

Sustainable Tourism

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ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ
Πολιτιστική Μη Κυβερνητική Οργάνωση
Νέων

www.tamonopatia.org



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Alternative tourism program for young people to discover Lefkas !



INTRODUCTION

Alternative tourism program is designed for the European youngsters who would like to come to Lefkada and learn about local customs, preserve the nature, also promoting the environmentally friendly travelling/lifestyle and building up solidarity spirit between the locals and the persons interested to participate in the activities.

For your holiday program you can choose activities and workshops, to combine them in one creative week, participate as a volunteer in local festivities.

Lefkada has many options to offer you during your stay in the island that ensures your vacation with a lot of interesting and truly unique experiences.

Adventure is a part of voluntary work!



The NGO „**Solidarity Tracks**” offer a holidays of alternative tourism for youngsters in the island of Lefkas.

We aspire to develop other forms of meetings and cultural exchanges with the reception of European youngsters tourists to discover Greece, local traditions, cultural heritage, to be in contact with Greek people and to create a fruitful relationship among them, to participate in local development and to motivate travelers to protect the culture and environment that they visit.

Meet the locals and discover a country, a region, the main motivation of the participants in the activities that can be described as "participatory tourism" meaning tourism with voluntary work.

In this context, there is developed this type of tourism among young Europeans.

„Solidarity Tracks” is cooperating with European NGOs which are motivated to send groups (till 8 persons) of youngsters for an alternative, cultural experience of holidays in Lefkada Island.

The spirit of alternative tourism:

Trip is an initiation, a discovery of self and peers.

- Introduce young people with international solidarity spirit.
- Encourage young people to live an authentic cultural experience in Lefkas much more representative than they imagine.
- Gives the possibility of contact with local people: meetings, cultural activities and home stay accommodation.
- Establish the sense of citizenship among young Europeans.
- Encourage innovation in the social sector and volunteerism among Europeans
- Promote the idea of alternative tourism in Lefkas proposing a new form of tourism close to local citizens and organized by them. Valorize natural heritage and local culture and give interest to the citizens to develop their city, culture, heritage.
- Involve and help local people in the development of local projects.

Sustainable tourism attempts to make a low impact on the environment and local culture, while helping to generate income, employment and the conservation of local ecosystems. It is responsible tourism that is both ecologically and culturally sensitive. Respect the socio-cultural authenticity of host communities, conserve their characteristics, living cultural heritage and traditional values and contribute to inter-cultural understanding and tolerance.

Make optimal use of environmental resources that constitute a key element in touristic development. Lefkas is a touristic island where access is easy for travelers. This tiny archipelago has a variety of landscapes, cultural heritage for anyone who wishes to discover it. Even if tourism can be a factor of economic growth, it has undoubtedly been and can still have adverse consequences in social, environmental or cultural aspects.

Sustainable Tourism: involves tourists in the growth of community enriching their incomes and broaden their perspectives , culture and natural environment offers new touristic activities that respect the individual, the nature , culture and help protect environment balances tourist part and local society in small island minimizes the use and consumption of not renewable resources recognizes the link between tourism success and environmental quality respects the fragile balances that characterize many tourist destinations, in particular small islands and environmentally sensitive areas community involvement, „participatory tourism”, voluntary work in local society tourism has to contribute to sustainable development and its integration with the natural, cultural and human environment.

About Lefkada Island...In Lefkada, nature and the unique culture bring the harmony to your every step. The beautiful island waits you with a large variety of landscape that harmoniously combines the sea with the mountain. The heart of Hellenic hospitality beats in Lefkada, people are very friendly. Nature has generously endowed it. People just added what was necessary to make your stay unforgettable.

Lefkada island is situated on the North West side of Greece in Ionian sea, 400 km from Athens and connected by a bridge, that is movable with the main land.

For inspiration: www.lefkada.gr; travel-to-lefkada.com; ww.lefkada-holidays.gr; www.lefkadaslowguide.gr

LODGING Accommodation in Lefkada island, it is possible to stay with local people at their home, in the school premises or camping area.



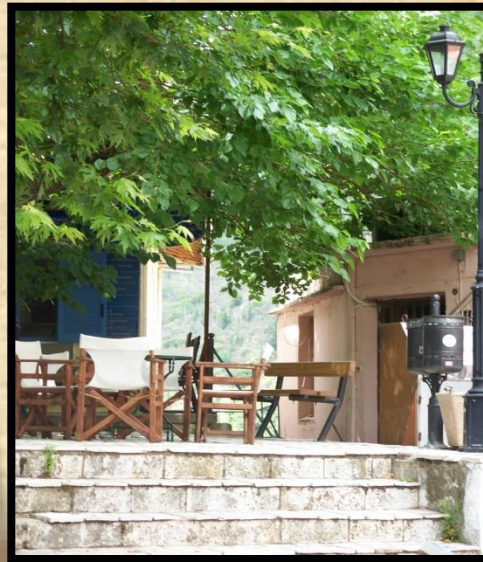
Where to participate as a volunteer....

