



NEWSLETTER

TRUST ART-THERAPY

2024-1-BE01-KA220-ADU-000257527 ERASMUS PROJECT



The Partnership



**National University "Yuri
Kondratyuk Poltava Polytechnic"**
from Ukraine



**Centre Neuro Psychiatrique
Saint-Martin from Belgium**



**Greek Carers Network
EPIONI from Greece**



LEKAMA
from Luxembourg



**Fondazione Internazionale Don Luigi Di
Liegro, from Italy**



Associação Europlural Project
from Portugal



**Co-funded by the
European Union**



Meeting in Aegina

From May 19 to 23, 2026, EPIONI hosted the Greek session of the TRUST Art Therapy mobility within the 4th Art & Mental Health Festival in Aegina, welcoming 30 participants from Ukraine alongside partners from Belgium, Luxembourg, Italy, Portugal and Greece's associate partner Diversity United.

Through eco-art therapy workshops in poetry, land art, ritual performance and video, culminating in a participatory "Rebirth" performance, participants reconnected with the healing power of nature.



What did we do in Aegina

DAY 1 – MAY 19: ARRIVAL & INFORMAL WELCOME

Participants arrived at Aegina Port throughout the day and checked into the LaliBay Hotel. The evening opened with an informal welcome by the waterfront at Panagitsa Beach, followed by dinner at the seafront restaurant Manitas sto Kyma.

DAY 2 – MAY 20: TRUST PROJECT MEETING

The consortium held two working sessions to advance the TRUST project, covering final-stage finances, the TRUST e-book and online course, and a review of art therapy results ahead of the European exhibition tour. The day closed with a guided walking tour of Aegina's historic harbour and a shared dinner at NOA Restaurant.

DAY 3 – MAY 21: OPENING & ECO-ART THERAPY IN NATURE

The festival opened with welcome remarks from Claudio Marques and Fokion Dimitriadis (EPIONI), followed by keynotes on the evidence for arts in health and wellbeing from WHO specialists. Participants then joined the "Nature Within" poetry and eco-mindfulness workshop, and the "Rebirth" land art workshop on Marathonas Beach. The day closed with the "Healing with the Sea" ritual performance, a sunset concert by the Estoudiantina of Aegina, and a social dinner.

DAY 4 – MAY 22: MUSEUMS, MOVEMENT & CRAFT

Participants visited the Kapralos Museum for rotating workshops in movement and poetry around sculpture, and collage, followed by the pottery workshop "Sculpture & Mental Health: Molding the Inner World." The afternoon included an optional visit to the Temple of Aphaia, closing with dinner and a Playback Theatre performance.

DAY 5 – MAY 23: FINAL PERFORMANCE & FAREWELL

The programme culminated in rehearsals and the participatory performance "Rebirth – Video Poetry Performance," curated by Elena Zervopoulou, followed by a post-evaluation and a farewell dinner at Fish Tavern Remetzo in Perdika.

HEALING THROUGH ART

More than a series of workshops, these days in Aegina created a space of connection, expression and healing, reconnecting participants with nature and with one another. The TRUST project reminds us that art can be a bridge, and that healing is possible when we create together.

Project Meeting 20.05.2026



This transnational meeting brought our team together in Greece to push forward vital support for trauma survivors. Sessions centered on locking in final-stage finances, preparing the TRUST e-book and online course for release, and reviewing art therapy results ahead of our European exhibition tour.



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Meeting in Poltava

From August 31 to September 3, 2026, TRUST partners were welcomed at the National University "Yuri Kondratyuk Poltava Polytechnic," combining institutional work sessions with a three-day programme of art therapy workshops for those affected by the war in Ukraine.

Through canistherapy, clay art, textile collage and traditional craft, culminating in the performance "Cranes of Peace and Hope," participants explored healing as a guarantee of peace.



What did we do in Poltava

DAY 1 – 31 AUGUST (MONDAY): INSTITUTIONAL WORK SESSIONS

The day began with registration and a welcome for participants, followed by the official opening with WP1, WP2 and WP3 work sessions, a coffee break, and a dialogue panel with the university administration. After lunch, the consortium continued with WP4 and WP5 discussions and audit preparation, before a campus and Science Museum tour, a culinary workshop making traditional Poltava galushka, and a closing dinner with Ukrainian bandura music.

DAY 2 – 1 SEPTEMBER (TUESDAY): CLAY, WAX & THE CITY OF POLTAVA

Participants opened the day with the "My mood today" exercise, followed by the "Painting a Clay Crane" and "Beeswax Candle Making" workshops. The afternoon included a walking tour of the historic city centre and a visit to I. Kotlyarevsky's estate, closing with a dinner introducing Poltava's culinary traditions.

DAY 3 – 2 SEPTEMBER (WEDNESDAY): TEXTILES, FAMILY & REFLECTION

The day opened with the "What colour is my mood today?" exercise and the "Wings Home" textile collage workshop, followed by the art therapy workshop "Family Tree from Heart to Heart." Participants then met with psychologists from the State Emergency Service to exchange experience, and visited the Panas Myrny Museum for a traditional woodblock-printing workshop, before a closing dinner.

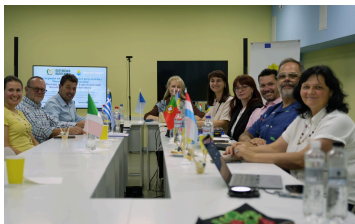
DAY 4 – 3 SEPTEMBER (THURSDAY): FINAL PERFORMANCE

On the last day, participants prepared and rehearsed the closing art installation, culminating in the final art performance "Cranes of Peace and Hope" in the university courtyard. The visit concluded with a farewell dinner and a shared reflection on the days together.

HEALING AS A GUARANTEE OF PEACE

More than a series of workshops, this mobility to Poltava created a space of solidarity, creativity and healing for those affected by the war, laying the foundations for long-term collaboration. The TRUST project reminds us that art can be a bridge, and that healing is possible when we create together.

Project Meeting in Poltava 31.08.2026



On 31.08.2026, our consortium gathered at the National University "Yuri Kondratyuk Poltava Polytechnic" in Ukraine. Partners from Belgium, Ukraine, and Portugal attended the meeting on site, while colleagues from Luxembourg, Italy, and Greece connected remotely. Together, the team advanced key project deliverables across several work packages, including the development of the educational e-book, HMOOC training modules, upcoming art performances, and ongoing dissemination efforts.



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