

# G.R.O.W. Genesis and Roots Of the World

17th - 26th August 2021  
Melissa, Italy

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[www.teatroebasko.com](http://www.teatroebasko.com)



Minerva Arts  
Creative Expression without Boundaries

# YOUTH EXCHANGE G.R.O.W.

*Teatro Ebasko in Italy will be the hosting organization for the mobility program.*

*The program will include informal learning activities through the instrument of theatre, as well as social and outdoor activities.*

*It involves 4 organizations, totalizing 32 participants: 8 from Italy (Teatro Ebasko), 8 from Greece (Kiriottissa's Yout(h)opia), 8 from Portugal (Quinta Das Relvas), and 8 from UK (Minerva Arts).*

**G.R.O.W. – Genesis and Roots of the world** is an European Exchange Project under Erasmus+ Programme. It will take place in Melissa (KR), Italy, **from the 17th to the 26th of August.**

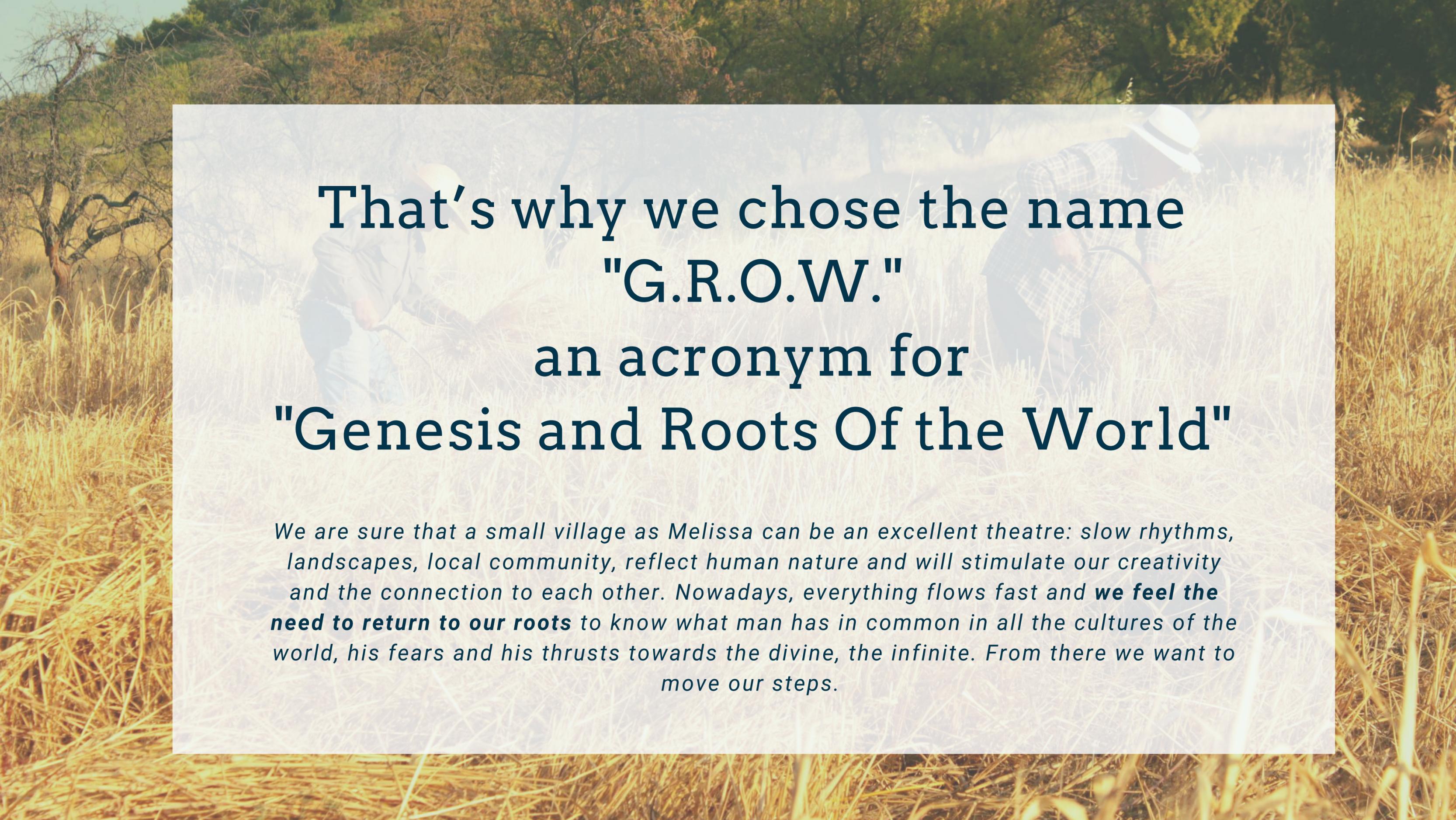
The exchange aims to explore the creative potential of rural areas, through local history, legends and myths.

