



MISSION AEIPHORIA

TRAINING COURSE

LIMASSOL,
CYPRUS



Erasmus+

21 - 30 October 2021
(including travelling days)

THE TRAILER

For all of us who are part of youth organisations and social initiatives, it is always tricky to implement sustainability in our projects, especially when we are located in big cities or in facilities/venues that are not so environmentally friendly/conscious etc.

On the other hand nowadays, technology allows us to raise awareness by creating video productions that can help others become more sustainable or even give birth to more initiatives that can promote sustainability. change of habits etc. Further more smartphones, laptops and other low-cost gadgets are now widely available and with no-cost almost can offer high-quality video productions.

For this reason, **DOREA Educational Institute** is inviting you to **Mission Aeiphoria** project. It is a training course, where you will have the opportunity to learn the skills on how to build a social promotion video to raise awareness about sustainability and spread your message to a wider audience with low-cost equipment as well as to learn and experiment together with 24 more people on how to use video by creating yourselves a video to raise awareness about sustainability.

THE PLOT

TRAINING COURSE

22 - 29 October 2021

During the 8-days programme participants will:

- Get acquainted with **media literacy**
- Receive practical skills in filmmaking and namely how to create **Social Promotion videos** in all stages (pre-production, production post production)
- Explore ways to make it cheap through **guerilla filmmaking** tips
- Enhance **teamwork skills** under time pressure
- **Create a promotional video** for raising awareness about sustainability



THE ACTORS

This project is for you if you are:

- **Youth worker** and/or **staff member of non-profit initiatives**, interested in how to incorporate new technologies and namely video production in your work
- Eager to learn or develop further your **skills in video making**
- Committed to creating **1 social promotion videos** to raise awareness about the environment and sustainability
- Ready to participate in an **intercultural environment** and eager to **challenge yourself** in working on a high speed training course full of practical assignments
- **Resident of** Bulgaria, Greece, Spain, Italy, Latvia, Romania, UK, Poland and Cyprus
- Able to work and **communicate in English**
- **Over 18 years** old



THE STORY

DAY 1 & 2

Getting media literacy skills and tools and practice them instantly through media assignments.

DAY 3

Putting in practice media skills, creating the first social promotional video

DAY 4, 5 & 6

Scout, investigate needs and return to film a green initiative. Edit the video

DAY 7 - 8

Showcase results
Feed forward
End of the training.



THE GENRE

The working hours and the programme varies according the needs of each project day. **Expect to work 12 to 14 hours** (including breaks and assignments).

There are **morning, afternoon and evening** sessions planned. Mornings are mostly focused in video creation assignments and reflection, afternoon and evening sessions in input and practice.

There is **no need for expensive media equipment, you will be working with your own media equipment resources**, learning how to create video productions with the same material that you will be working with when you go back in your local reality.

Please note that the programme **does not include touristic trips and free days** therefore in case you are interested in such possibilities we invite you to plan them for yourselves by arranging (on your own costs) some days before or after the training.

ELEMENTS

This training programme is based on an **Experiential Learning approach**, you will learn by doing and by reflecting upon what you did. Expect a fully dynamic programme containing several methods and work formats added one on top of each other, like Lego bricks, building the content of the training.

SHORT INPUT & PRACTICE

You will get short theoretical input and you will be directly asked to implement it within a limited time frame

ASSIGNMENTS & FEEDBACK

Expect to find yourself in various multinational teams working together on a media assignment within a set time frame.

VIDEO PRODUCTIONS

You will work with an international group in the production of a social promotional video about sustainability

REFLECTION & SELF-ASSESSMENT

There are parts, where you can stop and look at your own learning path. This will happen in a small group context, in a plenary but also individually.

In **Mission Aeiphoria** individual learning journey will be **Self-Directed** by you, guided by the facilitators and supported by the group.

THE DIRECTORS



PANAGIOTIS MAMOUZAKIS

is an experienced Trainer and Youth Worker with more than 10 years in the field of training and video making. He is the co-founder of "Break the Couch", a group of filmmakers focused on linking new media with the field of youth work. In his work, he uses new media (social media, video, photography etc.), assignments, games, outdoor activities and other work forms.



