



MEDUSA

Hopeland, Malandreni, Greece

4 to 14 of June 2026
(including travel days)

YOUTH EXCHANGE

...enter a Greek legend and find a hero/in in you



Επιτοχώρι
Hopeland



Erasmus+



ΙΔΡΜΑ
ΝΕΟΛΑΙΑΣ
ΚΑΙ ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ



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ABOUT MEDUSA

What if the monster you fear most is guarding your greatest power?

For **10 transformative days**, we invite you to step into the myth of Perseus - not as a distant hero of ancient legend, but as a modern young person ready to face their own inner Medusa.

In Greek mythology, Perseus defeats Medusa not by attacking blindly, but by daring to look indirectly, with awareness and courage. In Jungian psychology, the “shadow” represents the hidden parts of ourselves - the emotions, fears, talents and truths we have learned to suppress. When ignored, the shadow turns to stone. When faced, it becomes **strength**.

Explore your personal “**shadow**” in a safe and supportive space.

Transform fear into self-knowledge.

Build resilience, courage and authentic leadership.

Discover the **hero's** journey within yourself.

The question is not whether you have a shadow.

The question is: are you ready to face it?

Medusa's head is a metaphor for a force that both **terrifies** and **protects** — a power that can paralyze when uncontrolled, but empower when integrated or consciously held.



WHAT YOU WILL LEARN



Self-Awareness &
Shadow Integration

You will learn how to recognise and embrace your “shadow”, the secret fears, rejected and shameful parts of you, hidden emotions and untapped strengths within you - and transform them into **conscious power** instead of suppression.



Confidence & Courage to Step
Out of Your Comfort Zone

Through challenges, reflection and embodied experiences, you will discover your **inner resilience** and build the confidence to take risks and act despite fear.



Stronger Soft Skills for
Life & Work

You will actively develop **communication, cooperation, empathy, improvisation** and **proactivity** - skills essential for healthy relationships, teamwork and the labour market.



Identity, Values &
Sustainable Relationships

You will clarify your core values, define personal boundaries and learn how to build healthier, more mindful relationships with **yourself, others** and the **world** around you.

METHODS



EduLARP

Educational Live Action Role Play. You will step into symbolic roles within the myth of Medusa. Through immersive **storytelling** and **character experience**, you explore real-life challenges in a safe, playful way. Learning happens through action, not theory. Reflection afterwards connects the story to your personal life



Outdoor, Nature-Based Learning, & Challenge by Choice

The venue is in **nature**. We will eat vegetarian food and live sustainably. Nature becomes both a teacher and a mirror. There will be a one-day **outdoor trip** (with possibility to sleep outside for 2 nights) and number of challenges which can show you who you are. It is fully up to you if you will accept them or not. By stepping out of your comfort zone physically, you strengthen **inner resilience**.



Embodiment, Communication & Community Practices

Through **movement**, **mindfulness** and **nonviolent communication**, you build emotional awareness. You practice expressing yourself clearly and listening without judgement. **Vulnerability** becomes **strength** within a safe space. Cooperation replaces competition as the core dynamic of the group.



Psychodrama

Through combination of **role play** and **psychodrama**, you will explore your inner dialogues and emotional patterns. By stepping into roles, you gain new perspective and insight. Unspoken feelings and hidden dynamics can safely surface. Awareness leads to integration and empowerment.

FOR WHOM

This program is bringing together 5 participants + 1 group leader coming from Bulgaria, Czechia, Greece, Italy, Latvia, Poland and Spain.

Priority will be given to participants with fewer opportunities.



Participants:

- 18-30 years old
- willing to live and learn outdoors for a week (meaning basic conditions: tent, limited shower, etc.)
- ready to actively participate in the whole project
- willing to be part of a **learning community**
- willing to work on your **Shadow** (anything in your conscious or subconscious you reject about yourself)
- ready to take part in small group outdoor hike and larp (role-playing) activities

Group Leader:



- 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 for the experience, including leading them in the creation of activities for the project

