

LIFE IN IT

ONE STORY. TWO FRAMES.

FRAME ONE - FILM IT

near Hamburg, Germany

12-19 December 2026 (excluding travel dates)

FRAME TWO - LIVE IT

Hopeland, Greece

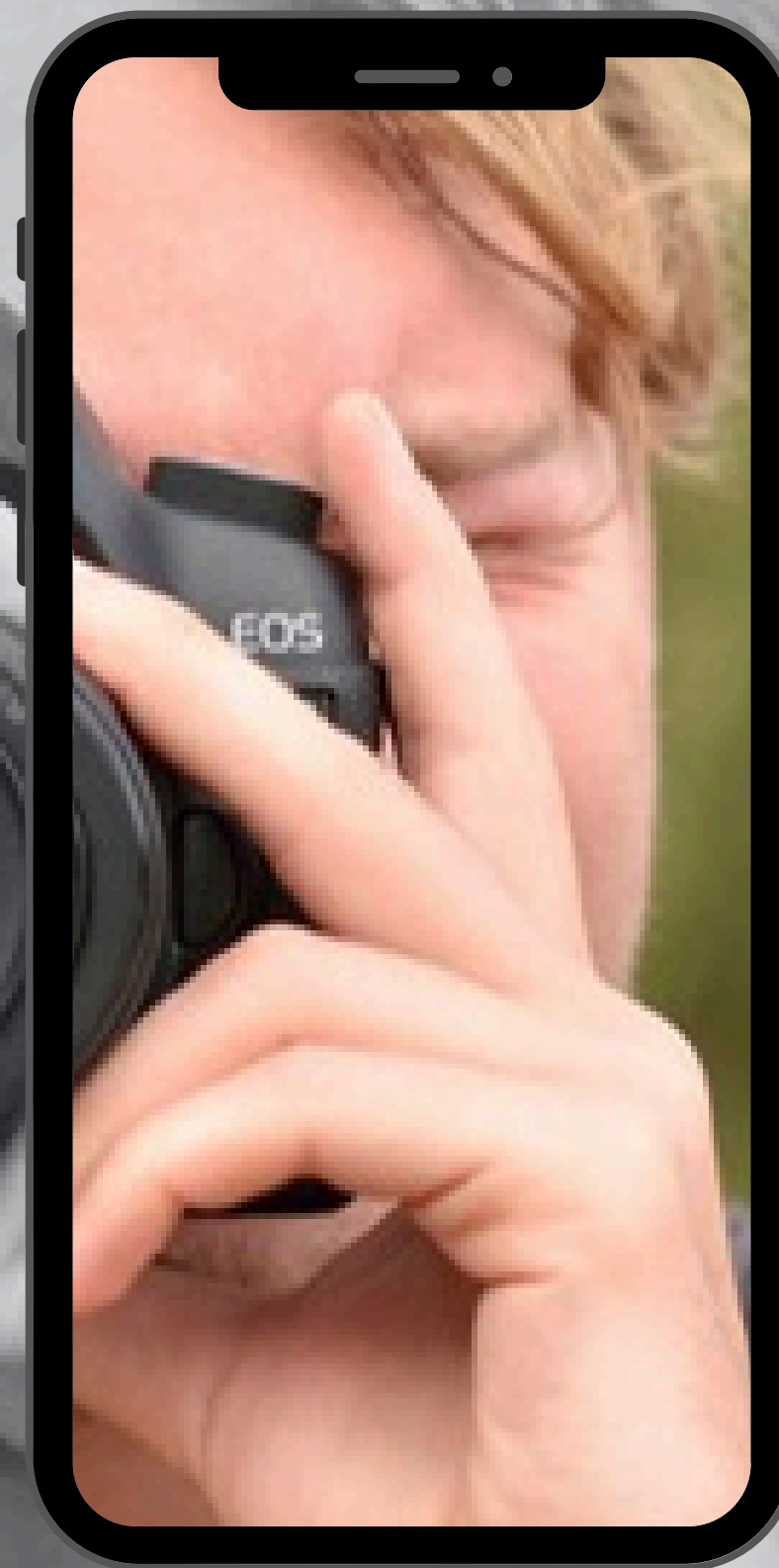
22-29 September 2027 (excluding travel dates)



Co-funded by
the European Union



ΕΛΠΙΔΟΧΩΡΙ
Hopeland



FILM IT | USE IT | LIVE IT | REFRAME IT

Why Life in It?

