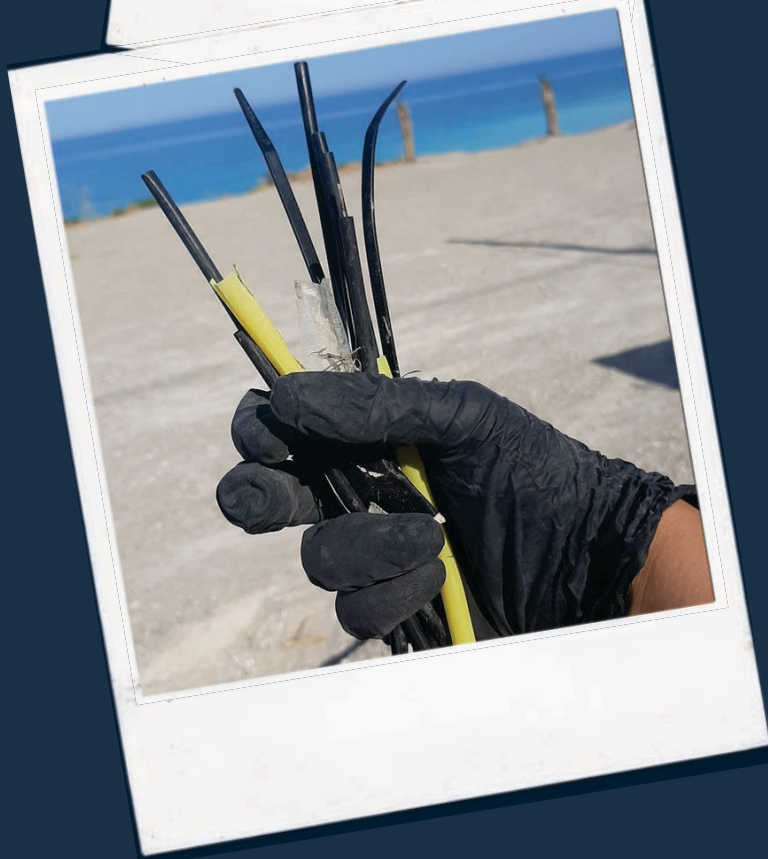


CLEAN, CREATE & EDUCATE MAGAZINE

The summary of a one month volunteer program for cleaning beaches in Lefkada, Greece, involving a group of young europeans.

May, 20th to June, 20th 2022



We will tell you all about this
Volunteer Program,
but first...

Let's talk about

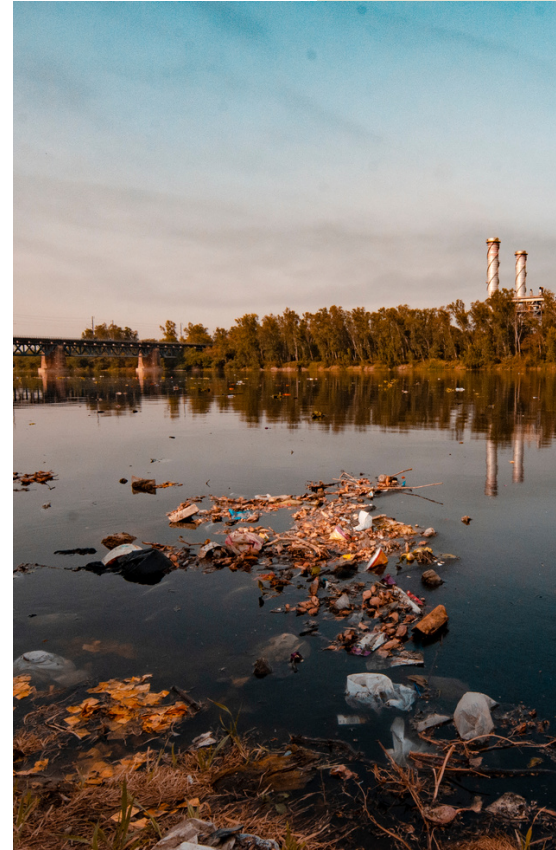
Sea Polution

SEA POLLUTION

Did you know that water is the main Earth's resource, covering 71% of the Earth's surface? Therefore, the Seas and the Oceans play a crucial role in the chemical and biochemical balance of life on Earth.

