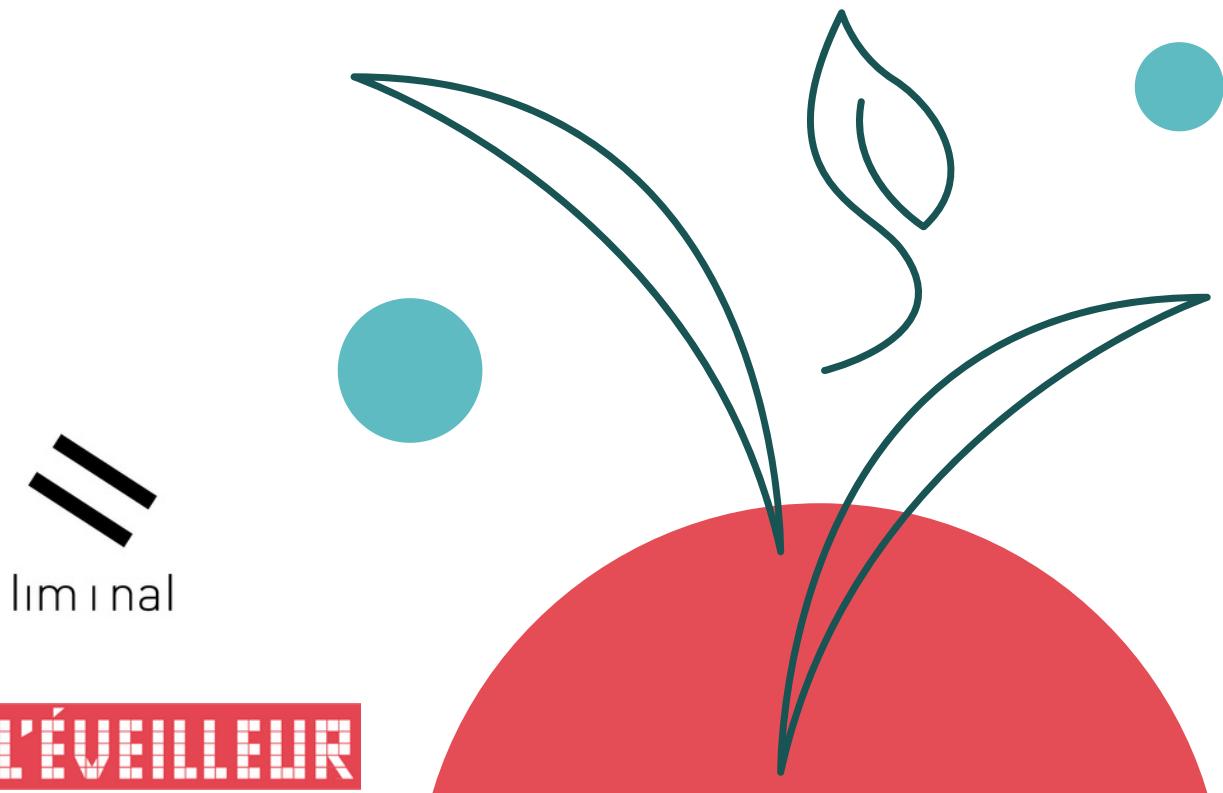




Social and  
Ecological  
Engagement  
through Dance



Educational trip in Athens  
18 to 22 November 2025



Financé par  
l'Union européenne



# Educational Program for the SEED Trip to Athens

The educational program for the SEED trip to Athens is designed to immerse participants in the project's central themes: ecological and social transitions, sustainability, inclusion, and accessibility within dance and the city's cultural ecosystem.

By exploring these dimensions, the program invites participants to question established models of artistic creation and dissemination, and to consider how different bodies, perspectives, and local resources can **foster sustainable, grounded, and innovative artistic practices**.

The itinerary balances encounters with **small-scale, innovative local actors** and **major cultural institutions**, offering a **pluralistic and cross-disciplinary approach**.

Participants will meet choreographers, inclusive artistic teams, visual and performing artists, and cultural organizers, each contributing to a broader understanding of how art can engage with social and environmental contexts. The program draws on both dance-related and interdisciplinary examples, encouraging connections between choreography and other creative or civic fields as sources of reflection and inspiration.

