

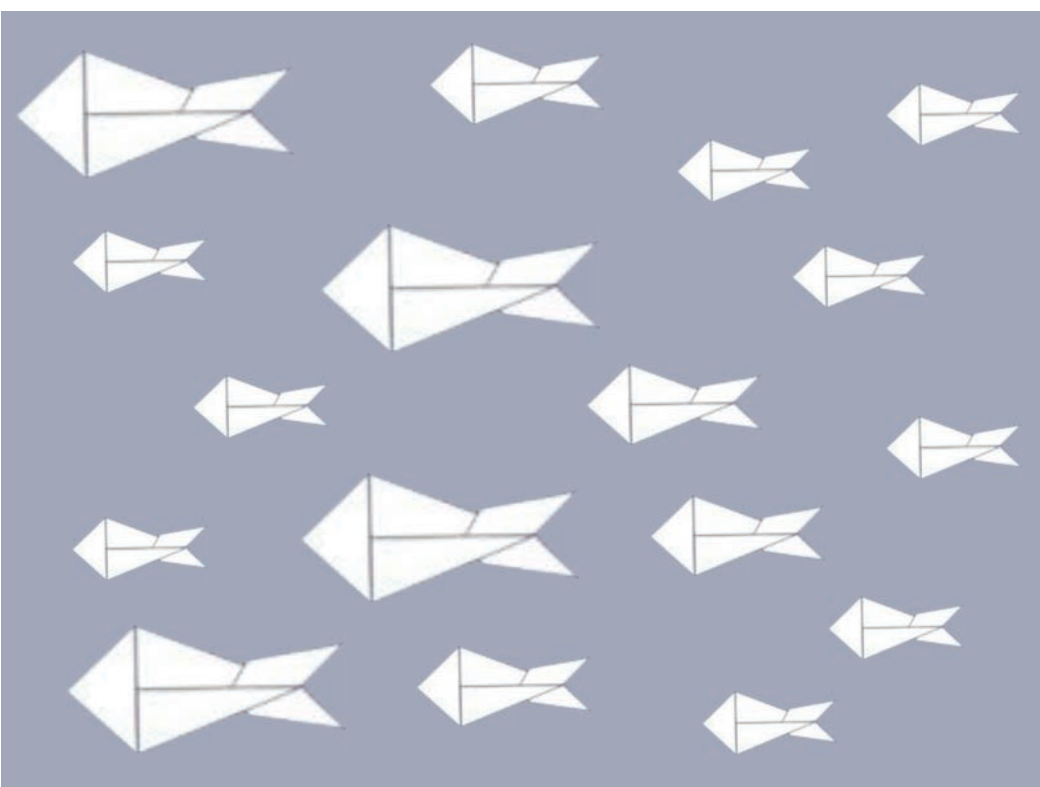


SOLIDARITY TRACKS

Solidarity Tracks
Cultural NGO for Youth
Karavella street, 12
31100 Lefkas, Greece
Tel/Fax +30 264502123
www.tamonopatia.org

Learning about

SUSTAINABLE ENTREPRENEURSHIP Origami³



Magazine

index

Extraordinary training course on sustainable entrepreneurship in Lefkada	3
The three experts for Sustainable entrepreneurship via Origami	4
Our scenes	6
The Exhibition	8
The Educational TOOL	9
Workshops and group reflections	9
Energizer, Games and Team building activities	10
One week full of cultural exchange	12
A trip through Lefkada through sustainable eyes	13
The village of Englouvi well known by famous lentils	14
The slow revolution, the slow food movement	15

Extraordinary training course on sustainable entrepreneurship in Lefkada

Article written by Martina Linzer / Austria

Around thirty young Europeans from Greece, France, Ukraine, Armenia, Spain, Georgia, Romania, Italy, Czech Republic, Moldova, Turkey, Tunisia and Austria came together to Lefkas, (Greece) for a great reason: a project about Sustainable entrepreneurship and Origami Art hosted by the organization "Solidarity Tracks". The project kicked-off on October 10th, with the support of the Youth in Action program. The participants were asked to represent their countries dealing with the following topics: Youth unemployment and Education for entrepreneurial spirit, creative entrepreneurship and best practice examples on green economy. Accordingly within the framework of the project, young Europeans searched the problems in their countries, which they later tried to discuss and solve through developing common sustainable business ideas and new projects.

