

SOLIDARITY TRACKS



[www.tamonopatia.org](http://www.tamonopatia.org)

# ERASMUS

## Project Activities 2018



Erasmus+

Το σχέδιο αυτό χρηματοδοτήθηκε με την υποστήριξη της Ευρωπαϊκής Επιτροπής. Η παρούσα δημοσίευση δεσμεύει μόνο τον συντάκτη της και η Επιτροπή δεν ευθύνεται για τυχόν χρήση των πληροφοριών που περιέχονται σε αυτήν.



## EVS Project Activities 2018

Venue: Greece, Lefkas

**Important: all applicants for EVS should be registered to Solidarity Corps database** ([https://europa.eu/youth/solidarity\\_en](https://europa.eu/youth/solidarity_en))

### Activity 1: (Dialogue and solidarity between generations)

Duration: **12 months**

**Summary:**

“Elderly care centre of Lefkas” can host 1 young volunteer in Lefkas Greece in order to realize together solidarity project of cultural cooperation for the local development.

The project concerns to:

- Continue to organize workshops for a group of 40 elderly in the “Elderly care centre of Lefkas”, as manual activities (handicrafts), physical exercises, intellectual and cultural activities, discussion groups press reviews ... but also external animations in order to maintain a link with the life outside the Centre.

This activity is a part of the social, cultural, communication and human field and their principal objective is the awareness of what means to be European citizen.

- Continue to animate the “Orange” Cultural Coffee which was created by the previous volunteers in the “Elderly care centre of Lefkas”. The Orange Cultural Coffee became a meeting place, a favourite space of gathering for the old people of the Centre where they enjoy, entertain and communicate with their families, the youngsters and the local community.

On the other hand, the activity of the project will be helpful for the host community (Lefkada), for the local development and the reinforcement of solidarity.

Also, the proposed projects for the volunteers will enable them to acquire personal, social and technical skills that will be useful for their future careers. The project will offer them a unique experience in intercultural, social and pre-professional level.

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During the activities, you will work together and in close cooperation with other volunteers and with different associations and cultural institutions of the region.

**Hosting Organisation:** Elderly care centre of Lefkas

### **Tasks of the volunteer:**

- to make monthly working plan which what he/she will follow.
- to organize cultural activities weekly in cultural coffee workshop:  
(Art workshops, dance performance, showing videos and films, intercultural dinners, exhibitions, debates on health issues...)
- to help and share activities with the residents (meals, mornings creative workshops, gardening, walking, preparing coffee theme of the week ...)
- to organize "different workshops" for the Elderly people (painting, showing movies, dancing, gastronomy), and managed cultural events every 2 weeks.
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to create a DVD and video in order to make his/her project more visible.
- to help the elderly people during their daily life.
- to help to clean and to organize the spaces of the Elderly centre (living room, his/her working space and the garden).

For more details you can look to these videos:

<https://www.youtube.com/watch?v=4Jt8WbD-3U8>

[http://www.youtube.com/watch?v=17\\_z0Ka2lGA](http://www.youtube.com/watch?v=17_z0Ka2lGA)

<http://www.youtube.com/watch?v=kTAM5yKHncQ>

<http://www.youtube.com/watch?v=F8vm5veeHV4&feature=related>

<http://www.youtube.com/watch?v=CuMODMI81cw>

[http://www.youtube.com/watch?v=FY\\_xfuBfwP8](http://www.youtube.com/watch?v=FY_xfuBfwP8)

[http://www.youtube.com/watch?v=9XUMnWo5O\\_c](http://www.youtube.com/watch?v=9XUMnWo5O_c)

<http://www.youtube.com/watch?v=kzLwIEELR-Q>

<http://www.youtube.com/watch?v=NsQCtD-DKTW>

<http://www.youtube.com/watch?v=QGNMT04AT-M>

<http://www.youtube.com/watch?v=LkX8CKJVEc0>



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## Activity 2/3: (Environment education) (Sustainable development education)

Duration: **1 year**

### Summary:

Solidarity Tracks" Organisation wants to host one young volunteer in Lefkas island in order to continue the process of making young people aware of respect to environment, finding with them a function for the household garbage and sensitizing the large public for the necessity and the advantages of sorting out households' litter and recycling, using creative and artistic means. The volunteer will also create an interactive pedagogical manual for the sensitization of young people and children. The activities will engage and educate a large number of local citizens, especially youngsters, and will permit the volunteer to gain social and technical competences that will be useful for him future vocational rehabilitation. The volunteer is expected to co-operate in the main with young people and the children of the island of Lefkas: He have to get in touch with the families and the public at large in view of launching mass activities and practices.