Life in It puts **media inside real life**.

Videos can help people and organisations make their stories seen, understood and felt. But the way we **create, watch and share videos keeps changing**.

Life in It starts with the foundations: **real people, real organisations, real places and real stories**. In Germany, you learn through making, explore media tools, work in crews and use video in a real local context.

Then you take that learning home and **put it into practice**. Later, at Hopeland in Greece, we reframe the same storytelling foundations for **shorter, vertical stories** made for the way people now watch video on phones and social media.

This is not two separate trainings. It is **one learning journey in two frames: FILM IT. USE IT. LIVE IT. REFRAME IT.**

THE WHOLE STORY, FROM THE BEGINNING

Online preparation

The journey starts in a closed online community with theory, videos, resources and places to find answers before we meet.

Frame One - Germany

13–19 December 2026
Build the foundations through practical filmmaking, storytelling and progressive media assignments.

Local practice / between the frames

Use the learning in your own organisation or local reality. Keep creating, testing and staying connected.

Frame Two - Greece

22–29 September 2027
Take the same foundations into vertical and short-form video in a completely different setting.

Follow-up / back home

Bring both frames into the work you already do with people, organisations and communities.

THE PLOT

You in the story

Life in It is for people who:

- ✓ • are **18+ years old**. The target range is 22–35, but there is **no upper age limit**. Older youth workers are welcome too.
- ✓ • Come from or are connected to one of the participating countries: **Germany, Czechia, Greece, Italy, Slovakia, Romania, Poland** or **Latvia**.
- ✓ • **Work with young people** as a youth worker, volunteer, project coordinator, trainer, educator or someone involved in your organisation's communication.
- ✓ • **Want to use video**. You may already make videos or you may still be figuring out editing apps. **You do not need a filmmaking background, only** thirst to play with it.
- ✓ • Can **work and communicate in English** with an international group and are ready for a practical experience where you make, test and decide together.
- ✓ • Ready for **the whole journey**. Priority is given to people who can take part in online preparation, Germany, local practice, Greece and follow-up back home.

What kind of training is this?

Life in It is built around a simple idea: **you learn filmmaking by filming**. This is a practical Media Training, not a conventional theory or technical filmmaking course.

You will work in international crews and use phones, cameras, laptops and low-cost gadgets. The point is not expensive equipment. It is a **guerrilla filmmaking mindset** that can travel home with you.

If you are looking mainly for theory, this is probably not your training

Theory, videos, resources and places to find answers are there to support you, especially before we meet. In residential time, we prefer to **make, try, solve, get feedback and make again**. We are not spending the week teaching things you can already look up online or ask ChatGPT.

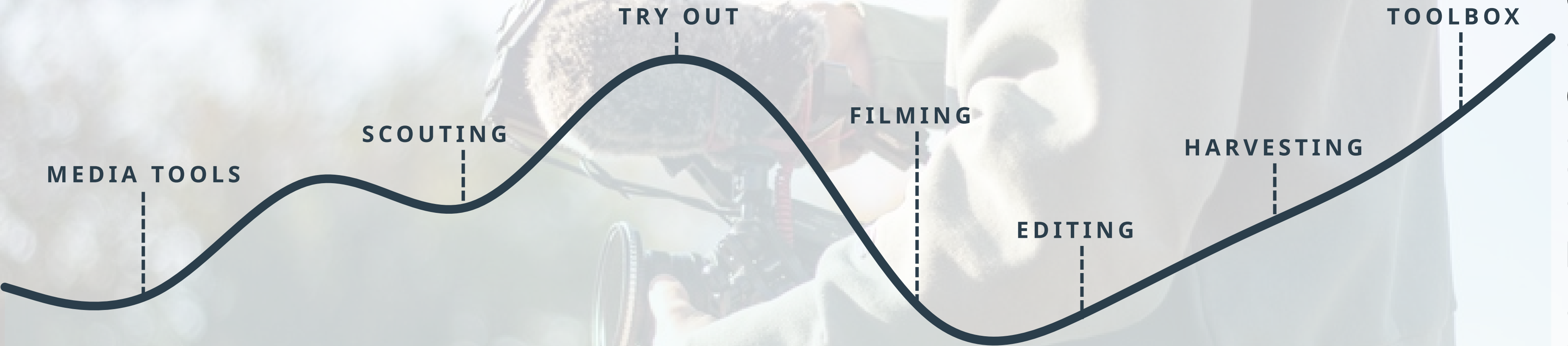
Video is not only a technical tool here. It can help social and community organisations communicate **real stories, including environmental ones**.

