



16th
INTERNATIONAL
MitOst FESTIVAL

WELCOME!

Dear Friends,

We warmly welcome you to the 16th International MitOst Festival in Athens. With the Festival we are constantly exploring Europe and its neighbouring regions, each year in a different location. Our Festival is coming to Greece for the first time, and yet MitOst is very much at home here.

Currently, there are around 50 alumni and members based in Greece – a lively MitOst community, which contributes with commitment and topics to our network – be it as official collaborators and participants in programmes or as initiators of self-organised local or international activities. It feels great to invite you to this Festival as a group of close, like-minded partners and friends. We are glad that 320 people from all over Europe and beyond accepted this invitation.

In 2016, when the first thoughts about a possible Festival in Greece were exchanged, we developed a common vision with Metaxourghio – the little village of Athens – being at the center of it. The neighborhood is a small world of its own. It brings together in its unique way what we cherish in Festival locations.

Walking through the streets of the area, one can observe a multitude of crumbling buildings alongside upscale contemporary architecture. Historical transformations are visible in the cityscape that still determine dividing lines and challenges of the district today. What happens around and behind the facades, the social tissue that characterizes interpersonal relationships between the numerous communities, can be experienced first and foremost by communicating and exchanging with the local people.

For this reason, the local Festival team has initiated a dialogue with residents, local initiatives, public institutions and local

businesses in order to anchor the Festival in the texture of Metaxourghio, to link the most relevant local themes to what we want to explore together during the Festival and make it a meaningful experience for everyone. Your numerous submissions for the Festival programme imply that these topics echo with the network.

The Festival's sessions and workshops will take place all across the district in community spaces, cafes and bars. Many of our events will be hosted in the Communitism House, a charming building that looks like a timeworn beauty. Currently, the active neighbourhood – long-time locals and newcomers from all over the world – is awakening the building from its slumber. We have received the invitation by the local community as a special gift and want to thank everyone who has taken part in and devoted time to the preparation of the Festival in one way or another.

We are living in a time of rapid and global transformations which are affecting us in different ways. Levels and strategies on how to face these common challenges are emerging and becoming more vivid. Stories of resilience, citizens' agency and processes of positive societal transformation are reshaping the way we organise our local realities and communities.

We understand the MitOst Festival as a place to get connected and exchange views. With our "do-it-together" approach we want to create with you a MitOst Festival that gives all of us a unique opportunity for deep conversations, new learnings and maybe even new projects in a friendly, festive and relaxed atmosphere.

The MitOst Festival is traditionally also the place for the MitOst Members' Assembly. The Festival was initiated in 2003 to facilitate a deeper exchange on the days before

and after the Assembly – which always formed its core. Today, MitOst has grown into a large network of members, alumni, partners and friends; and the Festival is still the place where we, as MitOst, want to make decisions together.

Complementing the Assembly, this year we are prototyping the MitOst Agora – a space for exchanging on MitOst-related topics. The Agora is an open space for all of you, as part of our community shaping MitOst.

The Agora is located in our Festival headquarters, the Municipal Gallery of Athens – an exhibition hall housing works of art by important Greek artists of the 19th and 20th centuries. It used to be a silk factory during the founding times of the neighbourhood. We invite you to breathe the Festival spirit into this place, to use your creativity and imagination, to self-organise and give it a form you feel comfortable with.

The Festival's wanderings through Europe for the last 16 years while offering a physical meeting space for civil society actors has brought many of us closer together. The

Festival has finally also become a meeting space in the digital world. This year we are using a Festival app that allows you to access the Festival programme anytime and navigate it easily. It will help you to keep an overview of all sessions and provides you with an interactive map of the Festival area.

We wish you many transformational encounters during the MitOst Festival 2018 and are sure that you will carry home numerous cherished memories. We hope that the next few days in Athens will be a very special experience in our shared MitOst history and in your own personal Festival history.

We would like to thank our long-standing partners and funders as well as all those who supported us specifically for this Festival edition. We also thank all those dedicated and inspiring individuals who shaped this Festival in its content and form – your contribution is essential!

And to all of you, dear participants – thank you for being here, sharing and shaping our common Festival.

Your MitOst Board, Managing Directors
and the Festival Team in Berlin as well as in
Greece represented through COMM'ON and
Communitism

COMMUNITISM

Communitism is an open community of creative professionals experiencing practices of commoning at Keramikou 28 in Metaxourghio. Communitism revives abandoned or under-utilized cultural heritage buildings transitioning them into cultural commons entrusted and operated by active communities by building a cooperative relationship between owners and community members.

