

ESC VOLUNTEERING TEAM

# -INSTA- INCLUSION THROUGH ARTS

K.A.NE. SOCIAL YOUTH DEVELOPMENT

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## General:

**“INcluSion Through Arts”** is a ESC voluntary team project that aspires to offer structured learning activities to youth with fewer opportunities. It is a creative, cultural, ecological and social project, which combines the traditional practices, creativity and modern life elements in a small rural area in the beautiful Messinia region.

This project will bring all participants closer to creative and traditional practices, such as traditional ceramics making, folklore art, and creation of different every-day products using material from the region (eg. Natural soap making, creation of decorative items, etc).

The project will involve 14 young volunteers from 7 countries for the duration of 1 month (4 weeks).

The location is 40 km far from Kalamata city, in the village Vounaria.

**Vounaria** has a population of 226 residents, who are engaged in traditional agricultural crops, production of oil and raisins, and tourism. They are also known in the field of handicrafts for their skills in pottery, which according to local tradition of the wider area was introduced by the founder of ancient Kolonides, Kolainos.



## **The Project:**

ID: ERASMUS+ Programme, ESC, Volunteering Teams

Duration: 1 month

**Dates: 17/10/2019 - 17/11/2019 (incl. travel days)**



## **Tasks:**

- Participating in the traditional ceramics making
- Coming into contact and supporting the every-day works in the village
- Creating handcrafts from natural material (olive tree left overs after the collection)
- Participation in cultural activities of the local area
- Creating cultural activities (music, painting, photography)
- Documenting the activities (video making, photos, creation of an exhibition)
- Taking care of the cleaning and protection of the area
- Presenting their own culture



## Learning:

- Experience another way of living in a rural area
- Practical and artistic skills
- Personal development
- Intercultural awareness
- Intercultural skills
- Interpersonal skills
- Learn how to take initiatives and develop personal projects
- Project management
- Cultural management and expression
- Team spirit
- Improving English language skills
- Using equipment such as video camera, photo camera, sound equipment etc.



## Travel information

The project will take place in the village Vounaria, 40 km from Kalamata, which is in Southern Greece, in the Peloponnese region.

Your travel budget is:

Spain - 360e

Portugal- 360e

Italy - 275e

Czech Rep - 275e

Bulgaria - 275e

Poland - 275e

France - 275e

**Please, do not buy any ticket without getting a confirmation from us!!!**

If there are no flights available from your town or city to Kalamata you may be able to fly to Athens and then take a bus to Kalamata. Once you have arrived in Athens you can take a bus to Kalamata. The journey takes approximately 3.5 hours from Athens' bus station.

### **How to get to Athens' bus station from Athens Airport?**

As you are arriving in Athens, you will have to take the bus for Kalamata.

From the airport you will take bus **X93**, the last stop is **Kifissos** intercity bus station. These buses are going every half an hour.

When you go out of the airport, the bus stops are just in front, and X93 will be probably on your right side.

The ticket you will buy at the airport, on the small kiosk next to the bus stop. It's 6e, and if you have a student card you might have a discount.

For information about the airport line visit:  
<http://www.oasa.gr/content.php?id=airlines>

When you come to the Kifissos bus station, you go inside and find ticket office KALAMATA (Greek ΚΑΛΑΜΑΤΑ). The ticket is 24.30 e in one direction, and the trip to Kalamata is around 3 hours, more-less, depends on which bus you take. The platform where the bus is on the opposite side of the street from the entrance to the ticket offices.

You will inform us when you start from Athens, so we can wait for you at the Kalamata bus station.

The timetable of the buses is here:

Athens – Kalamata							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 Normal	✓	✓	✓	✓	✓	✓	
07:30 Normal							✓
08:00 Express	✓	✓	✓	✓	✓	✓	
09:30 Normal	✓	✓	✓	✓	✓	✓	✓
11:00 Express	✓	✓	✓	✓	✓	✓	✓
12:30 Normal*	✓	✓	✓	✓	✓	✓	✓
14:00 Express	✓	✓	✓	✓	✓	✓	✓
15:00 Normal	✓	✓	✓	✓	✓	✓	✓
16:30 Express	✓	✓	✓	✓	✓	✓	✓
18:00 Normal	✓	✓	✓	✓	✓		✓
19:30 Express Saturday Normal	✓	✓	✓	✓	✓	✓	✓
21:30 Normal	✓	✓	✓	✓	✓	✓	✓



## Accommodation

You will be living in the apartments of the guest house "Sea and Sun Village", with two volunteers sleeping per bedroom. The apartments are fully equipped with a refrigerator, washing machine, cooker and heating system. Cutlery and cooking utensils, bed linen, blankets and pillows are supplied.

There are some house rules, which have been created with the help of previous EVS volunteers.

You can check the house on the website

**<http://takis-kyriakakis.gr/>**



## **Food & pocket money**

For the whole duration of the project you will receive:

€120 Euros for food.

€160 Euros in pocket money.

These will be paid to you in weekly installments.

The first payment will be made to you at the end of the first week of your project. The final payment will be made on the last day of your project.

You will need to keep the receipts/invoices for the food you buy as well as the receipts for the other expenses.

These receipts must be given to the hosting organization at the end of every week.

## **What to bring?**

- Towels, these are not provided.
- A raincoat. Believe it or not, it actually rains a lot here.
- Warm clothes for the cooler seasons: sweaters and a coat.
- A sleeping bag, this will be useful for traveling
- Your laptop, we can't provide computers.
- Your camera, if you have it
- If you are a student, bring your student card. You may be able to get some discounts with it.

And of course bring your motivation and positive energy, ready to work with us :)



## How was it last year?

This project we implemented first time in March-April 2018, with the name TAFI.

You can check the experience of the first Vounaria volunteers on their blog:

<https://artevs2018.wordpress.com/?fbclid=IwAR2LkLKqewInyielMgy2-amfLAEz9bIhfFOJ5CmXBezXaXlpRiljSFEuV-s>

And on the link below you can find the video of the project:

[https://www.youtube.com/watch?v=A2UFpGGfXyY&fbclid=IwAR3rgmYLRrCRIFW0wr\\_OsJ0nMaIKNI1TwSkOxS1bDCZcLYguBC6KWx6kPajs](https://www.youtube.com/watch?v=A2UFpGGfXyY&fbclid=IwAR3rgmYLRrCRIFW0wr_OsJ0nMaIKNI1TwSkOxS1bDCZcLYguBC6KWx6kPajs)



# HOW TO APPLY

If you would like to join our team on this project,  
please fill in the  
**APPLICATION FORM**