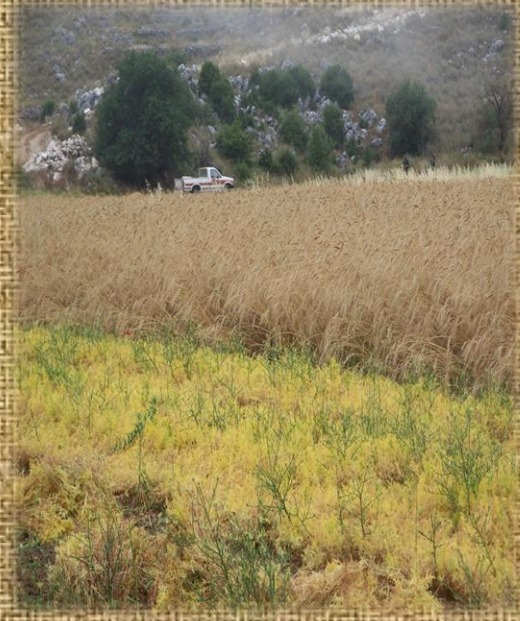
There is rich customs and traditions for you to actively participate in and learn about local customs, local products...

You have a great chance to be a volunteer in celebrations, work together in the team with Greek organizer's and see two sides of celebrations.

Collecting lentils.

At the end of July is possible to help one day in surrounding region in village of **Englouvi** to Collect lentils and get to know Greek agriculture life. **Englouvi** is the highest village of the island Lefkada. Lentils from there.....they say that they are the best in **Greece!**









PARTICIPATION in **Festival of Rigamada** in
Karya in the middle of July!

Description: they use dried bread which is after putted in the water, then putted in salt, vinegar, add some olive oil, after they put small marinated sardines and some tomatoes, garlic and oregano spice. The idea behind this was in that in the past there was a need to use the old dried bread because of nutritional needs....





“VINE FESTIVAL” IN PIGADISANOUS IN THE END OF JULY.

During festivity the locals give wine, bread and meat as donation for guests. Traditional greek musician bands playing music and songs, locals and guests dance together joyful Greek dances all night long.

The idea behind the festival is to promote the local wines, to support island's agriculture.

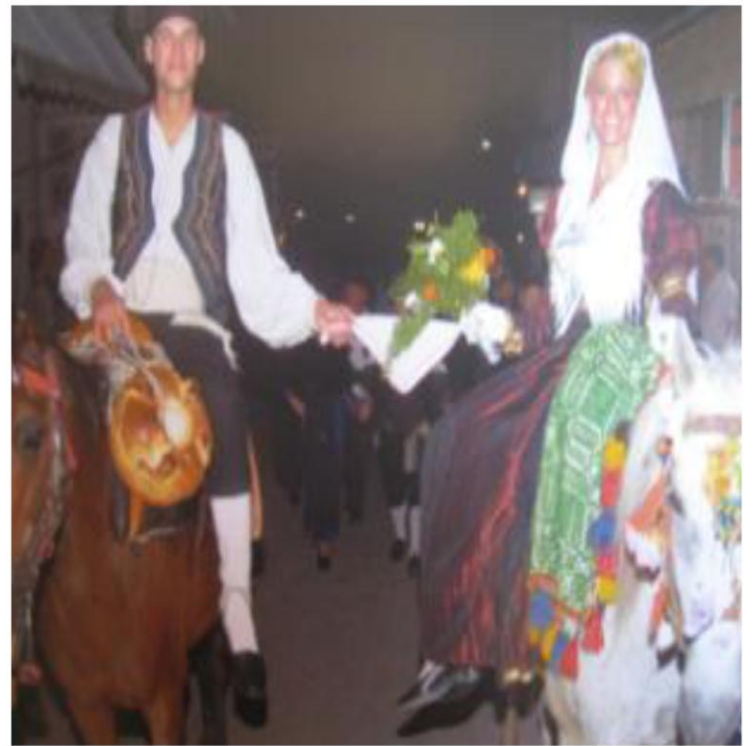




"PROVINCIAL GREEK MARRIAGE CEREMONY" IN THE BEGINNING OF AUGUST

Karia village, in August. Wedding traditions with Marriage Ceremony, loading of horses, celebratory parade, feast with dinner and traditional dances with live music. The customs related to the marriage feast are presented with all the details, from the first to the last day.

It is possible to experience Greek traditional wedding roles, for example be a wedding quest and dress up in Greek traditional clothes and take a part in theatrical activities and celebration feast including typical wedding dinner, enjoying Greek dances for three days.