Practical filmmaking. Real contexts. Stories that have something to say.

THE
GENRE

Frame One - Film It

The training builds like a story, one layer at a time.
You learn something, use it and then another element is added.



THE STORYLINE

Each step adds something without giving the whole story away. **The rest is part of the experience.**

What makes the Media Training work?

- Useful theory stays short because the real learning starts when you **practice now.**
- You create in crews of 4–6 people from different countries, backgrounds and levels of experience.
- Each assignment gives you a task, a time frame and room for your crew to decide how to get there. **Use what you have and make more with less.**
- **Feedback and reflection** are part of the work: make something, look at it again, learn and continue.
- At some point, the exercises stop feeling like exercises. You work in **real contexts**, with real organisations and real communication needs. **Your crew listens before it creates.**

The programme has a fixed overall rhythm and shared moments. **Inside assignments, your crew manages its own time, takes breaks and communicates what it needs.** Facilitators support the process without managing every minute.

Make it simple. Make it significant.
Facilitators support. You create and take responsibility for your own experience.

What do you take home?

Build **stronger storytelling habits** from idea to filming, editing and sharing.

Bring home a **simple filmmaking process** you can reuse in your youth work, organisation or local reality.

Set clearer boundaries and communicate what you need while working closely with people from different countries.

Feel **more confident** using the cameras, phones, laptops and editing tools you already have.

Practice making agreements, sharing responsibility and navigating the human side of teamwork when different habits, needs and working styles meet.

Practice creating for **real organisations and real communication needs**, not only fictional exercises.

Return with experience of working in **international crews**, giving feedback and making creative decisions together.

Test how the same storytelling foundations change when the frame becomes **short, vertical and made for social media**.

Germany ends. Life in It does not.

You go home with something more useful than notes from a training.

Between Germany and Greece, you take the project into your own reality. **You will run a small focus group with 5-7 young people** you work with, listen to the issues and messages that matter to them and use that to shape what comes next.

You may also start preparing a promotional video for your organisation. The local media-making workshop itself comes later in the follow-up, after the second frame.

This is where you discover what still works when the trainers and the international group are no longer beside you. When we meet again, you do not start from zero. **You arrive in Greece with experience.**

Frame Two - Reframe It

The screen has changed.

TikTok, Reels and other short-form platforms have made **vertical video part of everyday communication**. People often meet a story on a phone, in a feed and in only a few seconds.

The frame is different. The time is shorter. The rhythm changes. **But storytelling did not suddenly become useless.**

Hopeland becomes the filming playground. Solar energy, water saving, recycling, composting, community living, nature and environmental work are already there to capture. You live inside that context and use **short-form video** to help **communicate the place** and the sustainability practices happening there.

At Hopeland, we take the foundations built in Germany and test what happens **when stories become shorter, vertical and built for social media**. Frame Two is the newer, more experimental part of Life in It.

Horizontal → practice → reframe → vertical
Same foundations. Different frame.

LIVE IT

We are not here to tell you what to create.



Panagiotis Mamouzakis

Trainer, youth worker and media maker with more than ten years of youth-work experience and more than six years in training. He has led activities in more than 30 international youth-worker trainings and brings experience in photography, videography and practical media work.

Expect support, feedback and questions. Do not expect someone to make your creative decisions for you.



Katerina Mitrakou

is a forever seeker of knowledge and sworn DIYer, who denied her life as a lawyer and tuned in her real calling for making things and making things happen. During this journey, she studied video and 3D animation for a while, which won her heart because they always leave some space for a no-cost DIY solution.



Matthias Schrenk

Long-time youth worker from klick e.V. joining both international phases. He brings the German local context, international youth-work experience and the connections that help the training move beyond the training room.