The organizers think that the training course will lead to a deeper understanding of intercultural relations and that the stereotypes about other countries can be diminished. Overall, the objective of the project was to promote the youth's active citizenship in general and the creativity. By creating sustainable business ideas, the participants enlarged their know-how on Eco-Tourism and green economy and discussed strategies for combating youth unemployment and fostering social peace on our continent.

Throughout the training course, the participants took

part in different workshops and activities such as sharing their experiences, discussing problems, meeting with local entrepreneurs and visiting eco-businesses in the rural areas. The organizers did not forget about showing to the participants the beauty and diversity of the Island of Lefkas, although the time was short and the workload high, still also typical Greek night life could be explored. Participants also had a chance to enjoy the afternoons at the seaside, as the temperatures were around 30 degrees! By the end of the project an Origami exhibition with the most popular business ideas was created with the help of the Tunisian Origami expert, Mohammed Ali.

The young people highlighted the importance of this training course and the manifold opportunities they found for networking and creating new projects in their countries. For everybody it was a great opportunity to encourage innovation and creativity, intellectual and artistic freedom, sustainable business ideas and cultural exchange. In the near future the participants will spread their know-how in their local communities, share what they learned and raise positive awareness about intercultural business and sustainable thinking in the youth sector, because "In the middle of every difficulty lays an opportunity. Where there is a need there can be created a business. Just do it!".



The three experts for Sustainable entrepreneurship via Origami

The theme of the training course was a combination of different complex topics. That's why it was necessary the participation of experts in each one of the topics in order to the participants could have a perfect understanding. María González was in charge of the session about sustainable development; Emmanuel Labithianakis explained the entrepreneurship issue; and Mohamed Ali had the responsibility of the origami part.

Sustainable development

María González is a young Spanish expert in environmental biology and sustainable development. In her session, she had two speeches that finished with a group debate. First, María talked about "the principles of sustainable development: the interaction and coherence between the environmental, economic and social requirements". She explained some theoretical issues about sustainable development. The second speech was "Sustainable Development: Issues and Global Challenges". María presented some global initiatives (some governmental, others not) that are being developed with the objective to implement the sustainable development in the world. It was also the moment to talk about the role of the political institutions in the sustainable development. To finish her visit, she showed the recognized Brazilian documentary "the Isle of Flowers (ilha das flores)".



Entrepreneurship

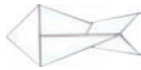
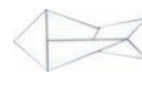
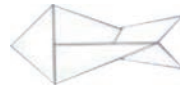
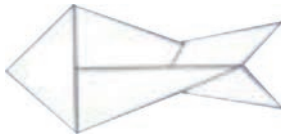
Emmanuel Labithianakis is pricing manager at the marketing department of OTE (Hellenic Telecommunications Organization) but he has experience as entrepreneur too. He owned two successful companies: a book publisher and a courier delivery company. He came to the training course to share his knowledge and experience with the participants. His first speech was "Youth entrepreneurship from idea to business creation" in which he explained the concepts of entrepreneurship and the process of starting a business. In the speech "Sustainable entrepreneurship, from idea to implementation", Mr Labithianakis focused on the characteristics of the businesses that defend the sustainability. The entrepreneur expert had another two speeches during the training course about "How to get inspired by our differences in order to develop our spirit of sustainable entrepreneurship" and "The collective entrepreneurship: a new way of doing business". Again, both presentations were followed by an interesting debate that involved all the participants.



Origami

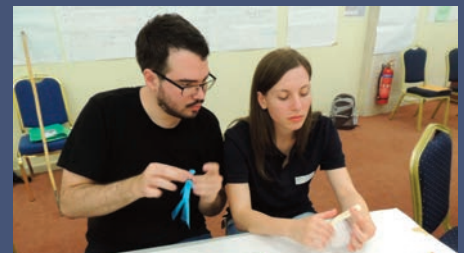
Mohamed Abe Ali came from Tunisia to teach the participants the art of Origami. They needed because they had to use origami to mockup their innovative ideas about sustainable businesses in Lefkas. First place, Mr Ali introduced them to this ancient technique with a presentation about the different types of Origami and how it can be use for different purposes: for educational, artistic, in business, promotion and many others.

After this theoretical presentation, the participants went into the real practice of Origami. Thanks to the projector and a camera, Mr Ali could show how to make some basic figurines by folding paper. Step by step, the participants followed the instructions of the trainer and they were able to make origami men.



