



Pi Gençlik

Derneđi

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ESC-181 YUNANİSTAN GÖNÜLLÜLÜK PROJESİ KATILIMCI ÇAĞRISI

Project Dates	: 07 July – 07 August 2021
Project Duration	: 30 Days
Project Venue	: Lefkas (Greece)
Number Of Volunteer	: 3 (three)
Sending Organization	: Pi Youth Association (Pi Gençlik Derneği)
Application Deadline	: 25 April 2021 untill 23.00

About Project

When we share a meal, we think about what gathers us and not about our differences. Cooking creates contacts between people and favors the intercultural dialogue by the mixture of flavors. We consider that the cuisine is an essential tool for social inclusion. Carried by this idea, with our partners, we want to set up the project which includes the gastronomy as a vector of inclusion and intercultural dialogue. For these reasons, we want to set up a short-term group volunteering ESC project related with the gastronomy and the local traditional dishes. The activity will take place in Lefkada, Greece, from 7th of July to 7th of August 2021. We will host 24 volunteers from 8 European and Mediterranean countries who will help to prepare, promote, implement and disseminate results of the 7th edition of the Lefkadian Gastronomy festival.

This project joins an approach of citizen participation, support for the local initiatives and the development of elementary skills for youth, including the ones with fewer opportunities. It also answers to the need to involve these youths in an international experience related with the local gastronomy and the conservation of the immaterial heritage. This project will contribute to the development of our community and the promotion of the volunteering activity as one pillar of development and solidarity.

Due to Covid-19 pandemic the project may be adapted. If the Lefkadian Gastronomy Festival can not be implemented, volunteers will organise an alternative itinerant festival. This festival will also focus on gastronomy, culinary heritage and healthy food. The idea is for the volunteers to organize cooking activities in various villages of Lefkada. They will share intercultural recipes and highlight local cuisine traditions. Volunteers will be involved in the project of strengthening solidarity between the inhabitants of the various villages of our region, through collective culinary activities with respect for culture and traditions contributing to the development of a community where everyone shares responsibilities and mutual support.

During one month, the volunteers will lead a large scale common project at the regional level. They will become more open-minded by meeting youth from other countries and





by exchanging best practices. They can develop numerous knowledge and skills regarding project management, promotion (creation of press articles, posters, recipe book, E-tutorial videos, etc.), intercultural mediation and technical know-how connected with cooking. They will follow the principle "to think globally and act locally". The volunteers will be encouraged to develop their own local initiatives and to exchange best practices with their peers. In a multicultural context, and by following methods of non formal education, they will benefit from essential tools and capacities to be open to new professional perspectives.

Aims Of Our Project

The main purpose of our project is to mobilize a group of youngsters from different backgrounds to contribute to the socio-economical and cultural development of our region, to spread healthy and Eco-responsible attitudes to the local population and visitors, through the conduct of many culinary and solidarity activities within the framework of the Festival.

We want to reach the following objectives:

- 1) To promote youth inclusion and to develop their organizational, culinary, digital and social skills, in particular youth with fewer opportunities, through active participation in the preparation process, implementation and promotion of the festival.
- 2) To enhance the gastronomic and cultural potential as socio-economic and cultural dynamics in the less developed rural villages of the island.
- 3) To promote youth volunteering as a lever for local development.
- 4) To facilitate fruitful mutual aid and solidarity between youth of different backgrounds in the area of Lefkada, through cooking activities.
- 5) To involve a group of European Solidarity Corps volunteers to actively contribute to the social economic and cultural development of our region.

Tasks Of The Volunteers

Due to the context of the Covid-19 pandemic, and if the health measures in force allow it, we wish to implement an itinerant slow and healthy food festival. Throughout the month of July 2021, volunteers will implement events related to gastronomy in different villages of Lefkada. During each event, we will organize tasting activities, video projection of tasted recipes, culinary and artistic workshops, socio-educational games to promote healthy foods and habits. Volunteers will also prepare a video of dishes originating from the less developed villages of our area. This initiative aims to develop the animation and socio-cultural development of remote villages in the region, as well as to promote healthy food habits and culinary heritage on a large scale among volunteers and citizens of our region.

1-Preparation phase:

- To chose the recipes to cook for the festival (by taking into account the presentation, no waste use, and local products) and to experiment them.
- To design innovative recipes based on local raw materials.





- To prepare and share promotional material regarding the activities of the festival (flyers, posters, press releases, video projection, etc.).
- To design and prepare solidarity and collective cooking workshops.
- To prepare a video projection of traditional dishes prepared during the experimentation.
- To manage logistical aspects (in particular in terms of mediation with partners, medias and locals, animations and preparation of the stands, budget and material needed during the festival).

2-Implementation phase:

- Arrangement of the festival space (installing tents, tables, etc.).
- Implementation of collective and solidarity cooking workshops.
- Animation of the workshops for the preparation of innovative recipes based on local products.
- Offering & tasting various food, focusing on the gustatory system, the senses, high culinary art and good company.
- Share video of the traditional recipes experimented.
- Media coverage of the festival.
- Cleaning the festival space at the end of the event.

3-Dissemination phase:

- Preparation of a video to summarize the festival and highlight the activities.
- Preparation of E-tutorial videos related to healthy food.
- Preparation of the festival magazine where the innovative recipes based on local raw materials will be collected.
- To prepare and disseminate articles in local, national & European media, included via our electronic magazine Green O'clock:
- To organize a dissemination event to share the results of the festival, activities, initiatives, through videos, photos, workshops to promote volunteering activities and healthy food.

