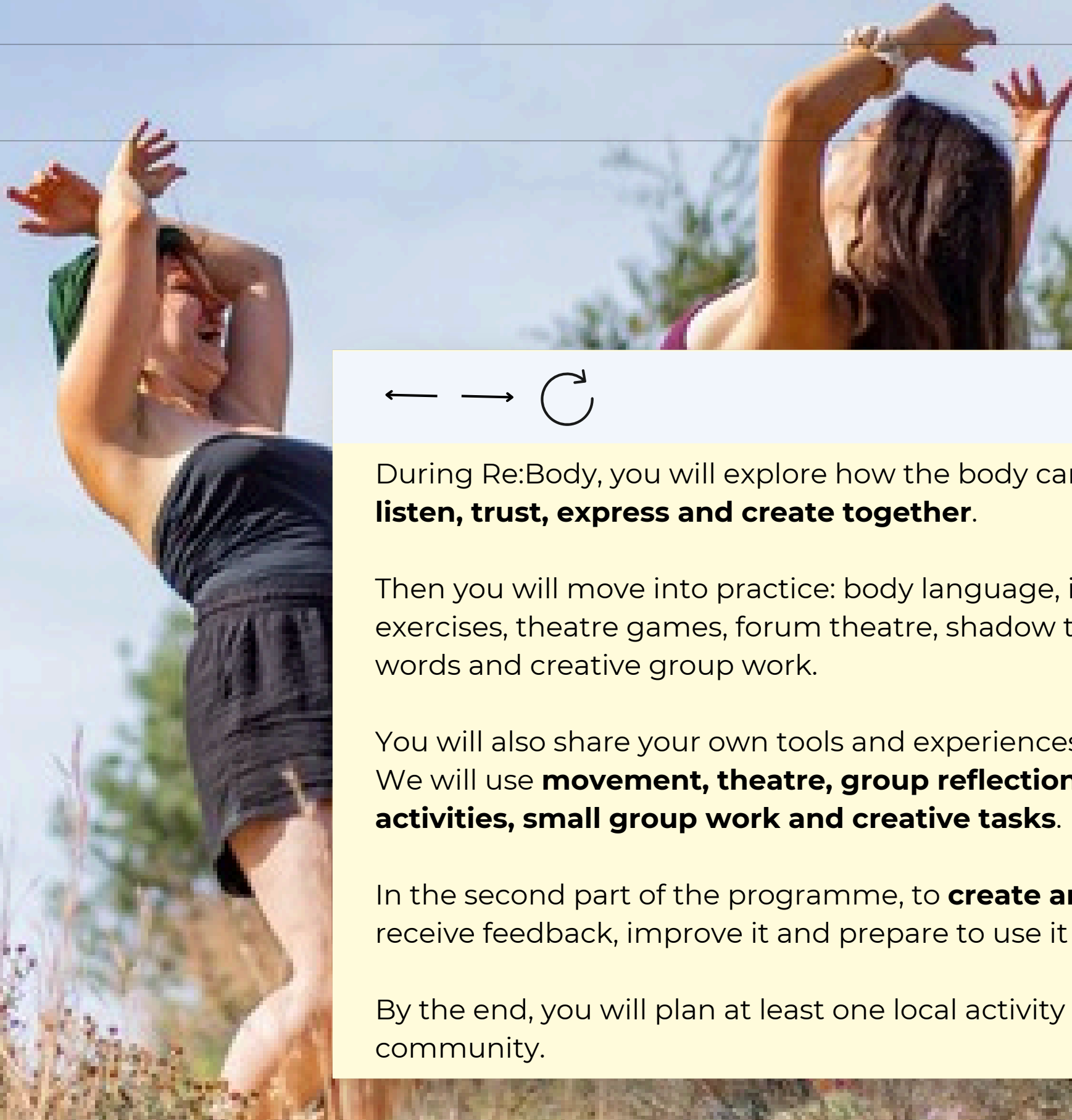
You **need openness, care, curiosity and willingness to try**.

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CONTENT

What will you do?



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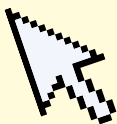
During Re:Body, you will explore how the body can help people **communicate, listen, trust, express and create together.**

Then you will move into practice: body language, image work, movement exercises, theatre games, forum theatre, shadow theatre, storytelling without words and creative group work.

You will also share your own tools and experiences with the group. We will use **movement, theatre, group reflection, peer sharing, outdoor activities, small group work and creative tasks.**

In the second part of the programme, to **create and test your own workshop,** receive feedback, improve it and prepare to use it back home.

