

ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ / Solidarity Tracks

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EVS Project
R1/2018 Erasmus+ programme
" GLAZE - Gastronomy Love, Attitude Zooming on Education1"

Venue: Greece, Lefkas

Date: from 28 of June to 29 of July 2018

Arrival day: 28 of June 2018

Departure day: 29 of July 2018

Duration: 30 days

Places available: 20 volunteers from France, Italy, Romania, Spain, Poland
Tunisia, Turkey

Summary:

When people share a meal, they think of elements that unite them, not what differentiates them. The culinary art is a creation thru contacts and favors an intercultural dialogue by means of mix-ing flavors. We consider that the gastronomy is an essential tool towards social inclusion and tying human bonds.

Lead by this idea, we and our partners wish to realize a project of volunteering which includes the gastronomy as a vector of social mixing and blending. This project is destined mainly to the young people, especially those of handicapped social stock and with special needs, so that these young people could take an active part in the European society, develop some competences in this sector, and find their own place in the society.

On this account, we wish to invite 20 young volunteers from Europe and the Mediterranean area to take part in a 30-day project. They will have to help and make their contributions to the 5th Festival o Lefkadian culinary art, which is jointly organized by the Municipal authorities, the Chamber of



Commerce and other local partners. This project will be integral part of a strategy which promotes the citizenship, supports local initiatives and develop soft an entrepreneurial competence of the young people, especially of those from unprivileged milieus. The project in hand flows from a will to involve the young people in an international experience dealing with the local culinary (gastronomic) tradition and the due respect for the immaterial heritage.

This mobility will take place at the town of Lefkas (on Lefkas Island, Greece) between 28 of June and 29 of July, 2018. It will bring together 20 young people from France, Italy, Romania, Spain, Poland, Tunisia and Turkey. These people wick be actively engaged in the project in hand by contributing to the preparatory work, the implementation and the dissemination of the results of the "Festival of Lefkadian gastronomy", which has been organized annually for 4 years now.

During a month, the young participants (including some with special needs) will carry out a common project of great ambitions at the local level. These young people will broaden their out-look the world while meeting their local and European peers and exchanging good practices. They will develop their knowledge and competences in terms of project management and inter-cultural mediation. They will also enhance their technical (culinary) know-how and efficiency in net working thru contacts with people working in the gastronomic sector. Moreover, they will raise their awareness about ways of utilizing the local culinary heritage and making easier the young people's employability.

To attain these goals, our project is planned to include various intercultural and constructive workshops which go along with the principle «think globally, act locally». In the course of their service the young volunteers will be encouraged to develop their own local initiative and exchange good practices with their peers.

Hosting Organisation: MONOPATIA ALLILEGGIIS / "Solidarity Tracks organisation"



Main objectives:

Through our project we expect to achieve the following objectives:

- 1- - Allow to our volunteers to acquire and reinforce their skills and abilities related to gastronomy.
- 2- Fostering personal development, active citizen participation, taking initiatives for developing skills in terms of social entrepreneurship, improve social inclusion, especially for young volunteers with fewer opportunities.
- 3- Promoting local and European culinary heritage, improving intercultural dialogue through voluntary participation of young people.

Tasks of the volunteer:

In order to achieve these objectives, the program of activities is divided into four phases:

1- A first phase concerns the preparation activities of the festival. The volunteers will be divided into three groups to design and plan the activities. They will have to divide the tasks concerning the cooking and the choice of the recipes to be realized, the logistics (in particular in terms of mediation with the partners and the local population, the animations and the preparation of the stands during the festival), as well as the promotion of the event.

2- A second phase focuses on the implementation of the festival: Cooking, Establishment of the stands presenting their respective food, support for the animations and for the practical organization of the festival, as well as the media coverage of the event (photos, video). This will be done in intercultural group. The working methods will be defined in advance following the preparation meetings with the supervisors of the activity.

3- A third phase is dedicated to the dissemination of the results.

The volunteers will be divided into four working groups:

* A group who will prepare and disseminate the results of the event, their activities and their initiatives through videos, photos, ..

* a group who will create a recipe manual of the dishes presented during the festival

* a group that will prepare and disseminate articles in the local & European media, via our electronic magazine Green O 'Clock:

www.greenoclock.gr, we create and broadcast radio programs on Orange radio: <http://www.tamonopatia.org/orange-radio-net/about.html>), and creating a video promoting the festival & the volunteering

At the end of their mission, the volunteers will organize a local event to disseminate the results of the project for partners local population & tourists.



* Organizing workshops for local people in different places of the region to promote the slow, sustainable & healthy food
 During this last phase, the volunteers will also be able to complete their Youthpass and prepare their final video presenting their volunteering experience.

Partners & volunteers involved:

Country	partner	Total number of volunteers involved	Number & profile of volunteers with special needs/ with f involved (included in the EVS group)
France	ASSOCIATION MIGRATION SOLIDARITE & ECHANGE POUR LE DEVELOPPEMENT	03	2 volunteers with an immigrant background
Italy	ASSOCIAZIONE INFORMAGIOVANI	03	1 volunteer with an immigrant background
Spain	ASOCIACION MUNDUS	03	1 volunteer with an immigrant background 1 volunteer with hearing problem
Romania	Asociația de Tineri din Ardeal	03	
Poland	RAIDO: FUNDACJA RA I DO MIEDZYNARODOWE CENTRUM WSPARCIA MŁODZIEZY I DOROSLYCH	03	1 volunteer with hearing problem
Tunisia	AVEC - ASSOCIATION DE VOLONTARIAT ET ECHANGE CULTUREL ET ACTION DES JEUNES	03	
Turkey	Pi Youth Association	02	

Volunteers profile:

- The volunteer should be between 20 & 30 years old
- The volunteer should have a cooking experience
- The volunteer should be familiar with the new technology
- The volunteer should be tolerant, motivated to the topic and to the mission, to keep the good mood & to accept to hosting condition.

How to prepare yourself to this mission:

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

Here is the process:

Link to solidarity Corps: https://europa.eu/youth/solidarity_en

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



How to use the European Solidarity Corps: Step-by-Step

Volunteers: Between the ages of 18 and 30

Apply at 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

- To know and to understand the EVS charter

- To prepare and experiment the recipes that they are going to cook for the festival. (To send us the recipes 20 days before coming

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

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Venue:

The above activities 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 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 in one school in Lefkas which is in the centre of the city at the seaside very close to cafes, bars, clubs, restaurants, shops, internet café etc.

In the accommodation place it will be possible to cook. We will provide internet connection.

Food:

You will take a lump sum of 150 Euros per month for food.



Pocket money:

You will receive 100 €

Travel process from from your country:

You or your sending organisation will buy your plane ticket we can cover the amount fixed according with the distance calculator of Erasmus+ programme.

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 5€. There you have to take the bus to Lefkas which takes 5,5 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 you in Cigna Insurance before your coming to Greece.

“Your sending organisations will help you for the preparation”

Supporting staff in the hosting county:

Supervisors:

- 1-** Athanasios Petousis: athanasiospetousis@yahoo.gr
- 2-** Alexia Dival: dival.alexia@gmail.com
- 2** Reka Hosszu: solidaritytracksgr@gmail.com (She start to support you from 5th of July)

Mentors:



- 1- Sonya Vagellis: sonia.vanghele@gmail.com
 2- Maria Korakianiti: KORAKIANITIMARIA@hotmail.com

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)
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.

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

or call us: +30 6981622910 (The project coordinator: Mr Mohamed Chaabouni)

See you in Lefkas ...