Human activity have had an enourmous harmful impact on the health and life in Oceans over the last decades and the lack of action will have irreversible effects on life on Earth, as we know it.

The habitats of marine mammals and fish have been severely degraded due to human activity, since waste can persist in the environment for many years and accumulates over time.



What about Greece?

It's estimated that by the year 2050, Greece will be 2°C warmer and with 18% less rainfall, which means droughts will become more frequent and intense, while groundwater recharge could continue to fall.

Greece draws more than 40% of it's usable water from groundwater aquifers, often more on the islands, but in many places, such as the island of Crete and Corinth city, groundwater is being extracted faster than it can be naturally recharged.

Not only does this steadily drain the aquifer, but it also allows saltwater to seep in and contaminate the whole supply.

Sea Pollution **FACTS**



71%

water covers the Earth's surface,
so Oceans and Seas have a crucial role
in the chemical and biochemical balance
of life on Earth

70%

of the Earth's water supplies
are used in Agriculture

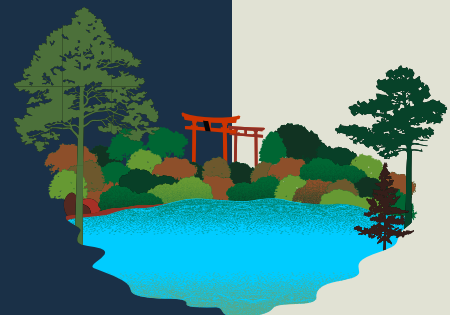


70%

of industrial waste in developed countries
is disposed in untreated waters

~40%

of US fishing and swimming lakes
are too polluted for humans



Sea Pollution **FACTS**

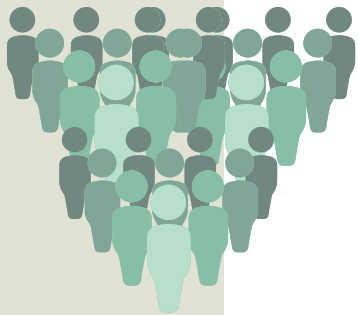


50%

of the Chinese population
doesn't have access to safe water

80%

of India's water is polluted



844,000,000

people don't have access to a clean water

1,000,000

tons of oil go into the Ocean
from Land sources



Sea Pollution CAUSES

Oil Spills caused by:

Accidents

Breakdown of equipment

Natural disasters such as hurricanes

Acts of terrorism and war



Toxic Waste caused by:

Manufacturing and farming

Water treatment systems

Construction, automotive garages

Laboratories, hospitals, and other industries

Sea Pollution CAUSES

Water pollution caused by:

Littering

Wind storms

Poor waste management

Boating and marinas



Let's take
action!

ONGOING INITIATIVES

in Greece!

Greece already has some non profit organizations with the mission to raise awareness to Sea Pollution through different projects and activities like cleaning, restoring and educational programs, such as:

- **Corfu Butterfly Festival**
- **Ionian Dolphin Project**
- **Iris Project** (enables young people to protect and restore nature)
- **REPOSIDONIA project** (contribute to the management and protection of the seabeds with Posidonia meadows in Greece)
- **Solidarity Tracks** workshops and projects (recycling, reusing, beach cleaning, educate about sustainability)



SOLIDARITY TRACKS

CLEAN, CREATE & EDUCATE

is a Solidarity Track's Program and it's the one we are going to talk about in this Magazine, made by its volunteers.

This is a volunteer project that involves a group of european volunteers in Lefkada, Greece.

We spent 30 days cleaning beaches, creating art and educating the community by raising awareness to Sea Pollution and the beneficts of some cleaning habits.

AIM OF THE PROGRAM

- 1** To clean the beaches of Lefkada by reducing plastic garbage and other toxic substances.
- 2** To improve intercultural dialog and collective reflection among the volunteers based on their experiences and ideas about recycling and sustainability.
- 3** To contribute to the local economic and sustainable development by taking mild advantage of the natural heritage.
- 4** To enable the volunteers to develop and enhance new competences and skills related to the environment and a sustainable lifestyle.
- 5** To raise awareness to the local society & the public at large scale about the urgency of protecting the seaside and behaving in a more responsible way, by involving them to the actions of cleaning, creative workshops & the dissemination event.
- 6** To favor the self-fulfillment, the actions of creative citizenship and the spirit of initiative among the young people thru this highly engaged project.
- 7** To engage ESCvolunteers in the management and development of abandoned public spaces in order to make these spaces attractive to visit and live in.