A central component of the program is the emphasis on **collective creation, exchange, and experimentation**, building on the collaborative processes initiated during the Avignon residency. Activities begin with a “**Creative Accessibility**” **workshop**, which integrates both theoretical and practical approaches to accessibility in the arts. Subsequent **working sessions** in dance studios invite participants to explore shared and intersectional values through guided tasks, experimentation, and peer collaboration providing hands-on opportunities to reflect on and embody the principles that connect the group.

Finally, the program is thoughtfully structured with “**crip time**” in mind minimizing commuting, ensuring equitable participation for all, and fostering an inclusive, sustainable pace of engagement. Lastly, the program emphasizes **openness** and **flexibility**, allowing it to adapt based on our needs and experiments, ensuring that inclusion remains at its core





# SEED Educational Trip to Athens

## DAY 1 | Tuesday, November 18

Theme: Creative Accessibility: Setting the Ground

Location: RootlessRoot (Helmou 11, Neo Iraklio 14122, Attica, Greece)

[View on map](#) | [website](#)

### RootlessRoot

As of January 2025, RootlessRoot & Fighting Monkey Practice are based in a new permanent space in Athens, available for rent when not in use by the companies. The facility features two bright studios (ROOT 1: 190m<sup>2</sup>, ROOT 2: 185m<sup>2</sup>) with wooden floors, black linoleum, high-quality sound, showers, changing rooms, an accessible restroom, and a lounge with kitchen amenities. Fully wheelchair-accessible, it is conveniently located near public transport. Founded in 2007 by Linda Kapetanea and Jozef Fruček, RootlessRoot develops a raw, physical language of expression through productions, research, and teaching, creating award-winning works for their own and other companies.

### 10:00–10:30 — Welcome Breakfast & Introductions

Participants meet the team, get an overview of the program, and settle into the space.

### 10:30–13:00 — Workshop: (Creative) Accessibility (Christos Papamichael)

The aim of this workshop is to provide a theoretical foundation on inclusion and participation in the arts, as well as an introduction to key accessibility tools and services commonly used in cultural settings. It will also offer a first introduction to creative accessibility.



## DAY 1 | Tuesday, November 18

### What is creative accessibility?

Creative Accessibility Methodology (CAM) is a participatory and co-creative approach that integrates accessibility into every step of the creative process. Unlike traditional practices, accessibility tools are not added afterward but are integrated organically from the start into the artistic design, resulting in accessible, innovative works that express diverse voices.

**13:00–14:30 — Lunch Break**

**14:30–15:30 — Presentation: CARR (Chios Art & Research Retreat) - Dimitris Theodoropoulos**

The Chios Art & Research Retreat (CARR) is a unique nomadic residency that brings together artists, scientists, and researchers to engage with the rich cultural and ecological landscape of Kampos, Chios. Participants explore its historic estates, distinctive architecture, and long-standing citrus orchards, reflecting on how tourism, urban growth, and abandonment have reshaped the area. Through critical inquiry and creative practice, they respond to these layers of history and environment, generating new perspectives that connect art, ecology, and community.

The residency will be presented by Dimitris Theodoropoulos, an architect and interdisciplinary artist whose collaborative practice spans architecture, set design, and experimental installations. A founding partner of hiboux architecture and co-founder of the errands group, he has worked with artists such as Dimitris Papaioannou and Athina Rachel Tsangari, while also teaching and leading workshops at multiple universities. His work emphasizes co-authorship, dialogue across disciplines, and community-centered creative processes.



## DAY 1 | Tuesday, November 18

### 16:00–19:00 — Open rehearsal “Cops and Robbers”: Manolis Saridakis & Medie Megas

Manolis Saridakis is the first learning disabled and autistic choreographer in Greece and Medie Megas is a choreographer and dramaturg. They are co-leaders of this choreographic project, which is based on the traditional children’s game named “Cops and Robbers”. Along with a dynamic group of dancers, with and without disabilities, they will share the results of their exciting research so far, questions and obstacles that arose during the process and thoughts on the accessibility of the final performance.