Fourth trainer · Frame Two

A fourth trainer, specialising in short-form content and video creation, will join Panagiotis, Katerina and Matthias for the Hopeland phase.

We are here to help you create it.

13–19 December 2026 (excluding travel dates)

Seminarhaus Sophia is in Drethem, a small village on the Elbe, around 1 hour 20 minutes by car from **Hamburg** Airport.

This is a residential training in a **building reserved for our group**. The group experience does not stop when a session ends.

Rooms **are shared by up to four people**, mostly doubles or triples. Bed linen and sheets are provided. Like in any shared home, everyone contributes to a **few light household tasks** during the stay.



22–29 September 2027 (excluding travel dates)

Hopeland is an educational eco-community in rural Argolida. **It is rural, shared, simple and close to nature.** It is not a hotel or a city venue.

Accommodation is shared and simple, using the guesthouse and/or teepee tents depending on the group and available capacity. You live close to nature and share spaces with the group.

Solar energy, water-saving, recycling, composting and **community responsibility** are part of daily life. Like in any shared home, everyone contributes to a few **light household tasks** during the stay.

If private hotel-style accommodation, city life around the corner or having somebody else handle every part of daily living is essential, Hopeland is **probably not the right setting**. If simple community living, nature and an eco-community sound like part of the **experience rather than an inconvenience**, you will understand the place quickly.



Frame one | Germany

Country	Frame one
Germany	depends on residence and travel distance, up to Green €285
Czechia	Non-green €309 / Green €417
Greece	Non-green €309 / Green €417
Italy	Non-green €309 / Green €417
Slovakia	Non-green €309 / Green €417
Romania	Non-green €309 / Green €417
Poland	Non-green €211 / Green €285
Latvia	Non-green €309 / Green €417

Life in It is co-funded through Erasmus+, so the programme, accommodation and meals during the international phases are covered.

Meals throughout both international phases are **vegetarian** as a project-wide sustainability choice.

There is a **participant contribution** of €50 per phase.

Travel is reimbursed up to the approved maximum for your country.

Frame two | Greece

Country	Frame two
Germany	Non-green €289 / Green €387
Czechia	Non-green €279 / Green €387
Greece	depends on residence and travel distance , up to Non-green €181 / Green €255
Italy	Non-green €279 / Green €387
Slovakia	Non-green €279 / Green €387
Romania	Non-green €279 / Green €387
Poland	Non-green €279 / Green €387
Latvia	Non-green €365 / Green €505

Green travel uses low-emission transport for the main part of the journey. The limits follow the travel distance bands used in the approved application.

For Frame Two, €30 has already been deducted from every limit shown above because the project books the Corinth - Hopeland - Corinth group bus for you.

If your travel costs more than the final approved limit, the difference is not covered by the Erasmus+ travel grant. Detailed ticket and reimbursement procedures come later, after selection.

One project, eight countries

Life in It is coordinated by klick e.V. in Germany and produced together with partner organisations across Europe.

Germany	klick e.V.	info@klick-ev.de
Czechia	INspire, z. s.	info@czechinspire.eu
Greece	Hopeland	hello@hopeland.gr
Italy	Associazione Parco Culturale Alta Langa	progetti@parcoculturalealtalanga.it
Slovakia	Centrum rodiny	mifilipek@gmail.com
Romania	Rise Over Mindset	riseovermindset@gmail.com
Poland	Lotos	elzbietabronisz4@gmail.com
Latvia	Active Rainbow	info.activerainbow@gmail.com