COMM'ON

COMM'ON is a non-profit in Athens working as a “backbone” organisation for innovative and sustainable societal collaborations in the city and in smaller communities. COMM'ON is designed as a multi-levelled space, where people – leading new societal activities – meet, learn from each other, exchange assets and co-create new effective and sustainable solutions for common living, building a new societal eco-system.

The last two years COMM'ON and MitOst collaborate in different action fields. COMM'ON is one of the co-implementing partners for Tandem Europe and the partner for Tools for Citizens in Greece. The two co-founders of COMM'ON have participated in MitOst programs in the past, Stelios as a member of team Athens for the first round of Actors of Urban Change and Marou as participant in Citizens Lab.

METAXOURGHIO – THE SMALL VILLAGE OF ATHENS

Defying persistently “big planning” attempts, the district of Metaxourghio at the northwestern corner of the historic centre of Athens has always been hosting a unique mixture of residential, commercial and industrial activities and contains one of the most diverse populations of the city with varied origins, religions and cultures. With its challenges and invisible dividing lines, the neighbourhood reveals a large spectrum of polarities that inform the thematic trajectories of this year’s Festival. The neighbourhood of Metaxourghio is a small world on its own that even today is often referred to as “our village”, due to its slow paces and close interpersonal relationships between the numerous communities that are active in it.

Metaxourghio (Greek: Μεταξουργείο pronounced [me.ta.xur'jio] meaning Silk Mill) derives its name from the early 19th century, when the Industrial Revolution brought workers and craftsmen to the district, which quickly became the centre of the Greek textile industry. After the industry moved out in the 1990s, the area experienced a heroin epidemic that dragged users into abandoned properties while other houses have survived to this day as brothels that were established in the course of the 1920s. In the mid-2000s, the balance within the neighbourhood began to change with an ambitious and soon abandoned private real estate development plan. A few luxury apartments, gated communities and private security became features of the neighbourhood. But also young people, artists and social enterprises started to settle here.

PROGRAMME

WEDNESDAY, OCTOBER 3

18:00–23:00

Square
Opening
| EN | DE | RU |

THURSDAY, OCTOBER 4

9:00–10:00

Square
Collective Meet-up
| EN | DE | RU |

9:15–10:00

Yurt
MitOst and You |
MitOst und Du
NETWORKING | EN | DE | RU |

10:00–11:00

P82
Mapping Urban
Alternatives
WORKSHOP | EN |

10:00–11:30

Communitism
Exploring Space |
Raumerkundungen
TOUR | EN | DE | RU |

Bios
Digital Tools for NGOs |
Цифровые технологии
и инструменты для
неправительственных
организаций
WORKSHOP | EN | RU |

Anasa
Using Music as a Powerful
Tool for Social Integration
DISCUSSION | EN |

Fabrica Athens
The Role of Collective
Power in Sustainability for
Cultural Projects
WORKSHOP | EN |

Horizon
Understanding Complex
Systems
WORKSHOP | EN |

10:00–12:00

Kampethón
Loesje Meets MitOst
WORKSHOP | EN |

Ble Papagalos
Advocating Europe.
Engaging the EU Bubble
with Impact Stories from
Civil Society
WORKSHOP | EN |

Kouzouloúm
Do It Yourself! Capacity
Building for Your Team
and Organisation with
Tools for Citizens
WORKSHOP | EN |

12:00–13:30

Municipal Gallery
MitOst Agora |
MitOst Aropa
| EN | DE | RU |

15:30–17:00

Anasa
Working with Minorities
WORKSHOP | EN |

Balkan Can Kino
Revitalisation Case of
Promprylad in Ukraine
DISCUSSION | EN |

Latraac
Taking back the Streets,
one Story at a Time
DISCUSSION | EN |

Life is Good
Do-It-Yourself Stencil
Workshop
CREATIVE CORNER | DE | EN
| RU |

Life is Good
Yoga fürs Gehirn | Yoga for
the Brain
CREATIVE CORNER | DE | EN
| RU |

O Allos Anthropos
Wieviel Athen lebst Du ?
| Keep Athens on Your
mind – then and now!
WORKSHOP | DE | EN |