His working frame will be collective, characterized by an overall synchronization, given that he will co-operate with the various foundations and institutions, the local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness.

### **Tasks of the volunteer**

- to organize handicraft workshops weekly for the local community especially for youngsters
- to create recycled workshops and teach to youngsters methods of recycling
- to create an interactive pedagogical manual for the sensitization of young people and children
- to organize workshops where the children could make toys and tools out of recycled materials



- to make promotional campaigns through videos, posters and presentations about recycling
- to organize for the youngsters constructive activities and games
- to help at Solidarity Tracks office
- to cooperate with other volunteers with different projects
- to cooperate with various foundations and institutions, local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness
- to create a DVD and videos that enhance the results of these activities and make his/her project more visible

**Hosting Organisation:** Solidarity Tracks

For more details you can look to these videos:

[https://www.youtube.com/watch?v=EknLEwFE\\_pc](https://www.youtube.com/watch?v=EknLEwFE_pc)

<http://www.youtube.com/watch?v=hEqv-nBMq4U>

<http://www.youtube.com/watch?v=Fixx0zpM1us&feature=related>

## **Activity 2/3: (Environment education) (Sustainable development education)**

Duration: **12 months**

### **Summary:**

Solidarity Tracks wants to host one young volunteer for 1 year in Lefkas island, in order to introduce young people and children in the region of Lefkas in Greece for a cultural approach to sustainable development, share with them a common culture of sustainable development, and encourage them to implement awareness campaigns to mobilize and convince components of the society of Lefkas for different areas of the challenges of sustainable development. The volunteer will create a pedagogical tool for the sensitization of young people and children.



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This project will permit to engage and educate a large number of local citizens, especially youngsters, and will permit the volunteer to gain social and technical competences that will be useful for its future vocational rehabilitation.

The volunteer is expected to co-operate with young people and the children of Lefkas Island. He have to get in touch with the families and the public at large in view to organize outdoor activities of sensitization.

Our volunteer will cooperate with the various foundations and institutions, the local organizations, the municipality and the media of the region, in order to enhance the awareness of the people and broadening the impact of these actions of awareness.

### Tasks of the volunteer

- to organize handicraft workshops weekly for the local youngsters
- to create sustainable development workshops and teach to youngsters the importance and the challenges of sustainable development
- to create an interactive pedagogical manual for the sensitization of young people and children
- to make promotional campaigns through videos, posters and presentations about sustainable development
- to organize for the youngsters constructive activities and games
- to help at Solidarity Tracks office
- to cooperate with other volunteers with different projects
- to cooperate with various foundations and institutions, local organizations, the municipality and the media of the region, towards the end of enhancing the awareness of the people and broadening the impact of these actions of awareness
- to create a DVD and videos that enhance the results of these activities and make his/her project more visible

### **Hosting Organisation:** Solidarity Tracks

For more details you can look at the following videos:

<https://www.youtube.com/watch?v=AQJU4slg-b8>





<https://www.youtube.com/watch?v=PFIiN60YiKA>

[http://www.youtube.com/watch?v=vCrXfs900\\_c&feature=related](http://www.youtube.com/watch?v=vCrXfs900_c&feature=related)

<http://youtu.be/4Wh1FuDYils>

<http://www.tamonopatia.org/files/Sustainable%20tourism%20Guide.pdf>

[http://prezi.com/4nmx2rfs6fkd/?utm\\_campaign=share&utm\\_medium=copy&rc=ex0share](http://prezi.com/4nmx2rfs6fkd/?utm_campaign=share&utm_medium=copy&rc=ex0share)

## **Activity 4: (Youth and Media: Web Radio-Animation and Web Radio for children)**

Duration: **1 year**

### **Summary:**

“Solidarity Tracks” wants to host 2 youngsters in Lefkas in order to continue to animate together with the youngsters Orange Radio-Net and Orange radio for children, troughs they transmit their voices, encourages their creativity and expression, improves the taste, develops their civic attitudes and contribute to development of their city.

The Volunteers will cooperate with our members and with various local partners of our organization and institutions, Media, cultural associations and the local population to animate and to manage this media.

This radio will allow youngsters and children to broadcast their voice, develop their communication skills, their sense of creativity and expression and to develop attitudes of active citizenship.