LENTILS CELEBRATION MOUNTAIN VILLAGE ENGLOUVI IN THE BEGINNING OF AUGUST.

THE LENTIL CELEBRATION IS DEDICATED TO THE HARVESTING OF NEW CROP, AND DURING THE FEAST THE HOUSE-WIVES OF EGLOUVI SERVE VISITORS COOKED PREMIUM QUALITY LENTILS (THE MOST EXPENSIVE IN EUROPE) , SALTED SARDINES AND ABUNDANT WINE, WHILE A TRADITIONAL FOLK FEAST WITH LIVE MUSIC AND DANCE FOLLOWS. CELEBRATION IS FULL OF TOURISTS AND LOCAL PEOPLE.

THIS FESTIVAL IS MORE INTERESTING IF YOU ARE PARTICIPATING AS VOLUNTEER AND WORK IN ORGANIZATION TEAM, HELP FOR TRADITIONAL LENTILS SOUP MAKING, PREPARING OTHER PLATES FOR GUESTS, SERVING IT, SEE THE TOURISTS FROM OTHER SIDE AND THE MAIN BENEFIT - TO BE IN CLOSE CONTACT WITH GREEK PEOPLE, COMMUNICATE WITH THEM EVEN IF YOU DO NOT KNOW GREEK.





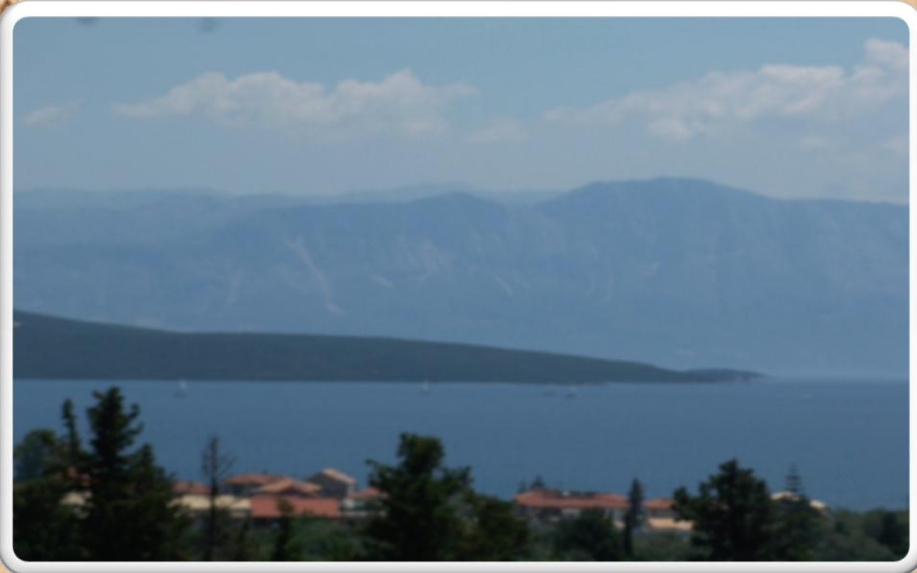
LEFKADAS INTERNATIONAL FOLKLORE DANCE FESTIVAL

Every year: Last week of August.

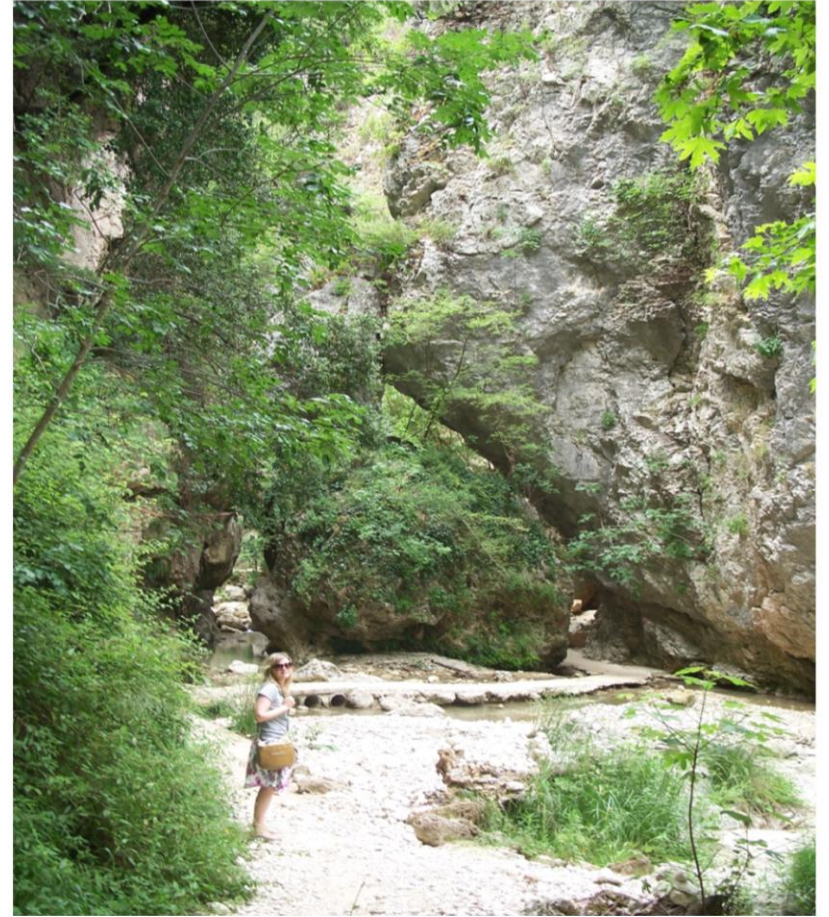
Streets of the Lefkada are full with dancers from all over the world who set up the “Mega dance”, the dance of “Peace and Friendship” of all people.

