

# INFOPACK

## ESC TEAM VOLUNTEERING

### *“The Rise of the Community”*

**!Transforming an abandoned village into a Permaculture Community!**

**At COB eco-project at Nessonas (Larissa), Greece**

**From 9th - 23rd November 2024 (excluding travel days)**

**Age of participants:18-30**



Hosting Organization Official Website: [www.cob.gr](http://www.cob.gr)

Facebook: <https://www.facebook.com/buildingwithearth/>

Instagram: [https://www.instagram.com/cob\\_gr](https://www.instagram.com/cob_gr)



## Information Package:

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3. Travel Information
4. What to bring
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### 1. General Information

#### 1.1 TIMELINE

**Arrival date:** 8th November by 8pm

**Departure date:** 24th November during the day when transport is available.

Please respect the dates of arrival and departure. If you need to come earlier or leave later, please send us an email to [xkontom@gmail.com](mailto:xkontom@gmail.com) and [efstathia.sideris@gmail.com](mailto:efstathia.sideris@gmail.com). You are also eligible for Green Travel (bus, train, car-pooling) with up to **4 additional travel days** (6 traveling days roundtrip in total). Please keep all your travel documents with you until your arrival to the activity venue or we will not be able to reimburse you with the travel money. Nevertheless **it is necessary that you attend the workshop from the beginning to the end**, so please arrange your travel accordingly.





## 1.2 VENUE

### **COB eco-project in Nessonas (Larissa), Greece**

The **COB eco-project** is a permaculture farm and an intentional community that is specialized in natural building, regenerative farming and alternative technologies.

The **COB eco-project** is a social cooperative of sustainable development which primarily started as an educational project to spread the know-how, the philosophy, theory and practice of natural building and bioclimatic architecture guided by the safe and sustainable management of resources and energy. Our organization has been active in the field of youth and adult education for more than seventeen years. It has developed its own training methods, workshops, and courses and has organized multiple educational activities on sustainability and ecology.



Workshops for young people run here frequently and every year more and more long term volunteers are following their intuitive learning path through the practical exploration and implementation of techniques and practices like cob ecobuilding, permaculture design, natural farming, agroforestry, healthy nutrition, zero waste lifestyle, renewable energy solutions, non violent communication and group decision making techniques like sociocracy. Moreover, our farm acts as a hub that connects young people with other projects in Greece and abroad, to support them in following their intuitive learning path and deepen their knowledge in their topic of interest and to strengthen the community of eco-projects throughout Greece and all Europe.

For more pictures and information visit our website: [www.cob.gr](http://www.cob.gr)

Facebook page: <https://www.facebook.com/buildingwithearth/>

Instagram account: [https://www.instagram.com/cob\\_gr/](https://www.instagram.com/cob_gr/)



### 1.3 CONTACT DETAILS

- Christos cell phone: 0030 6973970075
- Efstathia's whatsapp: 0030 6946346258
- The best way is to contact us via mail: [xkontom@gmail.com](mailto:xkontom@gmail.com) and [efstathia.sideris@gmail.com](mailto:efstathia.sideris@gmail.com)

## 2. Accommodation

This Team Volunteering activity will take place in the **COB farm**, in central Greece.

During your stay you will be sleeping either in the renovated school or the volunteers' home that is under renovation right now, within the village premises, 3 mins walking distance to the activity venue. You may **bring your own sleeping material** (sleeping bags, pillows, blankets). In case you don't have one we can provide for you for free.

Compost toilets and outdoor showers with hot water will serve our needs.

As we try to live in balance with our surrounding ecosystem, and the food forest we are using water consciously. Also please bring **plant based fully biodegradable toiletry** (shampoo, soaps, toothpaste, mosquito repellents etc.) so the water of the shower and the sink doesn't harm nature. If you don't have any, we can provide you with a toiletry kit for 7€.

The house on the farm provides us with a kitchen to cook our daily meals, which are healthy and **VEGAN**. If you have any allergies or intolerances, please inform us ahead of time, so we can plan accordingly.

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.

What's more, the farm is off-grid and we are energy supplied by a solar paneled system, so the electricity is limited. You have to consider that our system cannot support heavy energy devices like hair-dryers. All the devices (tablets, cell phones. etc.) should be charged during the daytime. If there is an extended period without sun (heavy clouds/rain), we avoid spending any energy at all, prioritizing our necessities.

