

SOLIDARITY TRACKS



[www.tamonopatia.org](http://www.tamonopatia.org)

# Erasmus

## Project Activities 2018



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Το σχέδιο αυτό χρηματοδοτήθηκε με την υποστήριξη της Ευρωπαϊκής Επιτροπής. Η παρούσα δημοσίευση δεσμεύει μόνο τον συντάκτη της και η Επιτροπή δεν ευθύνεται για τυχόν χρήση των πληροφοριών που περιέχονται σε αυτήν.



## EVS Project Activities

**Date:** From April 2018

**Venue:** Greece, Lefkas

### Activity 1: (Dialogue and solidarity between generations)

**Date: from April 2018**

Duration: **12 months**

Places available: 2

#### Summary:

“Elderly care centre of Lefkas” can host 1 young volunteer in Lefkas Greece in order to realize together solidarity project of cultural cooperation for the local development.

The project concerns to:

- Continue to organize workshops for a group of 40 elderly in the “Elderly care centre of Lefkas”, as manual activities (handicrafts), physical exercises, intellectual and cultural activities, discussion groups press reviews ... but also external animations in order to maintain a link with the life outside the Centre.

This activity is a part of the social, cultural, communication and human field and their principal objective is the awareness of what means to be European citizen.

- Continue to animate the “Orange” Cultural Coffee which was created by the previous volunteers in the “Elderly care centre of Lefkas”. The Orange Cultural Coffee became a meeting place, a favourite space of gathering for the old people of the Centre where they enjoy, entertain and communicate with their families, the youngsters and the local community.

On the other hand, the activity of the project will be helpful for the host community (Lefkada), for the local development and the reinforcement of solidarity. Also, the proposed projects for the volunteers will enable them to acquire personal, social and technical skills that will be useful for their future careers. The project will offer them a unique experience in intercultural, social and pre-professional level.



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During the activities, you will work together and in close cooperation with other volunteers and with different associations and cultural institutions of the region.

**Hosting Organisation:** Elderly care centre of Lefkas

### Tasks of the volunteer:

- to make monthly working plan which what he/she will follow.
- to organize cultural activities weekly in cultural coffee workshop:  
(Art workshops, dance performance, showing videos and films, intercultural dinners, exhibitions, debates on health issues...)
- to help and share activities with the residents (meals, mornings creative workshops, gardening, walking, preparing coffee theme of the week ...)
- to organize "different workshops" for the Elderly people (painting, showing movies, dancing, gastronomy), and managed cultural events every 2 weeks.
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to create a DVD and video in order to make his/her project more visible.
- to help the elderly people during their daily life.
- to help to clean and to organize the spaces of the Elderly centre (living room, his/her working space and the garden).

For more details you can look to these videos:

<https://www.youtube.com/watch?v=4Jt8WbD-3U8>

[http://www.youtube.com/watch?v=17\\_z0Ka2lGA](http://www.youtube.com/watch?v=17_z0Ka2lGA)

<http://www.youtube.com/watch?v=kTAM5yKHncQ>

<http://www.youtube.com/watch?v=F8vm5veeHV4&feature=related>

<http://www.youtube.com/watch?v=CuMODMI81cw>

[http://www.youtube.com/watch?v=FY\\_xfuBfwP8](http://www.youtube.com/watch?v=FY_xfuBfwP8)

[http://www.youtube.com/watch?v=9XUMnWo5O\\_c](http://www.youtube.com/watch?v=9XUMnWo5O_c)

<http://www.youtube.com/watch?v=kzLwIEELR-Q>

<http://www.youtube.com/watch?v=NsQCtD-DKTW>

<http://www.youtube.com/watch?v=QGNMT04AT-M>

<http://www.youtube.com/watch?v=LkX8CKJVEc0>



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## Activity 2: (Human rights education)

Date: from April 2018

Duration: 12 Months

Places available: 1

### Summary:

The main aim of the project is to capitalize and to expand the experience of a European youth volunteer, building on a formal and non-formal learning process resulting from the preparation, implementation and evaluation of street theatre plays that have the topic promotion and awareness of the universality of human rights in the local community of Lefkas, Greece. In the same time the project aims to help eliminate lack of knowledge in the domain of fundamental human rights and to use those rights as instruments to eradicate social exclusion of any kind and fight against any form of discrimination.