15:30–17:30

Yurt
Don't just Connect. Build
Relationships!
NETWORKING | EN | DE | RU |

Horizon
Law and Creative Writing
WORKSHOP | EN |

15:30–18:00

Square
Fußball | Football
| DE | EN | RU |

17:30–19:00

Square
Change Your Mind(set) &
Stress Management
WORKSHOP | EN |

Tsoulithra
Urbanity – Play for
Change!
GAME | EN |

O Allos Anthropos
Украинский опыт
инклюзии уязвленных
сообществ
WORKSHOP | RU |

Typo
MitOst Members'
Projects – A Living
Exhibition
EXHIBITION | EN |

17:30–19:30

Yurt
MitOst Is in the Hood |
MitOst Nebenan
NETWORKING | EN | DE | RU |

17:30–20:00

P82
Rethinking
Metaxourghio's
Neighbourhood
WORKSHOP | EN |

19:30–22:00

Bios – Kino
Krisis
FILM | EN | GR |

20:30–21:30

Fabrica Athens
Die Sprache als gut
formulierte Ausrede
PERFORMANCE | DE |

20:30–22:00

Balkan Can Kino
Creative Use of Empty
Spaces
FILM | EN |

Ásylo
Rosenquarzexpress
MUSIC | DE | EN | RU |

Kouzouloúm
Storytelling Night
STORYTELLING | EN |

22:00

Cabaret Voltaire
MitOst Party
| EN | DE | RU |

FRIDAY, OCTOBER 5

9:00–10:00

Square
Collective Meet-up
| EN | DE | RU |

10:00–11:30

P82
Системное мышление
для устойчивого
развития
DISCUSSION | RU |

Plenum

Exploring Mental Health
in a Crisis within a Crisis
WORKSHOP | EN |

Meme

Creative Living Heritage
and its Potential in
Culturally Diverse
Societies
DISCUSSION | EN |

Kouzouloúm
Games for Inspiring
Neighbourhoods
WORKSHOP | EN |

Ble Papagalos
State of the Art(s)?
Mapping the Cultural
Scene of Athens
DISCUSSION | EN |

Horizon
ВостокДом –
истории о доме
| RU |

10:00–12:00

Bios
Working Topless |
Arbeiten oben ohne
WORKSHOP | EN | DE |

Myrovolos
Experiencing CitizensLab
WORKSHOP | EN |

Anasa
Taking Care of those who
Care – Mental Hygiene for
Civil Society Actors
WORKSHOP | EN |

12:00–13:30

Municipal Gallery
MitOst Agora |
MitOst Aropa
| EN | DE | RU |

14:00–15:00

Municipal Gallery
Tour through the
Municipal Gallery
TOUR | EN |

15:15–19:00

Square
National Library of
Greece: Orchestrating
the Transformation of a
Public Institution
TOUR | EN |

15:30–17:00

Frouararchio
Intercultural Bonds
WORKSHOP | EN |

15:30–17:30

Fabrica Athens
Audience Development
WORKSHOP | EN |

LUDD
Reverse Engineering
the Maker Movement.
Transition to New
Inclusive and Sustainable
Solution
DISCUSSION | EN |

