

## Sustainable development “Green living in the rural area”

**Project:** KA 1/ Mobility of youth workers+ 2 flows of group EVS projects

**Host organisation:** FILOXENIA, Intercultural-Environmental Organisation

**Training course dates:** 25.4.-2.5.2016

**1<sup>st</sup> flow EVS project dates:** June 2016

**2<sup>nd</sup> flow EVS project dates:** September 2016

**Location:** Kryoneri Korinthias, Greece (Semi mountainous village/ Rural area/ 970 inhabitants)

**Participants:** 10 countries, 2-3 participants per organisation, basic level of English recommended (Liechtenstein, Spain, UK, Italy, Slovakia, Czech republic, Germany, Greece, Turkey, Romania) people interested on the topic.

### I. Training course

**Period:** 25.4.-2.5.2016(7 days)

**Venue:** Kryoneri Korinthia, Greece

**Accommodation:** Youth Hostel “Elisson” (4-5 bed rooms) <http://xenon.elisson.gr/>

### Main objectives:

Having in mind the urgency of a sustainable development in our societies, the idea behind this project is to empower youth workers and their organizations in terms of social and environmental responsibility, saving and optimizing of resources and also strategies of self-financing.

The training course “Green living in the rural area” intends to train youth workers to reuse and recycle materials and provide them with the competences to act as multipliers in their own organisations.

The planing and implementation of the following practical issue is set into the training's programme:

- promotion of land tourism's sustainability;
- reusing recycling material for wooden constructions;
- construction of a tree-house for environmental seminars

### The training intents:

- to raise awareness of the participants on sustainable development of rural areas and on reusing and recycling of materials, in particular old wood;
- to provide the participants with knowledge, skills and competences regarding the reusing of wood and other materials for a tree-house construction;
- to stimulate the spirit of entrepreneurship of the participants, by involving them in activities, where they will develop abilities to reuse recycling materials;
- to encourage the creativity, leadership skills, innovative attitude and environmental responsibility of the participants, to act as multipliers of the knowledge acquired in during the training course.

### Main activities and methods:

This training course will enhance several activities, such as group building; discover of the village and surroundings (Kryoneri); visits and study visits (local farms and taverns, olive oil fabric, wineries, etc.), market of participating NGOs; presentation of Erasmus+ and Youthpass; learning different techniques connected with the reuse of material (building of a tree house); street actions; visibility of the project (internet and multimedia); intercultural evening; follow-up ideas.

The experts and facilitators will encourage as much as possible the "learning by doing" and use several methods of non-formal education and means, such as brainstorming, group dynamics, energizers, ice-breakers, work in small groups, presentations, etc.

**Partners:** 10 organisations, 2 participants; **Age of participants:** 18 +

**Example of activities:**

- workshops on the main topic; Study visits
- “Zero Km kitchen” (food with local products).
- Hiking in the footpath by the Stymfalia lake, with picnic
- Cinema night
- Greek event in a traditional taverna (with typical food, dance.s, etc.)
- Visit to the ancient sites and to archaeological museums
- Intercultural evenings

**Financial costs with funding:** participation fee 50 EU, plus the European Commission's distance scale calculator's amount, to be paid by participants.

Accommodation, food, programme costs + the contribution to the travel costs, calculated by distance scale calculator, will be covered by the Erasmus+ Programme.

**II. Group EVS projects:**

**1<sup>st</sup> flow EVS project dates:** June 2016 (1 month)

**2<sup>nd</sup> flow EVS project dates:** September 2016 (1 month)

**Participant's profile:** youth with fewer opportunities, for example minorities/migrants, unemployed/low salaries, temporary jobs; lack of self-confidence; people who have never traveled; low education; learning difficulties; from disadvantaged areas, geographical isolation and rural areas; low/nil English level, though it would be recommended that one of the two country representatives has command of English.

**Participants:** total 10 persons (2-3 persons/country, basic level of English recommended)

**Project's description:**

The village Kryoneri is situated in the centre of the Corinthian province, at the same distance between sea and mountains. It is built like an amphitheater, at 740 meters of altitude and has a panoramic view above the Corinthian Gulf. Mount Vesiza (1.200 m.) overlooks the village and constitutes the natural border with the plain of the Stymfalia lake. From this mountain, the river Elisson spreads and crosses Kryoneri and the evergreen plain, before flowing in the Corinthian Gulf, towards Kiato.

During this Group EVS, young people will help out on the following 2 sectors:

1<sup>st</sup> sector

- promotion of land tourism's sustainability;
- cleaning environmental footpaths around Kryoneri;
- developing flora & fauna panels in environmental footpath;
- building wooden equipment for the footpath (banks, etc.);
- reusing recycling material for wooden constructions;
- seminar tree-house construction

2<sup>nd</sup> sector

- working in reconstruction of traditional farmer's building as a seminar house;
- developing organic botanic garden
- constructing signs for plants & farming products;

The project's programme will also include exciting activities such as:

- get to know our gastronomy and farming culture
- Organic food
- learning of Greek dances
- mountain biking, hiking and open air activities to relax and to get to know each other.

**Necessary personal equipment:** working clothes (long & short trousers), shoes and sun hut for outdoor work. Working tools and gloves will be available by the organiser.