

# INFOPACK

## ESC Volunteering Group Project

### CC & E - Clean, Create & Educate



#### PLACE & DATE

Lefkas, Greece

30 days

**18<sup>th</sup> May to 18<sup>th</sup> June 2021**  
(travel days included)

#### COUNTRIES

**24 volunteers**  
from 8 countries

(Spain, France, Italy, Portugal,  
Turkey, Tunisia,  
Bulgaria and Romania)

#### WORKING LANGUAGE

English

## THE NGO

Solidarity Tracks is a non-profit organization, promoting the values of sustainable development, human rights through, youth mobility exchanges and intercultural learning on local, European and worldwide scale.

Solidarity Tracks acts for individuals' personal development in relation to local sustainable development. The ultimate goal of our organization is to understand the links which unite people, inspire us, support the spirit for an equal and mutual development.

Solidarity Tracks coordinates Erasmus+ non formal education projects including training courses, youth exchanges and volunteering projects on different topics. It is based in Lefkada, Greece, with over 10 years of experience in working with children, young people and adults of all ages.

For more information:

Website: <https://tamonopatia.org/>

Facebook: <https://www.facebook.com/SolidarityTracksLefkada>

Instagram: <https://www.instagram.com/solidaritytracks/?hl=fr>

## SUMMARY OF THE PROJECT

The beaches of Lefkas island are part of a natural and beautiful patrimony which contribute directly and indirectly to the local economic dynamics. With a view to preserve these beaches, to contribute to their cleanness and to encourage locals and visitors into more responsible behavior, we wish to launch this multinational volunteering project, within the frame of the program “European Solidarity Corps”. This project involves 24 volunteers from Spain, France, Italy, Portugal, Turkey, Tunisia, Bulgaria and Romania 8 countries of Europe and Mediterranean.

For a month, from 18th of May to 18th of June 2020, these volunteers will realize a project of common interest and public utility. The volunteers will deeply be involved in this project by participating in the cleaning of the beaches and taking initiative to awareness the public by implementing dissemination actions. In the course of this experience these young volunteers will broaden their horizons while meeting each other and exchanging good practices with their European and local peers. They will acquire knowledge and develop competences regarding the maritime environment’s preservation and the running of a project related to the intercultural mediation. Besides, they will raise their own awareness about different styles of life which are more eco-friendly and apply the principle “Thing



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globally, act locally". The volunteers will develop pedagogical and technical competences which allow them to launch actions of informal education which target the local population. This project can introduce new habits within the professional as well as the family environment.

With the cooperation of local institutions and enterprises, this collective project will involve some young people stemming from unprivileged areas and/or with special needs, which will help their social integration as their chances equality. It will also help us retain the distinction of "blue flag" won by 8 of our beaches, raising thus their attractiveness among the potential visitors. This will act beneficially on the island's economy, which is predominantly dependent on the Tourism.

Based on the project's results, the partners involved will be able to take initiatives and launch action groups which aim at cleaning and arranging the coast. This can have positive impact on the local communities thru the active engagement of the young European volunteers.

## **AIMS OF OUR PROJECT**

Our project wish to reach the following objectives:

- 1- Cleaning the beaches of our island and reducing the plastic garbage and other toxic substances scattered over the beach. This work will be done by the young volunteers who will commit themselves to this project of social responsibility.
- 2- To enable the volunteers to develop and enhance new competences and skills related to the environment and a sustainable lifestyle.
- 3- To favor the self-fulfillment, the actions of creative citizenship and the spirit of initiative among the young people thru this highly engaged project.
- 4- To improve the intercultural dialog and the collective reflection among the young beneficiaries of this project, as they interact based on their ideas and experiences about recycling and sustainability.
- 5- To raise the awareness of the local society & the public at large scale about the urgency of protecting the seaside and behaving in a more responsible way as regards the garbage especially of plastic, by involving them to the actions of cleaning, creative workshops & the dissemination event.
- 6- To contribute to the local economic and sustainable development by taking mild advantage of the natural heritage.



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## TASKS OF THE VOLUNTEERS

The volunteer will work 6 hours a day, 5 days per week with 2 free days (not necessarily Saturday and Sunday), plus 2 days of holidays for the month.

Activities will be as follow:

- To clean the beaches of Lefkada with the distinction: blue flag.
- To create bins and ashtrays to install on the beaches.