THE VOLUNTEERS



LUCILE
France



DIOGO
Portugal



WIKTORIA
Poland



CLAUDIA
Italy



ACELYA
Turkiye



FRANCESCO
Italy



JULIA
Poland



LIVETA
Lithuania



EKIN
Turkiye



SALVADOR
Portugal



AINHOA
Spain



TUNA
Turkiye



KACPER
Poland



CATARINA
Portugal



GALIA
Ukraine



SÍLVIA
Spain

THE VOLUNTEERS



JULIEN
France



DARIE
Romania



ZINA
Tunisia



SARA
Italy



NAYARA
Spain



BRUNA
Portugal



VALENTINA
Italy



LILOU
France



ECENUR
Turkiye



MARINA
Spain



SARAH
France

With the supporting teams:



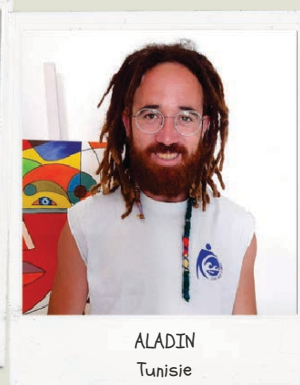
KEVIN
France



LUCIANA
Portugal



FOURAT
Tunisie



ALADIN
Tunisie



THAMER
Tunisie

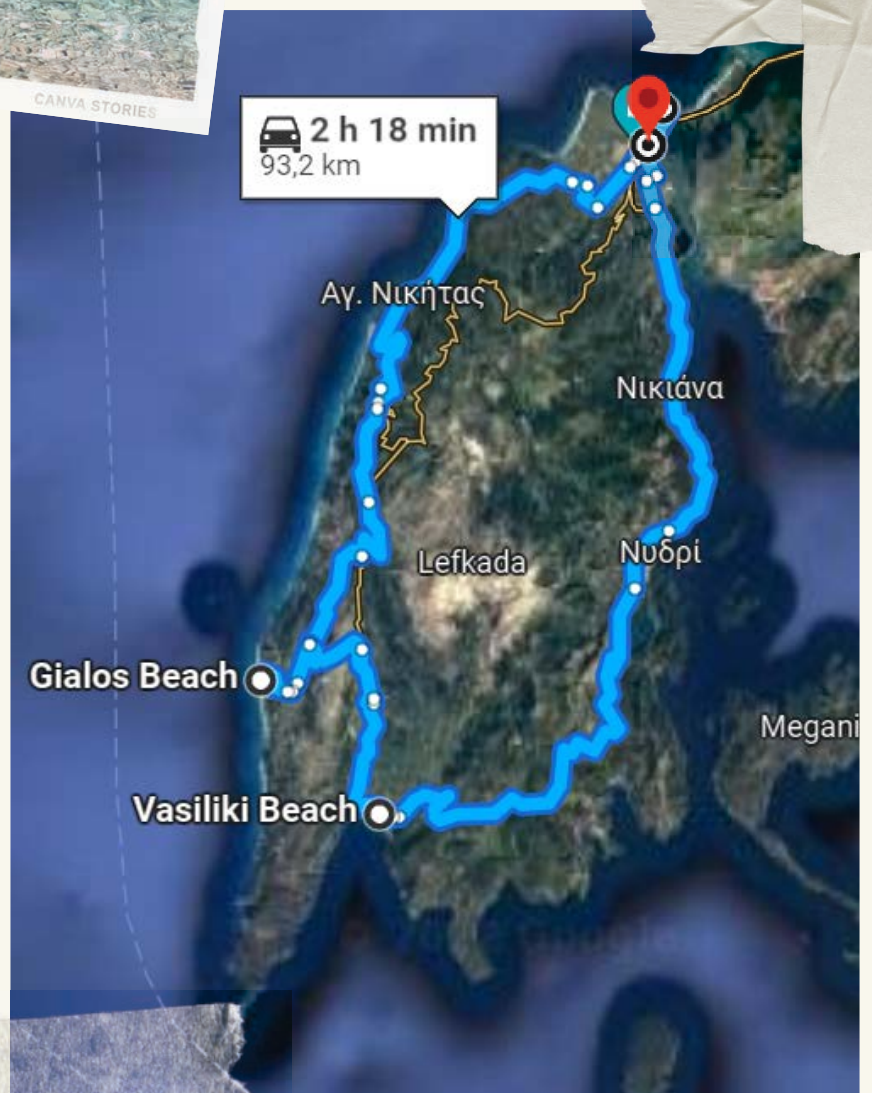
Thank you!