The main topic is **theatre as a tool to stimulate teambuilding** and imagination, to **promote diversity** and intercultural dialogue and to disseminate common values of **respect of our Planet** in terms of environment and culture.

We want to realize an intercultural project that can be strongly inclusive for all participants thanks to non-formal education activities.

## **HOW TO PARTECIPATE?**

**Fill this form and get in touch with the sending organization of your country: [LINK HERE](#)**



That's why we chose the name  
"G.R.O.W."  
an acronym for  
"Genesis and Roots Of the World"

*We are sure that a small village as Melissa can be an excellent theatre: slow rhythms, landscapes, local community, reflect human nature and will stimulate our creativity and the connection to each other. Nowadays, everything flows fast and **we feel the need to return to our roots** to know what man has in common in all the cultures of the world, his fears and his thrusts towards the divine, the infinite. From there we want to move our steps.*

# Who are we?

TEATRO EBASKO

Teatro Ebasko is an under30 group born in Bologna (Italy) in 2015. The name comes from the ancient Greek word *ἡβάσκω* that means "take strength, become young". It is a theatrical research group that through the experimentation of different artistic languages investigates the body language.

The group works on different fields:

- workshops with artists, local communities, University students or in marginal areas;
- production of shows, cultural and artistic projects;
- organization of events such as "*RaMe Festival - Roots of the Mediterranean*" in Melissa (KR);
- build contact networks with the national and international territory.



*For the group, making theatre means "creating community": Teatro Ebasko aims to create a virtuous circle of experiences and skill to exchange, enriching cities and people who participate.*

# Associations Involved

## KIRIOTISSA'S YOUT(H)OPIA

Is an informal group of young people located in Veria, Greece. Our organisation's name is consisted of 3 important words: Kiriotissa, the traditional area of Veria, in where we act, Youth, the young people who are a dominant part of our society, and Utopia, a greek word that means a beautiful place, where everything is perfect! We don't believe we can make the world perfect, but we can try to make it better.our group has a lot of experience in projects and events, related to art, culture and traditional customs, since 1998.



## ASSOCIAÇÃO QUINTA DAS RELVAS

Is an organization located at a farm with an amazing natural heritage, where a group of youngsters work to promote and develop actions involving thematics such as environmental problems, sustainability, permaculture, plastic & performative arts. Our main aim is to educate youth to be more active on their local communities, to be more eco-friendly and to live healthier lifestyles.



## MINERVA ARTS

Is an arts education and development charity based in Cheshire. We have been in operation for 10 years and run a wide portfolio of arts based activity for children and young people. At the core of our work is our Youth Theatre programme. We run 7 youth theatres across Cheshire for young people aged 7-16 to take part in drama activity on a weekly basis, learning new skills, devising theatre and performing at community events. Our work tends to focus around the key areas of heritage, social change and the experiences of young people, especially in rural locations and micro-localities.



Minerva Arts

'Creative Expression without Boundaries'

# Working methods

1

Presentation of the partners.