By the end, you will plan at least one local activity or workshop for your own community.



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METHODS

How we will work together



Physical storytelling: A collaborative method where participants build original material from scratch, rather than interpreting an existing script



Forum Theatre: An interactive, problem-solving form where the audience becomes "spect-actors", free to stop, change and rehearse solutions to real-world oppression.



Reflection: Regular moments of reflection help you process your experience, supporting growth and a deeper understanding of your own journey

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METHODS

How we will work together



Experiential Learning: Meaningful learning comes through direct experience, reflection and active engagement. Rather than theory alone, it turns lived experience into knowledge and personal understanding



Somatic practices: Rooted in awareness of the body's inner sensations as a path to self-understanding and well-being. The body becomes a source of knowledge, supporting emotional regulation, resilience and the integration of thought, emotion and physical experience.



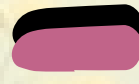
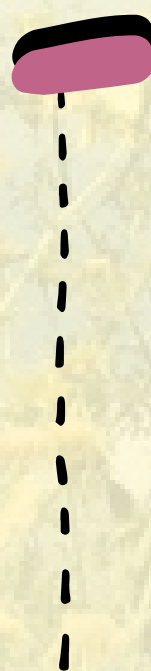
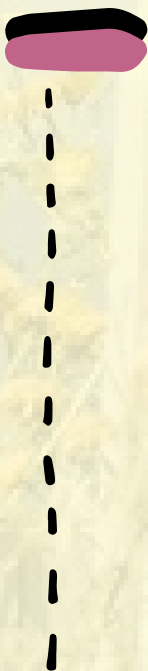
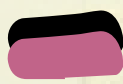
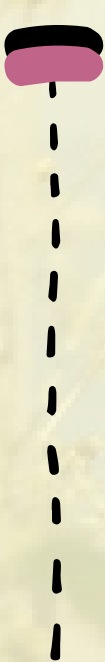
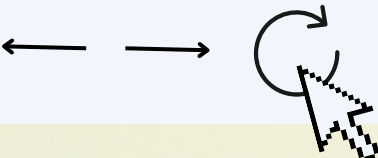
Artistic expression & improvisation: Improvisation opens up exploration and creativity through techniques like image work, playing with time, space, and rhythm and exploring physical sensation.

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THE PLAN

Timeline



Arrival day: 9th of Sept. arrival at Hopeland, registration, settling in, venue introduction, welcome evening.

Programme start:
10th of September

Main activity days:
10-14 of September

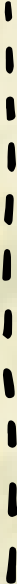
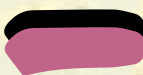
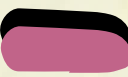
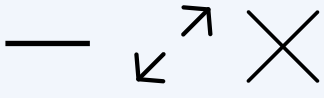
Workshops implementation days:
15th of September

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THE PLAN

Timeline



**Closing and local action
planning:**
16th of September

Departure day:
17th of September

Local Action Implementation:
until one month after the
project

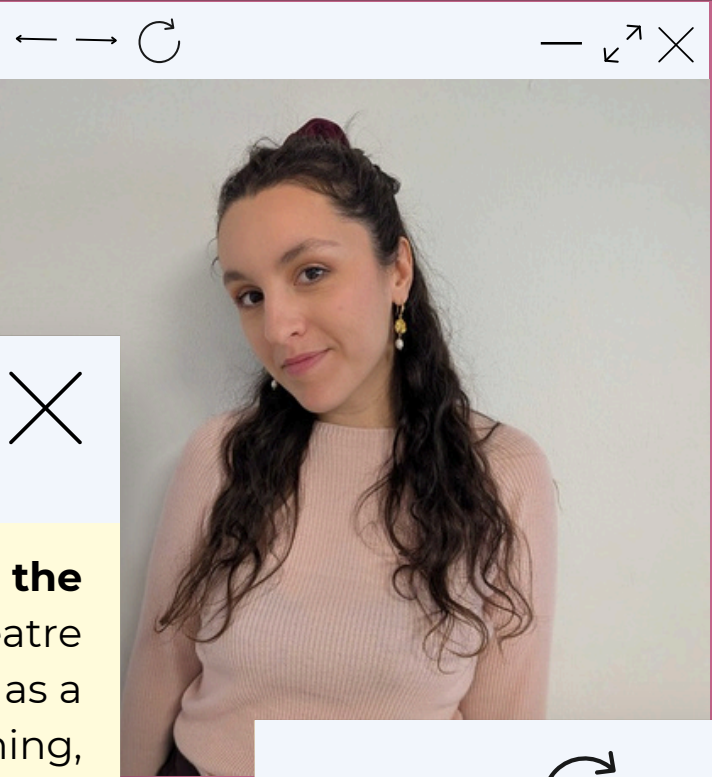
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THE FACILITATORS

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Maritina brings theatre and the outdoors. With a background in theatre and educational psychology and years as a scout leader, she brings outdoor learning, group work and a real feel for how to hold a group together and help people reflect on what they're living.