Week

One



CANVA STORIES



✓ GETTING TO KNOW EACH OTHER

✓ HAVE FUN

✓ LEARN MORE ABOUT GREECE

✓ CLEAN SOME BEACHES!

WHERE DID WE GO?

Getting to know each other

may, 20th to 22nd

We arrived at may, 20th and we had two days to get to know each other well before start this amazing project.

On may, 21st we did some group dynamics at the studio to learn each other's names and to share a little bit about ourselves.

It was fun and we all get along very quickly, so in our free time we went to eat and did other activities together.

Even though we are all from different places around the world (Spain, Turkey, Portugal, Poland, Italy, France, Ukraine, Lithuania, Latvia, Romania, Tunisie) we are a great team and mates.



Kastro's Beach & Marina

may, 23rd

The first area we cleaned was Kastro's Beach and Marina, and we cleaned it from 8am to 11 am, using the bags and gloves that Solidarity Tracks provided us to collect the trash!

We spent three hours there and it was not enough to clean the whole area. We found lots of plastics bags, plastic bottles, glass and metal, but what astonished us was the amount of microplastics found. Those microplastics couldn't be picked because they were so degraded due to heat that they literally turned into dust in our hands.

Our work team did a crazy good job collecting this trash and to finally let the environment breathe in that area, and we are very proud of our team work! That's why after the cleaning, we went to Kastro's beach to relax and have fun after so much hard work!

First
cleaning!



Gialo's Beach

may, 25th

The second beach we cleaned was Gialo's Beach!

I think we all agree in this one: it was the most clean beach we found. Most of the things we found were big nets and big plastic bags, no signal of microplastics, so it was easy and fun to clean.

Most of the trash was incrustated on big rocks so it was a hard work to move them to catch the plastics.

After that, we thought we deserved a long swim in this beautiful place we are going to remember forever!

But even when we are relaxing, we need to remember that the world needs us and we have to help as much as possible in order to be in peace with the nature and other animals that have the same right as us to live in a clean planet.



Vasiliki's Marina

may, 28th

After Gialo's Beach we had two free days that we used to get to know the island a little bit better, by visiting some museums and visiting some new places.

So when we head back to work, we cleaned our 3rd area, which was Vasiliki's Marina and then all the way to Agiofilis Beach, where we stayed for a swim!

We can say that the Marina had a lot of trash to pick, and again we had to make front with big rocks and plastics under them.

We found a lot of plastics and microplastics, and even a snake...
But that one we left there! :)

Though it was sad to realize that animals have to live in the middle of our trash when they don't deserve it...

We cleaned that area as much as possible without harming the animal and we are sure that it will be so happy to have a no-plastic home!



Lagoon's Cycle Event

may, 29th

In the frame of the Social ACT project, Erasmus+ Sport, which aims to enhance the use of bicycle in group, we organized the event "Cycling & cleaning". This day we rented some bicycles and did the cleaning while riding them!

It was hard to pick up trash while riding a bicycle, because we always had to get off and then on the bicycle, but it allowed us to do a larger area in few time, which was very productive and fun!

This area around the Lefkada's Lagoon was very dirty and we found a lot of paper, plastic bottles and other waste.

No one fell of the bicycle, so it was a Zero Accidents and Zero Plastic event!



