

# Perception & Action

**"Beauty will save the world."**

**Exploring beauty as an aesthetic, ethical, psychological, and social experience**



*Regionalne*  
**Centrum Wolontariatu**  
w Kielcach

**What if Beauty is not decoration...  
but a way of seeing?**

**We see 5,000+ images per day.  
We rarely look at one for more than 3 seconds.**

**We know what is “aesthetic.”  
We don’t know what is beautiful.**

**We recognize filters.  
We forgot how to recognize souls.**

**What if Art is not decoration...  
but a way of understanding reality?**



## Awareness:

Understanding the frameworks behind what we see

- **What assumptions shape my taste?**
- **Who defined my idea of “good” or “ugly”?**
- **What values are hidden in design, architecture, media, culture?**



## **Expression:**

**Turning reflection into creation.**

- **Can I express an idea visually?**
- **Can I transform philosophy into an experience?**
- **Can I create something that provokes thought, not just admiration?**





## **Resilience:**

**From reflection to action**

- **What does my creativity contribute to society?**
- **Does my art reproduce noise - or create meaning?**
- **How can I use artistic thinking to shape my community?**



**Place:**

**Umianowice /  
50.4767°N, 0.5917°E**

**Date:**

**16.04-22.04.2026**

Delta of Nida is a **natural phenomenon** on a European scale. It is one of the few inland deltas on the continent, which means the river forms a labyrinth of floodplains and oxbow lakes inland, rather than at its estuary. It is an extremely picturesque and environmentally valuable area, serving as a sanctuary for many rare bird species. Please remember that we are going to a beautiful but wild place. There are **no supermarkets or convenience stores (not even a Biedronka or Żabka)**, so please stock up on anything you personally need while you are in Kielce. Self-catering is not possible at the accommodation. We **provide full board (all meals), adapted to the dietary needs specified in your forms.** See the following pages for essential photos.

# Rooms



## What you'll get from this time?

- **A deeper understanding of how beauty, proportion, and perception shape the way you see the world**
- **Practical tools to recognize hidden patterns in nature, art, and your own body**
- **A new awareness of how order and imperfection influence your emotions**
- **The ability to question whether beauty is objective or shaped by culture and experience**
- **A creative method to combine philosophy, geometry, and self-reflection**

## Clothing & basic equipment

- ❑ **Comfortable clothes for workshops (e.g., sweatpants, t-shirts)**
- ❑ **Clothes that can get dirty (for outdoor activities)**
- ❑ **A warm sweatshirt or fleece (for colder evenings)**
- ❑ **A jacket**
- ❑ **Underwear and socks for every day (plus a spare pair)**
- ❑ **Comfortable walking shoes**
- ❑ **Ankle-high/trekking boots**