WHAT IS EXPECTED OF YOU

Local event or product

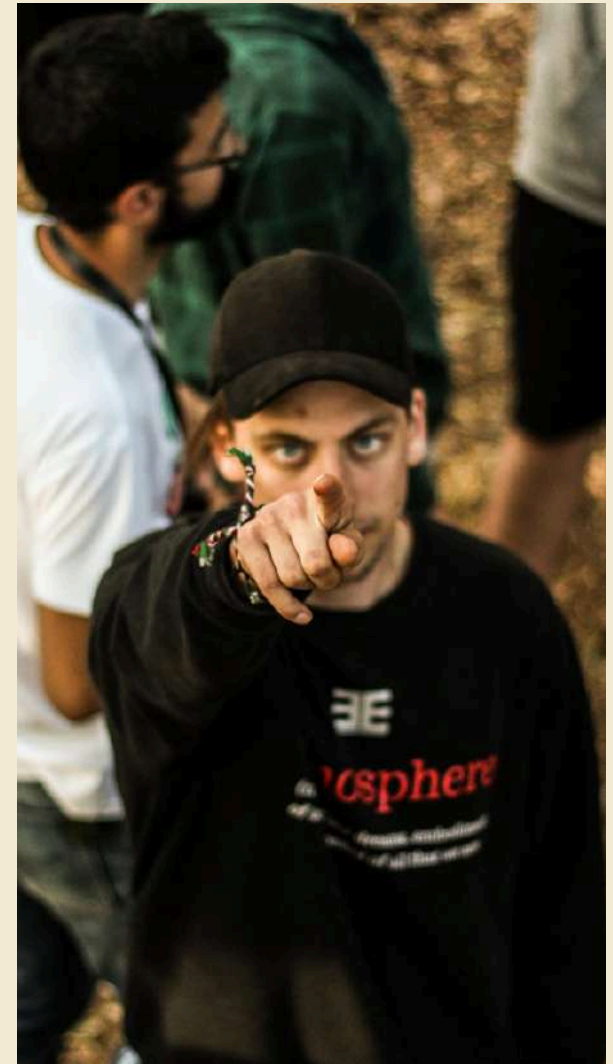
You will organize a **local event** (such as larp, workshop or lecture) or spread your learnings in a different way (i.e. recording a guided exercise or podcast). The documentation of the event/product will be shared on social media of participating organizations (Facebook and Instagram) with a short description of the dissemination written by the participants.

Evaluation form

You will fill our evaluation form (sent 1 month after the YE).

Additionally, we ask you to do **2 simple actions** after you leave Hopeland:

- Plant a tree or a plant back home. At Hopeland we see it as a symbol of creating a more sustainable future together.
- Make a post / blog entry / tweet / something to share your experience with the world.



TIMELINE OF THE PROJECT

Before: April 2026 - Preparation for the Youth Exchange

During: 3 June 2026 - Arrival of Group Leaders

4 June 2026 - Arrival of Participants

5 - 13 June 2026 - Youth Exchange

14 June 2026 - Departure

After: June-July 2026 - Dissemination (local activities/products)

July 2026 - Evaluation

Please note that you are expected to participate in all phases of the project.

DAILY SCHEDULE

- 7:30 ~ Breakfast Team
- 8:00 - 9:00 ~ Breakfast
- 9:00 - 9:30 ~ Service & Care
- 9:30 - 10:00 ~ Morning body-movement (voluntary)
- 10:00 - 10:30 ~ Morning circle
- 10:30 - 13:00 ~ Meeting of the whole community, sharing
Morning Session
- 13:00 - 14:00 ~ Lunch
- 14:00 - 15:00 ~ Siesta
- 15:00 - 18:00 ~ Afternoon Session
- 18:00 - 18:45 ~ Reflection Groups
- 19:00 - 20:00 ~ Dinner
- 19:30 ~ Group leaders meeting
- 20:00 - 20:30 ~ Cleaning
- 21:00 - 22:00 ~ Voluntary Evening Session
- 23:00 - 7:00 ~ Silent time



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.**

PROGRAM

June 3rd

Day 0 | Arrival of group leaders
Accommodating, getting to know the team.

June 4th

Day 1 | Arrival of participants
Accommodation, Hopeland tour, registration, opening ritual

June 5th

Day 2 | Island
Principles of care. Getting to know each other illogically (with not so much talking about ourselves). Creation of reflection groups. Choosing a mentor and setting up of the learning goal.

