

# Health Common Good

Argos, Greece



## Volunteering Teams

in High Priority Areas

March 4th to April 4th 2024 (including travel days)



Co-funded by  
the European Union





## Be a Hopelander

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Do you want to embark on a journey to southern Greece to enhance your skills and explore how to support and grow Hopeland in a sustainable manner?

**Live for 1 month in Hopeland**, a 7-acre eco place in southern Greece focusing on sustainability and co-create your dream community with 11 more volunteers from around Europe.

**Use your hands, your mind, your creativity** and any other skills you might have into the enhancement of the place, strengthening of your dream community within and beyond Hopeland.



# Hopeland - Context

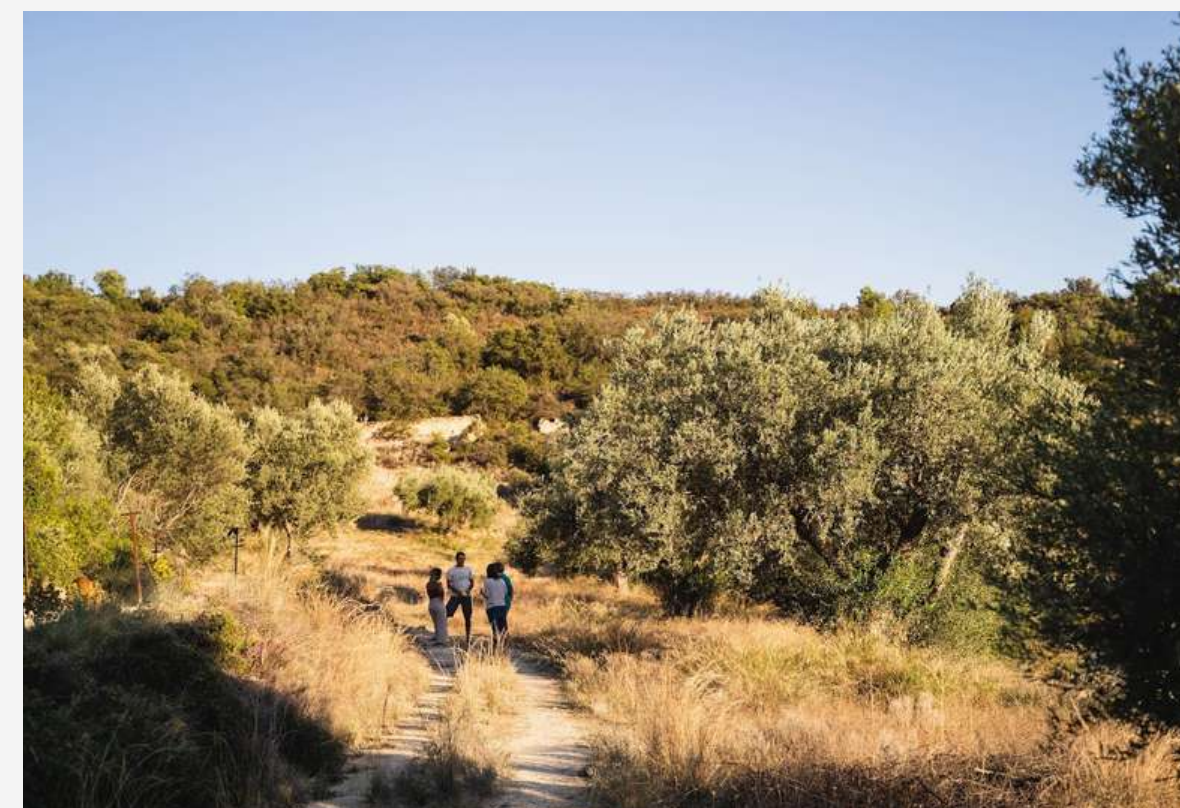
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Hopeland educational **eco-community** is located in a rural remote area in the south part of Greece. The venture is built with lots of **love** and (mainly) with **natural materials** from volunteers, visitors and guests who have visited and stayed with us throughout the last 10 years.

Our mission is to provide a space where people explore, create and learn from each other and nature. A space in which our actions and interactions are based on our core values of **sustainability, mindfulness, synergy**, and of course.. **hope!**

Hopeland is offering various **experiential learning experiences** through the Erasmus+ and ESC programs, mainly on the topics of personal growth, community and environment.

We are welcoming **young people, educators** and **local farmers** to join forces with us and together contribute towards our wider **vision** of a society with **deep community spirit** and **involvement** in personal, social and environmental growth.