### Evening — Welcome Dinner (optional)





## DAY 2 | Wednesday, November 19

Theme: A Living Model of Sustainable Cultural Practice

Location: Duncan Center (Chrisafis 34 & Dikearchou St., Vryonas, Athens)

[View on map](#)

### 10:30–11:30 — Guided Tour: Duncan Center with Pinelopi Iliaskou

The Duncan Dance Research Center (DDRC) was until recently the only centre available for research, residencies, networking, community building, educational projects, exploration and implementation of artistic eco-practices in the dance context. Housed in a historic building designed in 1903 by Isadora Duncan's brother, Raymond Duncan, it follows the model of an ancient Mycenaean mansion and remains one of the few venues worldwide created specifically for dance that continues to serve this purpose. Realizing the Duncans' utopian vision of a space where dance and daily life intertwine, the "House of Dance" became the foundation of today's Duncan Center. Renovated between 1980 and 1992 by the Municipality of Vryonas and declared a Modern Monument by the Ministry of Culture, the DDRC now aims—through the gradual transformation of its grounds, infrastructure, and social fabric—to serve as a tangible, replicable model of sustainable cultural practice.

The Duncan Dance Research Center (DDRC) integrates ecological practices through its MOVING GROUND project, which applies permaculture principles, nature-based solutions, and regenerative design to its grounds, artistic practices, and community activities. The center transformed its neglected outdoor space into a community garden, promoting biodiversity with indigenous and heirloom plants adapted to the Mediterranean climate. It encourages composting, zero-waste events, and water-conscious landscaping, and incorporates ecological thinking into dance and art, treating sustainability as both a creative and social process. Through workshops, performances, and educational programs, DDRC fosters active community participation, environmental awareness, and sustainable living, aiming to serve as a model for net-positive cultural and urban development.



## DAY 2 | Wednesday, November 19

**11:30–13:00 — Working session with Demy Papathanasiou**

**13:00–14:30 — Lunch Break**

**14:30–15:30 —Working session with Demy Papathanasiou**

**16:30–17:30 — Visit: Fabrica Artspace**

Location: Meg. Alexandrou 125 & Evrimedontos, Kerameikos

View on [map](#) | [Site](#)

Fabrica Athens, founded in 2009, is a multidisciplinary arts collective dedicated to promoting handmade, recycled, and community-driven artistic practices. Through initiatives such as the annual “Handmade and Recycled Theatre Festival,” the group provides a platform for independent and professional artists to showcase sustainable and creative work, emphasizing self-organization, collaboration, and environmental consciousness. Its goals include supporting independent, handmade creation, training young performers and actors, and fostering connections between people, scientists, and artists across disciplines, aiming for an interdisciplinary, holistic, and human-centered approach to art.

Operating in theater, circus, yoga, and DIY construction, Fabrica Athens also engages in education through workshops, seminars, and European collaborations—including work in prisons and Erasmus+ projects—while its venues, Fabrica Stage and Fabrica Artspace in Kerameikos, serve as hubs for artistic experimentation, community engagement, and the expansion of Athens’ contemporary cultural landscape.

**17:30–18:00 — Wrap-Up & Closing Discussion**



## DAY 3 | Thursday, November 20

Theme: Creative Accessibility & Inclusive Teaching

Location: ISON Dance & Theater (Melenikou 33, Athens 10447)

[View on map](#) | [website](#)

### ISON

Launched in 2019, ISON is a collaborative initiative between THEAMA (Theater of Disabled People) and EXIS Inclusive Dance Company, serving as both an educational hub and a black box theatre. The space promotes inclusive artistic education, welcoming disabled and non-disabled artists alike. Located in the Kerameikos area, ISON spans 90 square meters and is fully accessible, thoughtfully designed to host classes, workshops, rehearsals, and a wide range of artistic presentations, including theater, dance, music, poetry, and visual arts. Over six years of operation, ISON has supported numerous productions and exhibitions, establishing itself as a versatile space for creative experimentation and professional development.

### 10:00–13:00 — Workshop: Creative Accessibility & Inclusive Dance Teaching (Christos Papamichael, Medie Megas)

This workshop explores inclusive and accessible approaches to working with dance groups of disabled and non-disabled participants. Through discussion, collaborative exercises, and reflection, we will engage with strategies and tools for designing movement activities that can be adapted to a mixed group. The session encourages creativity, experimentation, and the development of practical skills to foster genuine inclusion in dance practice.

### 13:00–14:30 — Lunch Break



## DAY 3 | Thursday, November 20

### 14:30–15:30 — Presentation: Anna Vekiari — EXIS Inclusive Dance Company

Anna is the founder and artistic director of EXIS Inclusive Dance Company and co-founder of ISON THEATRE-CHOROS, the first systematic inclusive dance and theatre workshop in Athens. She is a senior dance therapist and certified in DanceAbility Teacher Training. Anna teaches classical and contemporary dance and improvisation in inclusive settings, and has worked with schools, festivals, and organizations in Greece and internationally. She choreographs and performs with EXIS, which unites disabled and non-disabled dancers in professional creation and participates in European and Erasmus+ programs.

