

Welcome to the third newsletter of the project **"BE OPEN MINDED"**, co-financed by ERASMUS+ under the grant agreement n. 2020-1-PL01-KA204-081435.

In this issue, we'll update you about **the first training activity we implemented in-presence**, the staff mobility in Patras (Greece) that was implemented from 24 October to 28 October 2021, hosted by our partner Achaia Institute.

This mobility was focused on **art and theatre as a methodology for adult education**.



Co-funded by the  
Erasmus+ Programme  
of the European Union



ERASMUS+KA2, ADULT EDUCATION

**"Be Open Minded"**

2020-1-PL01-KA204-081435

Training course in Patras, GREECE,  
from 24-28/10/2021

ART THEATER THERAPY FOR ADULTS



Asturia vzw



**Erasmus+**  
Enriching lives, opening minds.

## THE AGENDA

**DAY 1 – ARRIVALS**

**DAY 2 – Meet and greet – Theatre training – Study visit - Dance Training**

**DAY 3 – Lecture – Art therapy training – Practical workshops – Dance Training**

**DAY 4 – Study visit – Theatre Training - Evaluation**

**DAY 5 – DEPARTURES**

## LOCATION

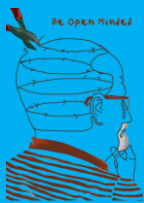
Premises of **Achaia Institute**: Voriou Ipirou 58 str, Patras, Greece.



## OBJECTIVES OF THE MEETING:

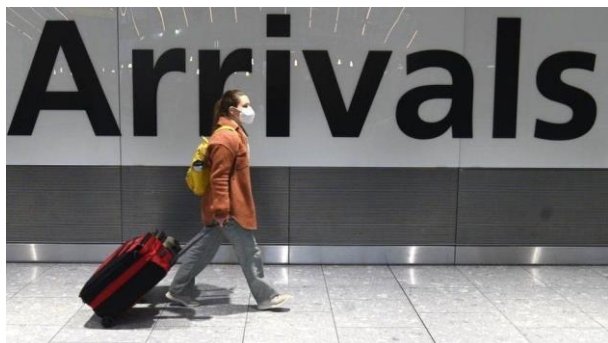
- To get know with each other.
- To plan the activities, mobilities, training courses of the Erasmus KA2, project.
- To be trained about Art therapy and theatre therapy.
- To learn all important info about the project.





## DAY 1

Arrival in Athens airport. Transfer to Patras by a mini bus (3hrs trip), all partners should arrive at least at about 15.00 p.m.



## DAY 2

09:30 – 09:40

**Official welcome and opening of meeting - Team building: Get to know each other.**



09:40 – 10:00

**Presentation of the project by the project Coordinator.**

10:00 – 10:15

**Presentation of Achaia adult Education Institute (past theatrical plays & art therapy experiences).**

10:15-11.00

**Workshop: “Theatrical Games” by students of theatrical studies from Patras University by Ilektra & Nefeli Terzi, University students of the faculty of theatrical studies in Patras university.**

11.30-12.45

**Workshop: “The power of Dance” - Learning Greek dances by Maria Rapti, dance teacher.**

12.15- 13.00

**Study visit in Apollo Municipality Theatre of Patras by Mrs Siglitiki Vlahaki, Municipal and Regional Theatre of Patras.**



16:30-17:30

**Workshop: Theatrical acting for Adults & for schools by Athina Kallimani, Secondary Education Teacher.**

17.30-18.00

**Workshop of Photography by Kostas Daoultzis English Teacher- Photography teacher.**

18.00-18.30

**Workshop: “Odysseus by Homer” by the volunteer theatrical group of Achaia Institute.**

18.30-19.00

**Workshop: preparation and rehearsals of a theatrical play: ‘Wandering Odysseus’**

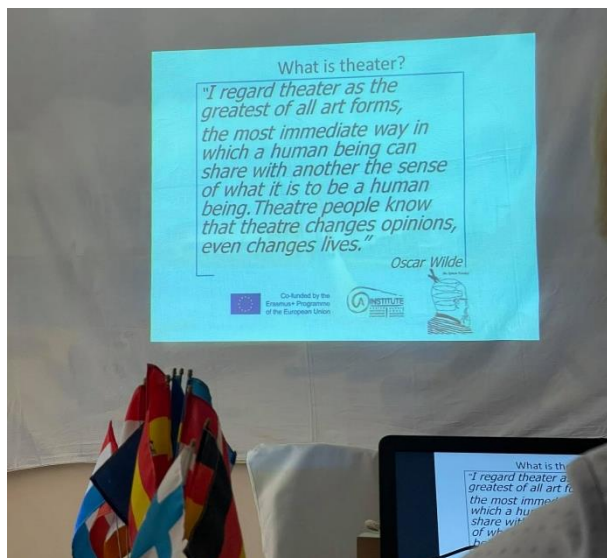




## DAY 3

09:30-10.00

**Lecture: "The theatre in Greece and the benefits of the Theatre for Adults"** by *Evanthia Stivanaki*, Professor of theatrical studies in the University of Athens.



10.00-11.00

**Workshop "The power of Art"** by *Vasilis Karavasilis*: PR of Achaia Institute, painter- artist.



11:30-13.00

**Visit to the Archaeological Museum of Patras.**

16.30- 18.00

**Interactive workshop of painting on T- shirts** by *Katerina Tsekoura*, crafts and painting teacher.



18.00- 18.30

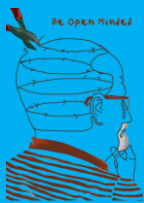
**Learning Greek dances** by *Maria Rapti*, volunteer dance teacher.



18.30-19.30

**Workshop: preparation and rehearsals of a theatrical play** with the participation of all group of the theatrical play: 'Wandering Odysseus'





## DAY 4

08:00 – 17.30



Study visit to Ancient Olympia, the birthplace of the Olympic games.



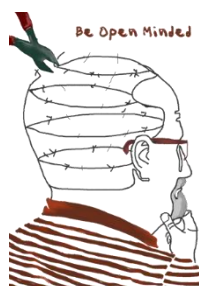
18.00-18.30

Presentation of the short theatrical play, 'Wandering Odysseus' by Homer by the theatrical team of Achaia Institute, in the "MARKET AGORA" theatre.



## DAY 5

Departures.



This newsletter is produced in the framework of the project:  
**ERASMUS+ BE OPEN MINDED.**



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