



INFOPACK PRIDE

People and Rural IDEntities

AUGUST 6TH - 15TH 2025 CALABRIA, MELISSA (KR) SOUTH ITALY

ARRIVAL 5TH AUGUST

DEPARTURE 16TH AUGUST

international@teatroebasko.com

www.teatroebasko.com



VENUE & LOGISTICS

The Youth Exchange will take place in a small village in the south of Italy: Melissa (KR)

Feel the rural spirit of Italy, discovering habits and traditions through interacting with the local community!

Teatro Ebasko will host you in a typical house, in rooms for 6/8 people with shared bathrooms.

The *food* is totally provided by Teatro Ebasko APS

With full respect to nature and cruelty free!

We believe that animals are worth as much as humans and prefer a vegan based diet.

***For a planet that includes all living things,
for a planet that can have an eco-sustainable future.***

PLEASE REPORT ANY FOOD INTOLERANCE.





PROJECT OVERVIEW

PRIDE is a dynamic youth exchange taking place in Melissa, Crotona, Southern Italy. This project explores identity, cultural memory, and the connection to the land through performative arts and digital media. Participants will take part in *theater workshops*, to reflect on themes relevant to their generation, culminating in the co-creation of a collective performance.

At the same time, they will engage in *videomapping and visual storytelling labs*, using archival materials and personal creations to interact with the architecture and memory of the village of Melissa. Through encounters with local elders and exploration of the area, participants will build a cross-cultural dialogue and create a final public performance that transforms the town into a living stage of shared stories, history, and visions of the future.



NGO TEATRO EBASKO



Teatro Ebasko is an under 35 theatre group born in Bologna (Italy) in 2015. The name comes from the ancient Greek word **ἡβάσκω** that means "to take strength, to become young". It is a theatrical research group which, through the experimentation of different artistic languages, investigates the body language, using theatre as a mean to emancipate people and to spread culture. The main interest of the group is to bring Art in marginal areas with economical, social and geographical obstacles. The group works on different fields:

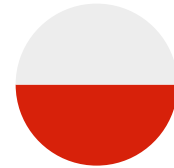
- workshops with artists, local communities, University students or in marginal areas;
- production of shows, cultural and artistic projects;
- organization of events such as "RaMe Festival - Roots of the Mediterranean" in Melissa (KR);
- build contact networks with the national and international territory



According to the group, doing theatre means "creating community": Teatro Ebasko aims to give birth to a virtuous circle of experiences and skills to exchange, enriching cities and people who participate

INVOLVED NGOs

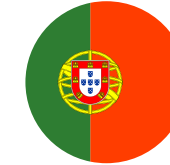
FUNDACJA CHLOROFIL (POLAND)



is a non-governmental organization with a clear and defined mission: to promote content related to ecology, nature protection, and the principles of sustainable development within society. The core of the foundation's activities is focused on ecological education and biodiversity conservation. Built on shared values centered around environmental protection, the foundation is committed to raising awareness about the importance of life.



ASSOCIAÇÃO QUINTA DAS RELVAS (PORTUGAL)



is a youth-focused organization based on a farm in Branca, Portugal, promoting sustainability, environmental education, and the arts through non-formal learning. It engages young people—especially those with fewer opportunities—in workshops, residencies, and Erasmus+ projects that blend eco-living, creativity, and community empowerment.



ASOCIACIÓN CULTURAL TEATRO L4R (SPAIN)



is an artistic collective founded in 2018 that combines digital art and contemporary theater to promote social transformation through educational, performative, and community-based projects. They create installations, digital scenographies, and workshops for young people and children in schools and rural settings.



WORKING METHODS

1

Presentation of the partners

2

Getting to know each other through theatre exercise and other activities (Ice-breaking, name games...)

3

Theatre exercises in body expression, trust and non-verbal communication.

4 + 5

Training on lights and shadows + ideas of videomapping software and language, creation of territory-inspired designs.

6

Observation and documentation: interviews with the village elders, collection of stories, photos, sketches and visual details.