The project will plan the following activities: staging of street theatre plays in public places, theatre forum, musical theatre, shadow theatre... Organizing workshops for young people in order to promote awareness of the universality values of human rights, preparing theatre play, and creating a tools about human right education.

**Hosting Organisation:** Solidarity Tracks

### **Tasks of the volunteer:**

- to organize handicraft workshops weekly for the roma children
- to create reading activities and teach English to children
- to direct a short play, and present it to the parents and the local community
- to organize workshops where the children could make toys and tools out of recycled materials
- to make promotional campaigns through videos, posters and presentations in order to mobilize and convince components of the society of Lefkas for different areas of the need for integration
- to organize for the children constructive activities and games



- to organize dancing, singing and musical instrument usage workshops
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to created a DVD and videos that enhance the results of these activities and make his/her project more visible.

For more details you can look to these videos:

<http://www.youtube.com/watch?v=6Gfw7a2fX-4>

<http://www.youtube.com/watch?v=gp5ADHH1ytY>

<http://www.youtube.com/watch?v=6eDMVKhx9Ec>

<http://www.youtube.com/watch?v=oqDSjzmRe6w>

[http://www.youtube.com/watch?v=\\_SrtQ6xA5GI](http://www.youtube.com/watch?v=_SrtQ6xA5GI)

### **Activity 3: EVS visibility**

**Date: from April 2018**

Duration: **12 months**

Places available: 01

#### **Summary:**

Solidarity Tracks would like to host a young volunteer for one year in Lefkas, in order to sensitize the local youngsters about the value and the meaning of voluntarism, as an act of active commitment and responsible action of every citizen that allows everyone to make a solider world which promote the development of the abilities and self-realization.

The volunteers will create a video and info and promote - publications of the European Voluntary Service and will organize an “info-caravan” that will go around the villages and the cities of the area in order to sensitize the local youth about the values of the voluntary and the European Voluntary Service.

The volunteers will create a hosting stand in our organization’s office, to promote the EVS and to welcome the youngsters and the citizens who want information about the European projects for youth and the EVS.

During the sensitization’s actions the volunteers will organize questioning sessions and discussions with the youngsters and will develop the results of the voluntary projects that were held by the young volunteers.



In order to realize the sensitization actions, the volunteers will cooperate with the municipalities, the schools, the youth centres, the youth organizations and the local media. They will mobilize a group of local youngsters in order to help them to organize their activities.

**Tasks of the volunteer:**

- to organize promotional events for the local community
- to manage social networks of the organization
- to promote the activities of the organization and from other volunteers
- to create promotional materials for the organization, like flyers, posters, videos
- to work together with other volunteers and to promote as well their activity
- to make promotional campaigns through videos, posters and presentations in order to mobilize and convince components of the society of Lefkas
- to organize intercultural events where people can learn new cultures and traditions
- to go around the villages and the cities of the area in order to sensitize the local youth about the values of the voluntary and the European Voluntary Service.
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to create a DVD and videos that enhance the results of these activities and make his/her project more visible.

<https://www.youtube.com/watch?v=0AdVDx-Lb4E>

<https://www.youtube.com/watch?v=Uo0VTYp9oe4>

<https://www.youtube.com/watch?v=ciam8Eh9WGo>



## Activity 4: (Environment education)

Date: from April 2018

Duration: 10 months - 1 year

Places available: 2

### Summary:

Solidarity Tracks" Organisation wants to host one young volunteer in Lefkas island in order to continue the process of making young people aware of respect to environment, finding with them a function for the household garbage and sensitizing the large public for the necessity and the advantages of sorting out households' litter and recycling, using creative and artistic means. The volunteer will also create an interactive pedagogical manual for the sensitization of young people and children. The activities will engage and educate a large number of local citizens, especially youngsters, and will permit the volunteer to gain social and technical competences that will be useful for him future vocational rehabilitation. The volunteer is expected to co-operate in the main with young people and the children of the island of Lefkas: He have to get in touch with the families and the public at large in view of launching mass activities and practices.

His working frame will be collective, characterized by an overall synchronization, given that he will co-operate with the various foundations and institutions, the local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness.