15:30–18:00

Square
Victoria Square Project at
Elpidos Street
TOUR | EN |

Square
Reflecting on Urban issues
of Athens
TOUR | EN |

Yurt
Think, Develop,
Implement
NETWORKING | DE | EN | RU |

15:30–18:30

Latraac
Metaxourgeion. Text
WORKSHOP | EN |

Horizon
Self Knowledge |
Самопознание
WORKSHOP | EN | RU |

Tsoulithra
Digital Storytelling
Session
STORYTELLING | EN |

17:30–19:30

LUDD
Future of Work @MitOst
WORKSHOP | EN |

19:00–20:30

Square
Celebrate
WORKSHOP | EN | RU | DE |

20:30–22:00

Balkan Can Kino
Matache 2.0
FILM | EN |

Communitism
Audible Creations
PERFORMANCE | DE | EN |
RU |

Communitism
Welcome at Communitism
DISCUSSION | EN |

19:30–22:30

Kypseli Square
Food & Footage
FILM | EN |

22:00

Communitism
MitOst Party
| EN | DE | RU |

**SATURDAY,
OCTOBER 6**

11:00–12:00

Square
Collective Meet-up
| EN | DE | RU |

11:30–13:30

Yurt
Cultural & Creative
Economy in Greece
EXHIBITION | EN |

12:00–13:30

Municipal Gallery
MitOst Agora |
MitOst Aropa
| EN | DE | RU |

14:00–17:00

Municipal Gallery
Mitgliederversammlung |
Members' Assembly
| DE | EN | RU |

20:30–21:30

Bios
Tombola
| EN | DE | RU |

22:00

Bios
MitOst Party
| EN | DE | RU |

**SUNDAY,
OCTOBER 7**

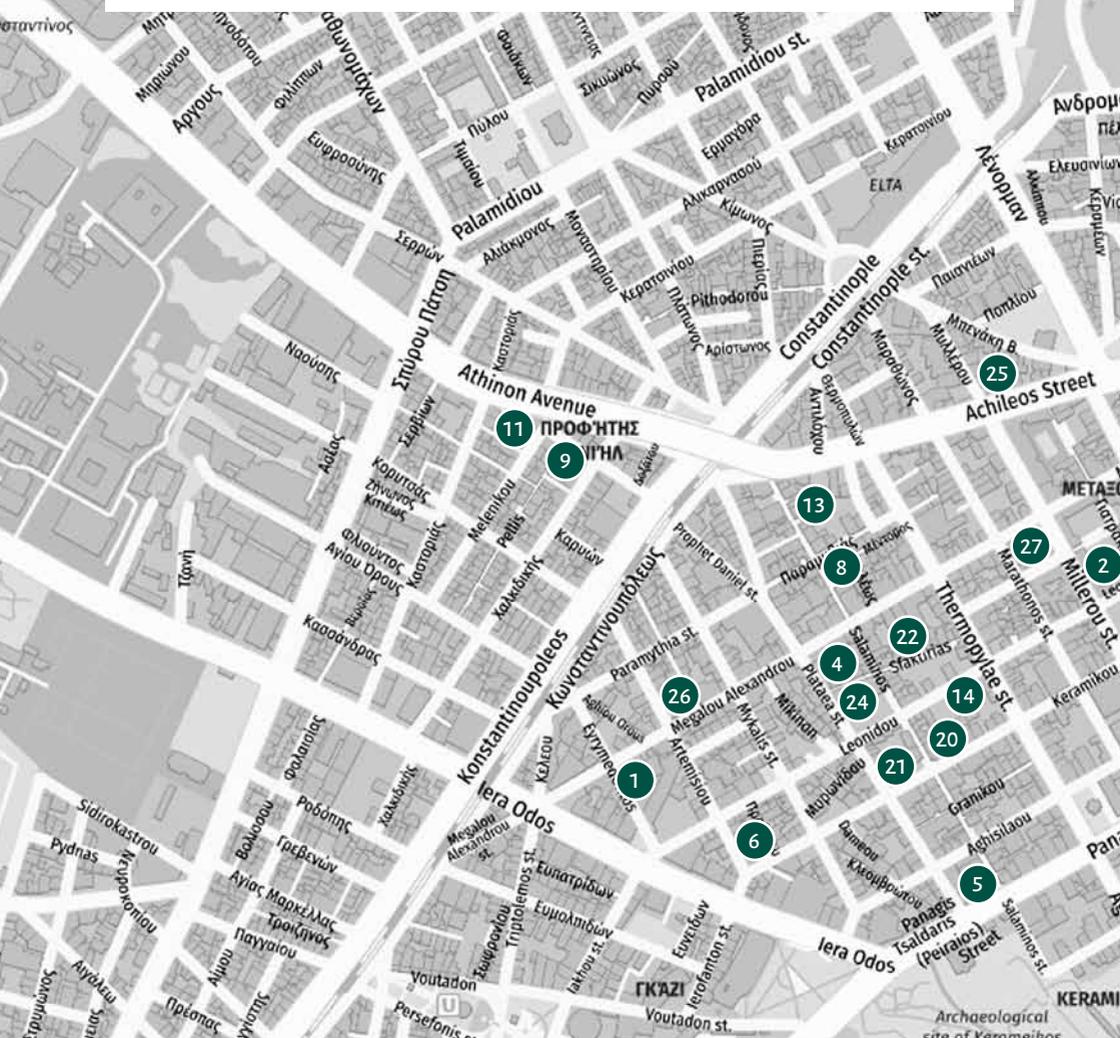
10:00–12:00

Brunch & Farewell
| EN | DE | RU |

11:30–13:00

Municipal Gallery
Reflective Laboratory
DISCUSSION | EN |

1. Fabrica Athens
2. Municipal Gallery of Athens
3. Communitism/ Meme / Plenum / Typo / Balkan Can Kino
4. ANASA African Cultural Center
5. Bios
6. Kampethón
7. Saorsa Athens
8. Tsoulithra
9. LUDD | Makerspace / Fablab
10. Ble Papagalos
11. Oi Thessaloi
12. Frourarchio – City of Athens Solidarity Centre
13. Atopos CVC
14. Latraac
15. Golden City Hotel
16. Crystal City Hotel
17. Myrovolos
18. Athens Odeon Hotel
19. Athens Choice Hotel
20. P82
21. Horizons
22. Life is Good
23. Square / Yurt
24. Kouzouliúm
25. Ásylo
26. O Allos Anthropos
27. Cabaret Voltaire



