

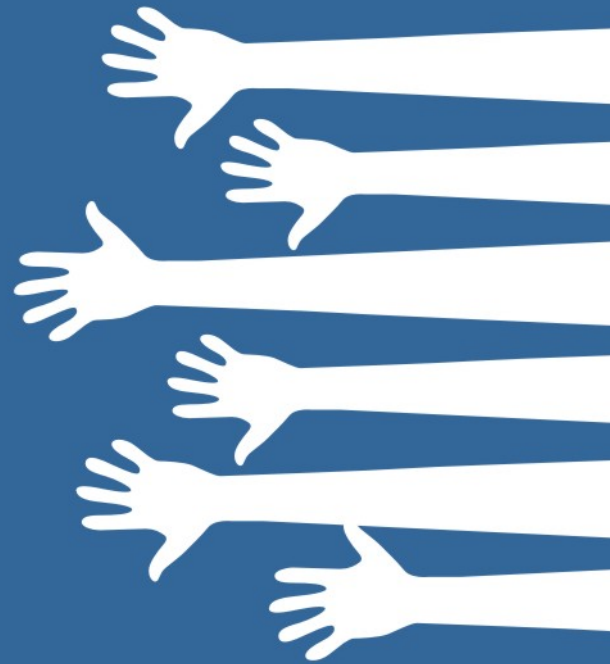
SOLIDARITY TRACKS



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

# Erasmus

**Project Activities  
2017**



Erasmus+



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 February 2017

**Venue:** Greece, Lefkas

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

**Date: from February 2017**

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.

## 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



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 6: (Sustainable development education)

Date: from February 2017

Duration: 12 months

Places available:2

### 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**

- 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

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- 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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### **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)



### **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.



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### 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.



### Transportation from your country:

When your project will be agree, you will inform us as soon as possible what your departure airport is.

### 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 **Mid 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 February 2017**

**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).



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Karavella 12, 31100 Lefkas/Greece



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

tel.: 2413503589 / 6932568126



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