

23rd September - 4th October 2023

(including travel days)



Hopeland, Malandreni, Greece

YOUTH EXCHANGE

Create a sustainable life-style for yourself





About

Let's become an Earthship...

... and come up with a sustainable solution for life!

An Earthship is a self-sustainable structure from upcycled materials.

Let's view ourselves as an **Earthship** and develop real sustainability in our lives. **Sustainability** towards ourselves, towards our environment (both nature, and friends), sustainability in our habits, and being.



Goal & Objectives

Goal:

To support young people in creating a sustainable lifestyle for themselves

Objectives:

- To use permaculture principles in creation of sustainable lifestyle, both on a physical and mental level.
- To spread EU values among locals.
- To boost soft skills, mostly: communication, cooperation, sense of solidarity, self-confidence, sense of initiative, solution-oriented mindset, awareness of other cultures.



Permaculture Principles

Earthship is formed around the following principles:

1. Observe and interact. *Where are you? What is your environment? How are you influencing it?*
2. Catch and store energy. *Do you know how to get charged in life, or are you constantly depleted? Are you self-sufficient, or dependable?*
3. Obtain a yield. *Are you using all the resources around you?*
4. Apply self-regulation and accept feedback. *Do you listen to others, or are you blind to mirrors?*
5. Use and value renewable resources and services. *How is your relationship with recycling, and upcycling?*
6. Produce no waste. *Well, check point 5.*

Permaculture Principles

7. Design from patterns to details. *What is the big picture of your life? What are the details that can be tweaked?*
8. Integrate rather than segregate. *Are you inclusive to others? And are you including yourself?*
9. Use small and slow solutions. *Are you jumping five stairs at once, or are you able to take it gradually and slowly?*
10. Use and value diversity. *Do you see value in a different perspective? Can you utilise its power?*
11. Use edges and value the marginal. *Are you lazy enough to become truly effective?*
12. Creatively use and respond to change. *Can you flexibly adapt to changes, and think outside of the box?*



What is expected from you?

- ❖ You will support the manual work in Hopeland
- ❖ You will prepare and participate in a local event
- ❖ You will **create a personal project**: 3 action plans on how to implement a permaculture principle in your daily routine to create a more sustainable healthy lifestyle and better environment. You will be asked to implement at least one of them and report upon it and its successes within a month after the end of the youth exchange.



What is expected from you?

- ❖ You will **create a friendly project**: 3 action plans on how to implement a permaculture in the daily life of your friends. You will be asked to implement at least one of them and report upon it and its successes within a month after the end of youth exchange.
- ❖ You will **create a social media post** about your experience in Hopeland
- ❖ You will **fill an evaluation form** sent to you one month after the end of the youth exchange.
- ❖ We also invite you to plant a tree in your country



For whom?

As a PARTICIPANT, you are:

- ❖ 18-30 years old
- ❖ Willing to live and learn outdoors for 10 days (meaning basic conditions: tent, limited hot shower, etc.)
- ❖ Willing to be part of a learning community
- ❖ Willing to actively participate in community building and building things in Hopeland and Malandreni
- ❖ Aware there is something not-working in your life and interested to change it

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 also be coached and mentored yourself)
- ❖ Willing to support us with preparation (coming 1 day in advance), implementation, and dissemination of the program
- ❖ Ready to support your national team with preparation



Methods



Disconnection

We will give up our phones and lock them in a box. And let them be. So we can truly be with ourselves and others. Don't worry, if there will be great need to make a phone-call, it will still be possible. But we highly recommend you come with a mindset of cutting yourself off from work, emails, family, etc. fully. For your own benefit.



Community building

We will live for 11 days in a community setting, creating a space where one can speak openly about their needs, following the principles of nonviolent communication. However it can be hard to be seen by others, we encourage you to speak openly in front of them to acknowledge you have the right to be seen, and respect others when they need to be seen by you.

Methods



Social Service

Through serving others, we are serving ourselves. On the spot, we will have a chance to do something that can be useful for locals, and which will also stay after we leave. Our little legacy. Manual work can be very therapeutic. While taking care of the garden, building new benches, anything you will be inspired to, you will come closer to your core.



Permaculture Principles

We will see how Hopeland is applying principles of permaculture and brainstorm on how we can apply them in our everyday lives. It will be also connected to dissemination - by participating in the project, you agree to implement at least one permaculture action in your life, and to support at least one of your friends in implementing a permaculture principle in their lives.