This programme is co-funded by the European Union and supported by the European Education & Culture Executive Agency (EACEA).



# About Health Common Good

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*How can we create a healthier society?*

*What is it that you and we can do to support community growth?*

*What kind of habits can we change in our everyday life?*

*What kind of relationships do you want to see in this society among people?*

**Health Common Good was created with the intention to strengthen the sense of solidarity and active citizenship of young people in Europe, while bringing awareness on health and wellbeing.**

As a volunteer, you'll organize interventions to help those most affected by COVID-19, interact with the rural, local community, learn about health-related topics and be part of a movement that creates a healthier, happier, and more connected society.

You'll also engage in hands-on activities as part and a member of an eco community. It can be cooking, maintaining the gardens, keeping in a good condition the infrastructure and facilities of the estate, or taking care of the animals.





## Health Common Good with Information

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HCG is committed to fostering inclusivity and accessibility by ensuring information is readily available and easily accessible to all. To achieve this goal, we are assembling a volunteer team dedicated to promoting accessibility and creating opportunities for everyone to grow, learn and become a healthier person. The focus will be on making information and resources accessible to all, ensuring no one is left behind.

Volunteers will work collaboratively to:

- **Develop and implement initiatives that support accessibility** within and beyond the community, such as upgrading facilities to be more accessible and creating easy-to-understand informational materials.
- **Design and facilitate various activities tailored to meet the diverse needs of our community**, including storytelling and knowledge exchange events, cooking classes, film discussions, art workshops, outdoor excursions, walks, and exhibitions. We encourage creativity and welcome new ideas to enhance accessibility.
- **Bring back what you learned** in Hopeland (eg. organizing an event in Hopeland)



# Pillars of the Project

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Physical and Mental Health

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2

Innovation and Initiatives

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3

Create a nurturing community

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# Physical and Mental Health

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**We think of manual work as something that is not only beneficial for Hopeland, but also for you as an individual recreationally.**

**Boost your health and well-being** with hands-on, outdoor & art activities, while **being a proactive member of a small local community** in a rural area.

Engage in activities that will promote mental health and well-being by building connections - both within the community and with our surroundings.

Be part of physical activities, activities in nature & self-care practices, promoting social interaction through implementing local events, and in this way improving the quality of life of a small rural area.





## Innovation and Initiatives - enhance the core of Hopeland

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While in Hopeland, you will **have the opportunity to take initiatives, suggest activities and watch them materialize** by working together with others with the guidance and collaboration of Hopeland's crew.

By joining this project you are already considered a “Hopelander” and you become an essential part of our community. You will have a chance to **dive deeper into at least one of your preferred areas** (such as gardening, maintenance or improving Hopeland's facilities) and by gaining a broader perspective and in-depth knowledge of them, preparing yourself to come up with innovative and grounded solutions and initiatives.

We are looking for people who are **committed to learning**, like to **take initiative** and come up with new ideas and **make action towards them.**







# Create a nurturing community

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**Living together for one month with a small number of people will give us a great chance to build a small society based on care & common agreements.**

We want to strengthen our connection to the external community of Hopeland by welcoming and including everyone in the existing community on all levels.

On a weekly basis, there will be common meetings where we will be focusing on building a healthy community through various reflection, movement, and nature-based activities.

Besides, the community will be not only sharing practical living tasks like daily cooking, cleaning, shopping, managing the social media, watering plants, feeding the animals, etc, but also living space as the Guesthouse will be their home.





## For Whom?

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We are offering this opportunity to 12 participants, legal residents in any of the Erasmus + Programme Countries, including Greece.

**There are several requirements from the programme itself and a profile that we would like to focus on:**



### Profile

- 18-30 years old (not older than 30 on 4th March, 2024)
  - Ready to live in a rural environment with **basic conditions** for 4 weeks
  - Eager to be **challenged into aligning together with people** from different cultures and making together a nurturing and well-functioning community
  - **Motivated about hands-on activities** and practical tasks like farming, building, cooking, cleaning etc.
  - Eager to **take initiatives** and **create opportunities for themselves** and the rural communities around them
  - People with a **clear plan and vision** regarding their participation in the project and beyond
  - Interested in the topic of **Health as a common good in Europe**
  - Interested in **developing activities that promote wellbeing** and raise awareness on the impact of the post-covid era on the health and wellbeing on the community
  - Extreme priority will be given to those that are facing or faced any kind of troubles in life
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### Special skills

- We are also looking for a couple of volunteers with **media skills** such as photography and filmmaking for documenting this whole experience for everyone but also support Hopeland activities, digital marketing and promotions.