These three theoretical presentations were necessary in order to build the origami scenes. After having clear some knowledge about sustainability, entrepreneurship and origami, participants had to represent a possible sustainable business which could be implemented in Lefkas area. But, before to start, they

made a trip around the island (pag 14) which helped them to get new ideas by watching the possibilities and the needs of the region. After the trip, they worked in groups of three people to define and develop the business ideas. From them, they created the origami scenes.



Our scenes

The result of their work were eleven scenes made via origami. The scenes represented one idea for a sustainable business that can be implemented in Lefkas island

Project made by Andrii, Tamuna and Maar



The project "Babushka Skazala" is a workshop house in Lefkada which aims to attract local people (especially children) and tourists in order to give them the unique opportunity of making by themselves traditional things and at the same time to spread the Greek culture. The workshop house will include food processing workshop, carving and wood turning workshop and workshop of textile and weaving.

Each workshop will be leaded by locals who will teach kids and adults how to make traditional things using old weaver's loom, turner's tools and another sustainable equipment.

Guests will be able to make by their own traditional sweets, things of wood of olive oil trees, traditional carpets using old traditional tools which don't damage the environment.

The workshop house will be surrounded by a handmade souvenirs shop and a garden.

Project made by Narine, Tatev and Saba



O'green hotel is a new type of hotel, where the entire product is grown around the hotel. Everything is bio. Also the guests can see the process how the products are grown. Even if they want they can take part in the process of collection. The menu is made so that mainly all main dishes contain lots of these bio products. We think it is a good attraction, because now most of people prefer eat bio products. Kitchen appliances are made of olive wood which is vulnerable to liquid, you can serve forever. Also cosmetics are made of olive.

Project made by Suzanne, Katerina and Maria



Pare ta vouna" is a project related to ecotourism. Its aim is to implement the cooperation between an environmental info center «Eco Adventure Center» with the local society in order to accomplish an economical, environmental and social development (sustainable development).

More specific, visitors will be able to ask and get information of the outdoor activities (mountain biking, trekking, hiking, horse riding, climbing) in surrounding area.

In addition, to this, they will be capable to attend workshops and seminars by giving a small amount of participation fee. They will learn and be aware of the environmental topics (i.e. what species of animals, plants, and herbs are in the area).

Also, they will be able to make a reservation for accommodation in eco-hostel through the 'Eco-adventure' center. They will have the option to rent or buy the appropriate equipment for their activities by the local shops as well.

Last but not least, the "Eco-adventure" center will cooperate with local farmers, tour guides, trekking and hiking clubs in order to organize excursions.

Project made by Stefano, Arnaud, Olena and Vitalina



Active tourism! "Adventure Lefkada Pegasus Center" is one unforgettable trip in the magic Island of Lefkada. A kind of tourism that can like also in the low seasons and our activities will involve also students spreading the concept of a healthy way of life.

For this holiday, you will be completely part of this Island, eating local "food" doing open-air sport activities like: diving, snorkeling, wind-surf, surf, canoeing, fishing, cycling, riding horses, climbing, rappelling, and hiking. And in summer, we will show you all the local manifestation and celebration.

Project made by Marianna, Garegin, Elizabeth, Nayet



"Local, Healthy and biological" shows four ideas about sustainable action in Lefkas.

Scene 1: The main square of Lefkada: There is a lack of benches in the town. Refurbished and repainted benches would make the town more convenient for locals and tourists.

Scene 2: Scientific laboratory to carry out research in specific fields such as biology, ecology, geography and chemical studies. The objective of the laboratory is to produce biomedicine, biological cosmetics and herbal remedies.

Scene 3: To produce biological and organic products from chicken, sheep, cow and pigs in order to overcome the commercial way of buying products, develop the culture of bio-healthy lifestyle.

Scene 4: A supermarket with local, organic, as well as fairly traded products to offer a possibility for sustainable consumption.

Project made by Stefano, Arnaud, Olena and Vitalina



Conservation education, inspire others. These are the key words of our project: "Lefkada Dolphin Research center". Thanks to scientific activities about studying these amazing animals, we can preserve our environment and we will offer to our customers one amazing day of eco touristic experience in contact with the dolphins of the Ionian Sea. On our boat, you will learn the basic rules of the navigation, the biology of these animals and information about the sea, in order to live in a sustainable way for them, for our planet, for us.

Project made by Stefano, Arnaud, Olena and Vitalina



"Honey" is a collective cooperative which based on using local products and cooperation with other local communities. In example, wine factory, local farmers and consists of bee garden, perfumery, spa center.