### **Tasks of the volunteer**

- to organize handicraft workshops weekly for the local community especially for youngsters
- to create recycled workshops and teach to youngsters methods of recycling
- to create an interactive pedagogical manual for the sensitization of young people and children
- to organize workshops where the children could make toys and tools out of recycled materials
- to make promotional campaigns through videos, posters and presentations about recycling



- to organize for the youngsters constructive activities and games
- to help at Solidarity Tracks office
- to cooperate with other volunteers with different projects
- to cooperate with various foundations and institutions, local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness
- to create a DVD and videos that enhance the results of these activities and make his/her project more visible

**Hosting Organisation:** Solidarity Tracks

For more details you can look to these videos:

[https://www.youtube.com/watch?v=EknLEwFE\\_pc](https://www.youtube.com/watch?v=EknLEwFE_pc)

<http://www.youtube.com/watch?v=hEqv-nBMq4U>

<http://www.youtube.com/watch?v=Fixx0zpM1us&feature=related>

## **Activity 5: (Youth and Media: Web Radio-Animation and Web Radio for children)**

**Date: from April 2018**

Duration: **10 months- 1 year**

Places available: 2

### **Summary:**

“Solidarity Tracks” wants to host 2 youngsters in Lefkas in order to continue to animate together with the youngsters Orange Radio-Net and Orange radio for children, through they transmit their voices, encourages their creativity and expression, improves the taste, develops their civic attitudes and contribute to development of their city.

The Volunteers will cooperate with our members and with various local partners of our organization and institutions, Media, cultural associations and the local population to animate and to manage this media.







This radio will allow youngsters and children to broadcast their voice, develop their communication skills, their sense of creativity and expression and to develop attitudes of active citizenship.

### **Tasks of the volunteers**

The volunteers will take the principal roles for the creation of the Radio-Net.

- Involve the youngsters and children to take part of this project, and they will create their working group from the children of the city.
- Cooperate with the administrator of our website to develop the Radio-Net and for technical support.
- conceive with the team the content of the emissions
- Initiate and motivate children to create, prepare, and plan and good broad casting radio emissions according to their desires and tastes.
- Helping the youngsters and children to learn how to use the programs in order to register their emissions.
- Helping the youngsters and children to make interviews and put online their emissions.
- Prepare a clear and simple teaching guide to help the youngsters develop their skills in good broadcasting and Radio animation.
- Broadcast the Radio emissions in a regular and to consistent manner.
- Cooperate with institutions of Lefkas to involve the largest number of youth and children in radio emissions.
- Prepare presentations and publications to promote and disseminate the results of his project.

This project will allow the volunteers to go into the different learning situations. It will develop their skills and learning capacity related to: the arts, personal development, professional development, languages, science, technology, pedagogy and social universe.



**Hosting Organisation:** Solidarity Tracks

For more details you can look to these links:

<http://www.tamonopatia.org/orange-radionet/indexEN.html>

<https://www.youtube.com/watch?v=XWQ0K6FgE9c>

<https://www.youtube.com/watch?v=WpdPCSI4uo4>

**Activity 6: (Sustainable development education)**

**Date: from April 2018**

**Duration: 12 months**

**Places available: 1**

**Summary:**

Solidarity Tracks wants to host one young volunteer for 1 year in Lefkas island, in order to introduce young people and children in the region of Lefkas in Greece for a cultural approach to sustainable development, share with them a common culture of sustainable development, and encourage them to implement awareness campaigns to mobilize and convince components of the society of Lefkas for different areas of the challenges of sustainable development. The volunteer will create a pedagogical tool for the sensitization of young people and children.

This project will permit to engage and educate a large number of local citizens, especially youngsters, and will permit the volunteer to gain social and technical competences that will be useful for its future vocational rehabilitation.

The volunteer is expected to co-operate with young people and the children of Lefkas Island. He have to get in touch with the families and the public at large in view to organize outdoor activities of sensitization.

Our volunteer will cooperate with the various foundations and institutions, the local organizations, the municipality and the media of the region, in order to enhance the awareness of the people and broadening the impact of these actions of awareness.