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. She delved into experiential learning after joining the Scouts and she became a trainer and district scout leader. In this pursuit of learning by doing she crafts literally everything, from educational games to usable pieces of art made of reclaimed fabrics.

BUDGETING

01

Accommodation, food, training materials are provided.

02

Travel Reimbursement amounts: 275€ if you are coming from Greece, Bulgaria, Italy, Romania & Poland and 360€ from Spain, the United Kingdom & Latvia.

03

Travel Reimbursement procedure: You are going to be reimbursed by bank transfer once you provide all original documents of your travels only and once you successfully complete the project.

04

There is a participants contribution of 50€ paid in cash upon arrival

05

Covid19 related costs (testing, quarantine accommodation, masks, etc.) are the participants' responsibility. We will provide sanitizing gels and other equipment.

STORYBOARD



ARRIVAL

21st of October 2021 - All day

TRAINING DAYS

22nd - 29th of October

DEPARTURE DAY

30th of October - Before 10:00

Days allowed to stay in Cyprus:

You are allowed to come max 2 days before the TC or leave max 2 days after the TC, but the total amount of the days that are not part of the programme is max 2 days. During these extra days, you have to find and cover your own accommodation and other expenses. If you decide to stay more than 2 days longer than the official programme, you will have to cover the travelling expenses yourself.



EQUIPMENT

It is essential to bring with you your personal equipment. **We will not provide the equipment** so the effectiveness of your personal learning and the training course itself can be increased if you work with tools **you already know and have**. Therefore bring with you:

- **Smartphone**, Video or Photo **Camera** with filming function (as professional as possible, preferably DSLR);
- **Memory** storage (or external hard drive);
- **Laptop** with photo and video editing software;
- **Media gadgets and props:** tripods, octopus pods, microphones, lights etc
- **Chargers, card-readers, cables** etc.

THE STUDIOS

You will be hosted and catered at the Navarria hotel and the training will take place at the same hotel, thus allowing participants to benefit of teamwork and exchanging good practices, etc.

The context itself is going to be a great example of how we can work and promote sustainability while being in a commercial environment with basic sustainability options.

<https://navarriahotel.com/>



CASTING

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*If you want to join us
fill the application form*

here

PRODUCED BY



DOREA EDUCATIONAL INSTITUTE

DOREA Educational Institute is a non-profit organisation established in 2012 with the main headquarters in Limassol, Cyprus. DOREA offers high quality non-formal education to adults and young people, covering the three main areas of non-formal education, that is socio-cultural (popular) education, education for personal development and professional training. The professionals working at DOREA, both as staff and external consultants are specialised in delivering excellent and feasible solutions for those who wish to continue personal and professional development through life-long learning educational programmes.



BREAK THE COUCH

Break the Couch is a group of ambitious people originated from Athens, Greece. They are young filmmakers interested in new media (online media, social media, crowd-funding, blogging etc) and the way they can be implemented in youth work. All these combined together with their will to learn and the decision to become active and creative brought the "Break The Couch" team to life.

IN ASSOCIATION WITH

If you want to receive more details about the project before applying, feel free to contact our partner organization from your country of residence or send directly the application form via the e-mail address in the table below. Furthermore, you will get the confirmation letter with the practical details regarding the online preparation and the training itself. Do NOT book your tickets unless you receive a confirmation letter from us.

- **Cyprus:** DOREA Educational Institute - dorea.educational.institute@gmail.com
- **Greece:** Roes Cooperativa in association with Break The Couch - weare@roescoop.com
- **Bulgaria:** Association "RAZMAH" - yonchev.ivo@gmail.com
- **Spain:** Ticket2Europe - ana.delvalle@ticket2europe.eu
- **Italy:** New Wellness Education - newwellnesseducation@gmail.com
- **Latvia:** Keep the change - andra.stale@gmail.com
- **Romania:** Zig Zag Prin Romania - cosmina@zigzagprinromania.com
- **United Kingdom:** Abroadship.org - hello@abroadship.org
- **Poland:** NGO Logos - boyko@logos.ngo

SEE YOU IN CYPRUS



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