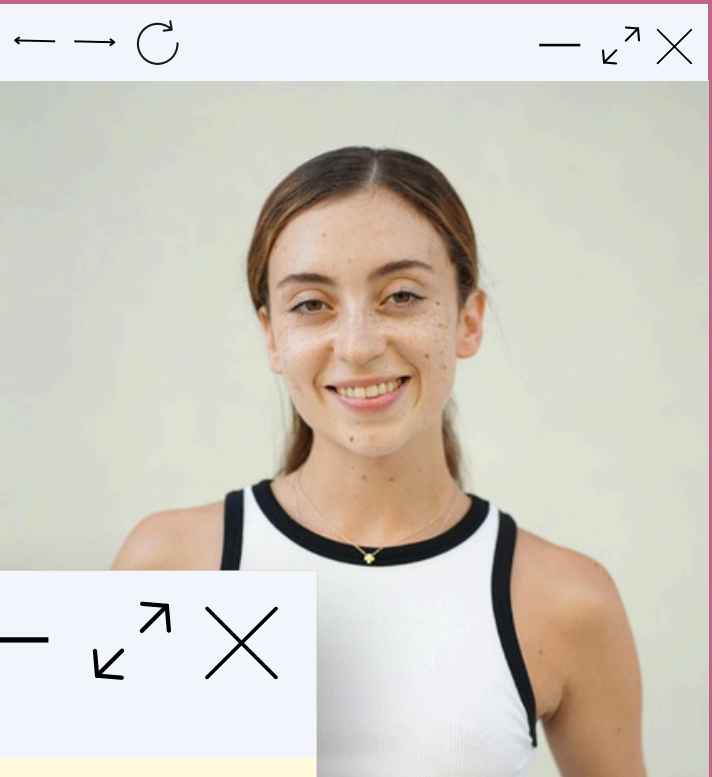
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Veronica brings the power of embodiment and touch. She has a background in somatic work, embodied learning and non-formal education. Her practice draws on contact improvisation, playfight and experiential learning, using movement and the body as an opportunity for connection, self-discovery and personal development.



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Olga brings movement and creativity. A dance artist and facilitator who has trained and performed internationally, she uses movement and artistic expression as ways into self-awareness, communication and connection and loves showing people how the body can be a source of well-being.



TO
THE VENUE

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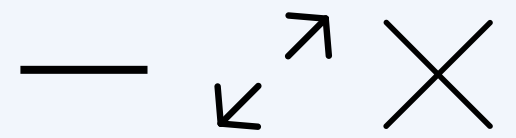
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Hopeland is nestled on a hill near the village of Malandreni, approximately 130 km south of Athens, a journey of about two hours. The nearest town, Argos, is 12 km away and offers a range of amenities, including supermarkets, banks, post offices and bus stations. For more immediate needs, there are small shops and cafés located 4 km from Hopeland. However, as these are not within walking distance and have limited options, **careful and sustainable planning of supplies is essential.**

The Hopeland estate spans 7.7 acres of land, rich with old olive and almond trees, as well as native herbs. Surrounded by a lush forest, the site is home to **five protected oak trees**, safeguarded by the local Forest Protection Service. Among them, a remarkable 400-year-old oak stands as a defining landmark of Hopeland.

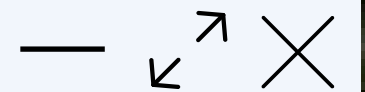
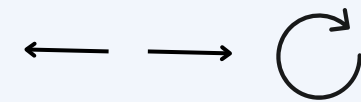
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THE FACILITIES



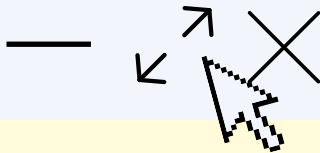
- Accommodation is happening in a big camping area, the Village, equipped with **5 big teepee tents**, with 4 beds and the guesthouse, equipped with **16 bunk beds**.
- The whole venture runs on solar panels, therefore, electricity is limited and on rainy days or days with strong consumption of electricity, we can run out of electric power.
- There is wifi in the area but very limited because it is a 4G connection. Therefore, we recommend using your own 4G or mindfully using the wifi.
- The guest house has **2 indoor toilets**, an indoor shower and two more outdoor showers.
- Additionally, there are **two more toilets and showers** in the camping area and **two compost toilets** around the estate.
- There is a separate kitchen building and a roofed dining area with all the necessary equipment for cooking and dining.

TO
FOOD AND LIFESTYLE

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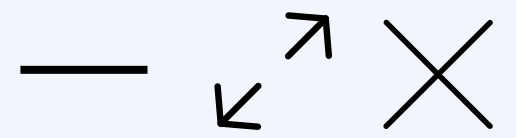


- Meals are **prepared on site** by the **Hopeland team**.
- Food is seasonal, local and **vegetarian**, in line with the sustainability values of the venue.
- Dietary restrictions, allergies and intolerances are collected before arrival and respected as far as possible.



- You'll be living in a **shared community** setting, **helping keep common spaces clean**, respecting quiet moments, caring for nature and taking responsibility for your own needs and boundaries.
- Care groups: as part of community living (and as described in the daily rhythm), you'll **share** simple everyday responsibilities with your group.

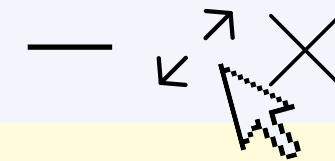
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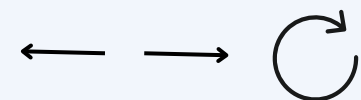
FOOD AND LIFESTYLE



- Sessions are designed as **one continuous learning journey**, so please arrive on time and respect the shared schedule.
- Active participation is expected throughout. In every session, in case you ever need to step out, e.g. for health reasons, we'd love it if you could just let the facilitators know beforehand.
- Please **respect Greek law** throughout the project, including the rules on illegal substances.

TO
TRAVEL

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The project is funded through **Erasmus+**.

This means that during the official activity, the project covers **accommodation, food, the learning programme, materials and support from the hosting team.**

Travel is reimbursed up to a maximum amount, depending on your country and travel distance.

You may need to pay your travel costs first and receive the reimbursement later, after all required documents are collected and your follow-up responsibilities are completed.

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FINANCIAL AGREEMENTS

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Roes and your sending organisation will share travel guidance before the project.

You will receive information about how to reach Hopeland, your travel budget, which documents to keep and how reimbursement works.

Green travel is strongly encouraged. This means choosing train, bus, ferry, shared rides or other lower-impact options when possible.

Participants from some countries have green travel days included in the budget.



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TRAVEL REIMBURSEMENT AMOUNTS

Country	Planned number of participants	Maximum travel support per person	Maximum support per person for Green travel
Cyprus	4	279	387
Finland	3	365	505
Latvia	4	365	505
Italy	4	279	387
Spain	4	365	505
Hungary	4	279	387
France	3	279	387
Greece	6	Depending on your residence	Depending on your residence

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FINANCIAL AGREEMENTS



Travel is reimbursed up to a maximum amount, depending on your country and travel distance. See the previous slide for more information

Please note that **we have already deducted 30€** from your travel budget to cover the group bus transfer between Korinthos Train Station and Hopeland (arrival and departure). This shared transfer is organised for all participants and detailed travel instructions will be sent after selection.

Travel expenses are usually reimbursed after the mobility, once all required travel documents and follow-up responsibilities have been completed.