- To create giant artistic trash mascots based on recycled objects and install on one of the beaches with the blue flag.



*(Crédit photo: Zoo national/ Smithsonian - from the artis Angela Haseltine Pozzi)*





*(from the artist Bordalo)*

- To prepare and implement the final event for dissemination and awareness, during which the volunteers will share the results of their volunteering projects and implement their own event in order to promote eco lifestyle and protection of the sea to the local community.
- To design and share promoting material: poster, photos, videos, social medias, etc.
- To participate in renewing abandoned places for the benefit of the local community.

The volunteers will be divided into four groups to design and plan the activities. They will have to divide the tasks between them concerning the creation and dissemination aspects, and the logistic as well. All the activities of preparation and implementation will be done in intercultural groups. The working methods will be defined in advance following the preparation meetings with the volunteer supervisor.

## **PARTICIPANT'S PROFILE**

- Be between 18 and 30 years old.
- Be familiar with the new technologies.
- Be tolerant, motivated by the topic and the mission, keep the good mood and accept fully the hosting condition.
- To have artistic skills to participate to the creative activities such as the creation of the mascots from recycle material.
- To have IT skills to help in the creation of promotional material.

## **VENUE**

Our project will take place in Lefkada island. 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 23.000 inhabitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens. Discover the island at: [www.lefkada.gr](http://www.lefkada.gr)







## **ACCOMMODATION**

The volunteers will be lodged in a studio, in the town of Lefkada. Studios Artemis, built around 2005, are located in the city of Lefkas, at a walking distance from the town center, in a beautiful and peaceful environment. Each studio has 2 beds (1 double and 1 single), a kitchen, a fridge, cooking facilities, LCD television, air conditioning & Wi-Fi internet access.

Here is the webpage of Studios Artemis for more information:

<https://studiosartemi.gr/>

The volunteers will be maximum 3 per studio. According to these facilities some volunteers may have to share a double bed. In that case they will each one receive their own set of bed-sheets.

## **FOOD**

Each volunteer will receive a food allowance of 150 € for the whole month.

## **POCKET MONEY**

The volunteer will receive 150€ for the entire month.

## **INSURANCE**

The sending organisation will register the volunteer in Cigna Insurance before coming to Greece. Each participant is responsible about its insurance. For the volunteers from EU countries, please bring the European health card with you.



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## SUPPORT

- 100% of accommodation and basic food are covered by the programme.
- 100% of activities fee are covered by the programme.
- Fixed amount of your travel cost (as mentioned bellow) are covered by the programme.
- Regular mentorship and supports in the learning process.
- Greek language course for 2 hours a week.

## AMOUNT COVERED FOR THE TRAVEL\*

Country	Organisation	Total number of volunteers	Number & profile of volunteers with special needs/fewer opportunities	Number total	Amount covered for the travel*
France	AMSED	3	0	4	275€
Bulgaria	The Starry Start of Talents Foundation	3	0	3	275€
Italy	ASSOCIAZIONE INFORMAGIOVANI	3	2 (fewer opportunity - social obstacles)	3	275€
Portugal	BRIGADA DO MAR - UNIÃO	3	1 (fewer opportunity - social obstacles)	3	360€
Spain	ASOCIACION MUNDUS	3	2 (fewer opportunity & special needs - social obstacles and educational difficulties)	3	275€
Tunisia	AVEC	3	2 (fewer opportunity & special needs- social obstacles and educational difficulties)	3	275€
Turkey	Pi Youth Association	3	0	3	275€
Romania	ATA	3	0	4	275€

\* Maximum amount to reimburse for each participant (from place of residence to Lefkas, Greece).



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## TRANSPORTATION

The volunteer or his/her sending organisation will buy the plane ticket. We can cover the amount fixed according to the distance calculator of Erasmus+, specified above and agreed by our National Agency.

### How to arrive to Lefkas:

The closest airport to Lefkas, is Aktion Airport, located in Preveza. From the airport you can take a local bus to go directly to Lefkada. The bus takes 20 minutes to arrive to Lefkas and the ticket costs 3€.