As a volunteer you can be a guide for participants, meet and know closer all these creative persons and learn world, traditional dances and songs from countries worldwide.



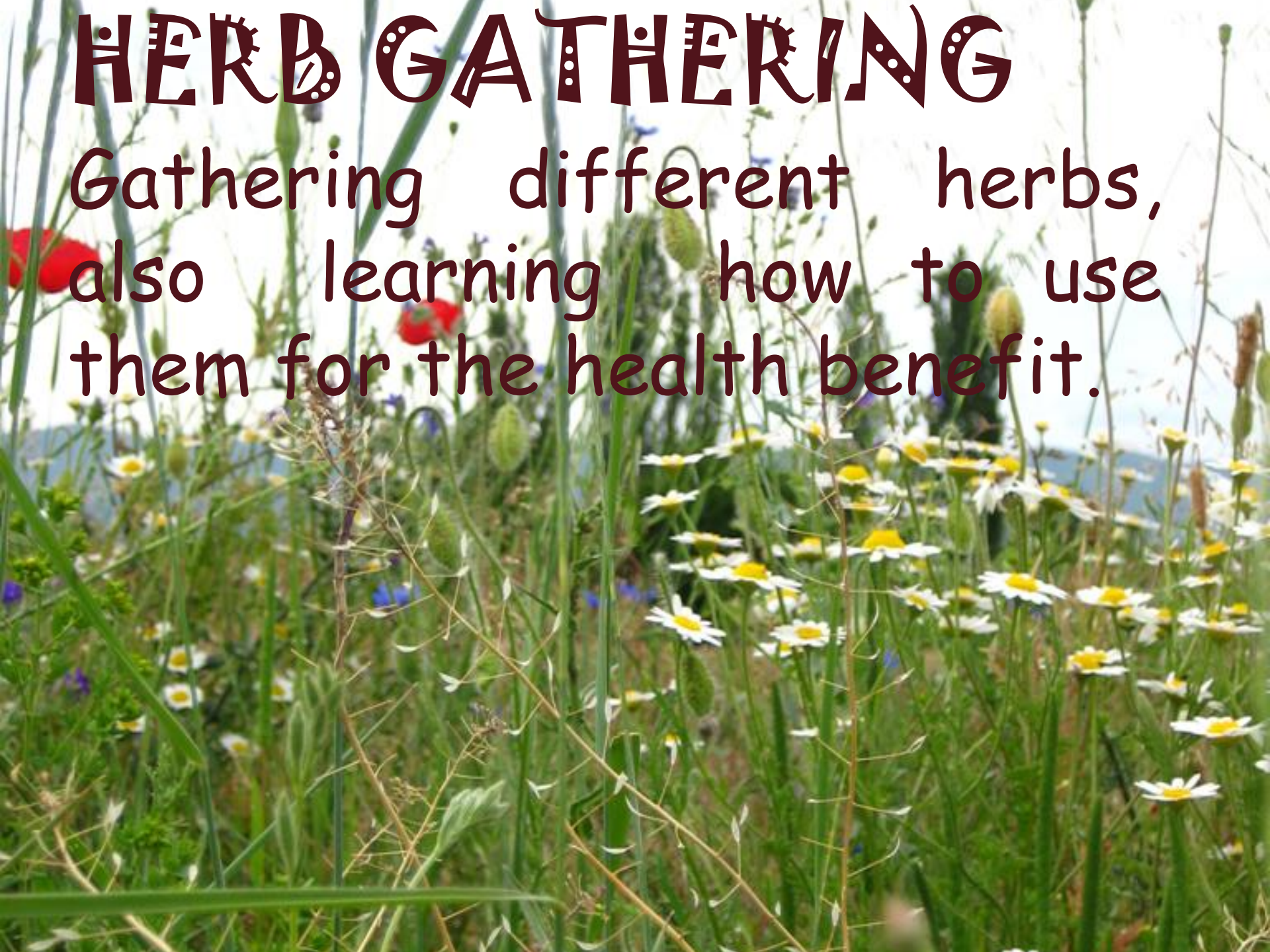


Trip by bicycle from Lefkada to Nidri Dimosari waterfalls the road is not steep, only difficulty is the heat (if you are going in July, August), also be careful about the intensity of traffic it is quite high on the weekends. Suggestion is to go during the weekdays also better in September or October.



