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ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ



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Training Course about eco-building & permaculture: GrEEen for life - Explore, Learn & Educate



PLACE & DATE

Lefkas, Greece

10 days

25th July to 5th August 2019
(travel included)

COUNTRIES

34 participants
from 9 countries

(Spain, France, Bulgaria, Austria, Turkey,
Greece, Portugal, Germany and Romania)

WORKING LANGUAGE

English

SUMMARY OF THE PROJECT

Permaculture aims to create systems, particularly agricultural, sustainable and ecological, meeting with human nutritional needs while considering biodiversity. At the same time, eco-construction seeks to integrate the habitat into the natural environment as respectfully as possible. These two combined methods value a healthy and sustainable lifestyle while fostering social ties. They are based on ethics and principles that can, at different scales, be used for a sustainable future.

In this context we want to organize a training course in this field, in favor of young leaders and youth workers. During 10 days on Lefkada island, in Greece, 34 participants from different 9 countries will gather to experiment a sustainable way of life, close to the nature.

The participants will be trained in the optimal use of local resources. They will learn how to make compost, set up a social and participatory garden that will involve the locals in a long term. Interventions, presentations and workshops using non-formal education methods will enable them to acquire practical and innovative methods to educate the youth in these fields. Participants will share their knowledge, reflect and debate about the positive changes they can make to bring this principle of life on a wider scale. They will gain skills to initiate permaculture and eco-construction activities with young people. At the end of this training, they will create an innovative & educational tool with activity sheets on permaculture education and ecological constructions targeting young people of different profiles, origins and abilities.

AIMS OF OUR Training

1. To promote a more sustainable way of life, close to nature, with a dimension of mutual aid and respect, among young people of different backgrounds, origins and capacities.
2. To raise ecological awareness of youth and to stimulate their civic participation and reflection for a positive impact on their community through the youth educators/facilitators and young leaders who will be trained.
3. To strength the pedagogical and technical skills of youth workers/young leaders in the field of permaculture and eco-construction with the design and implementation of a participatory social garden in permaculture, and the creation of a sustainable habitat prototype.
4. To encourage the initiative spirit of the participants in terms of non-formal education in the ecological and sustainable way of life, among young people and the local population of the partner countries and elsewhere, in order to become a positive vector of change for the world.
5. To involve youth workers/young leaders in the creation of educational and interactive tools to promote educational activities related with eco-construction and social gardens in permaculture, and to multiply good practice.

PARTICIPANT'S PROFILE

- Youth workers, educators, facilitators and young leaders working in the field of non formal education and for the education and empowerment of the youth (including youth with fewer opportunities and special needs).
- Involved in education for sustainable development.
- Interested in permaculture and eco-construction.

VENUE

The island of Lefkas, also called Lefkada, is the fourth largest island of the Ionian Islands, after Zakynthos, Kefalonia and Corfu. It has an area of 303 square kilometres, a coastline of 117 kilometres and a population of about 22.000 in-habitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens.

Discover the emerald island in: www.lefkada.gr

Our course will take place in Nydri village during the morning (practical activities) and in Episkopos camping the Presentations and reflections.

Situated on the East Coast of Lefkas (Lefkada), Nydri is the island's main tourist resort. Halfway between Lefkada town (16 km north) and Vassiliki (21km south), Nydri has a small ferry port with ferries to Meganisi. Nydri has quite a good local bus service.

The immediate area around Nydri village on Lefkas is fairly flat and is good for walks through the olive groves. Try a walk to the Nydri Waterfalls near Rahi village (approx. 4km), or around Vlichos Bay to the little white church of Agia Kiriaki. For summer, Nydri is only a few hundred metres by sea, and in spring the flowers and blossoms are beautiful. Discover Nydri town in:

<http://www.lefkadaslowguide.gr/en/route.php?id=9>



ACCOMMODATION & FOOD

The participants will be lodged in tents in the Camping Village Episkopos (Nikiana)

<http://campingvillageepiskopos.gr/>

Please note that the access to internet will be limited there.



The accommodation, 3 meals a day and coffee breaks will be covered fully by the hosting organization. We will provide local food at the hosting place. Participants will taste different typical dishes. If you have some special needs for food, please, inform us about it beforehand.

