

INFOPACK

Youth Workers Mobility

Taproots: Pioneers in environmental change - A Permaculture Design Course -



A 15-day Certified (72h) Permaculture Design Course (PDC)

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

14th - 28th May (excluding travel days)

Age of participants: All ages over 18

6 countries | 26 participants | 4 trainers

Partner Countries: Greece, Bulgaria, Spain, Portugal, Italy, France



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

Taproots PDC Training 12/09 - 26/09/2023 - Nessonas, GREECE

Information Package:

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1. General Information

1.1 TIMELINE

Arrival: May 13th by 8pm

Departure: May 29th 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 efstathia.sideris@gmail.com and xkontom@gmail.com. 15 participants are also eligible for **Green Travel** (main transport: bus,train,car-pooling,boat) with **a total of 4 travel days**. 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.

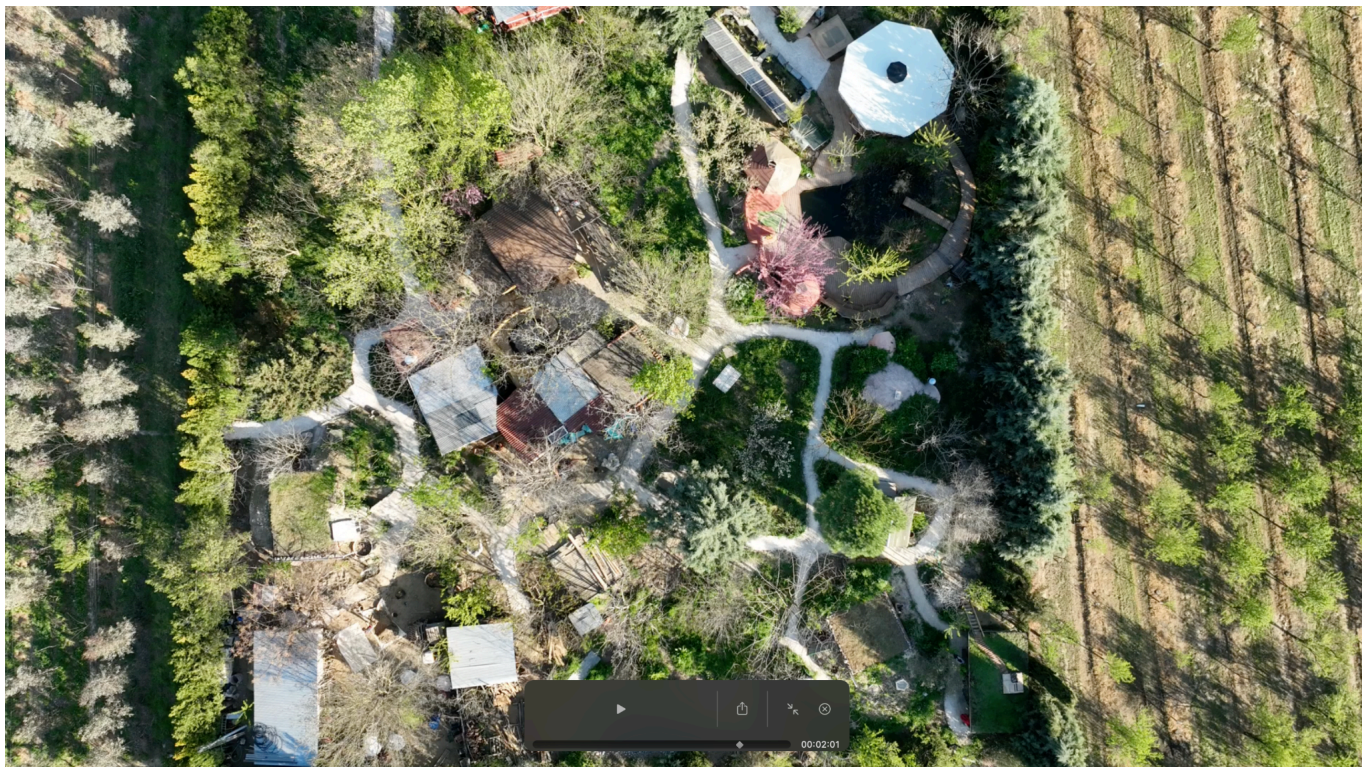
1.2 VENUE

COB eco-project in Nessonas (Larissa), Greece

The **COB eco-project** is a permaculture, agroforestry 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 sessions + sociocracy decision making sessions. 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

