

21.6-6.7.2021
Skala, Lakonia,
Greece



**critical
co-construction**

Erasmus +
Mobility of Youth Workers

 Co-funded by the
Erasmus+ Programme
of the European Union


THE
SOUTHERN
LIGHTS

in collaboration
with

 **CRITICAL
CONCRETE**

Erasmus + Mobility of Youth Workers

organized/hosted by

The Southern Lights project

with main instructors

Critical Concrete, Portugal

21 June to 6 July 2021

Information Pack:

1. General information
2. Accommodation
3. Travel Information
4. What to bring
5. Preparation
6. Confirmation and contribution

1. General Information

1.1 TIMELINE

Arrival date: 21.6.2021 by 8pm

Departure date: 6.7.2021 during the day when transport is available.

Please respect these dates of arrival. If you need to come earlier or leave later, please send us an email to eplus@thesouthernlights.org

Nevertheless it is necessary that you attend the event from the beginning to the end, so please arrange your travel accordingly.

1.2 VENUE

Eco-project The Southern Lights in the South of Peloponnese, Greece

The Southern Lights is based in an organic farm in its transition to a food forest now containing over 80 different fruit trees, shrubs and herbaceous plants. Its big vegetable garden will provide us with food during the workshop and an abundance of edible leafy greens will round up our healthy diet while we will be living and experiencing the edible forest. Workshops for young people are run here frequently and more long term young interns are following their intuitive learning path through practical exploration and implementation of techniques and practices like permaculture design, natural farming, agroforestry, healthy nutrition, zero waste lifestyle, renewable energy solutions, natural building, non violent communication and group decision making techniques like sociocracy.

Moreover the paradise like farm, acts as a hub that connects young people with other projects in Greece and abroad, to support them to follow their intuitive learning path and deepen their knowledge in their topic of interest and to strengthen the community of eco-projects throughout all Europe.

For any questions send an email to: eplus@thesouthernlights.org

To see some pictures and information look at:

www.thesouthernlights.org and more on our facebook page:

<https://www.facebook.com/thesouthernlightsproject>

1.3 CONTACT DETAILS

- Sheila's cell phone: 0030 6971984836

- The very best is to contact us via mail: eplus@thesouthernlights.org

2. Accommodation

This workshop will take place in the food forest of The Southern Lights.

During our stay we will be sleeping in your tents inside the food forest.

It is necessary that you bring your own tent and outside sleeping material.

Please bring what you need to be comfortably sleeping outdoors.

Compost toilets and outdoor showers will serve our needs, and the forest provides many spaces for the daily activities.

As we try to live in balance with our surrounding ecosystem, and the food forest we are using water consciously. So don't expect to shower every day.

Also please bring plant based fully biodegradable toiletry (shampoo, soaps, toothpaste, etc.) so the water of the shower and the sink does not harm nature.

If you don't have any, we can provide you a toiletry kit for 5€.

Also we recommend bring three small towels for using our compost toilet, since you can use a bidet for washing yourself instead of using toilet paper. It is much healthier for you and our planet. We will though provide regular toilet paper also if you don't feel like changing your habits.

The house on the farm provides us with a kitchen to cook our daily meals, which are healthy, mostly organic and self grown and vegan. If you have any allergies or intolerances, please inform us about it, so we can plan accordingly.

Because we follow a healthy lifestyle getting in balance with our self and nature we don't allow smoking or drinking alcohol on the project site. It is our home and sacred space.

For any questions send an email to: eplus@thesouthernlights.org

There is some internet access on the farm, close to the house, but don't forget to connect with nature, rather than with the internet.

It is important for us to know that you agree in spending so many days in such a simple basic way of life.

3. Travel Information

Our farm is located 5 km west of Skala (Zip code: 23051) in Lakonia, South Peloponnese.

This is the exact location of our project: **36°50'36.3"N 22°37'32.9"E**

Close by Airports:

- Kalamata (with few connecting airports) - 105 km
- Athens (Eleftherios Venizelos international airport) - 300 km distance

Closest port by ferry:

Patras port connecting with Italy, through Ancona or Bari and more

Bus:

We will most likely book a bus in from the airport on the travel day 21.June to pick you all up together, so we can avoid you using too many public transport. So don't book any bus yet. We will inform you about this in due time.