TRAVEL

Country	Organisation	Number of participants	Number of trainer/facilitator	Number total	Amount covered for the travel*
France	EcoFairly	3	1	4	275€
Bulgaria	The Starry Start of Talents Foundation	3	0	3	275€
Spain	ASSOCIACIO GLOBERS	3	0	3	275€
Portugal	ASSOCIAÇÃO NOVO MUNDO AZUL	3	0	3	360€
Spain	ASOCIACION MUNDUS -	3	0	3	275€

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Austria	GAIN&SUSTAIN:EUROPE	3	0	3	275€
Turkey	Pi Youth Association	3	0	3	275€
Romania	ATA	4	0	4	275€
Germany	FAIRbund e.V.	3	0	3	275€
Greece	MONOPATIA ALLILEGIIS	3	2	5	0€

The maximum AMOUNT COVERED FOR THE TRAVEL*

How to arrive to Nydri/Lefkas:

The closest airport to Lefkas, is Aktion Airport, located in Preveza. From the airport you can take a local bus to go to Lefkada. The bus takes 20 minutes to arrive and the ticket costs 3€.

However, usually you will find better flight offer by arriving to Athens. When you arrive to Athens El. Venizelos Airport you have to take the city bus **X93** to the **bus station Kifissos**, it will take about 60 min and the ticket costs 6 € (3€ for students). There, near to the bus stop, you have to take the bus to Lefkada which takes 5 hours and costs 36.80 € (cheaper if you book in advance online: [KTEL-LEFKADA](#)). Pay attention because there are only 4 buses from Athens to Lefkada (At 7:00, 13:00, 16:30 and 20:30) so please organise your flight so as to arrive early in Athens and catch the bus to Lefkada.

From the bus station of Lefkada. You will take one local bus to Nydri. From Nydri we will come to pick you to the hosting place. This bus takes 20 minutes and costs 1.80€.

Very important: Please **KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES** from your travel, and **send your boarding pass of your return trip**, when you will be back home. The travel by taxi is not covered.

INSURANCE

Before you arrive we recommend all EU/EFTA residents to obtain your free [European Health Insurance Card](#) (click "Select your country" to find which institution in your country issues it) and to bring it with you during the training course.

PARTICIPATION FEE

- 100% of accommodation and basic food are covered by the programme.
- Fixed amount of your travel cost (as mentioned above) is covered by the programme. You will receive the reimbursement of your trip by bank transfer when you send back all your travel documents.
- Each participant should pay 35€ of participation fee. We will use it for the implementation of some activities including the excursion in cruise to discover the neighbours islands and the best beaches.

HOW TO BE PREPARED FOR THE TRAINING COURSE

1- To bring National/typical food and drinks for the intercultural evening (songs, dances, national costumes, music etc.).

2- Information about your organization (brochures, posters, postcards, video, PowerPoint presentation, etc.).

3- To prepare:

* A presentation of good local practices concerning the education of young people to sustainable development and more specifically to permaculture and/or eco-building.

* A visual reflection about the following questions: How to link permaculture, social garden and eco-construction with non-formal education for young people? How to facilitate the inclusion of young people through non-formal education on these socio-environmental topics? How to involve young people in these activities & improve their active citizen participation?

4- To contribute to the training and as a start for a sustainable life we recommend to the participants to use solid soap and shampoo with non harmful chemical for the Earth.

5 -Due to changes of the accommodation please bring your towels and sleeping bags are also recommended.

WHAT CAN YOU GAIN FROM THIS COURSE ?

* You will learn how to create a Green "house tree":

[Example Green "house tree" of our partner here](#)

[Another exemple here](#)



* You will learn about permaculture & social garden and how to educate for it.

* You will learn how to concept constructive, educational & non formal activities about eco-building & permaculture.

* You will develop your professional network.



USEFUL GREEK WORDS

ENGLISH	GREEK
Hello	γεια σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is...	Ονομάζομαι... (Onomazome)
Thank you!	ευχαριστώ! (Efkaristo)
I need help.	Χρειάζομαι βοήθεια. (khriazome voithia)
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά (Lipame, then millaw Ellinika)
Do you speak German/English?	Μιλάτε Γερμανικά / αγγλικά; (Millate yermanika, anglika)
Excuse me?	Συγγνώμη; (Signomi)
Yes	Ναι (Ne)
No	Όχι (Okhi)
Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you !	σ' αγαπώ (Sagappo)
Goodbye !	Αντίο (Adio)

For more information, do not hesitate to write to Alexia Di-val: solidaritytracksgr@gmail.com or by phone: +30 2645023123