7

Reflections on living in rural contexts.

8

Creation of a public performance with dances, popular songs and **projections**, created during the exchange, on the village monuments.

9

Final intercultural party that involves participants and local community.

10

Moments of evaluation and self-evaluation, of contributions, experience and expectations of the participants.



ABOUT MELISSA

The Youth Exchange will take place in a small village in the south of Italy: Melissa.

It is part of the activities **feel the rural spirit** of the country, discovering habits and traditions and live in contact with Nature and the group.

IMPORTANT TO KNOW !!!

1. There is **no free Wi-Fi yet**, but in some parts of the village you can use data;
2. **Pharmacy** and **supermarket** are open a few hours a day: if you have special needs bring your medicines with you!
3. There is a **bar** open day&night, where spend pleasant evenings with the local community;
4. Bring **cash** for personal expenses: the ATM is far away and it is not always possible to pay by card



WHAT DO I PACK?

- **ID card** or Passport and European Health Card;
- Personal towels and soaps;
- Slippers for shower;
- Sweatshirts and k-ways for cooler or rainy evenings;
- Mosquito repellent and sunscreen;
- Swimming suit.

FOR THE ACTIVITIES

- A notebook and a pen;
- Comfortable sneakers;
- Water bottle;
- Each group will be responsible for one workshop session, so participants will have to agree on the theatre exercises and/or team-building activities to propose to the others;
- Each group will bring at least one folk song, in its own language, to share with the others as a moment of intercultural exchange and appreciation of traditions.



REMEMBER TO COLLECT AND HAND IN ALL BOARDING PASSES AND RECEIPTS FOR REIMBURSEMENT!

TRAVEL TO MELISSA

HOW TO ARRIVE?

- The nearest airport is in Crotone (KR), it is called Sant'Anna and served by Ryanair; airport name is **CRV**: www.ryanair.com
 - Other airport is Lamezia Terme (**SUF**), connected by train (www.trenitalia.com) stops: Lamezia Terme Aeroporto to Cirò Station.
 - With a stopover in Rome, Milan, Bologna, Naples, Bari there are also buses that will take you to the nearby towns of Cirò Marina: [Itabus](#); [Flixbus](#); [Simet](#) bus
- If you need, Teatro Ebasko can pick you up from Torre Melissa or Cirò Marina ---> to Melissa.

TRAVELLING BUDGETS PER PARTICIPANT: Spain and Poland green travel 417€ round trip (309€ NON green travel) ; Portugal green travel: 535€ round trip (395€ NON green travel).

DURATION: normal travel: 2 days in total. Green travel: 4 days in total.

DO NOT FORGET TO COLLECT ALL INVOICES, TICKETS, BOARDING PASSES, METRO CARDS AND ANY OTHER TRAVEL DOCUMENTS, DOCUMENTS NOT PROVIDED WILL NOT BE REIMBURSED.

EACH TEAM LEADER IS RESPONSIBLE FOR COLLECTING THE INVOICES AND BOARDING PASSES.

IMPORTANT:

Before booking your tickets **wait for the green light from Teatro Ebasko**. You can keep in touch with Marzia by whatsapp +393891059650 to find the best solution for your travel.

For a living cost comparison, please visit <https://www.numbeo.com/cost-of-living/>

Check the local wheater at <https://www.3bmeteo.com/meteo/melissa>



PRIDE

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4 NGO/GROUPS | 20 PARTICIPANTS | 5 PEOPLE FROM EACH GROUP

DO YOU WANT TO JOIN? PLEASE FILL OUT THIS FORM

[HTTPS://FORMS.GLE/Z1ZSVHQRVQRCZBAU6](https://forms.gle/Z1ZSVHQRVQRCZBAU6)

ITALY, TEATRO EBASKO

POLAND, FUNDACJA CHLOROFIL

PORTUGAL, ASSOCIAÇÃO QUINTA DAS RELVAS

SPAIN, ASOCIACIÓN CULTURAL TEATRO LAR