**Tasks of the volunteer**



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- to organize handicraft workshops weekly for the local youngsters
- to create sustainable development workshops and teach to youngsters the importance and the challenges of sustainable development
- to create an interactive pedagogical manual for the sensitization of young people and children
- to make promotional campaigns through videos, posters and presentations about sustainable development
- to organize for the youngsters constructive activities and games
- to help at Solidarity Tracks office
- to cooperate with other volunteers with different projects
- to cooperate with various foundations and institutions, local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness
- to create a DVD and videos that enhance the results of these activities and make his/her project more visible

### **Hosting Organisation:** Solidarity Tracks

For more details you can look at the following videos:

<https://www.youtube.com/watch?v=AQJU4slg-b8>

<https://www.youtube.com/watch?v=PFIiN60YiKA>

[http://www.youtube.com/watch?v=vCrXfs900\\_c&feature=related](http://www.youtube.com/watch?v=vCrXfs900_c&feature=related)

<http://youtu.be/4Wh1FuDYils>

<http://www.tamonopatia.org/files/Sustainable%20tourism%20Guide.pdf>

[http://prezi.com/4nmX2rfs6fkD/?utm\\_campaign=share&utm\\_medium=copy&rc=ex0share](http://prezi.com/4nmX2rfs6fkD/?utm_campaign=share&utm_medium=copy&rc=ex0share)



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## Activity 7: (Time bank management In Lefkas)

Date: from April 2018

Duration: 12 months

Places available: 02

### Summary:

Time banking is a pattern of reciprocal service exchange that uses units of time as currency. It is an example of an alternative monetary system.

A time bank, also known as a service exchange, is a community that practices time banking.

The mission of an individual time bank influences exactly which services are offered. In some places, time banking is adopted as a means to strengthen the community as a whole. Other time banks are more oriented towards social service, systems change, and helping underprivileged groups. In some time banks, both are acknowledged goals.

The unit of currency, always valued at an hour's worth of any person's labor. Communities use time banking as a tool to forge stronger intra-community connections, a process known as "building social capital".

### Five principles:

- Everyone is an asset
- Some work is beyond a monetary price,
- Reciprocity in helping,
- Social networks are necessary,
- A respect for all human beings.

Ideally, time banking builds community. Time Bank members sometimes refer to this as a return to simpler times when the community was there for its individuals.

### Volunteer's Tasks:

- to develop a monthly newsletter (where they can see which are the services that the participants offer and require and to have information about activities organized by time bank):



- send it to the participants
- put in contact people (for demand services or activities the participants have to contact directly with the organization because all the personal information is private)
- Organize group exchanges of time (Like: excursions, departures, trekking, street events...)
- to organize two group meetings per month in order to discuss about some group initiatives, propositions, improvements, demands or exchange ideas.
- to manage the time bank's face book group of Lefkas.
- Disseminate the activities of Lefkad'as Time bank .
- Helping for a little time in Solidarity Tracks office.
- Cooperate with the administrator of time bank website for technical support and to keep updated the webpage
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to create DVD and videos that enhance the results of these activities and make her project more visible.

**Hosting Organisation:** Solidarity Tracks

<http://lefkadatimebank.gr/>

<https://www.youtube.com/watch?v=8y8jgYtFUkc>

[https://www.youtube.com/watch?v=OGx\\_InvmHiM](https://www.youtube.com/watch?v=OGx_InvmHiM)

## **Activity 8: (Coordinating the club of youth future entrepreneurs)**

**Date: from April 2018**

**Duration: 12 months**

**Places available: 1**

### **Summary:**

The “entrepreneurial culture” should be disseminated and on no account should it be hindered by political decisions and initiatives. In this train of thoughts, we hold 4 meetings, of 4 days each, in 4 European countries. For each meeting, a group of 16 young people would-be entrepreneurs coming from France, Greece, Italy and Romania moved to action,

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exchanging know-how & experiences discovering the real conditions, the local-scale policies and initiatives as well as the European policy regarding the young people's entrepreneurship.

We take advantage of all these assets so as to corroborate/enhance the contribution of the young to the configuration of local developmental projects for their regions and to further the spirit of entrepreneurship and the collective entrepreneurship among the European youth.

In the course of our project, the young who participate in the meetings will plan and set together a Virtual-club for young European would-be entrepreneurs, which will serve the education/training and the raising to positive awareness of the young in matters entrepreneurial, feed a common culture of entrepreneurship specifically adapted to the young of Europe. We wish that this club will make it possible for young would-be entrepreneurs to find support in such a way that the entrepreneurship might gain ground among the young of Europe. It will also help launch and sustain a permanent contact between regional and European politician on the one hand, and the young businessmen and would-be entrepreneurs on the other hand. The club in question is also due to help increase the part of these entrepreneurs in the decision making process on political matters. This club is expected to be established as a forum and a nexus linking the young European would-be entrepreneurs with the politicians, entrepreneurs and experts all around Europe.