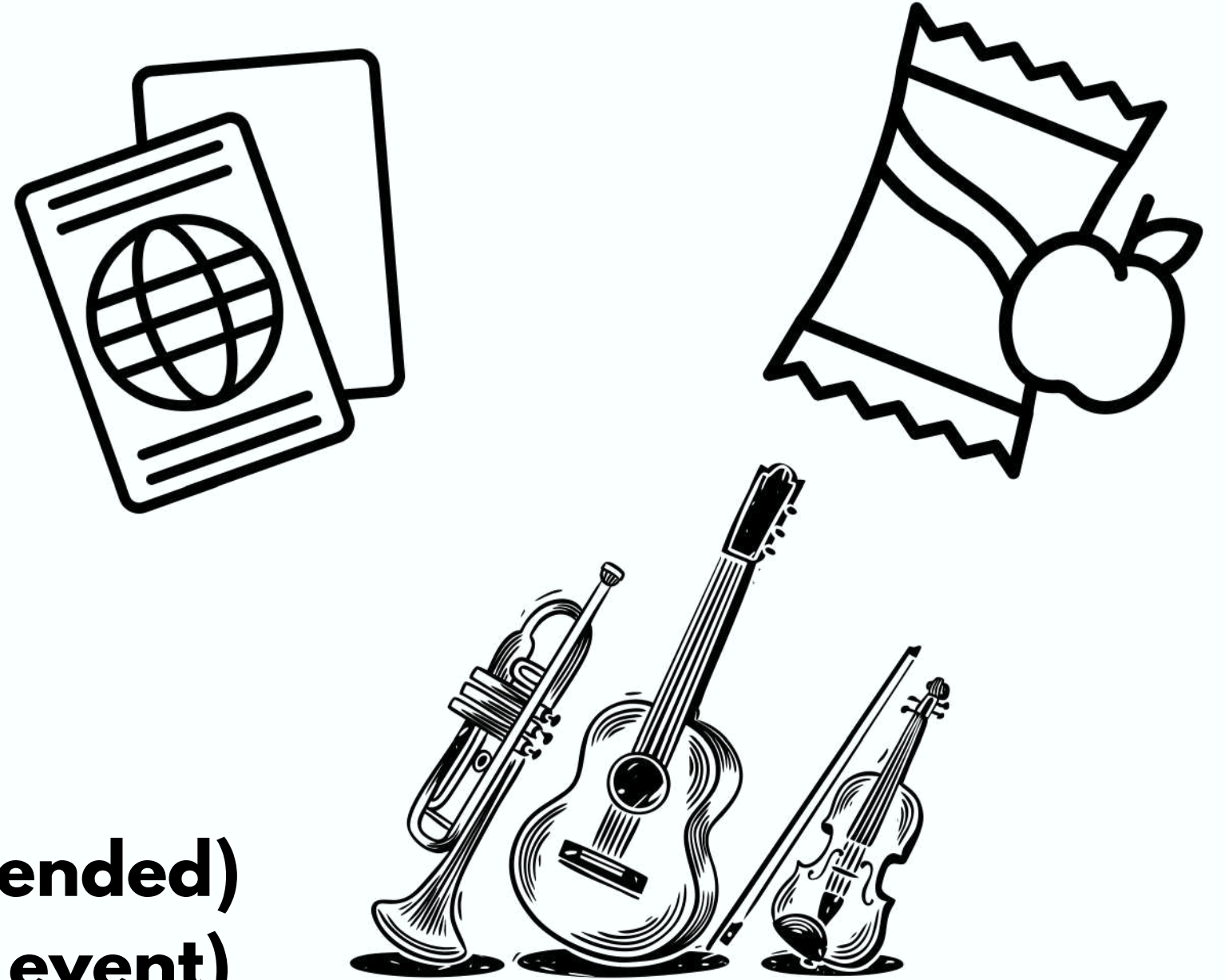
## Toiletries & First-Aid kit

- ❑ **Toothpaste and toothbrush**
- ❑ **Shower gel / shampoo**
- ❑ **Your daily-use cosmetics**
- ❑ **Any personal medication you take regularly**
- ❑ **A basic first-aid kit (painkillers, plasters, antiseptic, etc.)**



## Other useful items

- ❑ **A reusable water bottle**
- ❑ **A reusable mug for coffee/tea**
- ❑ **Your ID card / Passport**
- ❑ **Some cash for small personal expenses**
- ❑ **A flashlight (a headlamp is highly recommended)**
- ❑ **Snacks from your country (for the cultural event)**
- ❑ **A small musical instrument if you play one (e.g., ukulele, harmonica)**
- ❑ **A camera (if you enjoy taking pictures)**
- ❑ **Your computer**



# Agenda / DAY 1

**14:00 | Meeting in RCW Office**

**15.30 | Lunch**

**17:30 - 18:30 | Introduction and Contract**

**19:00 | Dinner**

**After dinner, free time**



# Agenda / DAY 2: The Geometry of the Soul

Theme: Beauty, proportion & the search for harmony  
Focus: From platonic philosophy to personal perception