### **Tasks of the volunteers**

The volunteers will take the principal roles for the creation of the Radio-Net.





- Involve the youngsters and children to take part of this project, and they will create their working group from the children of the city.
- Cooperate with the administrator of our website to develop the Radio-Net and for technical support.
- conceive with the team the content of the emissions
- Initiate and motivate children to create, prepare, and plan and good broad casting radio emissions according to their desires and tastes.
- Helping the youngsters and children to learn how to use the programs in order to register their emissions.
- Helping the youngsters and children to make interviews and put online their emissions.
- Prepare a clear and simple teaching guide to help the youngsters develop their skills in good broadcasting and Radio animation.
- Broadcast the Radio emissions in a regular and to consistent manner.
- Cooperate with institutions of Lefkas to involve the largest number of youth and children in radio emissions.
- Prepare presentations and publications to promote and disseminate the results of his project.

This project will allow the volunteers to go into the different learning situations. It will develop their skills and learning capacity related to: the arts, personal development, professional development, languages, science, technology, pedagogy and social universe.

**Hosting Organisation:** Solidarity Tracks

For more details you can look to these links:

<http://www.tamonopatia.org/orange-radionet/indexEN.html>

<https://www.youtube.com/watch?v=XWQ0K6FgE9c>

<https://www.youtube.com/watch?v=WpdPCSI4uo4>





## **Activity 5/6: (Time Bank management In Lefkas) (Coordinating the club of youth future entrepreneurs)**

Duration: **12 months**

### Summary:

Time banking is a pattern of reciprocal service exchange that uses units of time as currency. It is an example of an alternative monetary system.

A time bank, also known as a service exchange, is a community that practices time banking.

The mission of an individual time bank influences exactly which services are offered. In some places, time banking is adopted as a means to strengthen the community as a whole. Other time banks are more oriented towards social service, systems change, and helping underprivileged groups. In some time banks, both are acknowledged goals.

The unit of currency, always valued at an hour's worth of any person's labor. Communities use time banking as a tool to forge stronger intra-community connections, a process known as "building social capital".

Five principles:

- Everyone is an asset
- Some work is beyond a monetary price,
- Reciprocity in helping,
- Social networks are necessary,
- A respect for all human beings.

Ideally, time banking builds community. Time Bank members sometimes refer to this as a return to simpler times when the community was there for its individuals.

### **Volunteer's Tasks:**

- to develop a monthly newsletter (where they can see which are the services that the participants offer and require and to have information about activities organized by time bank):

- send it to the participants



- put in contact people (for demand services or activities the participants have to contact directly with the organization because all the personal information is private)
- Organize group exchanges of time (Like: excursions, departures, trekking, street events...)
- to organize two group meetings per month in order to discuss about some group initiatives, propositions, improvements, demands or exchange ideas.
- to manage the time bank's face book group of Lefkas.
- Disseminate the activities of Lefkad'as Time bank .
- Helping for a little time in Solidarity Tracks office.
- Cooperate with the administrator of time bank website for technical support and to keep updated the webpage
- to cooperate with local MEDIA, volunteers of the Radio-Net «project of Solidarity Tracks Organization, to do emissions.
- to create DVD and videos that enhance the results of these activities and make her project more visible.

**Hosting Organisation:** Solidarity Tracks

<http://lefkadatimebank.gr/>

<https://www.youtube.com/watch?v=8y8jgYtFUkc>

[https://www.youtube.com/watch?v=OGx\\_InvmHiM](https://www.youtube.com/watch?v=OGx_InvmHiM)

## **Activity 5/6: (Time Bank management In Lefkas) (Coordinating the club of youth future entrepreneurs)**

Duration: **12 months**

**Summary:**

The “entrepreneurial culture” should be disseminated and on no account should it be hindered by political decisions and initiatives. In this train of thoughts, we hold 4 meetings, of 4 days each, in 4 European countries. For each meeting, a group of 16 young people would-be entrepreneurs coming from France, Greece, Italy and Romania moved to action,

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exchanging know-how & experiences discovering the real conditions, the local-scale policies and initiatives as well as the European policy regarding the young people's entrepreneurship.

We take advantage of all these assets so as to corroborate/enhance the contribution of the young to the configuration of local developmental projects for their regions and to further the spirit of entrepreneurship and the collective entrepreneurship among the European youth.