Our Youth for democracy project ended in July 2013, in this context, and in order to we wish to host a volunteer who can continue to ensure the effective functioning of the club for future youth entrepreneurs. We would like to host a volunteer who will continue to lead the club and the forum, survey the needs of young members of the forum and face book group of our club, create links between young people and experts, entrepreneurs and politicians and organize of the activities that meet the needs of European youth future entrepreneurs.

For more details please check this link: [www.youthclub.eu](http://www.youthclub.eu)



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### Tasks of the volunteer

- Update the youth entrepreneur's website [www.youthclub.eu](http://www.youthclub.eu)
- To manage facebook and twitter pages of youthclub
- Create monthly a magazine in different topics of entrepreneurship
- Create promotional materials for the project, Flyers, posters etc.
- Initiate and motivate youngsters to create, prepare and plan activities and business plans
- To make interviews with expert in entrepreneurs field
- Cooperate with institutions of Lefkas to involve the largest number of youth in the Club.
- To create promotional event for the club
- To keep active the members of the club
- Find new and creative ways of attracting more young people to join the club
- To help in the office of Solidarity Tracks
- To cooperate with other volunteers from the organization
- Prepare presentations and publications to promote and disseminate the results of his project.
- to cooperate with local MEDIA and Municipality of Lefkas
- to create DVD and videos that enhance the results of these activities and make his/her project more visible.

This project will allow the volunteers to go into the different learning situations. It will develop their skills and learning capacity related to: the arts, personal development, professional development, languages, science, technology, pedagogy and social universe.

Hosting Organisation: Solidarity Tracks

<http://www.youthclub.eu/>

<https://www.youtube.com/watch?v=0t0quEj2QmM>



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## Activity 9: (cross-media platform for education and promotion of sustainable development values)

Date: from April 2018

Duration: 12 months

Places available: 1

### Summary:

Green O'Clock ([www.greenoclock.gr](http://www.greenoclock.gr)) is a cross-media platform created by Monopatia in order to promote sustainable development values and information amongst the young people in Lefkada. On the site of Green O'Clock we post under different categories news about events happening in Lefkada and articles on topics related to culture, traditions, economy and environmental issues. The articles are written by the EVS volunteers and they are published in both English and Greek on the site.

Another important part of the Green O'Clock activity is the Cross-media and journalism Workshop that the EVS volunteers organize weekly with the team of young local junior journalists in Lefkada. The workshops have the aim to raise information on the importance of sustainable development and also to teach the participants to create and share this information with the help of the online community. During the workshops we discuss and learn in a non-formal way notions about environmental protection, sustainability, local culture and traditions, online media and its importance in the era of information, how to create online journalistic materials. Each month we create a video news broadcast with our team of young Lefkadians where we present video reportages of the most important events/news in Lefkada.

### **The tasks of the EVS volunteers working on the Green O'Clock project are:**

- Writing content on the topic of sustainable development on the site;
- Organizing the weekly Cross-Media Workshop with the young people;
- Create promotional materials for the project, Flyers, posters etc.
- Coordinating the monthly creation of the news broadcast
- Taping and editing the video material for the monthly news broadcast;



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- Uploading the video material on the Green O'Clock You Tube Channel and posting it on the site;
- Administrating the Facebook account of Green O'Clock and do the social-media promotion of the project;
- Find new and creative ways of attracting more young people from the local community to join our Workshop.
- Cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization.
- Create DVD and videos that enhance the results of these activities and make his/her project more visible.

**Hosting Organisation:** Solidarity Tracks

More details you can find on the following links:

<http://www.greenoclock.gr/>

[https://www.youtube.com/watch?v=EknLEwFE\\_pc](https://www.youtube.com/watch?v=EknLEwFE_pc)

<https://www.youtube.com/watch?v=Vpb3pQmMJgl>



**New EVS activities:**

### **Activity 10: (music creation and education)**

**Date: from April 2018**

**Duration: 12 months**

**Places available: 1**

**Summary:**

We wish to host a young musician volunteer in order to give value for our activities.

