Refl' Action

NEWSLETTER #2

Co-funded by the
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Welcome to our second newsletter! 🎉 We're glad you're here.

🗣️ Let's explore the latest updates of our project over the last few months.

What time is it?
It's reflection time!

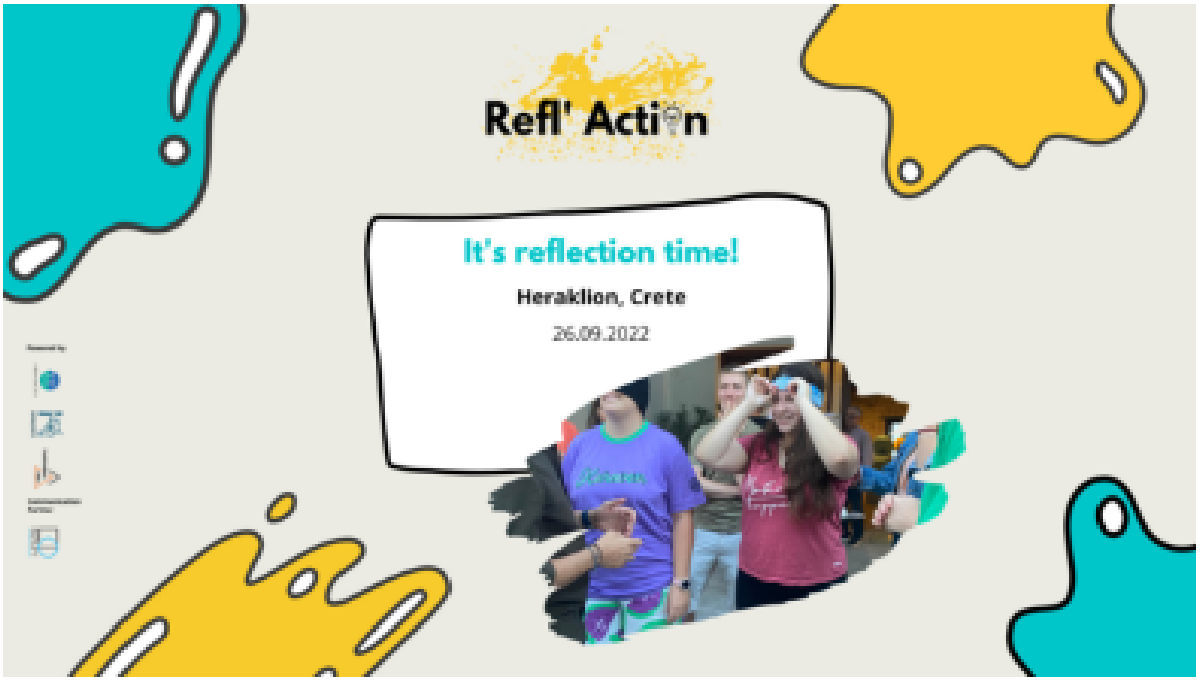
The organisations, Youthmakers Hub, Kamaleonte and CPIE A Rinascita hosted three in-person workshops in Greece, Italy & France. The workshops focused on using reflective practices in daily life through non-formal methods.

Sabaudia, Italy | 10 September 2022



The participants of this workshop were involved in the theoretical background of reflection, and they experimented with its use as a helpful tool for a. achieving goals and b. analysing their own emotions and those of others. Read more

Heraklion Crete, Greece | 26 September 2022



During this workshop, MarcoValerio Battaglia, our trainer from Kamaleonte helped the participants learn how to cooperate, build trust and relationships, develop problem-solving skills, and find out how to achieve a goal through reflection. Read more

Corte Corsica, France | 27 September 2022



This workshop wanted to give participants some practical ideas by thinking critically and understanding their practices: the tools, the skills, the ideas and the feelings they were involved in during the games and activities. Read more

Refl' Action Research



“Reflection thought judgment, and criticism” and “Travelling the same river through different waters: reflections from the world of meditation.” are the new articles of our research. You can read them here.