

Workshop descriptions and our facilitators:

“Little Box Theatre” Workshops, with Eleni Cosma

The Little Box Theatre workshops will provide an introduction to creative theatre games and devised theatre, guiding the children's boundless imaginations, and helping them to create characters and stories. Through these fun interactive exercises the children are encouraged to be more confident in themselves and to work together as a group to create a final piece.

Eleni Cosma is a full-time member of “Theatro Transcendental”, where she works as director and playwright. She is also the founder and facilitator of “Little Box Theatre”, which runs workshops for children and teenagers in English and Greek. She works at the Senior School as part-time drama teacher and writes theatre reviews for the Cyprus Mail. She has an MA in Applied Theatre.

Laughter Yoga, with Elina Papa

Laughter Yoga is a unique concept where anyone can laugh without reason. We don't rely on sense of humor, jokes or comedy. Developed by Indian physician Dr. Madan Kataria, Laughter Yoga combines laughter exercises with yogic breathing (Pranayama). This allows more oxygen to enter the body making one feel more energetic, healthy and ridding the body of harmful toxins. We laugh in a group and initiate laughter as a form of exercise. Through eye contact and child-like playfulness, laughter then becomes contagious and real. It is based on the scientifically proven fact that the body cannot tell the difference between fake and real laughter.

Elina Papa is an Internationally Certified Laughter Yoga Teacher and Breathwork Therapist. In 2009, she founded The School of Laughter Yoga Cyprus, the 1st Laughter Club and Laughter Leader training center in Cyprus. Since then, through her classes, trainings, workshops, retreats and one-on-one sessions, she has been creating awareness throughout the island and abroad, about the benefits of Therapeutic Laughter and Breathwork.

Colourplay, with Andreas Petrou

The Colourplay class will run an introduction on how colours can influence us and the overview of human colour perception. During the class the children will understand how colour is affecting our lives. Through the Colourplay interactive tasks, the young ones will learn more about colour cancellation, colours in nature and how colour can change our mood by creating their own pair of chromo therapy glasses.

Andreas Petrou likes colors & light. During the past year he has worked on live performances and he has collaborated with different individuals and designers. At this time period, he is interested in researching audio/visuals and light establishments.

Interactive Technology, with Tomash Ghz

Through the “makey-makey” invention kit the children will have the chance to invent the future. By interfacing and interacting with any kind of physical object they will be able to build their own fruit piano that makes music by touching bananas and lemons or make a controller for their favourite game out of plasticine or pencil drawings.

Tomash Ghz is a digital artist, producer, DJ, maker and developer; originally from Poland but lived most of his life in Cyprus. Interested in experimenting with interaction, sound and visuals; by blending those elements together in unexpected ways he seeks new forms of creative expression through technology. He created numerous MIDI controllers and instruments for himself, as well as other artists. Most notable, the “Digital Warrior”, a unique step sequencer controller.

Science & Experiments, with Viken Tavitian

The “Vikexploratorium” is a highly educational and entertaining science and technology show created and developed by Viken Tavitian. It consists of hands-on approaches to complicated science phenomena unveiling them in a fun way through simple experiments. Many laws of physics are not so reachable to young minds who are being introduced to them for the first time. But when they see in a practical way how a rocket is launched or how to build a 50 meter tall tower then they are able to understand them and the whole experience sticks with them for the rest of their lives. The idea of these hands-on experiments is to convey that science is all around us and there is nothing to fear of science. The show is approved by the Ministry of Education Primary and Secondary Departments. Over 200 shows have been performed all over Cyprus in major schools, universities and institutions

Viken Tavitian is a laser physicist by education, a graduate from the University of Illinois at Urbana-Champaign. He has been a researcher, inventor, patent holder, author, teacher and projects manager in many interdisciplinary fields. During the last 4 years he created and developed the “Vikexploratorium” Science & Technology show and the Science Comedy “Vikomed Shows”, with several thousand hands-on, fun experiments and demonstrations. And all that without the unnecessary blah blah...

Art & Design, with Marina Hadjilouca

During the Art & Design workshops the children will be able to explore how they can become innovative through the use of design and, moreover, learn how design can help with social innovation.

Marina Hadjilouca is a Set and Costume Designer and a co-founder of the design group Schedia, which specialises in socially engaged design within the urban environment. Marina has been facilitating workshops for the Kids University since 2010. Marina holds a BA (Hons) in Theatre Design for Performance and an MA in Narrative Environments, and currently is working on her PhD research at Central Saint Martins College of Art and Design.

Innovation, with Achilleas Kentonis

Unlock Your Mind

A series of actions based on the concept of playing, which help children to experience the limitless possibilities of their mind, but also how to discipline them.

Tele-kinetic Exercises

A practical experience of the possibilities of the mind that strengthens the children's confidence, while, at the same time, introducing to them the the possibilities of their minds; a game that improves focus and concentration span.

Achilleas Kentonis was born in Nicosia in 1963. He studied Electrical Engineering, Physics and Fine Arts at the University of South Alabama, USA and completed his Masters Degree (with scholarship Muse Internacional de Electrografia, Univesidad de Castilla La Muncha, Cuenca) in Spain. He worked for two years in "electromagnetic" research for NASA, USA. He was trained at MIT in Boston, USA in innovative thinking and its applications and founded the "Innovation Gym" which focuses on mentoring and education in order to produce innovative ideas and applications. In 1999, he founded the research center "Multum in Parvo" investigating the electro-magnetic and geomagnetic radiation in relation to the human body and is the co-founder of the Cultural and Research Foundation ARTos and ResArt (as an alternative hosting site). In 2005, he founded the Centre of Contemporary Culture for Middle East with representatives in Beirut, Cairo and Alexandria. He worked on projects, surveys and has been a consultant for the European Council, of the European Commission and other international committees. As a visual artist, he has held solo exhibitions and represented Cyprus in various European and international visual meetings, biennials and Triennales in the fields of photography, printmaking, video art, video animation, film, sculpture, site-specific installations and architecture. He conducted artistic interventions, events, online work, geopolitical art, publishings and international operations.