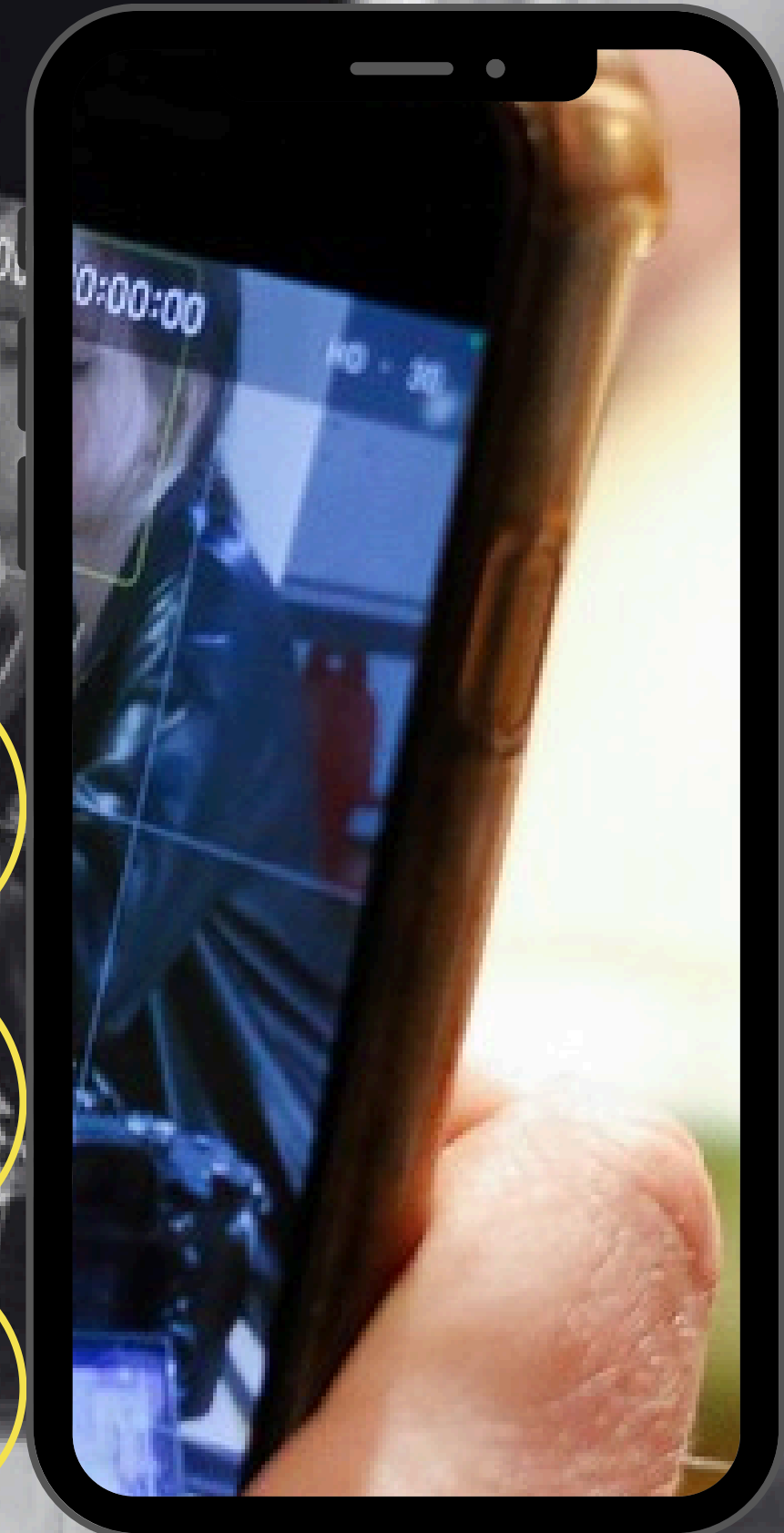
Your organisation is part of the Life in It journey **before, between and after the two international phases.**

You know the **story**
You know the **dates**
You know the **places**

Applications are reviewed as they arrive and **suitable participants may be confirmed on the go**. There is no reason to wait for a final deadline.

Frame Two is mainly for people continuing from Germany. If a **few Hopeland places remain**, we may open a small second call later, with priority for people who have already taken part in one of our **previous Media Trainings**.

Life in It is designed first for **people who can join the whole journey**. If places remain, we may also consider people who are available for Frame One in Germany only.

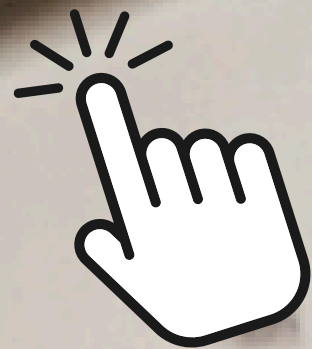


CASSTING IS OPEN

Questions?

Use the contact of the partner organisation in your country

APPLICATION FORM



**LIFE IN IT
ONE STORY
TWO FRAMES
YOUR TURN**

What happens next?

If selected, you will receive the detailed preparation and travel information afterwards.