

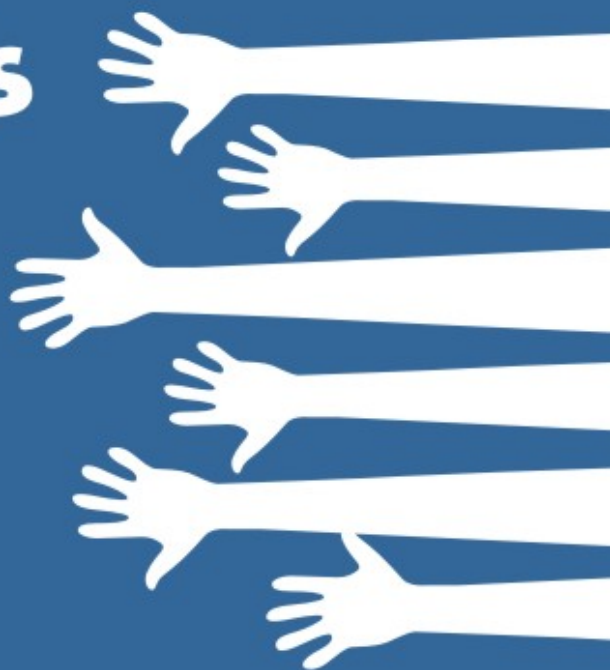
SOLIDARITY TRACKS



www.tamonopatia.org

ERASMUS

**SOLIDARITY CORPUS
Project Activities
2019**



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 / R1

2018-1-EL02-KA125-004041 - Volunteers E.R.A - Engage, React and be Active

Important: all applicants for EVS should be registered to Solidarity Corps database

Venue: Lefkas

Activity 1: (Dialogue and solidarity between generations)

Places available: **Total 2**

Duration 12 month, Venue: Lefkas

Start: 05/03/2019

1 place – AVEC, Tunisia

1 place – Mundus, Spain

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.

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=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=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>

Activity 2: (Sustainable development education)

Places available: **Total 1**

Duration 12 month, Venue: Lefkas

Start: 05/03/2019

1 place – ATA – Asociatia de tineri din Ardeal, Romania)

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.

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

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- 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://youtu.be/4Wh1FuDYiIs>

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

http://prezi.com/4nmx2rfs6fkd/?utm_campaign=share&utm_medium=copy&rc=ex0share





Activity 4: (Time bank management In Lefkas)

Places available: **02**

Duration 12 month, Venue: Lefkas

Start: 05/03/2019

1 place – ATA, Romania

1 place – Ecoperia, Spain

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.

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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

Venue:

Our youth EVS projects will take place in Lefkada.

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



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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



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 120€ per month.

Working place:

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



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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).**

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 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.





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

We will reimburse to you the bus tickets in Lefkas

Assurance: 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 **Mid 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)
No	Όχι (Okhi)

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Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you!	σ' αγαπώ (Sagappo)
Goodbye!	Αντίο (Adio)

For more information's please check this link:

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:

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or call us: +30 6981622910 Mohamed

See you in Lefkas ...

erasmus



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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.