### 15:30–17:30 — Workshop by Estelle

### 17:30–18:00 — Wrap-Up & Closing Discussion

### 18:00 — Optional: Drinks at Calibra Café

Calibra project is a multipurpose space that functions both autonomously and as an extension of the ISON Theatre, located in the neighborhood of Votanikos in Athens. The architectural proposal by kometka architects prioritizes accessibility and inclusivity. Accessibility and inclusivity were fundamental requirements in the design of this contemporary multipurpose space. All areas, including restrooms, are fully accessible.

OR

### 18:00 — Optional Visit: National Museum of Contemporary Art (EMST) Exhibition: “Why Look at Animals?”

Visit [website](#)



## DAY 4 | Friday, November 21

Theme: Experimentation & Collaboration

Location: Onassis Stegi (107–109 Syngrou Avenue, Athens)

View on [map](#) | Visit [website](#)

**10:00–12:30 — Working session by Clara**

**12:30–14:00 — Lunch / Free Time**

**14:00–16:30 — Working session by Maria**

**17:00–18:00 — Presentation by Onassis Stegi Team**

At Onassis Stegi, accessibility and inclusion are central to how art is created, performed, and experienced. Productions like Oedipus and The Little Prince Blues feature surtitles, audio description, and tactile tours, with communities participating as co-creators. The organization also supports artists with disabilities through training, networking, and international opportunities, and ensures large-scale events, like the Neos Kosmos street Party, are fully inclusive. As a partner in Europe Beyond Access, Onassis Stegi promotes a European space of inclusion, creativity, and professional empowerment. Sustainability is integrated across all activities, from daily operations to productions and educational programs.

In collaboration with Julie's Bicycle, the institution has implemented energy-efficient systems, LED lighting, rainwater harvesting, solar panels, native landscaping, and extensive recycling initiatives. Printed materials and office supplies prioritize recycled or biodegradable materials, and staff and visiting artists are guided in eco-friendly practices. Through exhibitions, workshops, festivals, and symposiums, Onassis Stegi engages communities in dialogue on climate change, sustainability, and circular economy, serving as a model for environmentally responsible cultural organizations.



## DAY 4 | Friday, November 21

**18:00 — Optional: Cool-down and casual hangout at Naïf**

**OR**

**18:00 — Optional: MIRFestival**

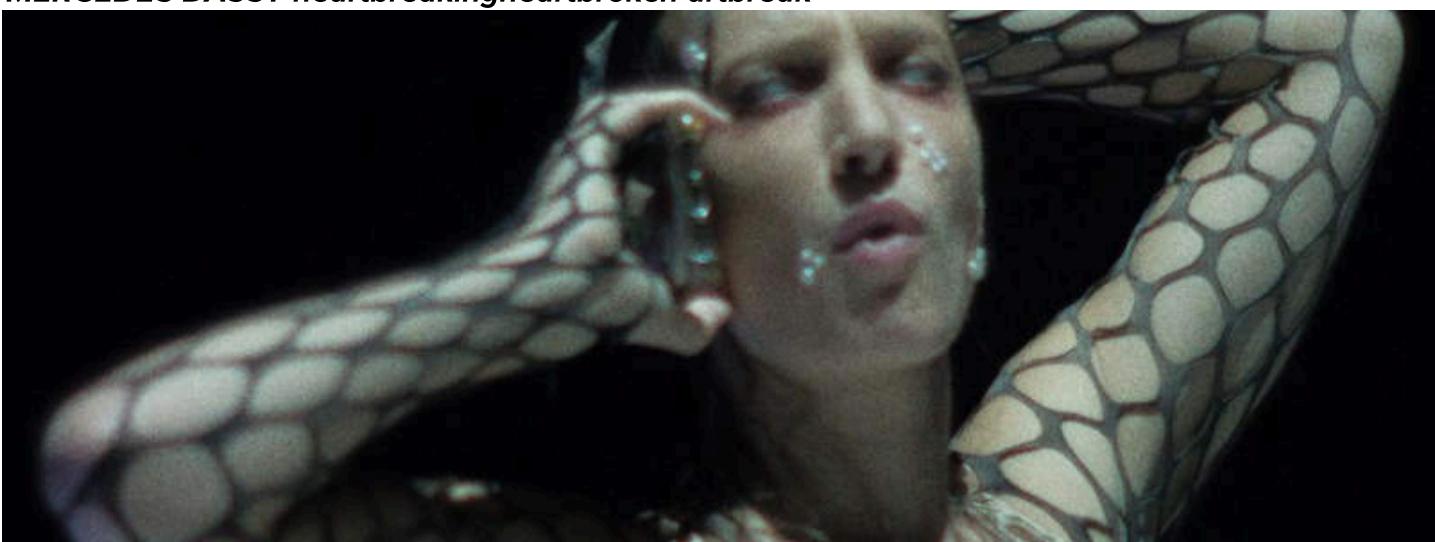
MIRfestival is an international contemporary art festival, on the experiment at the crossroads of performing arts and visual new media. Simply put, MIR is a festival bringing together the scene and the image (where image represents all the research on the contemporary visual expression and respectively scene all the research on the human body and performance in every sense).