**09:00 – 10:00 | Breakfast**

**10:00 – 11:00 | Input session**

**11:00 – 11:15 | Coffee break**

**11:15 – 12:45 | Experiential activity**

**13:00 – 14:30 | Lunch break**

**14:30 – 16:00 | Creative workshop**

**16:00 – 16:15 | Coffee break**

**16:15 – 17:30 | Dialectical challenge**

**17:30 – 18:00 | Closing reflection circle**

**19.00 | Dinner**

**After dinner, “Cheerful Night”**



## **Agenda / DAY 3: The Radiant Darkness**

**Theme: The sublime, imperfection & the beauty of wounds**

**Focus: From harmony to intensity - discovering beauty in shadow, fracture and resilience**

**09:00 – 10:00 | Breakfast**

**10:00 – 11:15 | Input Session**

**11:15 – 11:30 | Coffee Break**

**11:30 – 12:30 | Psychology Session**

**12:30 – 13:00 | Guided Personal Reflection**

**13:00 – 14:30 | Lunch Break**

**14:30 – 16:00 | Practical Workshop**

**16:00 – 16:15 | Coffee Break**

**16:15 – 17:30 | Philosophical Dialogue Circle**

**17:30 – 18:00 | Closing Reflection**

**19.00 | Dinner**

**After dinner, “Cultural Event”**



**Agenda / DAY 4: The Mirror of the Other**  
**Theme: The face, recognition & love as aesthetic vision**  
**Focus: From observing beauty to recognizing the other**

**09:00 – 10:00 | Breakfast**

**10:00 – 11:00 | Philosophical & Artistic Input**

**11:00 – 11:15 | Coffee break**

**11:15 – 12:15 | Psychology session**

**Aesthetic Empathy**

**12:15 – 13:00 | Experiential exercise**

**“Timeless Gaze”**

**13:00 – 14:30 | Lunch break**

**14:30 – 16:00 | Practical workshop**

**16:00 – 16:15 | Coffee break**

**16:15 – 17:30 | Final dialogue circle**

**17:30 – 18:00 | Closing ritual**

**19.00 | Dinner**

**After dinner, free time**

**Agenda / DAY 5: The Breath of the World**  
**Theme: Ephemeral beauty, nature & the art of presence**  
**Focus: From human relationship to planetary connection**