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

Instagram account: 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: efstathia.sideris@gmail.com and xkontom@gmail.com

2. ACCOMODATION

This Training Course activity will take place in the **COB farm**, in central Greece. During your stay you will be sleeping in tents inside the COB's almond grove. It is necessary that **you bring your own outdoors sleeping material**. Tents will be provided by the project. Have in mind that there are also mosquitos so make sure you bring a **natural** mosquito repellent.

Please bring what you need to be comfortably sleeping outdoors.

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 15 days in such a simple and basic way of life.



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2.1 Average Nessonas' Weather in September.

The weather in September is perfect. It varies from 22-30°C and it's great for working and sleeping outdoors!

3. Travel Information

Our agroforestry farm is located at Nessonas (Zip code: 40006) a small village near the city of Larissa, in central Greece. It is 15km 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.ktelarisas.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) and you definitely **HAVE TO BE HERE** when the activity starts! You are also eligible for **GREEN TRAVEL** (bus, train, car-pooling) that adds up to a total of **up to 4 additional days** to your total travel time.

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



***TRAVEL REIMBURSEMENT**

Travel distances ⁴⁶	In case of standard travel	In case of green travel
Between 10 and 99 KM:	23 EUR per participant	
Between 100 and 499 KM:	180 EUR per participant	210 EUR per participant
Between 500 and 1999 KM:	275 EUR per participant	320 EUR per participant
Between 2000 and 2999 KM:	360 EUR per participant	410 EUR per participant
Between 3000 and 3999 KM:	530 EUR per participant	610 EUR per participant
Between 4000 and 7999 KM:	820 EUR per participant	
8000 KM or more:	1500 EUR per participant	

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 **13th May** (arrival day) and leave on the **29th May** (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 duration of the activity.**

4. What To Bring

● SLEEPING BAG

- Air or fitness or camping MATTRESS, pillow and 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 lights
- 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 3euros/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 objectives of the “Taproots PDC Course” Youth Workers Mobility project are focused on a new perspective of creating ecosystems.

Learning how to prepare and design resilient eco+socio-systems that will not only have the ability to adapt to the changes coming, but also the one of regeneration.

It creates an alternative perception of reality to which we aim to introduce youth workers via non-formal education focusing on permaculture principles and definitions.

This approach will provide the participants with theoretical and practical tools to introduce ecological regenerative actions in everyday life, in the small habits that in the long term create a great change.



⇒ What is a PDC?

The Permaculture Design Certificate course is a seventy-two hour (minimum) training experience. Students who complete the full curriculum earn the PDC certificate. The training experience provides a deep introduction to the world of permaculture as originally set forth by the movement's co-founder Bill Mollison. Credit for this course is now accepted by a growing number of universities around the world. To date, tens of thousands have completed this training and now comprise a global network of educators and ecological doers who influence corporations, create new business alternatives, influence the communities they live in and turn damaged lands into highly productive food producing landscapes (farms). PDC graduates are committed people working together to enhance the way we view and design our landscapes, our lives and our cultures.

The training will cover the following topics and be enriched by practical activities and reflection and sharing sessions:

- Permaculture design concepts (how ecosystems work and how to mimic them), ethics and deepest motivation for ecological activism, design principles;
- Methods of design: Scale of permanence (prioritizing designing factors), reading the landscape and map understanding, zones as an energy efficiency system and other climatic influences on the design;
- Social tools for change
- Natural building and bioclimatic architecture
- Natural successions and agroforestry and its layers and related observation in the field and pruning experience to manage an agroforest.