In cooperation with:

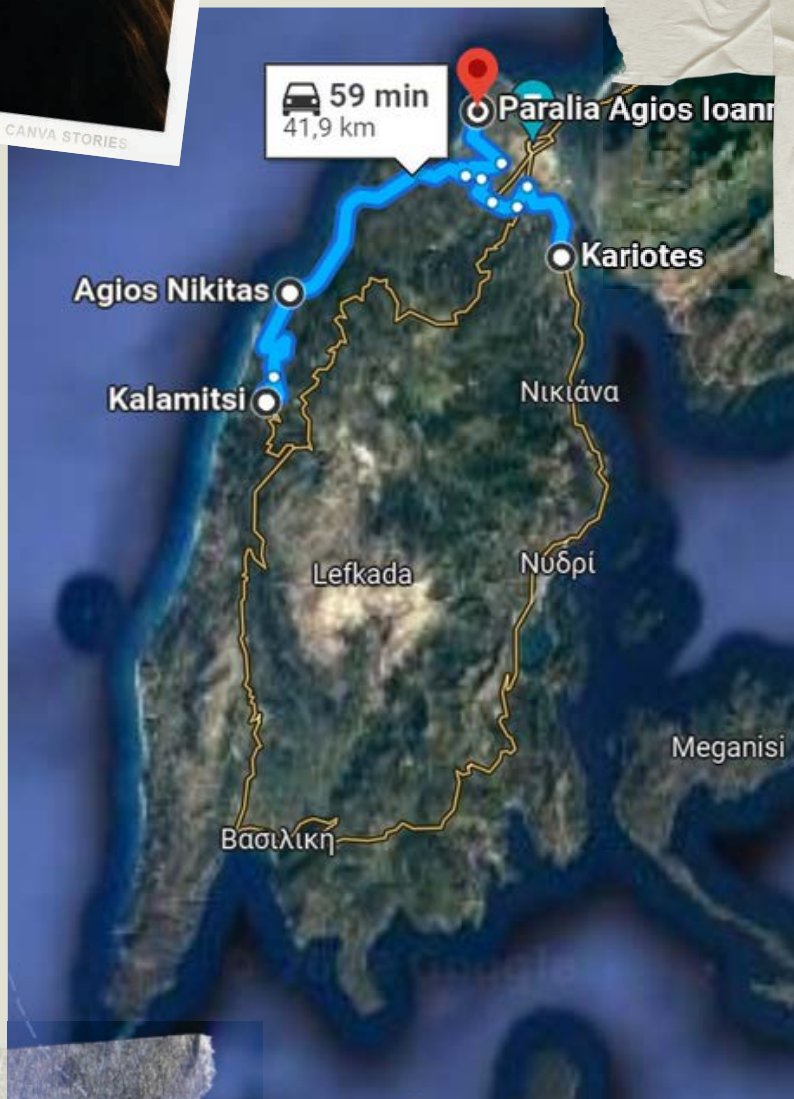


Week

Two



CANVA STORIES



✓ CLEAN MORE BEACHES!

✓ WORK BY TEAMS

✓ BE GRATEFULL

✓ HAVE FUN!

WHERE DID WE GO?

Kariote's Beach

may, 30th

The fifth beach we cleaned was Kariote's.

It took us a lot of time to clean because it was very dirty. We found a lot of plastic, paper, bottles, porexpan, bags and even a shoe.

It was hard to clean it because it was very hot, but then we celebrated our success with some rest and birthday cake, because it was the birthday of one of our volunteers!

In the afternoon we went to the office and work on our group projects.



Agios Nikita's Beach

may, 31st

This beach was also beautiful and it was very clean.

It had a difficult access because we needed to get there through some rocks, but that was good because it means it doesn't have a lot of people going there.

After cleaning, we went for a swim in this beautiful place.

This shows us that the places we don't usually go are the cleanest and the best habitat for the local animals.

We have to start thinking about what we can do to avoid that to live in peace with all the living-beings (and ourselves).



Work by Teams

june, 1st

This day we worked by teams in each one of our projects:

The **Trash Bins** team prepared and painted the trash bins that will go in the beaches, to help us have a clean environment;

The **Mascotte** team separated some plastics found when we were cleaning the beaches so they can re-use them and give this trash a new purpose by raising awareness with it;

The **Mural** team draw and painted some new designs to paint a school in Poros and give it a lighter and prettier look, while educating the kids that go to that school;

The **Promotion** team made some posts and reels for Social Media, and also worked in the final event, which meant doing this magazine, the final video to share in the final event and also the poster for the final event.