**09:00 – 10:00 | Breakfast**

**10:00 – 11:00 | Artistic input**  
**The Instant & The Earth**

**11:00 – 11:15 | Coffee break**

**11:15 – 12:00 | Science & awareness**

**Biophilia & The Slow Gaze**

**12:00 – 13:00 | Experiential activity**

**13:00 – 14:30 | Lunch break**

**Afternoon - The Praise of the Ephemeral**

**14:30 – 15:15 | Philosophical input**

**15:15 – 16:30 | Practical workshop**

**16:30 – 16:45 | Coffee break**

**16:45 – 17:45 | Final reflection circle**

**17:45 – 18:00 | Closing ritual**

**19.00 | Dinner**

**After dinner “Movie Club”**



## **Agenda / DAY 6: Beauty as Action**

**Theme: From contemplation to transformation**

**Focus: Turning aesthetic awareness into ethical and social engagement**

**09:00 – 10:00 | Breakfast**

**10:00 – 11:15 | Contemporary art input**

**11:15 – 11:30 | Coffee break**

**11:30 – 12:15 | Psychology session**

**12:15 – 13:00 | Group activity**

**13:00 – 14:30 | Lunch break**

**14:30 – 16:00 | Final workshop  
TheManifesto of Beauty**

**16:00 – 16:15 | Coffee break**

**16:15 – 17:30 | Sharing circle**

**17:30 – 18:00 | Final reflection & closing words**

**19.00 | Dinner**

**After dinner, “Bonfire”**

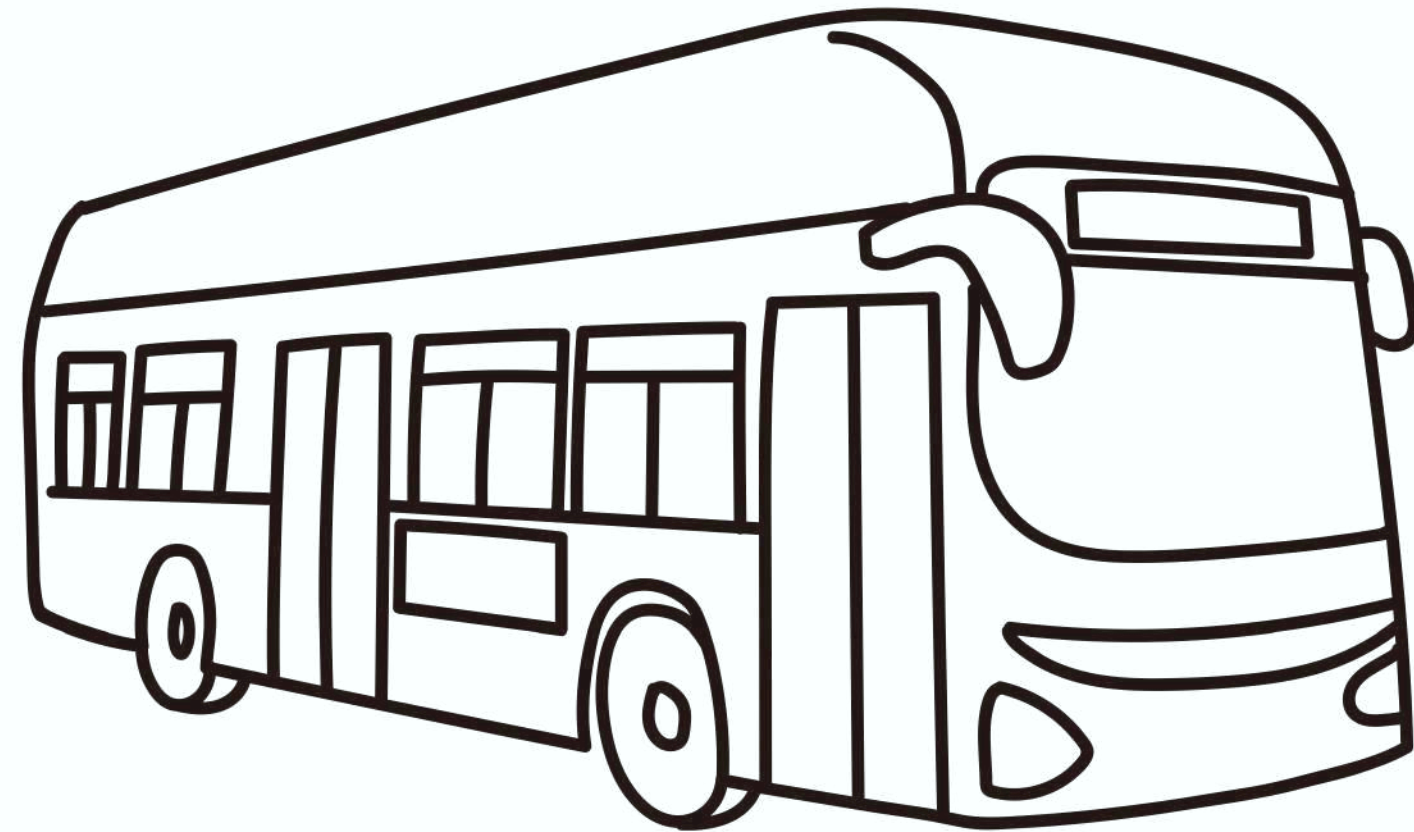


## Agenda / DAY 7

**09:00 – 10:00 | Breakfast**

**10.00 - 10.30 | Preparing**

**10.30 | Coming back to Kielce**




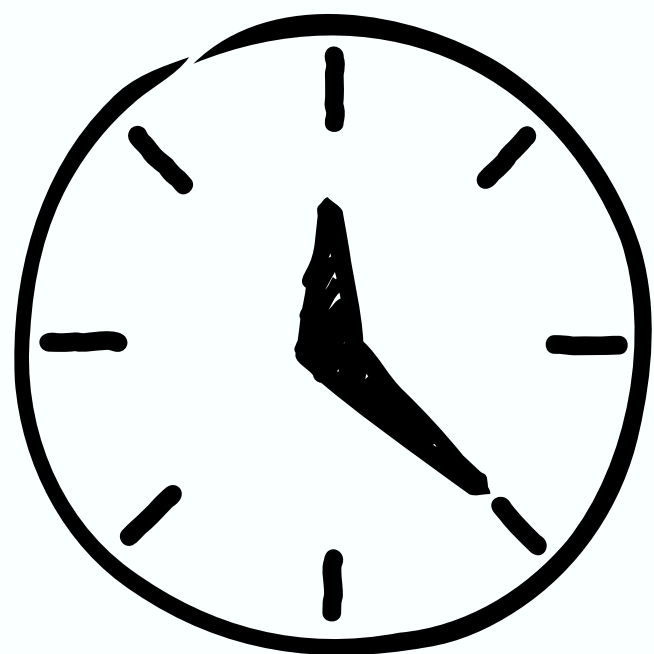
## What is “Cultural Event”

**During the Cultural Evening, you will have the opportunity to present the customs and traditions of your country while also discovering and learning about other cultures. To make this event colorful and engaging, we kindly ask each participant to represent their country by bringing and/or preparing some of the following:**

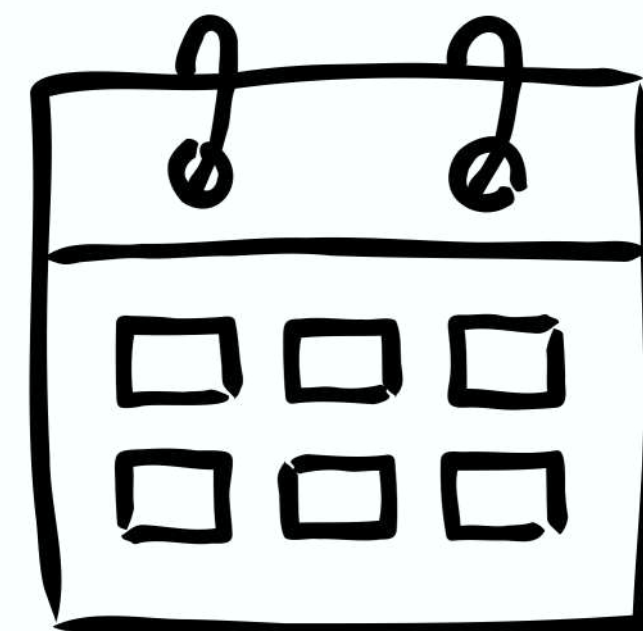
- Traditional snacks, sweets, or drinks from your country
- Traditional clothing or accessories
- A short presentation about your country (culture, traditions, festivals, music, daily life, etc.)
- Music, dances, games, or any other cultural elements you would like to share

**Let’s make it a vibrant and unforgettable evening together!**





**This agenda is subject to  
change.  
Every morning, we will  
evaluate the previous  
day and clarify the  
schedule for the next  
day.**



# Contact Us!



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Co-funded by  
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# Join with Tavo Europa

**Explorer Pass 2026. You are welcome to join our new educational programme for 2026!**

**Dive into non-formal learning exploration for a 75 euro fee that will unlock your potential to join all training courses, professional study visits, events in Lithuania and abroad until the end of the year, and also supports us to find new exciting and exclusive opportunities for community members!**

**Please do not pay any fee until you receive a confirmation letter to join the programme. If you want to join the project, please fill the application form, whether you have already participated or not.**

**Bear in mind that Tavo Europa keeps the right to send the most suitable and motivated participants to all of our projects.**

**For more projects:**

**Explore the world and learn together with the help of Tavo Europa.**

**Join the group with more opportunities:**

**<https://www.facebook.com/groups/186132221744993>**



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