Hike observing natural patterns and features regarding soil and water, harvesting plant and seeds;

- How to manage an agro-forest through pruning and rational organization of organic matter;
- Fungi and their role in the ecosystem, Mushroom cultivation;
- Renewable sources of energy and alternative technologies
- Climate in permaculture and climate chaos

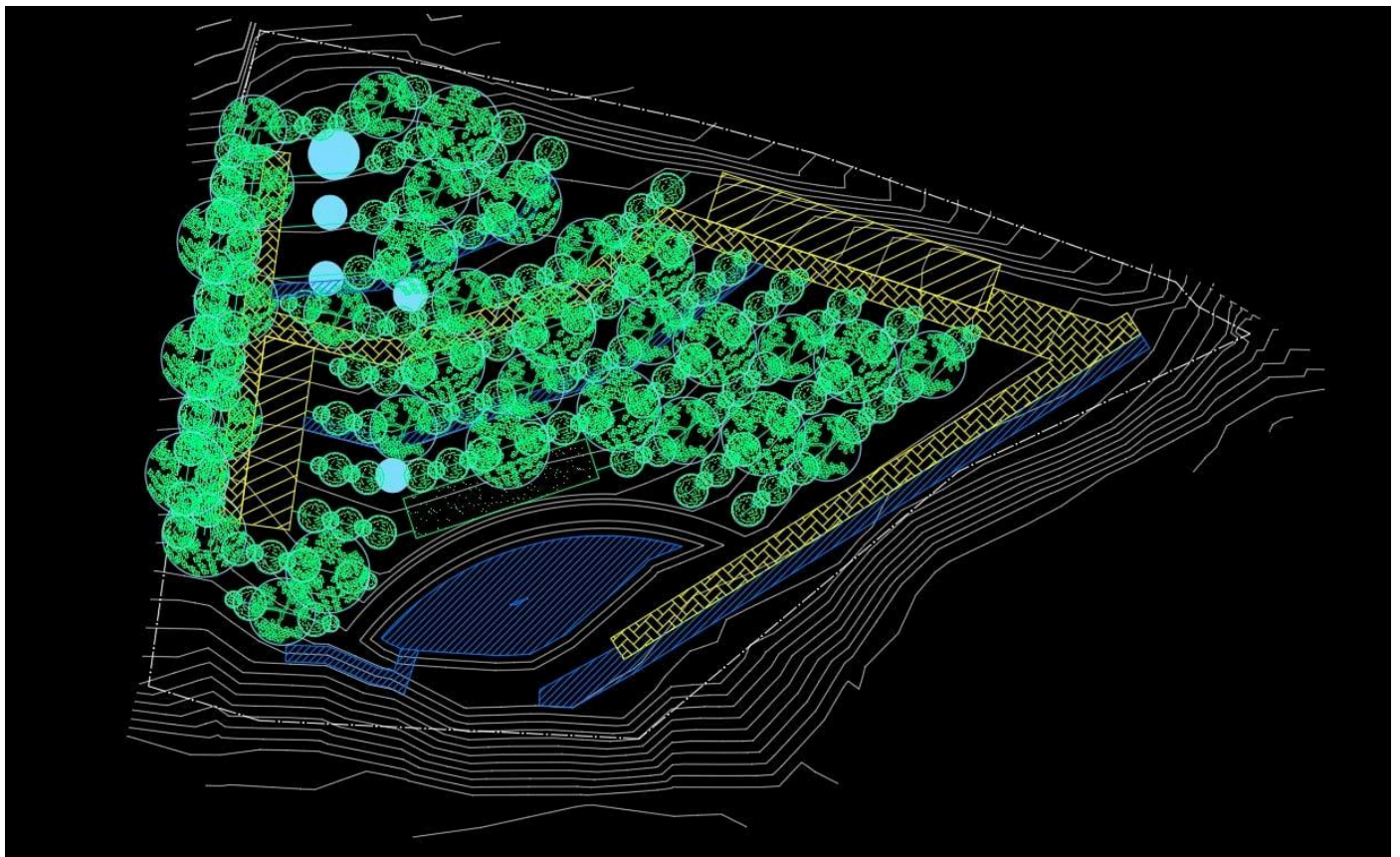
- Plant nursery building and planting;
- Soil: introduction to composting and natural fertilization, hot compost pile, a worm compost bin, biochar and biofertilizers (group activity);



- Water management, Keyline design, Water retention earthworks;



- Biointensive market gardening;
- Design, measuring, preparing, and implementing different types of garden beds.
- Permaculture design group exercise



Community living / Cooperation and team building / Solidarity

- Setting up common goals, common rules and programs.
- Task and responsibility engagement
- Community Cooking in groups for everybody
- Cleaning and taking care of common spaces
- Constant feedback and non-violent decision making procedures
- Co-living and sharing of everyday life, working and learning together, offering solidarity through volunteering and more.