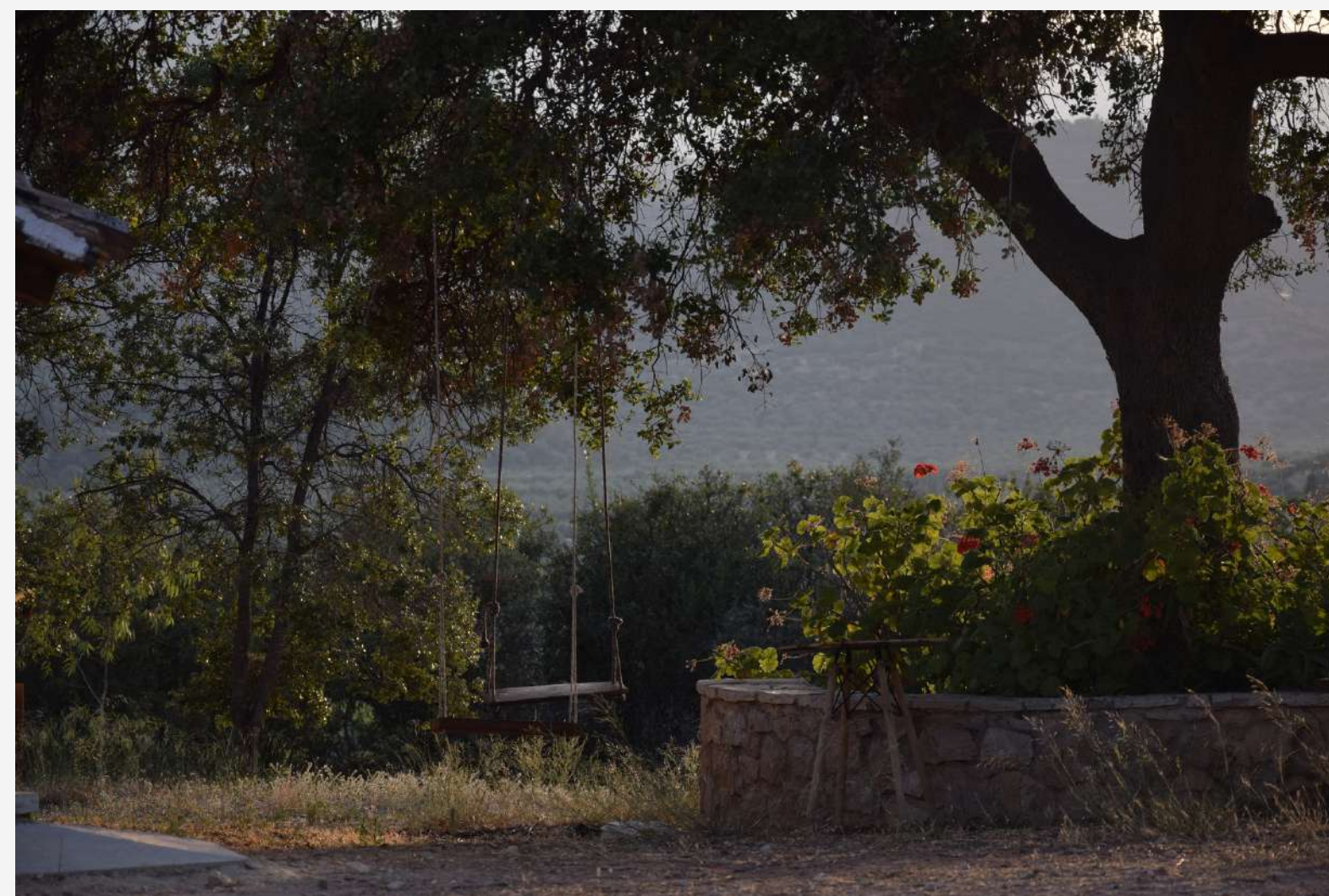


## Hopeland - The location

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**Hopeland is situated on a hill near the Malandreni village and located 130km (approximately 2h) south of Athens.** The nearest town is Argos which is 12km away where you can find anything from small shops to supermarkets, banks, post offices, and bus stations. Closer to Hopeland and 4km away you can find small shops for shopping and coffee. Shops there are limited and unfortunately, it's not within walking distance so smart and sustainable planning of supplies is needed.

