

TRAINING COURSE

NEW SPROUTS

Start Your Own Sustainable Organisation



31 October - 11 November
(including travel days)
Hopeland, Argos, Greece

About The Project

This project is built with practical elements, providing actionable entrepreneurship and sustainability knowledge. More than that, it introduces participants to vital starting points on self-awareness, ethics, identity, purpose, and values.

Goal objectives

Our goal is to enable each participant to create (or contribute to the creation of/be fit to work in) new organisations that will have sustainability and social well-being as their main goal. These can be ecovillages, product or service-based organisations, NGOs, courses, events, or anything that we haven't yet imagined.

Do you have an idea, a burning desire, or a sustainable project that you want to work on? Or are you looking to clarify your values and beliefs to find what would you like to do as a project or idea?

**Do you want to develop your idea together with other like-minded people?
Are you excited about promoting your idea in a video?**

If you have an entrepreneurial mind, a love for nature, and a craving for connecting to your values and deeper self, this project is for you!



The project flows

Day 1	<i>Arrival</i>
Day 2	Introduction
Day 3	SEED 01: Intro to the course, start from the basics: feeling your purpose and values, and ideas, and thinking about the concept of success, and happiness. (digital detox)
Day 4	SEED 02: Develop self-awareness skills, feel your values, and ideas, meditation, and connect with nature. (digital detox)
Day 5	SOIL: learn: sustainability, permaculture. Share knowledge groups (participants to teach each other their knowledge).
Day 6	WATER: learn: organic entrepreneurship, eco-business, sustainable organisations and alternative ways of doing business.
Day 7	PLANT 01: Design your own organisation
Day 8	PLANT 02: Design your own organisation and improve
Day 9	FOREST: Collaborate, share ideas, and merge organisations ideas
Day 10	GROW! Present your organisation idea. Creation of the video for New Sprouts.
Day 11	Closing
Day 12	<i>Departure</i>

Timeline of the project

Inspiration

Online assignment - 1-30 October 2023

Research your sustainable/social organisation idea and justify why it is important and how it is connected to sustainability and how their idea will solve a problem in your community/European context. If you don't have an idea research with your sending organisation how you can support and work together in a project for example. The idea is to explore a bit your passion before coming.

Training course

Arrival day - 31 October 2023

You have to be able to reach Corinth train station by 16:00.

At 17:00 there is a dedicated bus leaving for Hopeland. There is no other way to arrive in Hopeland.

TC - 31/10 - 10/11/2023

Departure day - 11 October 2023

The bus is leaving Hopeland for Corinth.

The earliest flight you can catch is from 13:30 onwards.

Leave your mark and beyond

11 November- 11 December

Follow-up local activities could be actualising the strategies conceived in the action plan, whether small or big gestures to create an organisation that will solve an environmental or social issue. You can create theme gatherings for sharing your experiences and raising awareness for sustainable entrepreneurship or create a video or whatever you feel relevant to share your learnings from the TC or go your idea further on.

Evaluate your experience

December 2023

You will receive an online **evaluation form** and give us anonymous feedback, but also share with us your follow-up activities and testimonials.



The programme

What will the days look like?

7.00 - 8.00: Wellness sessions (optional)

8.00 - 9.00: Breakfast

9.30 - 12.30: Morning activities

13.00 - 15.00: Lunch, siesta, free time

15.30 - 18.30: Afternoon activities

18.30 - 19.00: Reflection time

19.00: Dinner

20.00 - 21:30: Evening activities (optional)



Who is it for then?

This programme is for you if you are:

- 18+ years old from Greece, Bulgaria, Italy, Spain, Latvia, Romania, CZ, France, Lithuania, Hungary
- A youth worker/ youth leader working in sustainability or want to put your idea into practice
- Want to live and experience a sustainable community setting for 10 days
- Eager to create change in society
- Don't have a clue about sustainable entrepreneurship but have a self-starter attitude and an interest in entrepreneurship.
- The kind of person with a natural drive to start and work in/manage a sustainable organisation.
- The kind of person who has the can-do attitude which brings them to take action towards their goal.

Priority will be given to youth workers who have fewer opportunities to be engaged in such projects.