And much much more.....!!!!!!!

6. TRAINERS

- 1) *Christos Karystinos* has been trained on how to teach permaculture according to the book *Permaculture Teaching Matters* of Rosemary Morrow and currently is on his diploma in Permaculture with the Italian Academy of Permaculture. His experience in ecovillages (Sunseed Desert Technology, Lakabe, Auroville, Los Portales, Comune di Bagnaia, etc.) and permaculture projects around the world have taught him that the regeneration of the land is directly connected with the regeneration of the social system around it. He works in the suburbs of Chania, Crete and manages the educative permaculture project "the Healing Garden" and produces regenerative farming olive oil. He has experience in teaching Permaculture for more than 320 hours. He is a member of the board of Evolving Cycles NGO, promoting permaculture in Greece. He studied Electrical engineering in NTUA Athens and he transited from a life in Athens to a life in rural Crete in a community setting at Garipa village. More info about him in <https://communitylab.gr>



- 2) *Kostas Kontomanos* has studied Economics. For the last 20 years, he has been working as a builder with natural materials and as a trainer. He created the model farm of COB, which is a living example of regenerative living, appropriate and renewable technologies and a successful and well recognised experiment of self-sufficiency. He has been devoting his life in Caring for the environment and People, training and facilitating also innumerable workshops in the field of non-formal environmental education and even in Erasmus+ projects.



3) *Annachiara Bucci* has studied Environmental Engineering at the Polytechnic University of Milan. After travelling a lot around and expanding her horizons and understanding, decided to devote her time to all ecological issues arising during these hard and challenging climatic conditions. After participating in an EVS experience in the Cob Farm, she stayed permanently first as a volunteer and then started working there. She attended but also gave a lot of non formal workshops in self-sufficiency systems and appropriate technologies and dove deeper in the waste-water management. She's been co-leading the regenerative farming project of the farm as well.



4) *Christos Kontomanos* studied agriculture in the University of Thessaloniki, but quickly realized that something was going wrong with the way we are farming and living. Pioneering in the world of Regenerative agriculture and Permaculture sustainability philosophy and practices, decided to make for the last 4 years living examples of true alternatives for regenerative living. He created and is leading all the regenerative farming projects in the COB farm that are trying to become an example for the generations to come. Enhancing the already abundant farm of Cob he has then given more than 20 non formal workshops concerning all the theories and practices around permaculture and regenerative agriculture. The ecological mindset and the need for a big change makes him keep evolving and applying theory into practice. Apart from teaching workshops, he has already participated in many Courses and workshops around that sector. His advanced experience in teaching and facilitating has allowed him to participate in many Erasmus+ Youth Exchange and Training Courses that are associated or not to with the specific subject.



7. DISCLAIMER

7.1 Health Insurance

We ask you to apply for the European Health Insurance Card. Check with your supporting organization for further information.

8. Confirmation

To apply for this project you need to **fill up this form**:

https://docs.google.com/forms/d/e/1FAIpQLScRmGygdhuGGOvWXHMFVJ57WV11LVz772ba5ZHNul9-d1xRJA/viewform?usp=pp_url

Application deadline: March 15th

Results by: March 30th

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 15th April** 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 Erasmus+ Youth Workers Mobility Training Course 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!



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FOR MORE INFO:

Website 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!

The objectives of the “Taproots PDC Course” were focused on learning how to prepare and design resilient eco+socio systems that will have the ability to adapt to the upcoming climatic challenges but also to regenerate. By creating an alternative perception of reality, we introduced youth workers in permaculture principles and definitions via non-formal education, providing them with theoretical and practical tools to introduce ecological regenerative actions in everyday life.

The PDC training covered the following topics and was enriched by practical activities, as well as reflection and sharing sessions:

- Permaculture design concepts (how ecosystems work and how to mimic them), ethics and deepest motivation for ecological activism, design principles;
- Methods of design: Scale of permanence (prioritizing designing factors), reading the landscape and map understanding, zones as an energy efficiency system and other climatic influences on the design;
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