Project made by Marilyne, Pharna, Noemi



Organic Caffé" proposes to offer to costumers special organic food and a traditional Sekler/Hungarian cookie in innovation place.

Design of the Café and the outside is made by origami way, the furniture's are made by recycling material. The product is provided from own organic farm. Café use just wind mills and natural gas energy. The costumers have a possibility to learn traditional Greek food receipt and make the food with the chef. In the cafes garden is a special Kurtoskalacs grill. They can taste traditional Hungarian sweets. Most staff of the Café are people with disability.

The aim of the restaurant is to make organic food population/healthy food, other to save energy and to give the sustainable development.

Project made by Raúl, Andrii and Maria



Spa-Cultural Center "Sigá Sigá" is a complex promotes arts and science, healthy life style through yoga and sports.

The Cultural center resident program offers a serene setting conducive to focused, goal-oriented work, and the unparalleled opportunity to establish new connections with other residents from a stimulating array of disciplines and geographies. The combination of uninterrupted, individual time during the day and evenings spent with innovative leaders, writers, and artists from a wide array of fields advances your current projects and stimulates creative approaches to future work. This community generates new knowledge to solve some of the most complex issues facing our world and creates art that inspires reflection, understanding, and imagination.

Project made by Adam and Eva



We propose that hotels of Lefkada should form a "Tourism cluster", so they could cooperate with each other in an innovative, sustainable way. It aims to encourage the hotels of Lefkada to work together. Together they could buy raw materials from local businesses and farmers, thus supporting the local economy of Lefkada. They could also procure primary materials much cheaper because they are forming a larger entity (the larger is the request, the lower is the price). They could offer cheaper and additional, extra services for the tourists.

We present only a few ideas of additional services which should be analyzed and extended based on the clients' needs, supporting local agricultures and wineries. Our ideas for a sustainable local tourism industry are to:

- Establish a cooperative organization, a cluster, where each of the entrepreneurs can only win
- Unite the hotels of Lefkada and make them more competitive
- Make "wine routes" and promote them among tourists (visiting local wineries and organizing local wine tasting events)
- Support local bio farms by buying raw products from them; make excursions to local farms, tasting local food, experience rural lifestyle
- Organize bird and animal watches with environmental protection experts and guides
- Promote mind and body care services (massage, yoga, meditation, Thai chi, acupuncture, etc.)
- Offer boat rental with professional guidance, having the possibility for visiting the region and sleeping on the boat.

Project made by Martina, Tornike, Vojtěch and Dominika



Our sustainable business idea combines the experience of sleeping on a ship/boat in the harbor like pirates by making accessible the unused boats in the harbor as accommodation, the desire for adventurous holidays and sports (sky board, surfing, diving), the discovery of local products with new technology (geocaching treasures), the promotion of local gastronomy and touristic highlights of history and the need for know-how on survival in the nature and about eco-system

Are you already bored with the daily routine? Are you fed up with those old-fashioned All inclusive Clubs for vacation? Do you want to try real adventure and discover hidden treasures? Just come on board and join our pirate crew of the Mediterranean! Captain Jack Sparrow, your local buddy, wants to welcome you to his world! You will sleep on an awesome ship, you will have to survive some adrenaline kicks during our wide ranged activity program from treasure hunting with GPS in the mountains to sky boarding in the clouds and diving for your food in the beautiful Ionian Sea.

Original pirate parties with Ouzo, Metaxa and live music are guaranteed!

You will explore the island while searching for your geocache-treasures and learn more about local flora and fauna in order to understand and survive in the wild nature like a real pirate (of course without stealing or killing anybody!) ;-)

The perfect occasion for teambuilding in companies or the ideal alternative to student's holidays or honeymoon if you want thrill and action!

The Exhibition

On the 9th day of seminar, the scenes made by origami were ready and the participants moved them to the cultural center of Lefkas where they had the leading role in the exhibition about sustainable entrepreneurship. The objective of this exhibition was to make the local community of Lefkas participant in our training course and show them different innovative ideas for sustainable business in this region.

The exhibition was inaugurated by the Vice Mayor of Lefkas, Mrs Skiada Zoe, and it was opened for visits five days long.

As well, in the exhibition place, the trainer and some participants did a workshop for children. Children could learn there how to make basic figurines with paper and local youngsters opened their minds to new possibilities for entrepreneurship in Lefkas.



The Educational TOOL

Participants prepared a educational tool about how to learn about sustainable entrepreneurship via Origami

After the scenes and the opening of the exhibition, we had another project to work on. The participants still had energy to continue being active.