Otherwise public busses are as follows:

If you arrive in Athens airport, you go to KTEL Kifisou (central bus station connecting to Peloponnese), where you find connections to Sparta (Lakonia).

A timetable for the busses you can find here:

<https://www.ktel-lakonias.gr/en/routes/yperastika/item/1822-sparti-athina-athina-spart>

Arriving in Sparta you take a bus to Skala.

Travel durations / COSTS:

Athens airport -> KTEL Kifisou 50 minutes approx. COSTS: ~3,6€

KTEL Kifisou -> Sparta 3 hours (every one or two hours connection)
COSTS: ~26€

Sparta -> Skala 1 hour (every one or two hours connection)
COSTS: ~4€

! best is to arrive in Athens before 1 pm to arrive at about 7 pm in Skala !

While preparing your travel keep in mind:

- Since we need your original tickets to reimburse you (way back included) please book online as much as possible so that we can have pdf original copies of your ticket. When booking online is not possible please buy your ticket at the box office and make sure to have a receipt with this piece of information: your name; the starting and finishing place of the journey; the date of the journey and the price of the ticket. When the ticket is booked online please bring two printed copies (one for you and one for us)!
- To get your travel expenses reimbursed and keep track of all the receipts, [use this excel sheet](#), that you will send to us in order to get your travel reimbursed before your departure from The Southern Lights
- Your final destination will be the bus stop in the center of Skala, where we will pick you up from. Please tell us your arrival time and travel details via email.

For any questions send an email to: epus@thesouthernlights.org

- Your travel can last longer than one day but you **HAVE TO BE HERE** when the course starts! And when you travel on more days, or you come here earlier, due to cheaper tickets etc. you have to justify why you traveled more days, or on another day than the travel day.

Our project on the map: **36°50'363"N 22°37'32.9"E**

Travel Refund up to:

275€ for Italy, France, Greece

360€ for Portugal, Spain, Finland and Denmark

The participants have to travel from and to the countries above, otherwise they can't be accepted as co-funded by the EU.

You should travel to skala on the arrival day (21st June) and leave on the 7th of July (departure day) otherwise we can't refund the travel costs.

It's not possible to participate as a co-funded participant if you don't participate in the whole training.

4. What To Bring

- TENT
- SLEEPING BAG
- Camping mattress and pillow (or/and anything you need for being comfortable sleeping on the ground in a tepee)
- notebook and pen
- own stationary (any kind of colours: like pencils, water -colors, wax colours.. Your favourite stuff for making arts!)
- towel for shower
- 3 small towels (or as many as you feel you ll want) for the compost toilet

For any questions send an email to: eplus@thesouthernlights.org

- water bottle
- clothes for getting dirty
- good shoes for land works
- toiletries: please bring eco-friendly, 100% biodegradable and not tested on animal soaps and shampoos! If you don't have you can purchase a kit from us for 5€
- safety equipment: Eye protection, ear plugs for noise protection, gloves for working with tools, wood etc, and mask for dust protection
- musical instruments if you like
- camera with cable to share pictures
- bring any material you need in order to implement the activities you want to share during the course, some games, dances, songs and stories to share...

5. Preparation

To prepare you to this course and its content, to spark your interest in the topics even more, we created [this facebook group](#) to share interesting material with you. Please ask to join the group, ONCE your participation to the course is approved by the partner organization in your country. We will then approve your request and you have access to all the content. Thank you!

6. Confirmation and contribution

If you are approved to participate in this course, our partner organization from each country will inform you. If you got chosen to be one of the participants, you have to send your travel ticket to your partner organization **3rd June** the latest !

The non-profit organisation “The Southern Lights” is the organiser of this Erasmus+ Mobility of youth workers and has applied for funds therefore the

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course is fully funded by the European Union. This money covers food & lodging, travel costs, teaching fees and the work of our cooks.

For participating in this course we ask for a contribution of 70-90€ to support the building up and running of this eco-school all year round in the wilderness of South Greece. With this contribution you will support the long-term sustainability of projects like ours and help us to go further.

Thank you!

The food forest, the magnificent trainers and the whole Southern Lights team are looking forward to receiving you!

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