All the activities of preparation and implementation will be done in intercultural groups. The cooking part will be prepared by national and mixed groups. The working methods will be defined in advance following the preparation meetings with the volunteers supervisor.

Participant's Profile

- To be between 18 and 30 years old.
- To have cooking experience and interest.
- To be familiar with the new technologies to create promotional material (video, flyer, E-tutorial etc.).
- To be tolerant, motivated by the topic and the mission, keep the good mood and accept fully the hosting condition.





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 378 km from Athens.



Accommodation

Option 1:

The volunteers are expected to be hosted in one school of Lefkas. This will be confirmed later on according to the decision of the municipality of Lefkas. The mentioned school is located in the centre of the town, very close to the sea, cafes, bars, restaurants, shops, etc. The classrooms will be equipped with camping beds for the volunteers who will share the rooms. A part of the working activities will take place in the covered school yard. Please note that the access to internet will be limited in the school.



Option 2:

The volunteers will be lodged in a camping, in bungalows, caravans or tents. We will provide the logistic and all necessities related to the accommodation. The volunteers just have to bring sleeping bag, sheets and towels. Please note that the access to internet may be limited.

UYARI: Bu projedeki konaklama koşulları daha önce kamp deneyimi yaşamamış kişiler için zorlu olabilir. Bir daire/evde yaşama konforu arayan gönüllüler için uygun bir proje değildir. Lütfen bu uyarıyı dikkate alarak başvuru yapınız.





Food

There are two options according to the working plan and place:

- 1) The volunteers will have access to the necessary tools to manage the cooking part in group. The idea is to have the possibility to experiment the chosen recipes for the festival and in the same time to cook your own food for the entire volunteering group. For this, you will have access to a kitchen (located in another place).
- 2) During the working day, we will provide meals for all of the volunteers. During the free days, each volunteer will receive the equivalent of **5€ per day** in order to manage the food by his/her own.

Pocket Money

You will receive **150€** for the entire month.

Amount Covered For The Travel*

(* Maximum amount to reimburse for each participant (from place of residence to Lefkas, Greece and back)

Country	Total number of volunteers	Amount for the travel*
France	3	275€
Bulgaria	3	275€
Poland	3	275€
Spain	3	275€
Tunisia	3	275€
Italy	3	275€
Romania	3	275€
Turkey	3	275€

Transportation

The volunteer will buy the plane ticket. We can cover the amount fixed according to the real cost, but up to specified above 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 Lefkada. The bus takes 20 minutes to arrive to Lefkas and the ticket costs 3€.

However, usually you will find better flight offer 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 min 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:

http://www.ktel-lefkadas.gr/?module=default&pages_id=1&lang=en

You can benefit of 25% discount, if we reserve your bus tickets. Pay attention because there are only 4 buses from Athens to Lefkas (at 7:00, 13:00, 16:30 and 20:30) so please organise your flight so as to arrive early in Athens and catch the bus to Lefkas. Very important: in order to be reimbursed of the travel expenses, please

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

Supports

- 100% of accommodation and basic food are covered by the programme.
- 100% of activities fee are covered by the programme.
- Fixed amount of your travel cost (as mentioned up) are covered by the programme.
- Visa costs are covered for volunteers from Tunisia and Turkey.
- Regular mentorship and supports in the learning process.
- Greek language course for 2 hours a week.

Insurance

Each supporting organization will register the volunteer to CIGNA Insurance before coming to Greece. Each participant is responsible about its insurance. For the volunteers from EU countries, please bring your European health card with you.

Covid-19 Measures

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 before their arrival to Greece.
- Fill the online PLF form up to 24 hours before their flight: <https://travel.gov.gr/>

Moreover, during the volunteering, we will provide antiseptic liquid.

Evaluation

After the Volunteering project, each participant will receive a link by e-mail to fill the final report. It is important to fill the report online in order to validate the volunteering. The travel reimbursement way back will be done maximum two months after the





volunteer has completed the final evaluation and sent all transport tickets (original paper documentation of train, bus and shuttle tickets).

About Hosting Organization

Our organization is a non-profit Company, promoting the values of sustainable development, human rights through, youth mobility exchanges and intercultural learning on local, European and worldwide scale. The organization 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. Our organization coordinates Erasmus+ non formal education projects including Strategic partnership projects, training courses, youth exchanges and volunteering projects on different topics. It is based in Lefkada, Greece, with over 10 years of experience in working with children, young people and adults of all ages.

Nasıl Başvuru Yapılır?

Öncelikle başvuruda kullanacağınız özgeçmiş ve motivasyon mektubunuzu tek bir Word ya da PDF dosyası olarak bilgisayarınızda birleştirin. Ardından www.genclikdernekleri.org sitesinde üye girişi yaptıktan sonra "Pano" dan "Özgeçmiş" bölümüne bu projeye başvurmak için birleştirdiğiniz dosyayı unutmayacağınız bir isim vererek yükleyin. Daha sonra www.genclikdernekleri.org sitesinde ilanın yayınladığınız sayfaya gelip "Başvur" butonuna basın. Açılan penceredeki "Özgeçmiş uygulamak için seçin" alanından daha önce "Pano"ya yüklediğiniz CV ve Motivasyon mektubunuzu seçin. Seçimi yaptıktan sonra aşağıdaki "**Başvur**" butonuna basmanız yeterli. Başarılı mesajını gördükten sonra artık başvurunuz gerçekleşmiş demektir.