HERB GATHERING

Gathering different herbs,
also learning how to use
them for the health benefit.



MARINA PLANK WAYS IN LEFKADA TOWN THERE IS AN IMPRESSIVE MARINA AREA WITH PLANK WAYS WITH MORE THAN 600 SAILING BOATS. THIS IS PERFECT PLACE WHERE TO IMPROVE YOUR DRAWING SKILLS AND TO OBSERVE LIGHTS CHANGES IN THE NATURE. TRY TO SIT ON THE PLANK WAY AND TO SKETCH BOATS IN THE EVENING TIME BEFORE SUN GOES DOWN, WHEN SHADOWS ARE DANCING ON THE WATER.



WALKING ROUTES

TO UNDERTAKE A WALKING JOURNEY TO THE MOUNTAINS.

PATHWAYS IN SKAROS MOUNTAIN FOREST
VELANIDIAS, MELISSA GORGE IN SFAKIOTES, DAFAS
FOREST OF SIVROS, WHERE YOU CAN FEEL NATURE'S
POWER AND BEAUTY.



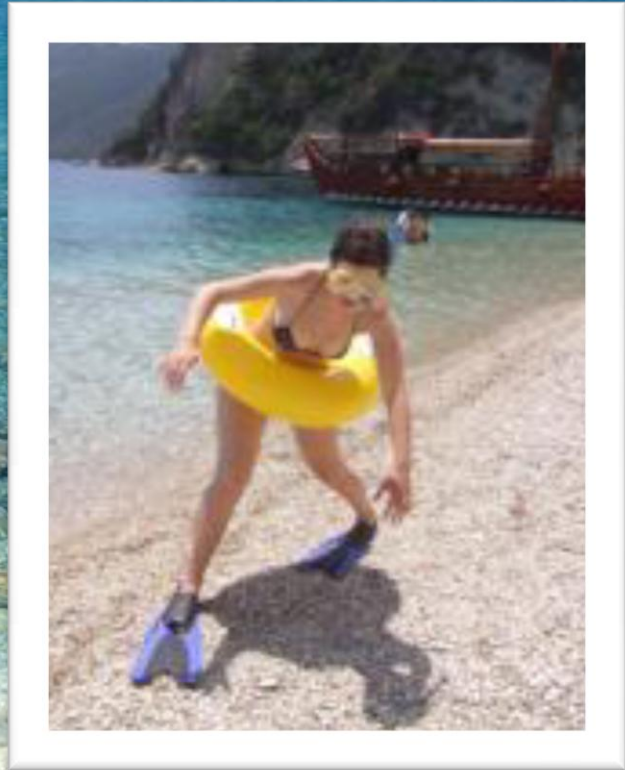
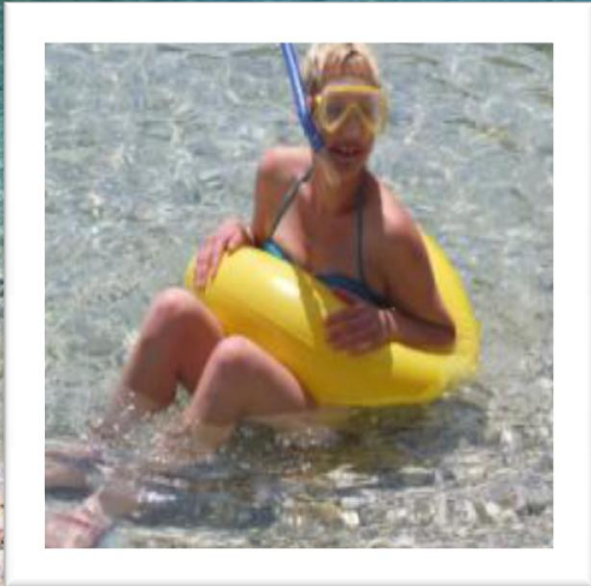


DIVING IN UNDERWATER PARADISE



Explore the underwater Paradise in the Ionian sea. Lefkadas sea is the ideal place to dive all year long. Dive with professional diving instructor from Nidri Diving Centre, including diving lessons and equipment service.

Snorkeling is an alternative opportunity. The best beaches for snorkeling in Lefkada are situated in East coast, because water is clear as crystal and waves are calmer.