SPEAKING GREEK

LETTER	NAME	TRANSCRIPTION	PRONUNCIATION
A, α	álfa (άλφα)	a, αι = e	[a]
B, β	víta (βήτα)	v	[v]
Γ, γ	gám(m)a (γάμ(μ)α)	g, γκ = ng, γγ = nch, γξ = nx	[ɣ], [j]
Δ, δ	délta (δέλτα)	d	[ð]
E, ε	épsilon (έψιλον)	e, entfällt vor /not pronounced if fol- lowed by ι	[ɛ]
Z, ζ	zíta (ζήτα)	z	[z]
H, η	íta (ήτα)	i	[i]
Θ, θ	thíta (θήτα)	th	[θ]
I, ι	ióta (ιώτα)	i	[i], [j]
K, κ	káp(p)a (κάπ(π)α)	k	[k], [g]
Λ, λ	lámnda (λάμνδα)	l	[l]
M, μ	mi (μι)	m	[m]
N, ν	ni (νι)	n	[n]
Ξ, ξ	xi (ξι)	x	[ks], [gz]
O, ο	ómikron (όμικρον)	o, οι = e	[ɔ]
Π, π	pi (πι)	p, μπ = (m)b5	[p], [b]
P, ρ	ro (ρω)	r	[r]
Σ, σ	sígma (σίγμα)	s	[s]
T, τ	taf (ταυ)	t, ντ = (n)d5	[t], [d]
Υ, υ	ýpsilon (ύψιλον)	y, ου = ou, sonst nach Vokal / follow- ing other v / f	[i], [u], [v], [f]
Φ, φ	fi (φι)	f	[f]
X, χ	chi (χι)	ch	[x], [ç]
Ψ, ψ	psi (ψι)	ps, μπ = (m)bz	[ps], [bz]
Ω, ω	oméga (ωμέγα)	o	[ɔ]

GREEK PHRASES

Everything is confusing because you can't read anything? Here's some help for you to be able to decipher the greek alphabet.

Though English is widely spoken in Athens here are some basic expressions that will make you feel like a local:

Auch wenn ihr euch mit den meisten Athenern auf Englisch unterhalten könnt, haben wir hier einen kleinen Sprachführer für euch mit einigen der wichtigsten Ausdrücke für den griechischen Alltag zusammengestellt:

ENGLISH	DEUTSCH	ΕΛΛΗΝΙΚΑ	
Hello / Goodbye	Hallo / Tschüss	Γειά	[yia]
Good morning	Guten Morgen	Καλημέρα	[kaliméra]
Good night	Gute Nacht	Καληνύχτα	[kalinychta]
Please / you're welcome	Bitte	Παρακαλώ	[parakaló]
Thanks you	Danke	Ευχαριστώ	[efcharistó]
I am sorry	Entschuldigung	Συγγνώμη	[sygnómi]
Cheers	Prost	Στην υγείά μας	[stin yía mas]
I love you	Ich liebe dich	Σε αγαπώ	[se agyapó]

SERVICE

INFO DESK | INFOSTAND

Festival Square at the Municipal Gallery | Festivalplatz and der Kommunalen Galerie:

Germanikou 4, 10436 Athen

Opening hours | Öffnungszeiten:

Wednesday | Mittwoch: 12:00–18:00

Thursday | Donnerstag: 9:00–15:00

Friday | Freitag: 9:00–15:00

At the Info Desk you register upon arrival, receive the festival booklet, other material and all information needed. This is also the place to pay your festival and membership fee. During the Festival you can always come here for help and further information, we will be happy to help you.

Am Infostand meldet ihr euch bei der Ankunft an, erhaltet die Festival-Broschüre, anderes Material und aktuelle Informationen. Hier bezahlt ihr auch euren Festival- und Mitgliedsbeitrag. Während des Festivals könnt ihr hier Hilfe und weitere Informationen erhalten. Wir freuen uns, euch weiterzuhelfen.