It was a very workfull day but we also had fun while taking care of our environment.



Kalamitsi's Beach

june, 2nd

Kalamitsi is a beautiful and clean beach, but unfortunately there's been a boat accident and the pieces of the boat lead to the shore of one of Kalamitsi's beach.

It was a very hard day, because even though someone had already put the pieces of the boat in piles, we had to carry it from the beach to the road, so it could be collected by the municipality.

The worst part is that there is no stairs or path from the beach to the road, so we had to remove the pieces through the rocks. It really was a team building exercise!

Later, we went to Kalamitsi's Local Museum located in an old school and created by donations of the local community.



Agios Ioanni's Beach

June, 5th

The last beach cleaning was in Gyra.

This beach wasn't dirty as much as the others, we found plastics, but not in many quantities

We were excited to finish the cleanings of the beaches and the great job we did but at the same time we were sad because there are so many places that we didn't get to clean and we know that, sadly, in a few time the beaches will get dirty again.

We can not stay quiet anymore, we have to stand up for our rights, our future. It's our planet and all the living beings have the right to live in a safe environment without all the plastics and pollution that we cause. It's our responsibility to act in front of this injustice and to make the right move.

This experience made us think about the power we have in our hands and how comforting and powerful it was for us to chose the right thing to do: cleaning the world we live in and educating ourselves about the different kind of helps we can offer to our mother nature.

Last
cleaning!



Week

Three



- ✓ LEARN ABOUT GREEK CULTURE
- ✓ A LOT OF WORK BY TEAMS
- ✓ WORK IN THE FINAL PROJECT
- ✓ ENJOY TIME TOGETHER

Poros

Office

WHERE DID WE GO?

Greek Culture

During this program we had a few **greek lessons** to learn more about the Greek Culture. We learned how to ask and answer to some of the most common questions made when you are getting to know someone or in a new city.

We also learned how to say the numbers, which helped us a lot when we went shopping, and also the name of some fruits and vegetables. Although all the employees in the supermarket, bar, coffeeshops and stores speaks english, it was good to learn how to comunicate, especially when its all writen in greek alfabet, which is harder to learn in a month!

It's always good to learn how to say *hello* (Kalimera!) and to *thank* (Efcharistó!) when you're in a new city, and the locals really appreciate it.



In this week, we also had a very special guest that teach us a few **tradicional greek dance moves**. We've been learning them everywhere we went, because it's so rooted, but it was great having this moment to just learn and practice, and also, have fun!

Mural Team

Like we mentioned, we were divided by teams according to our skills and preferences.

The Mural Team was responsible for rehabilitate an abandoned school in Poros, near Lefkada. They went there a few days to paint murals in the walls and even spent a few nights there because some of the murals needed to be paint at dawn with the use of a projector, so instead of coming back to Lefkada at night, they stayed in the school to continue the project the next days.

The city's president were really helpfull and the locals were very interested in knowing what they were doing there and even wanted to help.



The final result is amazing and we thank the program and this group of volunteers for doing it, and for helping raise awareness to sea polution and recycling.

Trash Bins Team



The Trash Bins Team also had a very fun, create and educational project in their hands (literally)!

They collected some of the Trash Bins made by last year's volunteers of this program that were put in the beaches of Lefkada, but due to the inclement weather were in need to be restored. So, the project was to collect the bins, repaint them and put them back at the beaches, so this way their presence is more evident and therefore, more effective.

They worked for a few days in the office of Solidarity Tracks, where they had all they needed for the project, and also shared that space with the Mascotte Team, which allowed them to work together and have fun!



Mascotte Team

The Mascotte Team were assigned to create a Mascotte using some of the trash we collected in our beach cleanings.

Didn't we said that this was a Clean, Create and Educate program? Yes, we have it all, because we cleaned beaches and used the collected trash to create a mascotte that will be placed in Lefkada Marina to raise awareness to sea pollution.