THE **LEFKADIAN EMBROIDERY** IMPRESSIVE LOCAL HANDWORKS ARE THE FAMOUS LEFKADITIAN BROIDERY OF UNIQUE BEAUTY. KARIA BROIDERY, THE KNOWN **KARSIANIKI STITCH**, IS A SPECIAL BROIDERY TECHNIQUE COMPLETELY DIFFERENT FROM EVERY OTHER STITCH IN GREECE AND BEYOND. IT'S A CONTRAPTION AND CREATION OF THE WOMEN OF KARIA AFTER WHICH IT WAS NAMED.



DISCOVERING THE MUSEUM OF THE FOLKLORE IN KARYA. LEARNING ABOUT TRADITIONAL EMBROIDERIES HOW IT WAS DEVELOPED.



Donkeys ride

***6 As you know Greek villages are famous for their donkeys. In the village of Karia you have great possibility to try this crazy ride.**

We are sure you will remember this adventure forever!



NIGHT FISHING EXPEDITION...

Night fishing expedition for 24 hours.

Discover Greek fishing traditions and water animals of Ionian sea.

Fishing expedition start at 23.00 from Nidri till 11.00 in next the morning.

It will be unforgettable fishing trip in Greek fisherman's boat with laying fishing nets and taking them out with sunrise.

Expedition ends with trip to the private beach, submarine cave and water sightseeing in Meganisi island.



NIGHT EXPEDITION ON THE BEACH

Expedition starts with walking trip on the beach. A good beach for this activity is Egremni, on the evening time it isn't so crowded. There is stair with 350 steps till the beach, then walk on the beach 3 km, creating „Contemporary Robinsons Place”, Greek Olympic games, crazy sport activities with special Robinson Crusoe tasks.

Expedition include evening meditation and time for relax and concentration with sunset, spending night in warm sleeping bag under the open sky with stars, torchlight and the sound of the sea. And maybe with high tide and surprise tidal wave in your sleeping bag!





Discovering the small island **Kalamos**, activities like **kayaking**, discovering some **Caves**, visiting island called **Kastos** by small fishing boat. The population of that island is aprox 40 persons... on the island like that you really feel that the time have stopped, the life there is very quiet, main activities for people are fishing through the year and tourism when there is a season.



GREEK TRADITIONAL DANCE WORKSHOP

LEARN GREEK TRADITIONAL DANCES WITH DIFFERENT DANCING GROUPS OF THE ISLAND OF LEFKADA ATTENDED BY CREATIVE TEACHERS.

Traditional Greek dancing has a primarily social function. It brings the community together at key points of the year, such as Easter, the grape harvest festivals; and at key points in the lives of individuals and families, such as weddings. For this reason, tradition frequently dictates a strict order in the arrangement of the dancers, for example, by age.

Visitors tempted to join in a celebration should be careful not to violate these arrangements, in which the prestige of the individual villagers may be embodied.



WINE TRADITION OF “AGRICULTURAL UNION OF LEFKADIAN” IN THE OLDEST WINE FACTORY

Located in the Kastro area in Lefkada town, there is the Cooperatives of Lefkadas union of Agricultural.

Volunteers have the option to help in wine making procedures and taste typical Lefkadian wine.

Working time only from September to October.

Winery

Learn about the procedures and different stages involved in the production of wine and wine degustation after the end of excursion.

For volunteers it is possible to pick grapes from plantations on September. This is an interesting opportunity to get to know Greek wine traditions or help in grapes plantation for one day.



HELPING COLLECT THE OLIVES

Olive oil is one of the most typical products in Lefkada.

Olives collecting starts in winter time from November till January.

You have a choice to help collecting olives from olive trees in Valley of Vasiliki and Karia.



DISCOVERING GREECE COFFEE TRADITIONS

For Greeks drinking a coffee is very important part of the day.

Try to work one day in Coffee place and get to know all about Greek coffee traditions and tastes.

Get to know how to make the best cold coffee - Frappe and enjoy Greek way of life with typical expression “siga, siga”!

(slowly, slowly)!



A TASTE FROM LEFKADA! FAMOUS LEFKADITIAN PRODUCTS ARE LENTILS OF EGLOUVI, HONEY, SOUMADA (A REFRESHMENT MADE OF BITTER ALMOND), LIQUORS LIKE ROZOLI, MINT AND ROSE, LOCAL VINE.

Greek food cooking traditions in Taverna

Work one day in traditional "Taverna" and get to know Greek cuisine. How to prepare octopus, Calmars, Crabs and different fishes for dinner and other traditional Lefkadian plates.

Pastry shop/ Bakery

We are offering wonderful and very sweet choice to work in a local patisserie with pastry work , helping to make a typical Greek sweets like "Baklava" and other sweets, cookies or bread. And of course to taste them all!



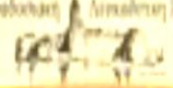
LIQUEUR FACTORY

Have a day in a distillery, founded in the city of Lefkada in 1945.