In the course of our project, the young who participate in the meetings will plan and set together a Virtual-club for young European would-be entrepreneurs, which will serve the education/training and the raising to positive awareness of the young in matters entrepreneurial, feed a common culture of entrepreneurship specifically adapted to the young of Europe. We wish that this club will make it possible for young would-be entrepreneurs to find support in such a way that the entrepreneurship might gain ground among the young of Europe. It will also help launch and sustain a permanent contact between regional and European politician on the one hand, and the young businessmen and would-be entrepreneurs on the other hand. The club in question is also due to help increase the part of these entrepreneurs in the decision making process on political matters. This club is expected to be established as a forum and a nexus linking the young European would-be entrepreneurs with the politicians, entrepreneurs and experts all around Europe.

Our Youth for democracy project ended in July 2013, in this context, and in order to we wish to host a volunteer who can continue to ensure the effective functioning of the club for future youth entrepreneurs. We would like to host a volunteer who will continue to lead the club and the forum, survey the needs of young members of the forum and face book group of our club, create links between young people and experts, entrepreneurs and politicians and organize of the activities that meet the needs of European youth future entrepreneurs.

For more details please check this link: [www.youthclub.eu](http://www.youthclub.eu)



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### Tasks of the volunteer

- Update the youth entrepreneur's website [www.youthclub.eu](http://www.youthclub.eu)
- To manage facebook and twitter pages of youthclub
- Create monthly a magazine in different topics of entrepreneurship
- Create promotional materials for the project, Flyers, posters etc.
- Initiate and motivate youngsters to create, prepare and plan activities and business plans
- To make interviews with expert in entrepreneurs field
- Cooperate with institutions of Lefkas to involve the largest number of youth in the Club.
- To create promotional event for the club
- To keep active the members of the club
- Find new and creative ways of attracting more young people to join the club
- To help in the office of Solidarity Tracks
- To cooperate with other volunteers from the organization
- Prepare presentations and publications to promote and disseminate the results of his project.
- to cooperate with local MEDIA and Municipality of Lefkas
- to create DVD and videos that enhance the results of these activities and make his/her project more visible.

This project will allow the volunteers to go into the different learning situations. It will develop their skills and learning capacity related to: the arts, personal development, professional development, languages, science, technology, pedagogy and social universe.

Hosting Organisation: Solidarity Tracks

<http://www.youthclub.eu/>

<https://www.youtube.com/watch?v=0t0quEj2QmM>

### **Venue:**

Our youth EVS projects will take place in Lefkada.



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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 22.000 inhabitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens.

Discover the emerald island at: [www.lefkada.gr](http://www.lefkada.gr)



### **Lodging:**

You will be hosted at Volunteer home in Lefkas which is in the centre of the city at the seaside very close to cafes, bars, clubs, restaurants, shops, internet café etc.

You will sleep in triple rooms. At home also there are salon, one bathroom, kitchen, balcony and small garden.

### **Food:**

- If your project will be at the Elderly care Centre of Lefkas:

You will take your lunch at the Elderly care center of Lefkas. You will take a lump sum of 100 Euros for meals that are outside the centre.

- If your project will be at Solidarity Tracks offices you will take a lump sum of 150 Euros per month for food.

### **Pocket money:**

You will receive 100€ per month.

### **Working place:**



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Your working place is in Solidarity Tracks offices or in Elderly care centre of Lefkas, it's 5 minutes walking from your home.



### Transportation from your country:

When your project will be agreed, and signed you will purchase your travel tickets. **The travel costs will be reimbursed according to the distance calculator of Erasmus+ programme (the budget for travel cost will appear in the Activity Agreement).**

**Very important is that you KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES** from your travel.

We will reimburse to you the tickets in Lefkas.

### How to arrive to Lefkas:

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 about 6€. There you have to take the bus to Lefkas which takes 6 hours and costs 36€. We will wait you at the bus station



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in Lefkas. Pay attention that there are only 4 buses from Athens to Lefkas (At 7:00, 13:00, 16:30 and 20:30) so we will organise your flight so as to arrive early in Athens and catch a bus to Lefkas.

**Insurance:** Your sending organisation will register for CIGNA Insurance before your coming to Greece.

**“Your sending organisations will help you for the preparation”**

**On Arrival training:**

- It will be organised by the Greek National Agency **Mild term evaluation:**
- It will be organised by the Greek National Agency. (We will inform you later about the dates.