They wanted to share all the knowledge they got during the ten days of seminar and the way to share it was through an educational guide for youth workers. In order to make this tool, first the whole group decided what chapters and parts will be included on it. Once it was decided the content, the participants were divided in five groups: introduction, sustainable development, sustainable entrepreneurship, origami and good practices. Every group worked in one chapter of the tool and, regularly, they presented their progress to the entire group. In this way, everyone was aware about the different parts and it was easier to link all the chapters. As well, all the participants made a vocabulary chapter to clarify the specialized terms



and language. The picture above is the cover of the tool made by Reka Hosszu who was responsible for the visual design of the tool.

Workshops and Group reflections

Different activities were organized to reflect not only in one big group, but also in small groups in order to allow everyone to share their opinions and experiences

During the seminar, we had also some workshops and group reflections. These kind of activities allowed the participants to reflect about the topic and the debates that were created during the speeches and presentations.

As a group reflection activity, every organization made a presentation explaining the situation of the sustainable entrepreneurship education in their country and shared some examples of good practices in their area.

Another important and memorable workshop was the activity "World Café". The participants were divided in five groups and the working room in five stations. Every group had to visit every station which contained a topic to reflect and discuss. The five topics

were: 'Importance of the entrepreneurship for society', 'Entrepreneurship and development in time of crisis', 'Support for entrepreneurship', 'Entrepreneurship and integration' and 'Where there is a need lays an opportunity'. Every group spent ten minutes in every station and, while they were reflecting there, they could ask to the 'waitresses' for something to eat or drink. The waitresses were the facilitators and the way of payment in this special 'Café' was with kisses, hugs and compliments.

Once every group was in every station, they had to present the results and conclusions of each topic. With these type of activities, the participants could think and reflect, share ideas and different opinions and make a group more close and connected.



Energizer, Games and Team building activities

Article written by Elisabeth Weissitsch / Austria

Drawing the portraits

In order to get to know each other, we faced two rows, one opposite the other. In one row were painters, in the other were models. The painters had to start drawing the person in front of him/her until the music changes. Usually the music changed very fast, so they could just make a few lines. In this way, everybody took part in drawing all the portraits. The results were mostly very funny.

Name and adjective

To introduce everybody, we stood in a circle and one by one we said our name and an adjective (or noun) which we think suits to our personality. This adjective had to start with the same letter than the first letter of our name.

In example: Reka rebel, Silvia staff, Elisabeth energy, Oleana optimistic, Maria married, Alessio authentic, or Mohamed motivator.

Wall down

People were split in two groups and were separated by a 'sheet-wall'. From each group one person went in front. Then, the wall went down and the people in front had to say the name of the opposite person. Who said first won the game and the other person had to join their group.



House, host earthquake

People had to separate in teams of three. One person was in the middle of the two others who had their hands hold up to build a "house" for the host person. One person was alone and had to say "house", "host" or "earthquake". If he/she said "house", the people holding their hands up had to find a new "host". If it was said "host", the guest had to find a new "house" and if it was said "earthquake", everybody had to change positions.

Thief and police

We built couples: one person was the thief and other was the police. The police had to catch the thief and the thief could only be safe if he/she run to another couple and stood next to one of the person of the other couple to exchange the role. The person in the opposite place became the new thief and the person which was police before had to catch the new thief. So its a quick exchange of positions and roles.

Name of left or right

People were in a circle and one person is in the middle of it. He/She pointed at another one and said "left" or "right". The pointed person had to repeat the name next to him/her. If he/she failed, he/she had to go into the middle.



Human evolution

There were 3 steps in the evolution: egg, monkey and human. Participants started being an egg and they evolved by playing to “Rock, scissor, paper”. To make it more interesting, they could only play “Rock, scissor, paper” with someone who was in the same evolution level (eggs VS eggs, monkeys VS monkeys and humans VS humans).

Clap together

One leader clapped and the entire group had to clap at the same time.

Imitating

We had 4 options: “Marylin Monroe”, “James Bond”, “a mixer”, “washing machine”. The group made a circle and one person in the middle pointed at other person saying one of the four options. The people next to the selected person had to do a movement which was agreed before.

Make them laugh

We had two rows of people that were standing opposite to each other. From each group, one person had to walk in front of the other group members who should make this person laugh. If the person didn't laugh, his/her group got a point.

