

INFOPACK

CC&E - Clean, Create & Educate

May 20 to June 20, 2022

Lefkas, Greece

ESC Group volunteering



SUMMARY OF THE PROJECT

The beaches of Lefkas island are part of a natural and beautiful patrimony. In order to preserve these beaches and to encourage locals and visitors into more responsible behavior, we wish to launch this volunteering project, within the frame of the program “European Solidarity Corps”, involving 30 volunteers.

For a month, from 20th of May to 20th of June 2022, ESC volunteers will take part in a project of common interest and public utility. They will clean the beaches and take initiative to awareness the public of protecting the environment. This can have positive impact on the local community thru the active engagement of the youngsters.

The volunteers will broaden their horizons and exchange good practices with their European and local peers. They will develop competences regarding environment’s preservation and intercultural mediation. Besides, they will raise their own awareness about different eco-friendly lifestyles and apply the principle “Think globally, act locally”.

The volunteers will also take part in activities to develop public spaces (cleaning, murals painting and creation of furnitures from recycled material, walls and creation of flower boxes) in view of making spaces attractive and useful for the community.

With the cooperation of local institutions, 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 of equality. It will also help us retain the distinction of “blue flag” won by 8 of our beaches, raising thus their attractiveness among visitors. This will act beneficially on the island’s economy, which is predominantly dependent on the Tourism.



AIMS OF THE PROJECT

1

To clean the beaches of our island and reduce plastic garbage and other toxic substances, by the ESC volunteers committed to this project of social responsibility.

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 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 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 ESC volunteers in the management and development of abandoned public spaces in order to make these spaces attractive to visit and live in.

PARTICIPANT'S PROFILE

- Keep the good mood.
- Be between 18 and 30 years old.
- Be familiar with the new technologies.
- Be tolerant, motivated by the topic and the mission.
- To have IT skills for the creation of promotional material.
- To have artistic skills for the creative activities using recycle material.



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 at the end of 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.
- To create and instal furnitures as flower boxes based on pallets
- 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.



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 378km from Athens. Discover the island at: www.lefkada.gr



ACCOMMODATION

The volunteers will be hosted in Studios Artemis, built around 2005. The studios are located in the town of Lefkas, at a walking distance from the town center, in a beautiful and peaceful environment. Each studio has equipment for kitchen, a fridge, cooking facilities, television, air conditioning & Wi-Fi internet access.

Here is the webpage of Studios Artemis for more information: www.studiosartemi.gr

The volunteers will be 2 to 3 persons 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 & POCKET MONEY

Each volunteer will receive a food allowance of 150 € and 150 € for pocket money, so 300 € for the whole month.

INSURANCE

The volunteers will be registered with 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.

SUPPORT

- 100% of accommodation and basic food are covered by the programme.
- 100% of activities fee are covered by the programme.
- A fixed amount of the travel cost (as mentioned bellow) is covered by the programme depending of the place of origin.
- Regular mentorship and support in the learning process.
- Greek language course for 2 hours a week.



TRANSPORTATION

The volunteer or his/her sending organisation will buy the plane ticket. We will reimburse the tickets up to the fixed amount according to the distance calculator of Erasmus+, 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 Lefkas. The bus takes 20 minutes to arrive to Lefkas and the ticket costs about 3 €.

However, usually there are better flight offers 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 minutes 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:

www.ktel-lefkadas.gr

You can also benefit of 25% discount, if we book a bust ticket. There are 3 buses from Athens to Lefkas (at 7:00, 13:00, 19:00).



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

COVID-19

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 or antigenic test before their arrival to Greece.
 - Fill the online PLF form up to 24 hours before their flight: www.travel.gov.gr/#/
- Moreover, during the volunteering, we will provide masks and antiseptic liquid.

PREPARATION FOR THE MISSION

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

Here is the process:

- Link to register at solidarity Corps: www.europa.eu/youth/solidarity_en
- Video link how to register: www.youtu.be/KLFsvCcwApk
- Agree and uphold with the Mission Statements.
- Finalize your account, including interests, location, etc.
- Send us your Personal Reference Number of Solidarity Corps.
- Wait to be contacted and accept the volunteering offer.

2- To know and to understand the Volunteer charter.

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

4- Things to bring:

- Sunglasses, towels, swimming suit, sun hat, sun cream.
- Spring clothes and working clothes (that you do not mind to get dirty).
- Camera, laptop, tablet.
- Local products from your country to share during an intercultural buffet.



USEFUL CONTACTS

Solidarity Tracks office: +30 2645023123

Medical Emergency: 112

Police : 100

Fire Service : 199

Ambulance service: 166

Hospital of Lefkada: +30 2645 360200



GREEK VOCABULARY



ENGLISH

GREEK/ Ελληνικά

Hello

γεια σας! (Yia sas)

Welcome!

Καλώς ορίσατε! (Kalos Orisate)

My name is...

Ονομάζομαι... (Onomazome)

Thank you!

ευχαριστώ! (Enkaristo)

Please

Παρακαλώ (Parakalo)

I need help.

Χρειάζομαι βοήθεια. (khriazome voithia)

I'm sorry.

Λυπάμαι. (Lipame)

I don't speak Greek.

Δεν μιλάω ελληνικά. (Then millaw Ellinika)

Do you speak English?

Μιλάτε αγγλικά; (Millate anglika)

Excuse me?

Συγγνώμη; (Signomi)

Yes

Ναι (Ne)

No

Όχι (Okhi)

Maybe

Ίσως (Isos)

I don't know

Δεν ξέρω. (Then ksero)

I love you!

σ' αγαπώ! (Sagappo)

Goodbye!

Αντίο! (Adio)

SOLIDARITY TRACKS

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 Lefkas, Greece, with over 10 years of experience in working with children, young people and adults of all ages.

For more information:

Website: www.tamonopatia.org

Facebook: Solidarity Tracks

Instagram: @solidaritytracks

SUPPORTING STAFF

Mohamed Chaabouni, project coordinator: pistes_solidaires@yahoo.gr

Alexia Di-val, supervisor of volunteers: solidaritytracksgr@gmail.com