Daily schedule

23:00 - 7:00	Silent time
7:00 - 8:00	Morning matrix (your activities: yoga, meditation, etc.)
8:00 - 9:00	Breakfast
9:00 - 10:00	Service & Care
10:00 - 13:00	Morning program
13:00 - 14:00	Lunch (cleaning of the area according your team role)
14:00 - 15:00	Siesta
15:00 - 18:00	Afternoon program
18:00 - 19:00	Reflection group
19:00 - 20:00	Dinner
21:00 - 22:00	Evening session (mostly voluntarily)

We are using a **context-based approach**. It means we are adapting the program based on the needs of the group. Therefore, this is what we plan but it can change if the group is going to have different needs.

Unless the program is voluntary, you are expected and obliged to take a part in it, but you can any time tell us you need some time for yourself.



Timeline of the project

🌿 Preparation

Practical and other support. *August 2023*

🌿 Implementation

Arrival of group leaders. *22 September*

Arrival of participants. *23 September*

Departure. *4 October*

🌿 Dissemination

Implementing permaculture in our lives,
and lives of our friends. *October 2023*

🌿 Closing

November 2023



Program

DAY 1 - Arrival

Getting to know Hopeland and each other

DAY 4 - Obtain & yield

Visiting a local farm, learning on yielding the crops.

DAY 2 - Observe & Interact

Creating teams and discovering how Hopeland is working

DAY 5 - Self-regulation & feedback

Giving honest feedback to each other, and to ourselves.

DAY 3 - Catch & Store energy

Discovering how we are getting and storing energy in our everyday lives.

DAY 6 - Produce no waste

How much waste did we produce so far? And how can we upcycle it?



Program

DAY 7 - Observe the pattern

What patterns do we see in us, and in the world?

DAY 8 - Integrate, don't segregate

Day trip to Napflio, implementing a local action.

DAY 9 - Use & value diversity

Using the diversity in our ranks, we will organise workshops for each other

DAY 10 - Use & respond to change creatively

A whole-day game full of changes and space for personal creativity

DAY 11 - Anchoring & closing

Sharing our dissemination plans, cleaning after ourselves, and goodbyes.

Core Agreements

Core Agreements

- No meat, no drugs, no alcohol
- Be on time, don't make people wait for you.
- Communicate your needs with the facilitators - if you have to skip activities due to health needs, we would love to know beforehand.
- Follow the disconnection rules of the project.





Costs

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

Travel reimbursement

Greece - depends on your residency

Czech Republic - up to 245€ / 290€ with Green Travel

Romania - up to 245€ / 290€ with Green Travel

Latvia - up to 330€ / 380€ with Green Travel

Italy - up to 245€ / 290€ with Green Travel

Poland - up to 245€ / 290€ with Green Travel

Lithuania - up to 245€ / 290€ with Green Travel

Keep in mind that **we have already kept 30€** from your Travel Reimbursement amount in order to pay for the bus from Korinthos - Hopeland and back, as there's no other way to reach Hopeland. In this way, you will have no extra costs for Korinthos - Hopeland - Korinthos.



Sustainable travelling

As we are an eco organisation, we promote sustainable travelling. We invite you to use more ecological means of transport such as buses and trains. If such an option is not possible, and you opt for a flight, we will plant at least a tree per person in Hopeland to compensate for part of the CO₂ emitted 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. However, we are open to alternative ways of contribution. This programme is for everyone.

Accommodation

Accommodation during Eartship is going to happen in [Hopeland territory outdoors](#).

- There are glamping tents available which can host around 5 people. But you will definitely need 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. Also, you can bring your own tent too. There is a camping area with greenery for tents, olive and almond trees.
- There are 8 common toilets: 2 in the guesthouse and 6 in the campsite. There are one indoor shower, 3 covered outdoor showers, and 4 outdoor showers without a roof. There is no washing machine, only washbasins.
- Electricity and internet connection are extremely limited as they are provided through photovoltaics. An 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 as electricity is extremely limited.
- There is an organic farm and some chickens in the garden. 3 friendly dogs are living in the venue, and a passerby cat appears sometimes. 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.





Hopeland

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 on 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 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 office, and bus station.

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

Partners

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APPLY HERE



Stay in touch



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Greece](#)



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EARTHSHIP

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yourself!



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the European Union

* All the photos of this infoletter are taken in and around Hopeland by our previous participants.