Killing the mosquito

People stood in a circle. The mosquito movement went around like a chain. If you were the mosquito, you had to bend on your knees and the two people next to you had to clap over your head (to smash the mosquito). Then, the person who was on the right became the new mosquito and had to bend on his/her knees. The first mosquito, as well as the person on the right side, had to clap over the new mosquito's head. So it should be a fluent movement and the mosquito should go around fast.

Dancing and following

One person left the room and the others agreed a dancing leader. They stood in a circle and copied the movements of the leader, trying not to show who le-

ader was. The person who had left the room tried to find out who the leader was.

Electricity

We stood in two rows, one in front of the other. The group members hold their hands and had to close their eyes. At the end of the rows, there was a pencil on one chair and at the beginning of the rows, there was the group leader. He took the hand of the first person of each group and squeezed it. As soon as people felt the pressure, they had to pass the ‘electricity’ to the person next to him/her. Electricity went around like a chain until the last person in the row who had to grab the pencil before last person in the row of the other group.

Mereke tenke

Everybody stood in a circle. We closed our eyes and imagined that we are in Brazil on the Copacabana beach. When we opened the eyes, the instructor started to sing “mereke tenke tenke tenke, mereke tenke” and he did a movement which the others should follow.

Step in front

The entire group stood in one row at the end of the room. We had to make one step in front, but only one person after each other. If two person stepped in front at the same time, everyone had to go back and start again from the beginning. There must not be a strategy or an agreement, neither we were allowed to talk.

Syrtaki Dance

The Greek participants lead a group Sirtaki dance of the famous movie of “Zorba, the Greek”. It was good to have a little bit of Greek dances in the seminar.

Avoiding 21

We stood in a circle and we had to count. We could say one, two or three numbers in our turn, but not more. The person next to you had to continue counting until count arrived to 21. The person who had to say 21 is out of the game.



One week full of cultural exchange

intercultural evening

Article written by Saba Merc (Turkey) and Pharna Dvali (Georgia)

Intercultural evenings are the best way to learn different cultures. People can eat, drink, sing and dance together. It is impossible to do not get close in this situation. The whole process range from preparation of the tables to try to dance in the other cultures and it made us learn a lot of things about different traditions in the funniest way.

Participants from every country had the chance to enjoy interesting presentations, see traditional clothes and try local food.

The Culture Centre of Lefkas looked like a intercultural restaurant: flags dressed tables, national clothes dressed participant, national dances and music and possibility to taste: Greek dolma and Cifuriko, Armenian Ararti and Sujukhi, Georgian Churchkhela and Chacha, Mozart balls from Austria, Ukrainian sweets and Vodka, Jamon Serrano and chorizo from Spain, sweets and appetizer and Rakı from Turkey. We all knew that the next morning would be difficult after we tasted all national drinks.

Everything was excellent and different from the different country food. The participant really showed that they can present their culture in the best way possible and it was a great experience!

Each country was heavily involved in preparing their national booth presentation and, by the end of the night, we realized we learned a lot about each other's culture, symbols and traditions.

There are too many things to say about our cultural evening, but surely words cannot describe the fun, the interest and gustatory delights we felt. And because images count more than 10.000 words, we leave you the pleasure to discover our Intercultural Evening in these two pictures on the right side of this page. In one, the group tasting the food. In the other, Martina presents what they brought from Austria.

Besides this, presentations, videos and pictures gave shape to the other countries in our mind. Participants showed promotional videos, traditional dance videos

and special photos from their regions. This activity was very helpful to get idea and to imagine about different countries. So, now we can imagine –even a bit– ‘how do the other countries look like?’ or ‘how is the social life in the other countries?’.

In the intercultural evening, we had opportunity to see some food, drinks, sweets and also really beautiful presentations of the most beautiful places of all countries. Also, some participants of training course in Lefkada even put on themselves traditional dresses and show us a little bit of history.

As a conclusion, the intercultural evening allowed us to get to know each other and it was helpful to make new friends who have similar interests from all parts of backgrounds. It was great evening for all of us.



New stereotypes

Article written by Vojtěch Marszoles / Czech Republic

While on every project, we try to get to know better other cultures in order to break as many stereotypes as we can, but we have also somehow managed to create new ones. For example, did you know that French people always love to make a perfume out of everything? I have learnt that Ukraine is known for the biggest grain production in Europe, that's why 50% of Ukraine people I have met work for Nestle. Greek people don't know how to dance in disco clubs

and Romanians are actually Hungarians. Curious thing is that when Spanish guys get drunk, they sing French anthem.