**Your participation in these seminars is obligatory**

**Useful Greek Words:**

ENGLISH	Greek
Hello	γεια σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is...	Ονομάζομαι... (Onomazome)
Thank you!	ευχαριστώ! (Evkaristo)
I need help.	Χρειάζομαι βοήθεια. (khriazome voithia)
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά (Lipame, then millaw Ellinika)
Do you speak German/English?	Μιλάτε Γερμανικά / αγγλικά; (Millate yermanika, anglika)
Excuse me?	Συγγνώμη; (Signomi)
Yes	Ναι (Ne)



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No	Όχι (Okhi)
Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you!	σ' αγαπώ (Sagappo)
Goodbye!	Αντίο (Adio)

### Trainings:

- 1- When you come here you will learn Greek lessons tow times per WK. (50 Hours Greek lessons during your EVS).
- 2- You will have pedagogical training from our staff to help you to realize your tasks.

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For more information's please check this link:

[http://www.tamonopatia.org/index.php?menu\\_id=2&submenu\\_id=3&language\\_id=2](http://www.tamonopatia.org/index.php?menu_id=2&submenu_id=3&language_id=2)

If you have more questions or suggestions, please do not hesitate to write to:

[pistes\\_solidaires@yahoo.gr](mailto:pistes_solidaires@yahoo.gr)

[solidaritytracksg@gmail.com](mailto:solidaritytracksg@gmail.com)

or call us: +30 6981622910 Mohamed

See you in Lefkas ...

eravs



Erasmus+



**NEW ACTIVITY**

**Activity 7: (NATURAL BUILDING & HEALTHY LIFESTYLE)**

**Place: Nessonas, Greece**

**Duration: 12 months**

COB organization is evolved in natural building, farming and sustainable living in general. One of our major activities is training in those areas and our farm in Nessonas is a field of experimentation and practical implementation of such techniques and technologies. Also a lot of our workshops take place there.

**Tasks of the Volunteer:**

- Works maintaining the functionality of the constructions.
- Cultivation activities.
- Experimental constructions in building, energy etc.
- Processing of agricultural products
- Educational activities in our farm and in other places around Greece.

The volunteer's contribution will be mostly hands on but there will be also training to participate in the organization's educational activities.

**Lodging:**

The volunteers will be staying in a building we constructed as a proposal for vulnerable population groups, like refugees for example. This is a very low budget construction but with a very high level of living quality. The heating of the place is achieved with passive solar systems and a very sophisticated wood burning rocket stove. The electric current is not unlimited since it comes from solar panels.

The toilet is composting and the shower also uses a very sophisticated wood burning device. Both are external. There is a common kitchen and the meals are team prepared and received. The diet is vegetarian and based on organic raw materials.

**Venue:**

The farm is located in the village of Nessonas, a small rural village of 80 habitants. It is 200 meters away from the village with an area of 4000 sq. meter with a total of four natural homes and a lot of other constructions like sauna, hot tub etc. There is plenty of fresh fruit and vegetables around all year long.

Finally there are usually from two to four other people staying in the farm.

URL: [www.cob.gr](http://www.cob.gr)

Facebook: [www.facebook.com/buildingwithearth](https://www.facebook.com/buildingwithearth).

Facebook: [www.facebook.com/fisikaspitia](https://www.facebook.com/fisikaspitia).

e-mail: [kostas@cob.gr](mailto:kostas@cob.gr)

tel.: 2413503589 / 6932568126



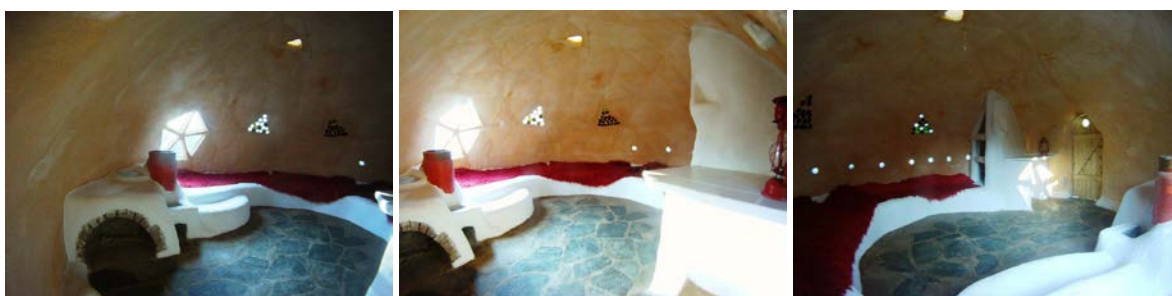
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