Today, continues the tradition of so many years in the field of drinks industry (ouzo, cognac, liqueur) due to the experience of it's personnel and its products authentic city. The liqueur distillery offers a great variety of flavors such as banana, mint, rose, Carnation, bergamots, coconut, mastic, cherry, kumquat as well as the traditional liqueur of Lefkada "Rozoli".

As a volunteer in alternative tourism Project you have great chance to help in procedures of making liqueur and open the secrets of sweet and very tasty Greek liqueur.

Παράδοση & Αισιοδοξία Γενιτών



Π. Φραγκούλη



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A close-up photograph of a person's hand holding a crushed red aluminum can. The can is flattened and its top is crumpled. The background is a blurred beach scene with sand and some distant figures. The text is overlaid on the top left of the image.

GIVE A HELPING HAND!
NO RUBBISH IN LEFKADA!

**It is possible to help to clean public areas like
beach, forest trails, road sidewalks.**

Tree plantations in burnt regions of the island.

CULTURAL VISITS IN LEFKADA

Open air Garden Theater in the city centre with open air movie evenings, Greek music concerts, theatre plays.

Archeological Museum - there are ceramics, vessels and other Greek exhibit about wine and olive oil productions traditions, music instruments.

Phonograph Museum - museum exhibit offer to see old gramophones, embroidery, photographs of old town, with a lot of souvenirs of the romantic ancient Lefkada.

Monastery of Faneromens in the top of the hill...with the church of Faneromeni, a nice place with a small zoo in the garden and a wonderful view of all the town.

Santa Mavra Castle with stone walls and small church, inside yard where in summer is happening open air concerts.

MAKING A MOVIE ABOUT ENVIRONMENT PROTECTION, RECYCLING, SUSTAINABLE DEVELOPMENT IN LEFKADA.



Sustainable tourism ethics means

"First, do no harm".

All the Parties commit to support these sustainable tourism principles, to sustain and enhance the character of Lefkas its environment, culture, aesthetics, heritage, and the well-being of its residents.

By choosing this form of travel, "Solidarity Tracks" and its local partners and the European young travelers agree to abide by sum moral obligations.

“Solidarity Tracks” undertakes:

- ❖ to promote sustainable and fair tourism to the youngsters;
- ❖ to assure the quality of the services;
- ❖ to provide objective information to the travelers;
- ❖ to limit the number in each group in order to promote the quality not the quantity of exchanges between people;
- ❖ to ensure that 4% of the participation cost for the trip would go to support sustainable development projects of interest in Lefkas area;
- ❖ assisting and advising local partners, providers for the establishment of a sustainable tourism and the concept of sustainability;
- ❖ to ensure transparency in the management of the activities;
- ❖ is committed of saving natural resources (water, environment, food) and manage waste;
- ❖ to undertake to give priority to local products and local service providers (purchasing of local food, using local transportation etc.);
- ❖ use locally owned infrastructures for accommodation;
- ❖ educate travelers and our guides about how and why we choose to travel this way;
- ❖ provide opportunities for travelers to interact with local people.

Local partners of “Solidarity Tracks”:

- ❖ must provide quality services;
- ❖ must promote contact, real exchange, respecting the privacy of local people;
- ❖ don't ask money from the traveler;
- ❖ must ensure the safety of passengers. (example: cars in good condition also try to respect the timing of travel program).
- ❖ **Guidelines for travelers:**
- ❖ respect local culture and traditions, local etiquette. Suggestion: learning at least a few courtesy words in the local language. With a little effort on your part you will find yourself coming away with a greater sense of understanding of other culture and feeling pleased to have left a positive mark on the country you visited. Things are done differently in the places we travel, which is why we love them! Please make sure in your dealings with local people you accept these differences and not try to change them for your own benefit or comfort. Remember that many places operate on different concepts of time - things happen when they happen! The traveler who wishes to have a happy and successful trip should keep as calm, cheerful and friendly as humanly possible. Patience, courtesy and smiles are virtues that open many doors.

- ❖ agrees to comply with safety rules and follow the advices and recommendations of the guide;
- ❖ will strive to contribute positively to the group's life for a smooth stay;
- ❖ must be aware of the consequences of his actions and his attitude towards the local residents;
- ❖ be aware of the impact of photography. Sensitivity is the key. Please ensure that you ask permission before videoing or taking photographs of people or their property etc.;
- ❖ must respect and save the local natural resources. Environmentally aware travelers try reducing pollution, waste, energy consumption, water usage, basically avoiding creating additional pressure on the environment. Try to reduce use of plastic bags, for example when shopping use your own bag to carry. Please try and minimize the waste of plastic water bottles, consider bringing a refillable water bottle with you. Turn off the tap when brushing your teeth, take a shower rather than a bath. Consider what you pack in your suitcase before leaving home where possible remove the wrapping of packaged goods before you leave. Local culinary delights are part of the joy of travelling! Eat local food and drinks and your money supports the locals, rather than seeking out imported familiar snacks and drinks from home. Buy handicrafts and art directly from the makers in local villages.