It is important for us to know that you **agree** in spending 24 days in such a simple and basic way of life.







### 2.1 Average Nessonas' Weather in November.

The weather in November can be perfect for working outdoors! . It varies from 15-19 Celsius and it is mostly sunny with some rain. During the night it can be quite chilly so bring some warm clothes with you :)

### 3. Travel Information

Our farm is located at Nessonas (Zip code: 40006) a small village near the city of Larissa, in central Greece. It is 15 km from Larissa, the 5th largest city in Greece.

This is the exact location of our project: **39°43'44.0"N 22°32'40.1"E**

#### Closest Airports:

- Thessaloniki (EO Aerodromiou Thessalonikis airport) - 171 km distance
- Athens (Eleftherios Venizelos international airport) - 385 km distance

#### Train:

If you arrive at Athens airport, you can take the train to Larissa from Athens' railway station "Larissa station".

To get there you can directly take the suburban train from the airport and stop at the "Larissa station" station. Another option is to take the subway towards the city center and change to the red line at the station "Syntagma " and then go towards the station "Larissa station". These are the most convenient options but there is also an alternative to get to "Larissa station" by bus. You can check google maps for more transportation options.

If you arrive at Thessaloniki airport you can take the bus X1 to the train station during daytime, or the bus N1 to the train station during late hours.

Thessaloniki's train station has frequent departures to Larissa and it takes less time than the bus.

#### Bus:

If you arrive at Athens airport, you take the subway, either the bus to the center and you should reach "**Liosion bus station**". There, there are buses heading towards Larissa quite frequently.



You can check this website for more info:

<https://www.trip2athens.com/practical-info/citytransport/attraction-18/#tab-1>

If you arrive at Thessaloniki airport, you can take the X1, or N1 bus and head towards the center. From there, you can catch a bus and go to the “**KTEL**” bus station . This is where the buses to Larissa start from. You can check this website for more info on timetables and buses: <https://www.ktellarisas.gr/>

#### Travel durations & COSTS:

**Athens airport -> “Larissa station” Train station**

Duration 30 minutes approx. (every 1 hour approximately) COSTS: ~5-10€

**Athens Station -> Larissa train station**

Duration 3-4 hours (many daily connections) COSTS: ~13,5 - 41,5€

**Thessaloniki airport-> TrainOSE**

Duration 40-50 min (every 30 min connection) COSTS: ~2€

**Thessaloniki DEPARTURE PLACE -> Larissa**

Duration 1:40 hours (every ½ to 1 hour connection approximately) COSTS: ~10-30€

Bus:

**Larissa -> Nessonas** (Sykourio)

DURATION 30min (every one or two hours connection bus): COSTS: ~2 €

**IMPORTANT:** You will take the bus to Sykourio and you will ask to get down to the village of “Nessonas”.

From where the bus leaves you, our farm is a 5 min distance on foot. So if you follow the GPS coordinates you will arrive easily at the activity venue. In case you need assistance you can contact us at our telephone numbers. Either way, we are going to check every now and then at the bus station for new arrivals.

#### **Useful links:**

<https://www.hellenictrain.gr/en>

<https://ktelast-larisas.gr/indexeg.php>

<https://www.thisisathens.org/getting-around/public-transportation-metro-bus-tram>

#### While preparing your travel keep in mind:

- Since we need your original tickets to reimburse you with the travel money (go and back included) please book your tickets online as early as possible so that we can have the **pdf original copies of your ticket before your departure**. If booking online is not available, please take a picture as soon as you buy your ticket at the box office and make sure to have a ticket copy and the **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. If the ticket is booked online please bring two printed copies (one for you and one for us)! Our coordinator will collect all the tickets



and provide us with a file with all the travel information and costs of each ticket.

**We can't reimburse travels without tickets in original copy or pdf**

- Your final destination will be the bus stop in the center of Nessonas village, from where we will pick you up. Please inform us of your arrival time and travel details via email before your departure.
- Your travel should last no more than one day to go and one day to return (a total of 2 days roundtrip) and you definitely HAVE TO BE HERE when the activity starts! You are also eligible for **GREEN TRAVEL** (bus, train, car-pooling/car-sharing, sailing boat, bike) that adds **up to 4-6 days** roundtrip.