**Tasks of the volunteers**

- Organize musical workshops for children between 4 and 8 years.
- Compose music for our videos.
- Organize educative broadcasts for our web radio for kids.



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- To cooperate with other volunteers from Solidarity Tracks and make common workshops especially with the volunteer from Orange Radio net
- Help in the office of Solidarity Tracks
- Create DVD and videos that enhance the results of these activities and make her project more visible.

## **Activity 11: (Non formal Language education - Intercultural exchange)**

**Date: from April 2018**

Duration: **12 months**

Places available: **2**

### **Summary:**

Solidarity Tracks wants to host 2 volunteers each for one year from different European countries like Spain, Italy, France, Germany or England in order to create a foreign non-formal European language course where the basic idea is the intercultural exchange and links between cultures.

The Intercultural exchange it would be reciprocal between the volunteer and the hosting country Greece. It would be a unique way and a good example of learning languages in a non-formal way.

The mission for European individual to be multicultural, to learn and to share cultural knowledge. By learning new cultures, languages we widen our horizons and can give us new opportunities or even change our lives forever. Our motto would be "Building an intercultural colorful Europe", or just "Linking Cultures".

The volunteer should be an open minded International thinking person who wish to exchange, promote his or her language and culture and also to acquire the Greek language and culture as well.

In this way the volunteer will have to get in contact with locals to explore their language, culture, way of living, history, gastronomy, music get in their everyday life in order to strengthen not only the professional but also the intercultural competence. Trough this

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activity she/he would promote as well solidarity and respect between cultures for a better Europe.

### **Volunteer's Tasks:**

- to create promotional materials for the activity
- to recruit locals for his/her activities
- to develop a non-formal language teaching plan (through music, gastronomy, geography etc.
- to interact and communicate with locals
- to put in contact people from different cultures by different activities
- to keep contact with local organizations, embassies, municipality
- organize cultural events, debates, exchange, exhibition, gastronomy events
- organize meetings to speak about some initiatives, propositions, improvements and exchange ideas about different cultures
- to create a facebook group and promote the activities and the events related to the activity
- to create a promotion video for his/ her country
- to cooperate with other volunteers of Solidarity Tracks
- to help in the office of Solidarity Tracks
- create DVD and videos that enhance the results of these activities and make his/her project more visible.

### **Venue:**

Our youth EVS projects will take place in Lefkada.

The island of Lefkada, also called Lefkas, 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 inhabitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens.

Discover the emerald island at: [www.lefkada.gr](http://www.lefkada.gr)



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### **Lodging:**

You will be hosted at Volunteer home in Lefkas which is in the centre of the city at the seaside very close to cafes, bars, clubs, restaurants, shops, internet café etc.

You will sleep in triple rooms. At home also there are salon, one bathroom, kitchen, balcony and small garden.

### **Food:**

- If your project will be at the Elderly care Centre of Lefkas:

You will take your lunch at the Elderly care center of Lefkas. You will take a lump sum of 100 Euros for meals that are outside the centre.

- If your project will be at Solidarity Tracks offices you will take a lump sum of 150 Euros per month for food.

### **Pocket money:**

You will receive 100€ per month.

### **Working place:**

Your working place is in Solidarity Tracks offices or in Elderly care centre of Lefkas, it's 5 minutes walking from your home.



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## ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ / SOLIDARITY TRACKS

Tel/Fax : +30 26 450 23123

E-mail : [pistes\\_solidaires@yahoo.gr](mailto:pistes_solidaires@yahoo.gr)

Web site : [www.tamonopatia.org](http://www.tamonopatia.org)

Karavella 12, 31100 Lefkas/Greece



### Transportation from your country:

When your project will be agree, you will inform us as soon as possible what your departure airport is. **We will send you the airplane tickets.**

**You will pay 10% of your travel cost.**

### How to arrive to Lefkas:

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 about 6€. There you have to take the bus to Lefkas which takes 6 hours and costs 36€. We will wait you at the bus station in Lefkas. Pay attention that there are only 4 buses from Athens to Lefkas (At 7:00, 13:00, 16:30 and 20:30) so we will organise your flight so as to arrive early in Athens and catch a bus to Lefkas.



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Very important is that you **KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES** from your travel.

