

ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ / Solidarity Tracks

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EVS Project
R1/2018 Erasmus+ programme
"GLAZE - Gastronomy Love, Attitude Zooming on Education"

Venue: Lefkas, Greece

Date: from 06 of July to 06 of August 2018

Arrival day: 06 of July 2018

Departure day: 06 of August

Duration: 30 days

Places available: 20 volunteers from France, Italy, Romania, Spain, Poland Tunisia, Turkey

Summary:

When people are sharing a meal, they think about elements that unite them, not about those that differentiate them. The culinary art helps to create new contact by gathering people and it encourages the intercultural dialogue by mixing the flavours. We consider that the gastronomy is an essential tool towards the social inclusion and to tie human bonds.

Lead by this idea, with our partners, we wish to realize a project of volunteering which includes the gastronomy as a vector of social mixing. This project is destined mainly for the young people, especially those with disabilities and special needs, in order to give them an opportunity to take an active part in the European society, to develop some competences in this sector, and to find their own place in the society.

In this context, we want to invite 20 young volunteers from Europe and the Mediterranean area to take part in a 30-days project. They will contribute to the preparation and the implementation of the 5th "Lefkadian Gastronomy Festival", which is jointly organized by the Municipal authorities, the Chamber of Commerce and other local partners.

This project is fully part of our main concerns by promoting the citizenship, supporting local initiatives and developing soft and entrepreneurial competences of the young people, especially those with disadvantaged backgrounds. The project in hand flows from a will to involve the young people in an international experience dealing with the local culinary (gastronomic) tradition and by having the duty to respect and valorise the immaterial heritage.

This mobility will take place in the town of Lefkas (on Lefkas Island, Greece) between 06 of July and 06 of August, 2018. It will gather 20 young people from France, Italy, Romania, Spain, Poland, Tunisia and Turkey. These volunteers will be actively engaged in the project by contributing to the preparatory work, the implementation and the dissemination of the results obtained during the "Lefkadian Gastronomy Festival", which has been organized annually for 4 years until now.

During a month, the young participants (including some with special needs) will carry out a common project of great ambitions at local level. These young people will broaden their horizons while meeting and exchanging good practices with their local and European peers. They will develop knowledge and competences in terms of project management and intercultural mediation. They will also enhance their technical (culinary) know-how and efficiency in net-working thru contacts with people working in the gastronomic sector. Moreover, they will raise their awareness about ways to use the local culinary heritage and make easier the young people's employability.

To attain these goals, our project includes various intercultural and constructive workshops which go along with the principle «think globally, act locally». During their European Volunteering Service, the youths will be encouraged to develop their own local initiative and to exchange good practices with their peers.

Hosting Organisation: MONOPATIA ALLILEGGIIS / "Solidarity Tracks organisation"

Main objectives:

Through our project we expect to achieve the following objectives:

- 1- To allow our volunteers to acquire and reinforce their skills and abilities related to the gastronomy.
- 2- To foster personal development, active citizen participation and initiative's sense of the youths in order to develop skills in terms of social entrepreneurship, which can improve social inclusion, especially for young volunteers with fewer opportunities.
- 3- To promote the local and European culinary heritage, by improving the intercultural dialogue through the voluntary participation of young people.

Tasks of the volunteer:

In order to achieve these objectives, the program of activities is divided into three phases:

- 1- A first phase concerns the preparatory activities of the festival. The volunteers will be divided into three groups to design and plan the activities. They will have to divide the tasks between them concerning the cooking and the choice of the recipes to be realized, the logistics (in particular in terms of mediation with the partners and the local population, animations and preparation of the stands during the festival), as well as the promotion of the event.
- 2- A second phase is focus on the implementation of the festival: cooking, establishment of the stands presenting their respective food, support for the animations and for the practical organization of the festival, as well as the media coverage of the event (photos, video). This will be done in intercultural groups. The working methods will be defined in advance following the preparation meetings with the supervisors of the activity.