COB eco-project on the map: **39°43'44.0"N 22°32'40.1"E**

### **\*TRAVEL REIMBURSEMENT**

Eligible costs		Financing mechanism	Amount	In case of "green" travel	Rule of allocation
Travel	Contribution to the travel costs of participants from their place of origin to the venue of the activity and return.	Contribution on the basis of unit costs	For travel distances between 10 and 99KM: EUR 28 per participant	56 EUR	Based on the travel distance per participant, including accompanying persons. Travel distances must be calculated using the distance calculator supported by the European Commission <sup>29</sup> .  The applicant must indicate the distance of a one-way travel to calculate the amount of the EU grant that will support the round trip <sup>30</sup> .
			For travel distances between 100 and 499 KM: EUR 211 per participant	285 EUR	
			For travel distances between 500 and 1 999 KM: EUR 309 per participant	417 EUR	
			For travel distances between 2 000 and 2 999 KM: EUR 395 per participant	535 EUR	
			For travel distances between 3 000 and 3 999 KM: EUR 580 per participant	785 EUR	
			For travel distances between 4 000 and 7 999 KM: EUR 1 188 per participant	1 188 EUR	

Travel costs will be covered up to the maximum eligible travel distance cost. Your travel budget depends on the distance you have to travel in order to get to the training venue. Please remember to keep all the original travel tickets and give them to our coordinator, who will reimburse you after your return back home - and no later than one month after the training course.

### **Travel Refund up to:**

Use this website to calculate your travel distance from you place of residence to the activity venue: <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>



You should travel to Nessonas on the **8th November** (arrival day) and leave on the **24th November** (departure day) otherwise we can't refund the travel costs (except if you choose the Green Travel option). **It's not possible to participate as a co-funded participant if you don't participate in the whole duration of the activity.**

#### **4. What To Bring**

##### **• SLEEPING BAG**

- Air or fitness or camping MATTRESS, pillow, 2-3 pillow cases (or/and anything you need for being comfortable sleeping on the ground in a tepee)
- towel for shower
- reusable water bottle
- Clothes that can get dirty
- Swimsuit and towel (if you are interested in saunas and pond swims)
- Hat (to protect against the sun)
- Flash light
- Raincoat and warm clothes (the weather can quickly change)
- Comfortable shoes and clothes for outdoors, walking and being outside
- Camera with a cable to share pictures (if you want and have)
- **Ecological and biodegradable shampoo, toothpaste and soap**, suitable for the internal sewage system (if you don't have such, don't worry, we can provide hygiene products that are both ecological and biodegradable - 3.5 euros/toothpaste, 4 euros/soap).
- **Ecological and biodegradable clothes detergent**, suitable for the internal sewage system (we can also provide this for 3 euros/soap)
- Your special needs, like tobacco, medication, etc (the nearest small shop is a 3 kilometers walk)
- Bring any material you need to implement the activities you want to share during the course, such as **musical instruments**, games, dances, songs and stories...





## **5. Activities**

### **The Aim:**

"The Rise of the Community" belongs in a series of volunteering projects that promotes the rejuvenation of the entire village of Nessonas in the center of Greece, based on Permaculture Ethics and sustainable practices.

It is a 15-day European Solidarity Corps Team Volunteering project for 12 international participants where they will paint the community building (cafe and organic shop) of the village's square and plant a windbreak (a wall of trees and plants) for the new Ecovillage Project!

COB eco community is located at the outskirts of a small village called Nessonas. We really want to connect deeper with the local population in an organic and integrative way by creating community infrastructure that will be used by everyone and that will inspire new creative and cultural activities, thus reviving and regenerating the village!

### **The Area:**

The valley we are located in is a mythical place. Very close to mount Olympus (home of the Gods), lies Nessonas, a small village named after a notorious Centauri (half man-half horse mythical creatures that were roaming in the area). Long time ago, there used to be a lake here, which was surrounded by oak forests and the place was a center of activity and life. Years have passed and intensive human activity brought nearly desertification, instead of abundance. In an area that once used to be a lake, nowadays one has to dig more than 80m to find water. Intensive agriculture, pesticides and fertilizers have depleted the natural resources.



### **Social and Environmental Challenges:**

Nessonas, nowadays, is the least inhabited of the villages around, home to approximately 30 people, most of which are of old age. It is a mostly agriculture-based community where its practices over the last years have depleted the aquifers and the soils.

Although things seem grim, the truth is that any interaction creates opportunities, so also our activities are forming new realities. Through our educational and training activities, people

from all around the world visit the area - some stay for months, our events gather locals and international people, supporting the local economy and bringing people closer to each other. Our mentality of cooperation inspires changes in attitude!