2

**Getting to know each other** through theatre exercise and other activities (Ice-breaking, name games...)

3

**Theatrical exercises** aimed at stimulating everyone's creativity and skills.

4

**Reflections and exercises** on the theme of cosmogonic myths and creation of archetypal characters.

5

**Visits** to archaeological sites and museums as great occasions for discovering other cultures and learning.

6

**Reflections** on our planet and on climate changes.

7

**Creation of a show** that makes us reflect on the future of our planet and our responsibilities.

8

**Final intercultural party** that involves participants and local community.

9

**Moments** of evaluation and self-evaluation, of contributions, experience and expectations of the participants.



## **VENUE & LOGISTICS**

The European Exchange will take place in a small village in the south of Italy.

***Feel the rural spirit of Italy, discovering habits and traditions through interacting with the local community!***

Teatro Ebasko will host you in an old typical house, in rooms for 6/8 people with shared bathrooms.

## **The *food* is provided by Teatro Ebasko**

with full respect to nature and cruelty free!

We believe that animals are worth as much as humans and prefer a vegetarian/ vegan based diet.

***For a planet that includes all living things,  
for a planet that can have an eco-sustainable future.***

**PLEASE REPORT ANY FOOD INTOLERANCE.**



# What do I *pack?*

## *USEFUL TIPS*

- Personal towels and soaps;
- Slippers for shower;
- Pajamas;
- Sweatshirts and k-ways for cooler or rainy evenings
- Mosquito repellent

## *FOR THE ACTIVITIES*

- Comfortable trainers;
- A notebook and a pen;
- Water bottle;
- Any instrument useful to the show (juggling tools, fire fans, interesting costumes etc...)
- Each group should collect 2-3 traditional myths or legend about the genesis of the World in their tradition, to be used for the learning activities.

- Do not forget your own **ID card and/or Passport** and European Health Card
- We recommend you to bring all the boarding passes of your flights, please don't lose or waste them!
- Remember to always have **your personal protective equipment with you:** masks and hand gels (we will provide disinfectant gels and more masks if necessary)



# TRAVEL TO MELISSA

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## HOW TO ARRIVE?

- The nearest airport is in Crotone (KR), it is called **Sant'Anna** and served by Ryanair: [www.ryanair.com](http://www.ryanair.com)
- With a stopover in Rome, Milan or Bologna there are also buses that will take you to the nearby towns of Torre Melissa or Cirò Marina: [Romano bus lines - Flixbus](#); [Simet bus lines](#)

**If you need, Teatro Ebasko can pick you up from Torre Melissa or Cirò Marina ---> to Melissa.**

**DO NOT FORGET TO COLLECT ALL INVOICES, TICKETS, BOARDING PASSES, METRO CARDS AND ANY OTHER TRAVEL DOCUMENTS, AS THEY MUST BE PRESENTED IN ORIGINAL IN ORDER TO GET REIMBURSED.** EACH TEAM LEADER IS RESPONSIBLE FOR COLLECTING THE INVOICES AND BOARDING PASSES AND DISTRIBUTING REIMBURSEMENT.

**TRAVELLING BUDGETS: Greece and UK: 275 €; Portugal: 360 € PER PARTICIPANT.**

## IMPORTANT:

Before booking your tickets wait for the green light of your sending organization. You can keep in touch with Marzia **by whatsapp +39 3891059650** to find the best solution for your travel.

## MORE INFO:

For a living cost comparison, please visit <https://www.numbeo.com/cost-of-living/>

Check the local wheater at <https://www.3bmeteo.com/meteo/melissa>

## COVID-19

Currently, the Italian regulations on security measures for COVID-19 are valid until July 30 and provide:

- For LIST C countries (including Portugal, UK and Greece) travelers must undergo a molecular or antigenic swab within **48 hours prior to travel and have a NEGATIVE RESULT;**
- Keep the certificate attesting to the execution of the anti-Covid19 test, to show it to the authorities of the country of departure and once arrived in Italy;
- Fill in the authorization forms. If you choose to fly with Ryanair, the same agency will send the corresponding forms.

*Teatro Ebasko will remain in contact with all the participants and will provide all the updates regarding the new provisions, Italian and of the Regione Calabria*

## USEFUL CONTACTS



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## FOLLOW US



**Looking forward  
to meet you all!**