June 6th

Day 3 | Training
Playfight and Authentic movement.

June 7th

Day 4 | Journey begins
Inner Critic. Forming of the teams and opportunity to begin the outdoor experience (after dinner).

June 8th

Day 5 | Journey
Latest departure on the outdoor (after breakfast). Challenge by Choice and meeting your shadow. It is going to be what you are going to make it. Earliest return from the journey (at the dinner).





PROGRAM

June 9th

Day 6 | Cetus

Theatrical sharing of your experiences from the Journey.
Meeting with Cetus and embracing your shadows (Psychodrama).

June 10th

Day 7 | Death of mentors

Finalising your learning goals and final challenge from your mentor.

June 11th

Day 8 | Unifying the Kingdom

Whole day LARP experience where everyone will fend for themselves, because you will enter the shoes of Perseus and strive for establishing of your own kingdom.

June 12th

Day 9 | Ruling the Kingdom

A whole day when you will choose your king or queen and let them rule (hands-on experience).

June 13th

Day 10 | Closing

Anchoring the learning, Youthpass, gratitude and goodbyes.

June 14th

Day 11 | Departure

You have to leave the venue before 9:00 AM.

CORE AGREEMENTS



- No meat
- No drugs
- No leaving Hopeland without agreement with facilitators.
- Be on time - don't make people wait for you.
- Communicate your needs on time with the facilitators - you are expected to be in every session, but if you have to skip due to ie. health needs, we would love to know beforehand.

These core agreements are set to ensure the wellbeing of humans, animals, and the nature around us while the project is happening.

COSTS

Travel Reimbursement:

- Bulgaria - up to 279€
- Czech Republic - up to 279€
- Greece - depends on your residency
- Italy - up to 279€
- Latvia - up to 365€
- Poland - up to 279€
- Spain - up to 365€

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 30€. 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.

ABOUT HOPELAND



- 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. It is home to 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, etc.

Keep in mind that for most of the time, we will be cut out of civilization and its comfort.

At Hopeland, our mission is to create a space where people can explore, create and learn from each other and nature. It is a place where individuals engage with themselves, one another and the natural environment, grounded in our core values of sustainability, accountability and synergy. Sustainability drives eco-conscious practices, accountability ensures committed ownership and synergy fosters diverse perspectives.



ACCOMMODATION

Accommodation during Medusa is going to happen in Hopeland territory outdoors.

- There are glamping teepee tents available which can host 4 people each. We can provide you pillows and a 5cm sleeping mattress, but please make sure you bring your own sleeping bag, bedsheet & pillowcase.
- You can bring your own tent too. There is a camping area with greenery for tents, olive and almond trees where you can set up your tent.
- There are 4 common toilets: 2 in the guesthouse and 2 on the campsite.
- There are 1 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 solar panels. Internet will be available only for the sake of arranging the travels or for absolute necessities.
- No hairdryers or any other heavy-duty electrical appliances are allowed as electricity is extremely limited.



WHAT YOU NEED TO KNOW ABOUT HOPELAND



Animals

There are cats and dogs living in Hopeland, freely running around.

Nature is all around

You can meet scorpions (their sting is not dangerous, but still not pleasant).
At night, you can hear jackals howl in the distance (but they don't come close).

Lack of electricity

Whole Hopeland is running on solar panels... thus electricity might be scarce.
You are allowed to charge your phone only during sun hours... but the best is to keep your phone off.

Dark nights

Nights can get pretty dark. Headlights are recommended.

Outdoor showers

There is 1 indoor shower, the rest are outdoor. The water is heated only by sun.

Vegetarian only

Project is vegetarian or vegan only. But we will do our best to accommodate any health diet (prescribed by doctor) you might have.

No shop in sight

The closes shop is a gas station about 2 km away.

FACILITATORS



Vojtěch Žák

Trainer, facilitator, coach, crisis intervention specialist, storyteller, director, actor, writer... and many other things. I am focused mostly on the topic of mental health, social inclusion, eduLarp, and personal development.

I am a bit obsessed with mythologies, including the Greek one... and I might be a bit obsessed with this project at this point.