Hopeland center/estate, is located in a 7.7-acre piece of land, with old olive trees, almond and other trees, native herbs and it is surrounded by a forest and boasts, 5 oak trees protected by the local Forest Protection Service, out of which, one of them is estimated to be 400 years old and it came to be the landmark of Hopeland.





# The Facilities

Facilities in Hopeland are basic but made with lots of love and work from previous Hopelanders



- Accommodation is happening in the **Guesthouse**, equipped with **8 bunk-beds**, 16 in total and a **stove**. As this project is happening during the winter season, the **toilets, shower and the groundfloor might be areas shared with the whole community (including the long-term residents)**
- The whole venture runs on **solar panels**, therefore, **electricity is limited**. As the days are shorter during this period, there are more cloudy or even rainy days, we can easily run out of electric power. Due to that fact, there is **no possibility of using hair dryers** and **washing of clothes can only be done in the traditional way**.
- There is wifi in the area but very limited because it is a 4G connection. For this, we recommend using your own 4G or mindfully use the wifi.
- The guest house has **2 indoor toilets, an indoor shower** and **two more outdoor showers**. Additionally, there is **a compost toilet** around the estate.
- There is a **separate kitchen building** and a **roofed dining area** with all the necessary equipment for cooking and dining.
- Hopeland is a **vegetarian, no-drugs** venture. We believe that human beings can reach the utmost of their potential without the consumption of substances.





# The Residents

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**Hopeland does not only consist of its natural surroundings and the animals, but mostly of its people taking care of them.**

Alongside the team of 12 volunteers of Health Common Good, there will be the Residents, people who have chosen to live permanently there as Hopeland staff, and our long term ESC volunteers.





# The Timeline

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**Arrival:** March 4th 2024

**Start of the Programme:** March 5th 2024

**End of the Programme:** April 3rd 2024

**Departure:** April 4th 2024

You can have 7 extra days in total that you can use before or after the project to travel around Greece. If you wish to do so, bear in mind that you need to cover the costs for your accommodation & food.

**Late arrivals or early departures are not allowed.**





# Practicals

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## Pocket money

You will receive 5€/day for your living money



## Food money

You will receive a monthly budget for all the group in order to cook altogether (for sustainability reasons)



## Reimbursement

Your travel costs will be reimbursed according to the distance between your home and Hopeland.



**Insurance** Besides the European Health insurance card, you are going to be offered a private insurance too.

**Youthpass** You are entitled to receive a YouthPass certificate where you are expected to self-assess your own learning,

We invite you to be conscious even before coming on your own traveling options and be ready to contribute with ideas and actions on how we can balance it during the programme. We are looking forward to creating this more sustainable world together.



# Are you the next Hopelander?

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If what you've read so far resonates with you and you are ready to live and work for one month in Hopeland, then...

[APPLY HERE](#)







## Partner Organizations

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**Hopeland**

Greece

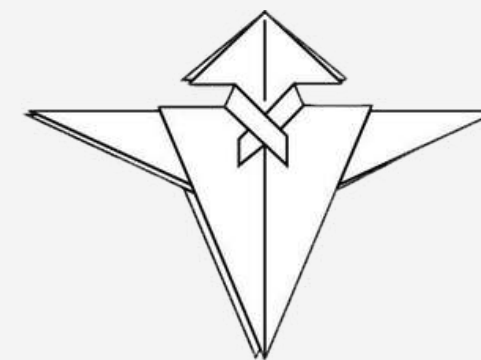
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## Instead of Conclusion



### What Sustainability means for us

**Sustainability for us is the holistic idea to protect the environment, the economy, and the people around us.** This means that yes, we look for greener solutions in our lives and the communities around us, but also create a balanced and harmonious connection with each other and the people around us.

Hopeland has done some steps towards being sustainable: we are off the grid, most of the buildings are with eco-building techniques, and we live vegetarian. However, we are fully aware that this way of living has its limitations.

Our vision is to make every day a step towards this direction by shifting our mindset through experiential learning, and **we are inviting you to also contribute to this action plan.** We are also aware that flying people from around Europe to work on sustainability is unsustainable in itself, so we invite you to be conscious even before coming on your own traveling options and be ready to contribute with ideas and actions on how we can balance it during the program. Lets create a more harmonious world, **together.**



ΕΛΠΙΔΟΧΩΡΙ  
Hopeland

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\* All the photos of this infoletter are taken in and around Hopeland by our previous participants: Paula Ūdriņa, MTeresa Tenaglia, Vykintas Sniečkus, Kryštof Svatoň, Greta Nara & Andrada Boldis



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