But we are not to fight over it as wild Italians do fight over football, because sometimes these small stereotypes are good and more you feel proud of your country as Armenians do. And those big ones? We can easily overcome them by drinking beer with Czechs.

A trip through Lefkada through sustainable eyes

Article written by Elisabeth Weissitsch / Austria



In order to create our own business idea via Origami, our group of young people did an excursion to several places in Lefkada. The task was to visit touristic places as well as rural villages with a different point of view than general tourists. We had to think of the advantages and disadvantages of each location and find possibilities of green businesses in these places. Later on, we presented our ideas and last but not least, we built our Origami scene for the public exhibition.

Our first stop was in the local supermarket where we could see a good example of consumption on local levels. There are all products available which are produced in Lefkada. Next, we saw the wine factory of TAOA at Kastro. Exactly on that time the grapes have been delivered, so it was outstanding to watch the first step of wine producing.

After tasting the wine, we continued our trip and went to Karia, a mountain village in the center of Lefkada Island. This visit was rather different than a visit in the city of Lefkada because we could see a traditional Greek town out of summer season, which means to see the real everyday life of locals. A quiet and quite empty place with some stores to buy souvenirs and tavernas where mostly only some Greeks drink their coffee in silence. In the shops, like always in Greece, we could meet warm and welcoming people open to answer questions although we hardly bought something. First ideas came to our mind after seeing craft made of olive wood and embroidery.

After Karia a small village called Englouvi was visited by our group. As some local people told us, these

days there are 40 people living there, so actually we doubled the population there that day. In winter it even snows, so these facts were causing some mixed thoughts about businesses and possibilities to bring tourists or business in a rural region like this one.

The following stop was in Nydri to see the Eco House. Participants visited the Eco Garden and were informed about what it was planted there. As well, the coordinator of the project explained the details about the construction and project of the Eco house. To avoid starvation, next we enjoyed a delicious meal in Vlichos and had some time to take a look at the harbor.

In Nydri, later on, we had time to explore the beautiful small village on the Eastern coast of Lefkada.

Mostly there, people had ideas to create business linked with boats, the sea or some outdoor activities such as water sports.

Finally, we were back in Lefkada where Thanos, our guide, was waiting to make a tour and show us some of the historical places in Lefkada. He stressed out some basic background information about the history of Lefkada, famous people and funny myths. Now, we know why Japanese people come to visit Lefkada and we could guess why the poet Sappho killed herself on the south Cape of Lefkas. Additionally, we also entered into the cultural museum of Orfeas where we wondered about the traditional clothes for women.

To summarize, everybody enjoyed this day a lot and it inspired the participants not only to create business ideas for the next days, but also it gave us inspiration and let us space for creativity and to enjoy one of the most beautiful places in Greece.

The village of Englouvi well known by famous lentils

Article written by Katerina Anastasopoulou / Greece

In our excursion, we visited the highest village of Lefkas at an altitude of 700 m and 18 km from the city of Lefkas, the village of Englouvi. It's a traditional and verdant village with many plane-trees in its square. The approximately 150 residents cultivate their fields, the famous lentils of the region, one of the few varieties that comes from primordial seed. The residents continue to cultivate lentils with traditional methods, giving a product of excellent quality.

At the square of Englouvi, I had the opportunity to talk with the local residents about the history of lentils. I was so impressed from the way that they harvested lentils in past times. An old woman explained me all the process of harvest and how painful was the work in the lentils' fields. Additionally, she mentioned me that the whole cultivation of legume based mainly on women. It was happening also the old times. Moreover, she showed me a book with a lot of pictures of the cultivation, harvesting, sieving and storage of lentils in old times.

Some pictures depicted portraits of old women in fields that they wore the typical scarf on their heads (tsebera) and the skirt of their traditional costume. Another photo depicted men and women to load their horses in order to transfer the lentils from the field to the threshing floor.

Furthermore, she told me that 3 km above the village of Englouvi is the plateau "Vouni" where the residents cultivate the lentils. Also, in this place, there is the "Voltoi". It is a stone village consisting of stone domed buildings and threshing. That was formerly the summer residence of the villagers at the harvest time of

lentils. This settlement (stone village) does not exist anywhere else in the world.

Last but not least, asking her if there is a shop to buy lentils, her answer was negative. As she emphasized me, unfortunately, the only way someone can find and buy lentils in the village is to search singularly for each producer.

