



PROGRAMME

Friday 4th November

Concept	Event	Description	Location	Time	
Evexia	"Exhibition of the Soul"	Physical and Digital Exhibition of artworks and photography from people using mental health services and mental health professionals	Faros corridor	09.00 - 17.00	
		Installation of Artwork by Health Professionals & Artists Zoi Sklepa and Konstantinos Kantarzis from the 2nd Regional Health Authority of Piraeus & Aegean Islands			
	"Be Young Beyond" Adolescents events	A.Modular experiential workshops		Faros Outside	09.15 - 12.15
		1. Creative Writing Workshop / Recognize your feelings and share them with us			09.15 - 10.15
		2. Feel, Express, Share / Street painting			09.15 - 10.15
		3. Theatre Improvisation / I recognize and express my feelings			10.30 - 12.00
		B. Discrete experiential workshops and activities:			09.15 - 12.15
		1. "Guys...opa" Stress relief techniques for children and teenagers			09.15 - 10.15
		2. "Fairytale voices", Musical storytelling			09.15 - 10.15
		3. "When mind and hands create", Mental Empowerment Workshop			09.15 - 10.15
		4. "Let's plant the seed of Vision" Planetology and Ecological Awareness Workshop			10.30 - 11.30
		5. "Walk the talk for social purpose", talking about Social Entrepreneurship and Social Cooperatives			09.30 - 12.00
		"We are getting photographed with our soul" Group photography of "Be Young Beyond" participants			12.00 - 12.15
		Healthy Lunchbox			12.00 - 12.15
We are getting a "Ψ" photograph from a drone		SNFCC External spot	12.15 - 12.30		



Concept	Event	Description	Location	Time
Agora	The Market	An exhibition of products of Social Cooperatives of Limited Responsibility (KoiSPE) and other Social Producers	Faros Outside	09.30 - 17.00
Evexia	“We are getting photographed with our soul”	Group / family photography	Faros Interior	13.00 - 13.15
		Vintage photograph to take away as a reminder	Faros Outside	14.00 - 15.00
	“Making my souvenir”	Making themed souvenirs for the participants		13.30 - 15.00
	“Make it with ... Areti”	Make jewelry with the participants		13.30 - 15.30
	“The soul trembles and misses itself sweetly”	A taste experience with the pastry chef Charalambos Zintilis		13.00 - 14.00
	“K-Zoo”	Theatrical techniques with the actor Giorgos Karamichos		14.00 - 15.00
	“Si Puo Fare - We can do that”	A film about Social Cooperatives in Italy 1980 production		12.00 - 13.50
	Filmography	Projection of short films and informational material on mental health		13.50 - 16.30
	“Musical Fellowship” band	Music performance with Greek songs		Faros Interior
	“Thread talesunseen “	Theatrical performance by the group “ART4PSY”	Faros Interior	16.00 - 17.00
Agora	Staring at the Sun	Agora closing event in the sunset with music and mocktails	Faros Outside	17.00 - 18.00
Evexia	Concert in the Dome	Performances & Concert for Mental Health and Wellbeing Monsieur Minimal Easteria Full band Project Andriana Mpampali	Dome/Tholos	18.30 - 20.30



Saturday 5th November

Concept	Event	Description	Location	Time
Evexia	A) Workshops and activities for adults in the English language (with the possibility of parallel interpretation in the Greek language) (participants to select one workshop to attend)	1. Animal welfare and social health	Animal's Shelter at Kouvaras	12.00 - 15.00
		2. Sailing	Ampitheas	11.00 - 13.00
		3. Basketball	External TBC	14.30 - 16.00
		4. Yoga class Asanas, Pranayama, Yoga Nidra	Library Room 3 (Maker's space)	11.00 - 12.00
		5. Pilates with sound therapy	Library Room 1 (multifunctional)	12.00 - 13.00
		6. "Lighting the Spark of Hope"	Library Room 2 (multifunctional)	10.00 - 11.00
	B) Workshops and activities for adults in the Greek language (participants to select one workshop to attend)	1. Pilates with sound therapy elements	Library Room 1 (multifunctional)	13.00 - 14.00
		2. "Theater place and improvisation" an interactive workshop of relaxation and creativity	Library Room 2 (multifunctional)	12.00 - 13.00
		3. Yoga class Asanas, Pranayama, Yoga Nidra	Library Room 3 (Maker space)	10.00 - 11.00
		4. "Ears hear - Mouth says" Stories from talking to writing. A workshop of creative dialogue-narrative with visual effect	Library Room 1 (multifunctional)	10.00 - 11.00
		5. "Relaxation and well-being", a workshop with relaxation techniques through breathing exercises	Library Room 2 (multifunctional)	11.00 - 12.00