Veronica Spagna

I have been working as a project manager and writer in the International Cooperation and European programs field.

I have also experience in facilitating activities with young people, in formal and informal education about human rights, sustainable development and social inclusion using non-formal educational methods like embodiment, dance, arts and crafting. Creative and proactive, always a dancing step forward.

PARTNERS



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Don't hesitate to reach out to us in hello@hopeland.gr, or to our partners for any kind of support you need or questions you might have. We are all here to support you in this learning journey.



Are you ready to dive into
this experience?

APPLY HERE

BONUS: MORE ABOUT HOPELAND

Food and Dining

Throughout your stay, Hopeland kitchen team will prepare five meals per day: breakfast, a morning snack, lunch, an evening snack and dinner.

As part of our commitment to sustainability, all meals are vegetarian, and many of the ingredients are harvested fresh from our gardens.

If you have any dietary restrictions, please let us know beforehand, and we'll do our best to accommodate your needs.

CareGroups

Part of living in Hopeland is also taking care of the space together, so it can function for many more years and host many more projects.

To support this, we ask every group to share in some common responsibilities, such as cleaning communal areas, assisting the kitchen team with snack preparation, or washing the dishes used for meals. For this we developed the CareGroups. It takes approximately half to one hour in the mornings.

Big Cleaning

As sustainability is one of our core values, we believe that leaving a place in the same or better conditions after staying there is very important.

That's why we ask you to include a big cleaning party at the end of your residency. We'll help with the logistics and make it fun if you want. It usually takes around 2 hours.

A Life Close to Nature

At Hopeland, we invite you to join a life connected to nature. This means living in a simpler, more sustainable way, where things like a limited supply of hot water (or, in the summer, cold water) or even the absence of ice cubes are part of the experience. It's all about aligning with the natural rhythms of the environment and fostering a sense of harmony with nature.



BONUS: MORE ABOUT HOPELAND

Sustainability and Eco-Friendly Practices

At Hopeland, all the buildings are bioclimatic, designed and constructed with natural materials to minimize both ecological footprint and energy consumption. The venue operates on solar energy through photovoltaic panels, and greywater from showers and washbasins is collected and reused. A compost toilet is also available near the central area of the venue.

A recycling system is in place for packaging materials such as plastic, glass, paper, and aluminum. These materials are also repurposed after their initial use. Organic waste is composted, reducing waste and creating natural fertiliser for the gardens. There are 2 vegetable gardens, a food forest, several olive and almond trees, 5 protected oak trees and a therapeutic herbal garden.

Eco-Commitment

To support our sustainability efforts, we encourage guests to be mindful of their environmental impact during their stay. This includes reducing waste by using designated recycling bins and being conscious of the materials they use.

We also ask guests to help minimize energy consumption by turning off lights and electrical devices when not in use, as we rely on solar energy. For charging devices, there is a designated charging station, available from 10:00 AM to 5:00 PM, as part of our commitment to sustainable energy use.

In line with this, we do not permit the use of hairdryers or straighteners due to their high energy consumption.

To further support our sustainability efforts, please note that water for showers comes from our lands water tanks. This means that the temperature of the water is close to that of the environment.

Furthermore we encourage guests to take shorter showers to minimise water consumption.

Additionally, we ask that guests bring with them eco-friendly products to help maintain our greywater system.



SAFETY GUIDELINES



Environmental Safety

Please respect the natural environment around you. Avoid disturbing wildlife and be mindful of the plants and trees. Stay on designated paths when walking around the estate to minimize your impact on the land. There are three dogs living with us at the moment, Benji, Kanela and Nala, who are friendly and well-loved by the Hopeland community. We kindly ask that you do not feed them, as their care and diet are managed by the crew.



Scorpions

As we live alongside nature, it's important to be aware that scorpions are active during the warmer months. They're usually calm and will not attack unless disturbed. To stay safe, we recommend wearing closed shoes, checking them before putting them on, and staying mindful of your surroundings. If you find a scorpion indoors, don't worry, capture it gently with a glass jar and release it back into its natural habitat. Alternatively, feel free to ask for support. In case of a sting, please reach out to a crew member right away, and we will provide the necessary care.