What you can get out of the project



Under this context, you will have the chance to:

- Enhance your sustainability skills (zero waste, permaculture, sustainable living)
- Enhance your knowledge in entrepreneurship (business, creation, how you can start your idea)
- Live and experience a sustainable community setting
- Be trained to support youth to become make their ideas into action
- Learn to use different methodologies (design for wiser action, climate negotiations game, systemic approach, community setting, presentation skills etc)
- Be more aware of yourself, your identity, drives and values, and working with others to create change

The Practicals

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

Travel Reimbursement

Spain	330.00 €
Latvia	330.00 €
France	330.00 €
Lithuania	245.00 €
Romania	245.00 €
Italy	245.00 €
Bulgaria	245.00 €
Hungary	245.00 €
CZ	245.00 €
Greece	150.00 €

Keep in mind that we already keep 30€ from your travel amount in order to pay for the bus to Corinth - Hopeland - Corinth. You can arrive earlier or leave later: +- 3 days, but you will have to cover your own costs (accommodation and food) for those days.

Green travel

We promote sustainable travel. 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 invite you to think before coming about how we can offset/compensate the emissions while being in Hopeland.

Participants Contribution: 20€

We ask participants to contribute to the programme by investing 20€ to cover expenses that are not eligible from Erasmus+ and support the hosting organisation. We are open to alternative ways of contributing. This programme is for everyone.



The trainers

Athanasia Karamerou: sustainability focus

Sustainability Expert and Trainer with experience in project management in business and NGOs. She holds a Bsc in Business Administration from the University of Piraeus, an MSc in Sustainability (Business, Environment & Corporate Sustainability) from the University of Leeds (UK). She has 13 years of experience in Corporate Social Responsibility (CSR) and supported more than 26 projects with more than 5000 beneficiaries. She has 5 years of experience as a trainer in more than 15 Erasmus+ and local projects in the field of sustainability. She coordinates Zero Waste Athens, she is a coach and a mentor of the Leeds School of Earth and Environment and she is part of the EIT Climate-KIC's Network of Climate Coaches.



Riccardo Pezzuolo: entrepreneurship focus

Riccardo is an Entrepreneurship expert as well as active in the creative industries in Europe and the UK. He has a BA in storytelling and Cinema, and a MA in Creativity Management at Kingston University London. He works as a manager in the advertising agency he co-founded in London 7 years ago and he is responsible for the strategic planning. He taught entrepreneurship skills at Kingston University and mentored university students in entrepreneurship, management, and advertising. He won awards in Storytelling, Entrepreneurship, and Education for his organisation's 'Outstanding Contribution to Kingston University Students'. He worked as a business consultant in Milan, helping companies evolve and digitalise. He has co-facilitated two TC on sustainability and entrepreneurship in Hopeland.



Bogdan Hanganu: personal development focus

Projects and volunteers coordinator at Onestin Youth Association. Long-term volunteer in 5 different countries and facilitator of local and international activities and workshops with different target groups: children, teenagers, young adults, and seniors, mainly regarding teamwork, personal development, community spirit or cultural empowerment. Lover of nature and its elements and cycles, curious for learning different life forms, barefoot and barehanded. Currently developing competencies in the field of permaculture and regenerative systems. Interested in peace-making, animal care, and Ego management.



Roes Cooperativa

Roes Cooperativa is a social cooperative enterprise of the '20s created by professional trainers, social workers, project managers and informal groups aiming to create an alliance that hosts innovative, experiential and non-formal education approaches. Roes Cooperativa was created with the need to bring innovation in non-formal learning in order to create an open world where everyone has learning opportunities to develop and grow. Their Goal is to redefine experiential learning by offering fresh and professional educational programs through customized methods and approaches working with: Meraki, Cooperation, Sustainability, Effectivity, Creativity.



Hopeland

the training center

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.



Accommodation

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. 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.



Food and practicals

Food is strictly **vegetarian**, because of the sustainability focus of the venue and project. However, it includes every kind of food group like vegetables, eggs, fruits, dairy, bread with all the essential nutrients, such as carbohydrates, fats, proteins, vitamins, and minerals. We consider any specific diets of the participants, food intolerances and allergies. The food will be locally sourced whenever possible or produced on the farm.

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

We are a sustainable consumption of alcohol and **drug-free** training. We appreciate though not bringing any alcohol before coming (the first days will be digital and general detox) and we invite anyone to be **alcohol-free** to focus on the project and ourselves without any substances. The days 2-3 of the **digital detox** expect not to have access to your phones.



the Partners

Country	Organisation	e-mail
Greece	Roes cooperativa	newsprouts@roes.coop
Latvia	Do More Be More	artis.kundrats@gmail.com
France	YouthID	yanis@youthid.net
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Czechia	Brno Connected	brnoconnected@gmail.com
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Are you ready to put a seed?



For more info, write us at newsprouts@roes.coop

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