Performances, projections, video installations, experimental live media events, concerts, exhibitions, interventions in the city will take place. Guest artists and collectives from Greece and abroad will be proposing a wide range of ideas, of interesting and weird artistic projects worth seeing and perhaps participating into.

MIRfestival is organized by MIR, a non-profit cultural company for promoting the contemporary art, in collaboration with private and public organizations and institutions.

**[Learn more about MIR Festival](#)**

***MERCEDES DASSY heartbreakingheartbroken artbreak***





## DAY 5 | Saturday, November 21

Theme: Inclusive Art Networks

Locations: Stavros Niarchos Foundation Cultural Center (SNFCC)  
& Onassis Stegi

[View on map](#) | [website](#)

### 10:00–10:30 — Guided Tour: SNFCC

An introduction to one of Athens' most important cultural and sustainability landmarks.

The Stavros Niarchos Foundation Cultural Center (SNFCC), designed by Renzo Piano and funded by the Stavros Niarchos Foundation, is a landmark of sustainability, environmental innovation, and accessibility in a large-scale cultural project. From its construction—including the Energy Canopy, green roofs, water management systems, and Mediterranean landscaping in Stavros Niarchos Park—to its daily operations, the SNFCC integrates energy efficiency, waste reduction, water self-sufficiency, and sustainable mobility. Covering 85% of its site, the Park functions as both a public green space and a platform for environmental awareness, while educational programs, exhibitions, and public initiatives engage visitors of all ages in sustainability, encouraging reflection, action, and environmental responsibility.

The SNFCC exemplifies both sustainability and inclusivity, offering comprehensive accessibility features that ensure everyone can enjoy its facilities and programs. From wheelchair-accessible paths and Braille-guided elevators to assistive hearing devices and multi-sensory tours, the center supports visitors with diverse needs—including those with mobility, visual, hearing, or sensory challenges—making it a model cultural institution for environmental and social responsibility.





## DAY 5 | Saturday, November 21

**10:30–11:15 — Overall wrap-up and reflections**

**2:00–14:00 — Human Library: “Living books” share stories about Disability and Dance**

A participatory encounter format encouraging dialogue, empathy, and understanding through personal storytelling. The Human Library, which began in Denmark, is a library where people take the place of books. Each “book” has a title, and readers choose which story they want to hear. The “reading” is interactive, with questions and answers, always conducted with respect, free from judgment and prejudice.

In our Human Library, the “living books” present a diverse range of experiences: disabled artists challenging prejudice, alongside professionals who continually push the boundaries of creativity. In this session, “living books” will share their stories at the intersection of disability and dance, where the body speaks through movement and rhythm creates a shared space for connection.

We'll meet: Maria Ioannidou, Manolis Saridakis & Medie Megas, Demy Papathanasiou, Ismini Slijper  
More information [here](#).

**14:30–16:00 — Lunch Break**





## DAY 5 | Saturday, November 21

**16:00–19:00 — Visit: Artogether dance group (liminal) at Onassis Stegi**

Artogether – Art by People With and Without Disabilities is a dance company founded in 2003. It was established by Artogether (formerly Very Special Arts Hellas), a pioneering NGO for arts and culture, which merged with Liminal in 2022.