FESTIVAL COORDINATION | FESTIVALKOORDINATION

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SUPPORT FOR URGENT QUESTIONS | HILFE IN DRINGENDEN FÄLLEN

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CALL IN CASE OF EMERGENCY | NOTFALLRUFNUMMER: 112

SERVICE

PHARMACY | APOTHEKE

Vardoulaki Tsandila Christina
Meg. Alexandrou 104, Athina 104 35
+30 21 0346 2181

HOSPITAL | KRANKENHAUS

Central clinic of Athens SA
Asklipiou 31 | +30 21 0367 4000

POST OFFICE | POST

Omonia Square Post Office
Koumoundourou 29

TAXI

thebeat.co/en
offers a Taxi App with English-speaking
drivers | +30 210 9212 800

TOURIST INFORMATION | TOURISTENINFORMATION

Dionysiou Areopagitou 18

HOTELS

Hotel Golden City
Marni 46, 104 38 Athens
+30 21 0522 6571

Hotel Crystal City
Achilleos 4, 104 37 Athens
+30 21 0520 5145

Hotel Odeon
Pireos 42, 104 37 Athens
+30 21 0523 9200

Hotel Athens Choice
Veranzerou 45, 104 32 Athens
+30 21 0523 8738

FOOD, DRINKS, SHOPPING

We want to encourage you to go and discover the numerous cafés, restaurants and bars of Metaxourghio for yourselves. Within walking distance you will find a number of places we are sure you will like.

Wir empfehlen euch, die vielen Cafés, Restaurants und Bars von Metaxourghio auf eigene Faust zu erkunden. Fußläufig findet ihr viele Orte, die ihr mögen werdet.

BANKAUTOMATEN | ATMS

National Bank of Greece
29, Iera Odos 25, Athina 118 54
Achilleos 19, Athina 104 36

Eurobank
Megalou Alexandrou 1, Athina 104 37

Alpha Bank
Karolou 1, Athina 104 37

ATM Piraeus Bank Millerou 13,
Athina 104 36

You can also find ATMs inside the metro station Kerameikos (blue line) and Metro station Metaxourghio (red line).

IMPRESSUM

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www.mitostfestival.org
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www.facebook.com/InternationalesMitOst-Festival

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Mapz.com – Map Data: OpenStreetMap
ODbL.

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In den Texten werden aus Gründen der besseren Lesbarkeit nicht immer sowohl die männlichen als auch die weiblichen Formen verwendet. Gemeint sind aber stets alle Geschlechter und Geschlechtsidentitäten.

THANKS! DANKE! СПАСИБО! ΕΥΧΑΡΙΣΤΩ

We want to thank all members and friends of MitOst as well as our partners for shaping the Festival and for their participation! Special thanks go to the volunteers who have dedicated their time and passion to us!

Wir bedanken uns bei allen MitOst-Mitgliedern und -Freunden sowie unseren Partnern für die Mitgestaltung des Festivals und ihr Engagement. Ein besonderer Dank geht an die Freiwilligen, die uns ihre Zeit und Leidenschaft gewidmet haben!

FESTIVAL APP

This year, for the first time, there will be an event app with which you can access the Festival programme anytime and navigate it easily. You can find the app by entering

<https://lineupr.com/mitost/16th-international-mitost-festival>

in your browser window or using the QR code below.

The app opens in your browser so there is no need to install anything and you can even use it on your laptop.

Have fun!

Dieses Jahr gibt es zum ersten Mal eine Event-App, mit der ihr das Festivalprogramm jederzeit schnell und übersichtlich griffbereit habt. Die App findet ihr, indem ihr

<https://lineupr.com/mitost/16th-international-mitost-festival>

in euer Browserfenster eingibt oder den untenstehenden QR-Code mit dem Smartphone scant.

Die App öffnet sich einfach im Browser, ihr müsst also nichts installieren und könnt sie sogar auf einem Laptop nutzen.

Viel Spaß dabei!



MitOst

 Robert Bosch
Stiftung


communism

COMM'ON

 Bosch Alumni
Network



 Embassy
of the Federal Republic of Germany
Athens

LITERARISCHES
COLLOQUIUM
BERLIN LCB

αλληλεγγύη
SOLIDARITY
NOW



 BIOS



LATRAAC

IAAT



Μεσοτόπος