A fruitful interaction with the local community has been our goal and path since the beginning of our project. Based on the idea that people unite through their common needs, we have been creating chances for interaction and cooperating with our neighbors for a long time. Giving a helping hand when needed, sharing tools and knowledge, creating infrastructure in the area and more.



### Previous years:

**2022:** We created a wonderful kiosk, equipped with a wood oven and a barbecue and next to it we built a lovely bench. We also organized a big local celebration! We have since observed how our constructions affected the area, becoming a hub for local gatherings and celebrations. Cultural elements of the past came back to life, the ancestral circular dances, which were the traditional tools for community building in Greece, took place in the village again after many years!



**2023:** We repaired the abandoned village school, transforming it to a multifunctional space to serve common needs of the wider community. It now is a space for hosting visitors, a co-working space, a place to practice non formal education and many more that we cannot



even imagine yet! It then spontaneously motivated the creation of a cultural center with initiative of the villagers and women's cooperative.



### The goal of 2024:

For this year's project we aim to further our impact by putting the foundations for creating the Ecovillage project next to COB! We will create a shelterbelt windbreak food forest that will start growing together with this dream. Its purpose will be to create a nano climate inside there, adding biodiversity and creating a wildlife habitat, but also providing food for the community.

Apart from the planting, we will also give a fresher view at the square of the village by painting the outside walls of the community buildings.

One step closer to transforming the ghost village to a thriving permaculture community!

Once the work is done we will organise a celebration to present our work and charge the place with positive vibrations!

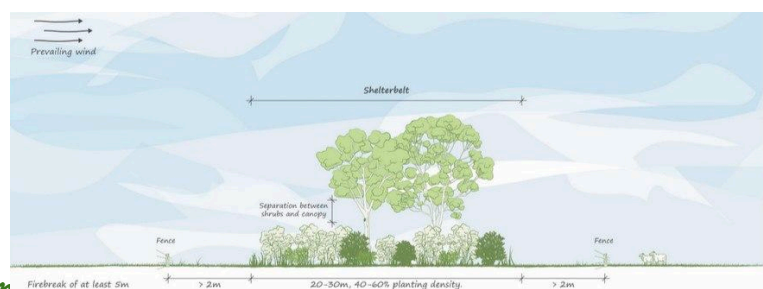


### What is a Windbreak?

Windbreak is a strip of plants that are planted in strategic places and for diverse purposes, like privacy, wind protection, wildlife habitat, fire protection etc.

We are going to plant one super diverse one, following permaculture principles.

It will include forest trees, fruit trees, shrubs, cactus and more, and it will give an example of how you can use plants to invite and utilise all positive energy when needed (sun, water, etc.) and push them outside of your property when they are not welcome.





### Volunteer's profile:

This project is very inspiring and very demanding at the same time. It will be 15 **intensive days** that will prove how much we people are capable of if we put our hearts in it. We are seeking highly motivated individuals, with good social skills and a good relationship with children. People who are inspired by community living and the commons in general. Experience in building/farming and cooperative projects will be highly appreciated

This project will be carried out **in collaboration with the municipality of Tempi**, because self sufficiency is achieved only through cooperation!





## 6. DISCLAIMER

### 6.1 Health Insurance

We ask you to apply for the European Health Insurance Card. In case you are not eligible the European Commission offers you a private Henner insurance card. Check with your supporting organization or with us for further information.



## 7. Confirmation

[APPLY HERE](#)

You will wait for confirmation or you will be asked for more information.

Once accepted, to finalize confirmation, you have to send us your travel tickets **before the 20th of October** at the latest!

Please inform us about your arrival time via email. Thank you!

The Social cooperative “**COB eco-project**” is the organizer of this European Solidarity Corps Team Volunteering project and has applied for funds for the implementation of this, therefore the activity is co-funded by the European Union. This money covers food & lodging, travel costs, coordination fees and organization costs.

**Thank you!**





The COB eco-community is looking forward to receiving you and learning through working with you!



**FOR MORE INFO:**

Website [www.cob.gr](http://www.cob.gr)

Facebook: [@buildingwithearth](https://www.facebook.com/buildingwithearth)

Instagram: [cob\\_gr](https://www.instagram.com/cob_gr)

If you have any questions, we will be happy to answer!