As an inclusive ensemble, it promotes accessibility, artistic exchange, and collaboration in the performing arts. Bringing together dancers of diverse abilities, the company has performed widely across Greece — participating in festivals, open classes, educational workshops, and improvisational events in schools, public spaces, and cultural venues. Emphasizing the richness of bodily diversity, Artogether explores movement as a shared language while developing practical tools for accessibility and inclusivity in dance.

During our visit, we will meet the company, observe their working process, and engage in a shared practice. This collaborative session may culminate in an improvised jam, offering a dynamic and celebratory conclusion to our five-day residency.





# Useful Information for Traveling in Greece

## Currency

Greece uses the Euro (€). Credit and debit cards are widely accepted, but it's a good idea to carry cash, especially in small towns or for taxis.

## Time Zone

Greece operates on Eastern European Time (EET), which is GMT+2, and GMT+3 during daylight saving time (March to October).

## Electricity

Greece uses Type C and F plugs with a standard voltage of 230V and frequency of 50Hz. Bring a universal adapter if needed.

## Transportation

- **Taxis:** Taxis are widely available, and you can also use apps like **Free Now, Uber** to book them.
- **Public Transport:** Major cities like Athens have metro, bus, and tram networks. Buses and ferries are the best options for traveling between islands or smaller towns.
- **Driving:** Greece drives on the right.

## How to Get to the City Center from the Airport

### 1. Metro (Underground):

- Line departs every 30 minutes.
- Cost: €9 per person (return ticket: €16).
- Duration: approx. 50 minutes to Syntagma Square

### 2. Airport Bus (X95):

- Runs every 10–15 minutes.
- Cost: €6 per person.
- Duration: approx. 1 hour and 10 minutes to Syntagma Square.



## Useful Information for Traveling in Greece

### 3. Taxi:

- Approximate cost: €50.
- Duration: around 40 minutes.

**Tip:** You may also consider purchasing the **5-Day Ticket (€8,20)**, which includes unlimited use of public transport (buses, trolley-buses, trams and metro lines 1, 2 and 3 (to Koropi Station) networks and for the Suburban Railway (TRAINOSE) (route part including Magoula – Piraeus – Koropi). Valid for 5 X 24 hours from its first validation.

This ticket type is not valid for Airport EXPRESS bus lines, that is X80 bus line, and metro line 3 for the route part Koropi – Airport.

OR

the **3-day tourist ticket (€20)**, which includes unlimited use of public transport (bus, metro, tram) for 3 days — including round-trip travel to/from the airport.

The 3-day tourist ticket is valid for 3 X 24 hours from its first validation for all Athens Urban Transport Organization (OASA) means: buses, trolley-buses, trams and metro lines 1, 2 and 3 (to Koropi Station) networks and for the Suburban Railway (TRAINOSE) (route part including Magoula – Piraeus – Koropi). It also includes a 2-way travel from and to the Athens International Airport by the Metro or the respective EXPRESS bus lines.

**See more at the website**



## Contacts & Useful Info

Name	Role	Email	Phone Number
Christos Papamichael	Director liminal	ch.papamichael@liminal.eu	(+30 6993076378)
Marilena Koukouli	Project Coordinator liminal	m.koukouli@liminal.eu	(+30 6980342222)
Olympia Antonena	Communication Manager liminal	o.antonena@liminal.eu	(+30 694 513 3570)

### Phone code

The phone code for Greece is +30. When dialing a Greek number from abroad, you would start with +30, followed by the local number.

### Emergency Numbers

European emergency number (for police, ambulance, and fire): 112

Tourist Police: 171

Hospital/Ambulance: 166

Police: 100



*We can't wait to welcome you to Athens!*



Medie  
Megas



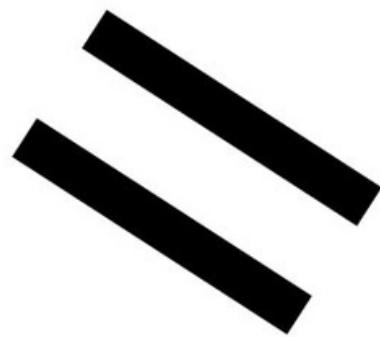
Olympia  
Antonena



Marilena  
Koukouli



Christos  
Papamichael



liminal



[www.liminal.eu](http://www.liminal.eu)



info@liminal.eu



Plateia Theatrou 6, Athens



+0030 698034 2222



@liminal.access