The project is to create a flamingo, so the skeleton had to be made with a solid material that can't be found at the beaches because the materials are too degraded, but it is the trash that we collect



Promotional Team



We saved for last, the Promotional Team because we are the creators of this Magazine, so it's easier to understand our assignment.

We also were in charge of promoting this program in Social Media, through posts, stories and reels in Solidarity Track's Instagram and Facebook accounts of all of our beach cleanings and work by teams.

All of our teams worked hard on this program and on each project with the final purpose to present them in a final event. This final event is also being organized by our team and it's where we are going to present this Magazine and a summary video we prepared to share our experience with the local community.



Week Four

Final Event

The final event took place in the Music High School - Lyceum of Lefkada on June, 14th around 12pm.

All the community were invited for a performance from the Music High School, followed by the presentation of this program.

We selected one volunteer to speak about our experience in general, and then we selected one volunteer per team to share the experience of each team (mural, trash bins, mascotte and promotional).

We also shared the final video that the Promotional Team created that sums up all the experience, as well as this magazine, which will be available on Solidarity Tracks website for consult.

In the end, for a more educational purpose, we did a quiz with questions about recycling habits and facts about sea pollution.

Since we are a group of european volunteers, we also prepared a intercultural buffet with tradicional food from each one of the countries represented in this program.

Farewell

June, 15th was our last working day, since we still had 2 vacation days and 2 free days left.

We did the final evaluation of the program and we filled the youthpass about what we learned with this experience.

At the end of the day, we all gathered for an official Farewell to the program, the supporting teams, and the volunteers.

All that's left to say is that we really enjoyed this program, the people that organized it, the ones who were chosen to be in it, the local community, the beaches, the view and the culture.

We thank for this opportunity and look forward to do it again sometime.

SOURCES

Education National Geographic (may, 9th to 19th):

<https://education.nationalgeographic.org/resource/marine-pollution>

United States Environmental Protection Agency (may, 9th to 19th):

<https://archive.epa.gov/water/archive/web/html/point9.html>

Climate Change Post (may, 9th to 19th):

<https://www.climatechange.org/greece/fresh-water-resources/>

2017 Seminar on Marine Pollution with various sources:

<https://www.slideshare.net/pramodgpramod/marine-pollution-76857615>

Ionian Environment Foundation (may, 9th to 19th):

<https://ionianenvironment.org/inspiring-conservation-with-butterflies/>

<https://www.facebook.com/IonianDolphinProject/>

The Iris Project (may, 9th to 19th):

<https://theirisproject.org/>

Omilo Greek Language & Culture (may, 9th to 19th):

<https://omilo.com/caretta-caretta-sea-turtles-greece/>

Greek Reporter (may, 9th to 19th):

[https://greekreporter.com/2022/05/04/whale-dies-greece-plastic-stomach/?](https://greekreporter.com/2022/05/04/whale-dies-greece-plastic-stomach/?fbclid=IwAR3-kA_CvTrtJeL-QqUBoQgS0j5hIb3GAn8mJjRCjdfnxJMU2bKE5sA8m88)

[fbclid=IwAR3-kA_CvTrtJeL-](https://greekreporter.com/2022/05/04/whale-dies-greece-plastic-stomach/?fbclid=IwAR3-kA_CvTrtJeL-QqUBoQgS0j5hIb3GAn8mJjRCjdfnxJMU2bKE5sA8m88)

[QqUBoQgS0j5hIb3GAn8mJjRCjdfnxJMU2bKE5sA8m88](https://greekreporter.com/2022/05/04/whale-dies-greece-plastic-stomach/?fbclid=IwAR3-kA_CvTrtJeL-QqUBoQgS0j5hIb3GAn8mJjRCjdfnxJMU2bKE5sA8m88)

Solidarity Tracks

<https://www.youtube.com/watch?v=cU3LIddc3FY>

<https://www.youtube.com/watch?v=Sd5GIqp9-Q>



**TO KNOW MORE ABOUT THIS
AND OTHER PROJECTS,
FOLLOW US:**

 @SOLIDARITYTRACKSLEFKADA/

 @SOLIDARITYTRACKS/

 [HTTPS://TAMONOPATIA.ORG/](https://tamonopatia.org/)