3- A third phase is dedicated to the dissemination of the results. The volunteers will be divided into four working groups:

- A group who will prepare and disseminate the results of the event, their activities and their initiatives through videos and photos.
- A group who will create a recipe manual of the dishes presented during the festival.
- A group who will prepare and disseminate articles in local, national & European medias, via our electronic magazine Green O'clock: www.greenoclock.gr.

They will also create and broadcast radio programs on the Orange radio (www.tamonopatia.org / <https://orangeradionet.wordpress.com>) and create a video promoting the festival & the volunteering activities. At the end of their mission, the volunteers will organize a local event to disseminate the results of the project to the partners, the local population and the tourists.

- A group who will organise workshops for local people in different places of the region to promote the slow, sustainable and healthy food. During this last phase, the volunteers will also be able to complete their Youthpass and prepare their final video presenting their volunteering experience.

Partners and volunteers involved:

Country	Partner	Total number of volunteers involved	Number & profile of volunteers with special needs/fewer o. involved (included in the EVS group)
France	Association Migration Solidarite & Echange Pour Le Developpement	3	2 volunteers with an immigrant background
Italy	Associazione Informagiovani	3	1 volunteer with an immigrant background
Spain	Asociacion Mundus	3	1 volunteer with an immigrant background 1 volunteer with hearing problem
Romania	Asociația de Tineri din Ardeal	3	
Poland	Raido: Fundacja RaiDo Miedzynarodowe Centrum Wsparcia Młodzieży I Dorosłych	3	1 volunteer with hearing problem
Tunisia	AVEC - Association De Volontariat Et Echange Culturel Et Action Des Jeunes	3	
Turkey	Pi Youth Association	2	

Volunteers profile:

The volunteer should:

- Be between 20 and 30 years old.
- Have a cooking experience
- Be familiar with the new technologies
- Be tolerant, motivated by the topic and the mission, keep the good mood and accept to hosting condition.

How to prepare yourself to this mission:

1- To register yourself in **Solidarity corps** (with the support of your sending organization).

Here is the process:

Link to solidarity Corps: https://europa.eu/youth/solidarity_en

Video link how to register: <https://youtu.be/KLFsvCcwApk>

How to use the European Solidarity Corps: Step-by-Step

Volunteers (between the ages of 18 and 30):

Apply at https://europa.eu/youth/solidarity_en (available in all official languages of the EU):

- Agree and uphold with the Mission Statements
- Finalize your account-include interests, location, etc.
- Wait to be contacted by an employer and accept/decline.

2- To know and to understand the EVS charter.

3- To prepare and experiment the recipes that they are going to cook for the festival (to send us the recipes 20 days before coming).

4- To learn how to deal with conflict in international context (conflict management).

Venue:

The above activities 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



Lodging:

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

In the accommodation (classroom) you will share the place with other volunteers and sleep in camp beds. In this place it will be possible to cook (Improvised kitchen in the school).

We will provide internet connection.

Food:

You will take a lump sum of 150 Euros for food.

Pocket money:

You will receive 120 €.

Travel process from your country:

You or your sending organisation will buy your plane ticket. We can cover the amount fixed according to the distance calculator of Erasmus+ programme.

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 5,5 hours and costs about 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.

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.

Insurance:

Your sending organisation will register you in Cigna Insurance before your coming to Greece.

“Your sending organisations will help you for the preparation”

Supporting staff in the hosting county:

Supervisors:

- Athanasios Petousis: athanasiospetousis@yahoo.gr
- Alexia Di-val: dival.alexia@gmail.com
- Reka Hosszu: solidaritytracksgr@gmail.com (She will start to support you from 5th of July)

Mentors:

- 1- Sonya Vagellis: sonia.vanghele@gmail.com
- 2- Maria Korakianiti: korakianitimaria@hotmail.com

Evaluation:

It will be organised by the Greek National Agency. We will inform you later about the dates.

Your participation in these seminars are compulsory!

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

Trainings:

You will also have a pedagogical training from our staff to help you to realize your tasks.

For more information's about EVS please check this link:

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:

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or to call us: +30 6981622910

(The project coordinator is Mr. Mohamed Chaabouni)

See you in Lefkas ...