Consequently, an efficient idea could be the creation of Lentils Agricultural Cooperatives and the opening shop – museum that would present the history of lentils and also there would be possible the sale of the product. In this way, the product's promotion would be achieved and simultaneously the sustainable development of the region.

Anyway, since more than 50 years, Englouvi organize 'the lentils festival'. It is held annually on 6th August. The guests have the chance to taste Englouvi's lentils, salted sardines, olives, red wine and bread.



How to cook the lentils?

Ingredients

½ pound lentils of Englouvi
1 twig of fresh oregano
5 cloves of garlic
One water glass oil
vinegar
salt



The following recipe is how to cook lentils

Execution of the recipe

Wash the lentils in cold water. Fill a pot with water and add the lentils when the water is still cold. Wait to boil without shuffle. Once boiled, strain the lentils.

Pour in the pot of lentils, a jug of cold water along with 5 cloves of garlic and fresh oregano.

Let it boil until drink the broth (cooking in ten minutes, it is advisable to take the oregano not to take bitterness).

Just drunk the water, slowly add about a water glass oil and stir constantly rubbing slightly on the walls of the pot. While stirring, it will be created a kind of cream.

Add slowly a little water and continue to stir.

When, you take it from the fire, let stand for 5 minutes to cool down and serve with a little oil, vinegar, salt.

Good luck!

The slow revolution, the slow food movement

Article written by Stefano Bellomo /Italy

Seventy-five percent of European food product diversity has been lost since 1900. Ninety-three percent of American food product diversity was lost in the same time period. Thirty-three percent of livestock varieties have disappeared or are near to disappearing, and 30,000 vegetable varieties have become extinct in the last century, with one more lost every six hours. This trend is exacerbated by the use of genetically modified organisms (GMOs).

The travel that our food does is useless, generating polluting emissions and wasting energy, choking up transportation networks and negatively impacting food quality. This shows the most obvious signs of our modern-day emphasis on efficiency. Health, taste, local economies, and the environment, take a back seat to overriding economic conditions.

The global food supply chain is broken. Low-cost food is subsidized through a process of externalizing costs that serves only the largest multinational organizations and creates negative environmental and social impacts. Small producers around the world are seeing their way of living jeopardized. Consumers find it harder and harder to know about the source and nutrition of the foods they buy. Carlo Petrini created the Slow Food movement to reawaken consumers to both the source of their food and to food's gastronomic value. Slow Food benefits all in the supply chain: producers are accessing broader and deeper markets and consequently building sustainable businesses while preserving and restoring many threatened forms of traditional artisanal food production. Consumers are reconnecting with the source of food and the food communities around them in a way that is healthier and better for the environment.

This is the background that inspire Carlo Petrini to found Slow Food, an eco-gastronomic organization, in Italy in 1986. His goal was to counteract the spread of fast food and the frenzy of fast eating, the disappearance of local food traditions, and the indifference about what we eat. Slow Food works on a global level

to promote good, clean, and fair food. In other words: The food we eat should taste good, it should be produced in a way that does not harm the environment, animal welfare or our health, and food producers should receive fair compensation for their work.

Carlo strongly believes that each consumer's food choices have consequences all over the globe. He developed the concept of co-producers— that is going beyond the passive role of a consumer and taking interest in those that produce our food, how they produce it, and the problems they face in doing so. Slow Food also protects food biodiversity, educates people about food, and brings consumers and producers together by promoting alternative distribution channels. Carlo understood early on the importance of food's gastronomic value to change consumption patterns, educating consumers to be the primary actors in the transformation of the food industry (a key step to sustainable agriculture and a better environment).

Carlo believes this is the best defense against poor quality, mass-produced, or adulterated food, and also against environmentally damaging and unhealthy food in our diets. By reawakening and training consumers' senses, Slow Food helps people rediscover the joys of eating local foods and understand the importance of caring where their food comes from, who makes it, and how it's made. Slow Food safeguards local cuisines, traditional products, and vegetable and animal species at-risk of extinction, through a process called "taste education."

Another important area of Carlo's work is the Slow Food Foundation for Biodiversity to safeguard our gastronomic resources and to defend our world's heritage of agricultural biodiversity and gastronomic tradition. The Slow Food Foundation supports projects in defense of food biodiversity in more than sixty countries and promotes a sustainable agriculture that respects the environment, the cultural identity of local people, and promotes animal well-being.



**Slow Food Foundation
for Biodiversity**



Slow Food®

international Training Course for youth workers and youth leaders Lefkada, October 2013