However, usually you will find better flight offer by arriving to Athens. 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 5,50 €. There, near to the bus stop, you have to take the bus to Lefkas which takes 5 hours and costs 32 € ( 10% cheaper if you book online:

[http://www.ktel-lefkadas.gr/?module=default&pages\\_id=1&lang=en](http://www.ktel-lefkadas.gr/?module=default&pages_id=1&lang=en)

You can also benefit of 25% discount, if we book a bust ticket.

Pay attention because there are only 4 buses from Athens to Lefkas (at 7:00, 13:00, 16:30 and 20:30) so please organise your flight so as to arrive early in Athens and catch the bus to Lefkas.

**Very important:** in order to be reimbursed of the travel expenses, please **KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES** from your travel, and **send your boarding pass of your return trip**, when you will be back home. The travel by taxi is not covered.

## COVID-19 MEASURES

Volunteers have the responsibility to strictly and carefully respect the Greek national measures regarding COVID-19, and any measure that will be requested by the hosting organisation. In particular, volunteers must:

- Arrive with a negative COVID-19 RT-PCR test within 72 hours before their arrival to Greece.
- Fill the online PLF form up to 24 hours before their flight: <https://travel.gov.gr/#/>

Moreover, during the volunteering, we will provide masks, antiseptic liquid and cloves.



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## EVALUATION

After the Volunteering project, each participant will receive a link by e-mail to fill the final report. It is important to fill the report online in order to validate the volunteering. The travel reimbursement will be done maximum two months after the volunteer has completed the final evaluation and sent all transport tickets (original paper documentation of train, bus and shuttle tickets).

## HOW TO PREPARE TO THIS MISSION

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

### Here is the process:

Link to solidarity Corps: [https://europa.eu/youth/solidarity\\_en](https://europa.eu/youth/solidarity_en)

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

1- Apply at [https://europa.eu/youth/solidarity\\_en](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 Volunteer charter.

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

## WHAT TO BRING

- Sunglasses, towels, swimming suit, sun hat, sun cream.
- Sleeping bag, sheets and towels.
- Spring clothes and working clothes (that you do not mind to get dirty).
- Camera, laptop, tablet.
- ESC activity agreement.

## EMERGENCY NUMBERS

Medical Emergency: 112

Police : 100

Fire Service : 199

Ambulance service: 166

Hospital of Lefkada: +30 2645 360200



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## USEFUL GREEK WORDS

ENGLISH	GREEK
Hello	γεια σας! ( <b>Yia sas</b> )
Welcome!	Καλώς ορίσατε! ( <b>Kalos Orisate</b> )
My name is...	Ονομάζομαι... ( <b>Onomazome</b> )
Thank you!	ευχαριστώ! ( <b>Evkaristo</b> )
Please	Παρακαλώ ( <b>Parakalo</b> )
I need help.	Χρειάζομαι βοήθεια. ( <b>khriazome voithia</b> )
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά ( <b>Lipame, then millaw Ellinika</b> )
Do you speak German/English?	Μιλάτε Γερμανικά / αγγλικά; ( <b>Millate yermanika, anglika</b> )
Excuse me?	Συγγνώμη; ( <b>Signomi</b> )
Yes	Ναι ( <b>Ne</b> )
No	Όχι ( <b>Okhi</b> )
Maybe	Ίσως ( <b>Isos</b> )
I don't know	Δεν ξέρω ( <b>Then ksero</b> )
I love you!	σ' αγαπώ ( <b>Sagappo</b> )
Goodbye!	Αντίο ( <b>Adio</b> )



## SUPPORTING STAFF IN THE HOSTING COUNTRY

- Mohamed Chaabouni, project coordinator: [pistes\\_solidaires@yahoo.gr](mailto:pistes_solidaires@yahoo.gr)
- Alexia Di-val, supervisor of volunteers: [solidaritytracksgr@gmail.com](mailto:solidaritytracksgr@gmail.com)
- Ioanna Livitsanou, mentor of volunteers & PR:  
[networksolidaritytracks@gmail.com](mailto:networksolidaritytracks@gmail.com)
- Reka Hosszu, graphic designer & trainer: [solidaritytracksgr@gmail.com](mailto:solidaritytracksgr@gmail.com)

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For more informations about ESC please check this link:

<https://tamonopatia.org/solidarity-corps/>

If you have questions or suggestions, please do not hesitate to write to us or to call

us:



### **Solidarity Tracks**

Cultural NGO for Youth  
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