Practical information: Getting to Lefkas island.

BY AIRPLANE

Lefkas (or Lefkada) Island does not have an airport. However, the International Airport of Aktio, in Preveza, is only 20 kilometers from the city of Lefkas. The airport is accessible by bus or by taxi. There are daily flights that connect Athens International Airport Eleytherios Venizelos, to Aktio and the flight lasts 45 minutes. Aktio airport is connected also to Corfu, Kefalonia, Zakynthos, and Sitia, in Crete.

BY BUS-CAR

The distance Lefkas-Athens is 385 kilometers. You can reach Lefkas by your own car, via the bridge that connects Lefkas with Etoloakarnania, without transporting your car with the car-ferry boat. You can reach Lefkas by KTEL buses that leave from the big cities: Athens, Thessalonica, Patras.

From Athens, bus service is daily and the travel lasts 5 hours, while the bus-connection to Thessalonica is 2 times per week and the travel lasts 7 hours. The sub-marine tunnel Preveza-Aktio and the bridge Rio-Antirio have facilitated a lot the access to the island of Lefkas.

BY SEA

The ports of Igoumenitsa and Patras are the two biggest ports, which are considered as gates to Ionian. From Nydri and Vasiliki, depart daily ferry boats that connect Lefkas to Kefalonia, Ithaca and to the smaller islands Scorpios, Sparti, Meganisi, Madouri, Prigiponisia, Skorpidi.

Getting around on Lefkas island BY BUS

The central bus station of Lefkas is located in the capital, Lefkada map near the Marina, on Golemi Street. Buses travel to the Eastern part of the island very often (July, August), while less frequent are the itineraries to the western coast. The destinations are the followings: Nydri, Vasiliki, Poros, Agios Nikitas.

BY CAR

The car is the most ideal mean in order to explore the island of Lefkas, since it is enough large. Having a car gives you the opportunity to visit places you could not see by bus.

BY BOAT

There are available small boats, called caiques, that can transport you to various beaches of Lefkas or to the nearby islets Scorpios, Sparti, Meganisi, Madoyri, Prigiponisia, Skorpidi.

USEFUL GREEK EXPRESSIONS

Greek people are very open, hospitable and always appreciate when foreigners know some words in their language.

Useful basics how to survive in Greece!

Hallo, Goodbye - Geia sas – Γεια σας

Yes – Ne – Ναι ; No - Ohi – Όχι ; Ok - endaksi - Εντάξει

Good morning -kalimera – Καλημέρα ; Goodnight - kalinihta - Καληνύχτα

Thank you - efharisto – Ευχαριστώ; Please - parakalo - Παρακαλώ

Excuse me - signomi – Συγγνώμη ; I'm sorry - lipame - Λυπάμαι

Where are you from? - apo pu iste? – Από πού είστε; I am from... – ime apo tin... – Είμαι από την ...

What is your name? – pos se lene? – Πώς σε λένε; My name is... - ime or legome... – Λέγομαι

How are you? - ti kanis ? – Τι κάνεις; I'm fine - kala , mia hara – Καλά, μια χαρά

I'm so, so - etsi ke etsi – Έτσι κι έτσι

I don't know - den ksero – Δεν ξέρω

What is the time? - ti ora ine? – Τι ώρα είναι

I don't speak Greek - den milao ellinika- Δεν μιλάω Ελληνικά

Do you speak English ? - milas aglika ? – Μιλάς Αγγλικά

How much does it cost? - Poso kani? – Πόσο κάνει;

Where are you going? - Pou pas? – Πού πας;

Where – pu - Πού, Who – pios - Ποιός, Why – yiati – Γιατί , How – pos - Πώς

Come – ella – Έλα ; And – ke - και

I can't - den boro – Δεν μπορώ

I need – hriazome – Χρειάζομαι

I like - mu aresi – Μου αρέσει

I want - thelo – Θέλω ; I would like to - tha ifela – Θα ήθελα

I am- ego ime – εγώ είμαι ; You – esis - εσείς

Girl – kopella, koritsi – κοπέλα, κορίτσι ; Boy – agori - αγόρι

Beautiful – orea - ωραία

Beach – paralia - παραλία

Swimming – banio, kolibi- μπάνιο, κολύμπι

Wine – krasi - κρασί

Cheese - tiri – τυρί ; Bread – psomi - ψωμί

Tasty – nostimo – νόστιμο

I'm happy! - ime haroumeni! - Είμαι χαρούμενη

EFHARISTO! THANK YOU!

Project is supported by:

