

# Tree of life

Youth Exchange

*16-23 October 2019*

(excluding traveling days)

Hopeland, Argos, Greece



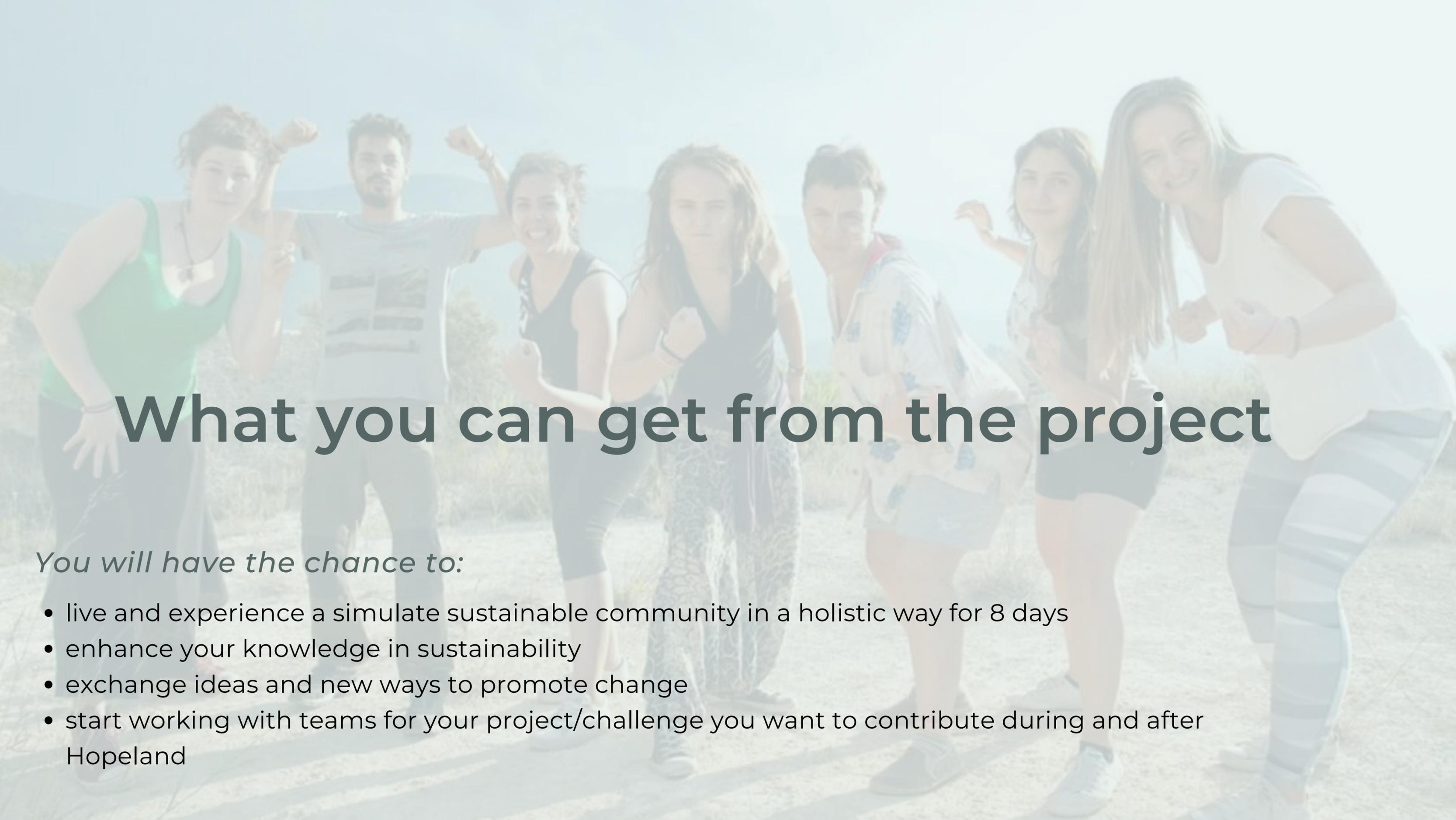
- Do you like outdoors?
- Are you an environmentalist?
- Do you wonder what can each one of us do for sustainability?
- Do you want to change your daily life, your work, your communities?
- Do you want to join us, to care and to take action for a more sustainable world?

Then *Tree of life* is a learning experience to raise awareness about sustainability challenges, connect to nature, the people around us and our own inner motivation and support each other to take action for a better place.



## The project

During the 8 days, 35 young people will have the opportunity to exchange opinions about sustainable challenges, acquire new skills and techniques through practical experience of a simulative sustainable community in a holistic way and working in teams to create new projects for their communities through the experience they gained. The purpose is through this experience to promote change and initiatives to solve the sustainability challenges around us.



# What you can get from the project

*You will have the chance to:*

- live and experience a simulate sustainable community in a holistic way for 8 days
- enhance your knowledge in sustainability
- exchange ideas and new ways to promote change
- start working with teams for your project/challenge you want to contribute during and after Hopeland

# Who can attend

This programme is for you if you are:

- 18-30 years old from Greece, Slovakia, Bulgaria, Czechia, Italy, Spain, Latvia
- Interested in sustainability and make change
- Willing to live and experience a simulation of sustainable community for 8 days
- Keen to enhance your self-development
- Eager to start creating change for sustainability

Priority will be given:

- to young people who have fewer opportunities to be engaged in such projects.
- participants of previous Hopeland projects



# Special roles

We are also looking for media team members:

- a photographer
- a film maker for creating promotional videos of the project
- yoga instructor etc

As a member of the team, you will participate in planning and have the opportunity to experience the activities from a different angle. Your contribution fee will be waived.