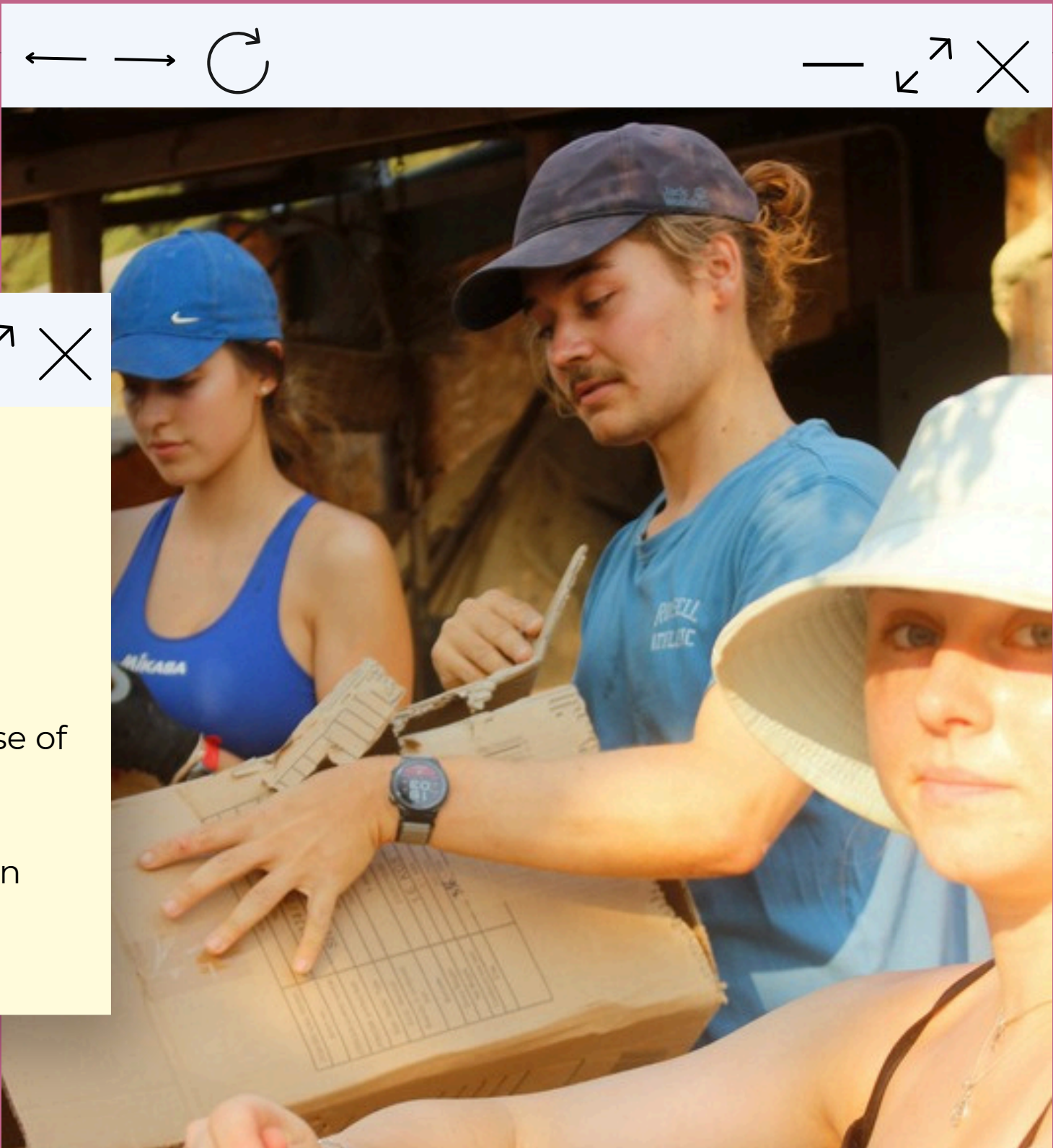
To support the implementation of the programme, we kindly ask participants to contribute 50€.

We are open to alternative ways of contributing, as we believe this programme should remain accessible to everyone. If the contribution is a barrier, please get in touch with us so we can discuss it together.

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HEALTH, SAFETY, AND SUPPORT



Before arrival, you will be asked to **share any important health**, access, dietary or support needs through a form.

At the beginning of the project, the team will explain safety information, emergency contacts, first aid points and basic venue guidelines.

A **trained first aid contact** will be on site and a car will be available in case of medical needs or doctor visits.

There will also be **space for personal support** during the week. Reflection groups, peer support and the facilitation team will help the group stay connected and attentive to people’s needs.

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THE TEAM



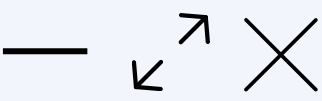
The project is coordinated by **Roes Cooperativa** in Greece.
Applications will be handled through the partner organisations. You will be asked to share who you are, your motivation, your experience with young people and how you would like to use Re:Body methods after the project. Your **facilitators** will be working alongside the **Hopeland team**, who hold the venue, the food, the daily rhythm and the feel of the place.



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THE PARTNERS



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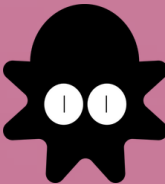
Cyprus



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Gabriela

France



NEW MESSAGE



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FINAL INVITATION

Dear Participants,

Re:Body is an invitation to slow down, move, listen, create and remember that learning can happen with the whole body.

It is for people who care about young people and want to work in ways that feel more alive, more inclusive and more human.

Come with comfortable clothes, curiosity, respect for others and willingness to try.

You do not need to be perfect.

You only need to be present.

Best,

TO

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SUBJECT

Dear Participants,

← → ↻ — ↙ ↗ ✕

ARE YOU IN?

← → ↻ — ↙ ↗ ✕

APPLY NOW 

Best,



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