We will reimburse to you the bus tickets in Lefkas

**Assurance:** Your sending organisation will register for CIGNA Insurance before your coming to Greece.

**“Your sending organisations will help you for the preparation”**

**On Arrival training:**

- It will be organised by the Greek National Agency **Mild term evaluation:**
- It will be organised by the Greek National Agency. (We will inform you later about the dates.

**Your participation in these seminars is obligatory**

**Useful Greek Words:**

ENGLISH	Greek
Hello	γεια σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is...	Ονομάζομαι... (Onomazome)
Thank you!	ευχαριστώ! (Evkaristo)
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)

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No	Όχι (Okhi)
Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you!	σ' αγαπώ (Sagappo)
Goodbye!	Αντίο (Adio)

### Trainings:

- 1- When you come here you will learn Greek lessons tow times per WK. (50 Hours Greek lessons during your EVS).
- 2- You will have pedagogical training from our staff to help you to realize your tasks.

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For more information's please check this link:

[http://www.tamonopatia.org/index.php?menu\\_id=2&submenu\\_id=3&language\\_id=2](http://www.tamonopatia.org/index.php?menu_id=2&submenu_id=3&language_id=2)

If you have more questions or suggestions, please do not hesitate to write to:

[pistes\\_solidaires@yahoo.gr](mailto:pistes_solidaires@yahoo.gr)

[solidaritytracksg@gmail.com](mailto:solidaritytracksg@gmail.com)

or call us: +30 6981622910 Mohamed

See you in Lefkas ...

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**NEW ACTIVITY**

**Activity 12: (NATURAL BUILDING & HEALTHY LIFESTYLE)**

**Date: from April 2018**

**Place: Nessonas, Greece**

**Duration: 12 months**

**Places available: 2**

COB organization is evolved in natural building, farming and sustainable living in general. One of our major activities is training in those areas and our farm in Nessonas is a field of experimentation and practical implementation of such techniques and technologies. Also a lot of our workshops take place there.

**Tasks of the Volunteer:**

- Works maintaining the functionality of the constructions.
- Cultivation activities.
- Experimental constructions in building, energy etc.
- Processing of agricultural products
- Educational activities in our farm and in other places around Greece.

The volunteer`s contribution will be mostly hands on but there will be also training to participate in the organization`s educational activities.

**Lodging:**

The volunteers will be staying in a building we constructed as a proposal for vulnerable population groups, like refugees for example. This is a very low budget construction but with a very high level of living quality. The heating of the place is achieved with passive solar systems and a very sophisticated wood burning rocket stove. The electric current is not unlimited since it comes from solar panels.

The toilet is composting and the shower also uses a very sophisticated wood burning device. Both are external. There is a common kitchen and the meals are team prepared and received. The diet is vegetarian and based on organic raw materials.

**Venue:**

The farm is located in the village of Nessonas, a small rural village of 80 habitants. It is 200 meters away from the village with an area of 4000 sq. meter with a total of four natural homes and a lot of other constructions like sauna, hot tub etc. There is plenty of fresh fruit and vegetables around all year long.

Finally there are usually from two to four other people staying in the farm.

URL: [www.cob.gr](http://www.cob.gr)

Facebook: [www.facebook.com/buildingwithearth](https://www.facebook.com/buildingwithearth).

Facebook: [www.facebook.com/fisikaspitia](https://www.facebook.com/fisikaspitia).

e-mail: [kostas@cob.gr](mailto:kostas@cob.gr)





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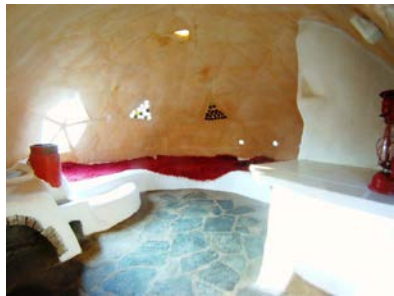
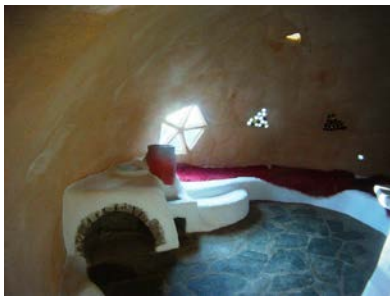
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