## ARRIVAL



*15 October until 17:00*

You have to be able to reach the centre of Athens by 16:00 when our bus will depart to Hopeland. Arriving later is not an option.

## PROGRAMME



*16 October 9:00 till  
23 October 20:00*

Main programme

## DEPARTURE



*24 October*

There will be a bus taking you to Athens centre and airport arriving at 11:00 the earliest at the airport. Leaving earlier is impossible.

# Timeline

●

## *Online assignment* *1-30 September 2019*

You will be asked to do an assignment before coming to help you explore and familiarize with the idea of sustainability and sustainable challenges and solutions in your area.

●

## *Youth Exchange* *16-23 October 2019*

The 8 days programme will include morning and afternoon activities and free time after lunch.

●

## *Follow up* *25 October-30 November 2019*

You will plan an event or storytelling evening for sharing your experiences and raising awareness of environmental problems in your local community to promote sustainability in personal or/and professional life.

# The 8 days

## (provisional programme)

*7-8: wellness and personal development sessions  
(community rituals)*

*8-9: Breakfast*

*9-13.00: morning activities (workshops, hiking etc)*

*13.00-15.00: Lunch*

*15.00-19.00: Afternoon activities  
(workshops, Tree of life activities, etc)*

*19.00 dinner*

*20.00: evening activities planned by the community  
itself*

*\*provisional programme maybe subject of change due to specific  
needs of the project*



# The programme

The first days, we will have the opportunity to reflect and raise awareness about the sustainable challenges and the initiatives that you would like to work and connect them with Hopeland and to simulate a sustainable community we would like to build.

The idea is to contribute in groups in Tree of life activities you want in Hopeland concerning sustainability (eco farming and permaculture activities, conservation activities such as paths and tree related activities, building with natural techniques, cook vegetable meals etc) and learn new things with sustainability and leadership workshops.

After the Tree of life activities we will visit a near farm to see how they embed sustainability or a near winery to learn how wine in the area (Hopeland is close to one of the most famous wine areas in Greece) is made.

Then, you will work with groups to design or think new projects to promote change after the project along with the dissemination activity which will take place as a community event in the area around Hopeland to disseminate the results of the programme and what we learned and created during the previous days.

After the project you will be ready to do a follow up event and/or contribute to a certain challenge you want to work with.



# Methods



## Learning by involvement

We use this method to create an experience to every participant based on their involvement in the learning process.



## Tree of life activities

We use tree of life activities in groups (farming, cooking, do practical things around Hopeland etc) to create an eco-community living environment, enhance initiative and team work



## Teamwork

We use teamwork to enhance knowledge on sustainability, to share experiences, feelings and thoughts about environmental and initiative change

# Practicals

## *Costs*

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

## *Travel Reimbursement*

Greece 0€, Bulgaria, Italy, Czech Republic, Slovakia 245€, the Latvia, Spain 330€. Keep in mind that we already keep 30€ from your travel amount in order to pay the bus Athens - Hopeland - Athens.

Thus you will have no costs between Athens - Hopeland - Athens..

## *Participants Contribution*

We ask from participants to contribute to the programme by investing 50€.

We are open to alternative ways of contribution.

This programme is for everyone.



## The 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-sufficiency. Some of its main objectives are natural building, natural farming, recycling, respect for nature and reducing the ecological footprint.

Hopeland is situated in a hill near the village Malandreni which is 4 km away where you can find small shops for shopping and coffee. 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, other fruit trees as well as native herbs and it is surrounded by a forest and boasts for 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 office, and bus station.

## The Team

The *Tree of Life* is going to be facilitated by an international team of youth workers experienced in Sustainability, community development and experiential learning.

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

## Accommodation

Accommodation during "The Tree of Life is going to happen in Hopeland two-story open area with shared decks in basic conditions ready to host half of the group and outdoors. There are also tents available for sleeping outside which is intended to host the other half of the group. The group itself will choose the sleeping allocation.

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

There are 4 common composting toilets 2 in the guesthouse and 2 in the camp site. There is one indoor shower and 4 covered outdoor showers next to the guesthouse. 2 more showers are available in the camping area. There is no washing machine only washbasin.

Electricity and internet connection are extremely limited as they are provided through photovoltaics.

No hairdryers or any other heavy duty electricity appliances are allowed as electricity is extremely limited.

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.

## Food & others

Food will be mainly vegetarian(probably fish will be included), because of the sustainability focus of the venture, however it will include every kind of food group like vegetables, eggs, fruits, dairy, bread with all the essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals. We will take into consideration any specific diets of the participants, food intolerances and allergies. The food will be local produced in the farm or it will be locally sourced.

During the YE in order to maintain the place proper, clean and dignified, all the community will be asked to do carry household duties in small inter-cultural groups.

The training site of Hopeland is an **alcohol free and drug free area**. We believe that human beings can reach the utmost of their potential without consumption of substances.



# Contact list

Organization	Country	e-mail
Hopeland	Greece	training@hopeland.gr
L'Arca del blues	Italy	progetti.arcadelblues@gmail.com
Smokinya Foundation	Bulgaria	info@smokinya.com
PG	Latvia	international@piedzivojumagars.lv
YouthforEquality	Slovakia	martinapitrovaska.yeslovakia@gmail.com
Ticket2Europe	Spain	ana.delvalle@ticket2europe.eu
Brno connected	Czechia	brnoconnected@gmail.com

# Ready to water the tree?

Apply here



email: [training@hopeland.gr](mailto:training@hopeland.gr)  
website: [www.hopeland.gr](http://www.hopeland.gr)  
photos: MTeresa Tenaglia



Erasmus+



YOUTH  
AND LIFELONG  
LEARNING  
FOUNDATION