

11 - 25.6.2024
Skala, Lakonia,
Greece

Apply now 

Until
1.April

THE
SOUTHERN
LIGHTS

RENEWABLE ENERGY FOR COMMUNITY RESILIENCE

In collaboration with



Erasmus +
Mobility of Youth Workers

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

A funded

13 days training

Countries: Greece, Portugal, France,
Spain, Belgium, Italy, Croatia

Trainers: Alexandros Filippidis,
Laurane Coonaert

Erasmus + Mobility of Youth Workers

'Renewable Energy for Community Resilience'

organized/hosted by

The Southern Lights project

with the trainers

Alexandros Filippidis (Greece)

Laurane Coornaert (Belgium)

DATES

11th - 25th of June 2024

(first and last are travel days)



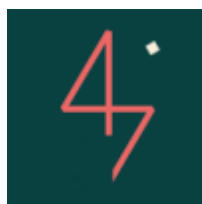
THE
SOUTHERN
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Information Pack:

1. General information
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4. What to bring
5. Preparation
6. Partner organizations
7. Confirmation and contribution

In collaboration with:

ASOCIACIÓN
EDULAB



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

1. General Information

1.1 USEFUL LINKS

Find the call [here](#)

Contact us via email at: eplus@thesouthernlights.org

Fill in your data and for travel reimbursement: [Travel arrangements excel](#) (Only in case you are selected)

Upload your tickets/receipts in this [folder](#) (Only in case you are selected)

Logistics Accommodation form for Southern Lights: [Google Form](#) (Only in case you are selected)

If you have more questions: Check the [FAQ](#)

1.2 TIMELINE

Arrival date: 11.6.2024

There will be an organised bus bringing you from Athens airport, or Athens center (Omonia Square) or Korinthos Isthmos straight to our venue. The bus will be leaving the airport at 5pm (alternatively 6pm if flights arrive late) on the 11th of June, so book your flight accordingly, to not arrive later than 4:00pm at Athens airport.

Departure date: 25.6.2024

If there are more than 20 participants interested in an organized bus, it will be leaving from the venue at 6am in the morning and will be arriving at the airport Athens at latest 10am (Unexpected traffic excluded).

Book your flight or other means of travel to leave Athens airport not earlier than 13:00 flight departure time.

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.

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

1.3 VENUE

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

The Southern Lights is based on 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 of Europe.

To see some pictures and information look at:

www.thesouthernlights.org

And more on our [Facebook](#) and [Instagram](#) page.

1.4 PROGRAM DESCRIPTION

The 'Renewable Energy for Community Resilience' training is a 15-day experiential learning experience that aims to support and facilitate the accelerated learning and collaboration of youth workers and youth leaders representing numerous regenerative initiatives across Europe.

Guided by the internationally recognized trainers, Alexandros Filippidis, and Laurane Coornaert within the welcoming setting of the Southern Lights

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farm (Greece), 35 participants from 7 countries will broaden their knowledge, skills and attitudes to approaches and practical tools to redesign and shape the energy systems of their organizations' headquarters, workspaces, and communities.

The program includes thematic workshops on sustainable and socially-responsible participatory design/architectural practices; renewable energy technologies and installations; circular economies and community-owned energy systems; and attainable facets of community resilience. 'Renewable Energy for Community Resilience' training, thus, aims to further our transition towards circular economies, and low-carbon societies, territories and economies. It will promote the acquisition of practical skills and theoretical knowledge for participants and their networks to collectively innovate renewable energy technologies and systems, to integrate energy self-sufficiency in communities, and to organize renewable energy collectives. Also, it will promote personal competencies and professional opportunities in designing human systems and living spaces to create stable and resilient energy systems on a personal, collective and global level.

1.5 CONTACT DETAILS

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, you will be sleeping in your tent inside the food forest. It is necessary that you bring your own tent and outside sleeping material. Please bring what you need to be comfortable sleeping outdoors.

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

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

so the water of the shower and the sink does not harm nature. If you don't have any, we can provide you with a toiletry kit for 7€.

If you need a toiletry kit, please use [this](#) google form to let us know about it prior, and send us an email to eplus@thesouthernlights.org informing that you have done so.

Also, we recommend bringing 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 provide though 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 them, so we can plan accordingly.

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

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 to spend so many days in such a simple basic way of life.

3. Travel Information

3.1 Location

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

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

Make sure that you have received a confirmation from us or the partner organization from your country before purchasing any travel tickets.

3.2 How to get to the venue

Closeby 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.

Organized Bus - HIGHLY RECOMMENDED

Important notice:

The price for this bus will be deducted from your travel reimbursement. The price is calculated for each travel (Around 700€ divided by how many participants are taking the bus). If more than 20 of you choose to take this bus, then it's cheaper than the public bus.

Due to the limited options connecting Athens to our location, we strongly advise that you consider this option. If you are interested please note it in the [travel arrangements excel](#) as soon as possible, so that we are sure to book the bus!

Public busses

If you arrive at 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:

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

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

After arriving in Sparta you take a bus to Skala.

If you arrive at Patras port, you go to KTEL Patras bus station, where you find connections to Sparta (Lakonia).

After arriving in Sparta you take a bus to Skala.

Travel durations / Costs

Athens airport -> KTEL Kifisou 50 minutes approx. COSTS: ~5€

KTEL Kifisou -> Sparta 3 hours
COSTS: ~23€

KTEL Patras -> Sparta 4 hours
COSTS: ~28€

Sparta -> Skala 1 hour
COSTS: ~4€

3.3 Notes on travel

While preparing your travel, keep in mind:

- In order to be able to reimburse you, we will need **both the ticket receipts as well as the boarding passes!** For airplane tickets those are two different documents, but bus or train tickets usually one document serves as both receipt and boarding pass. Please book online as much as possible so that we can have pdf original copies. 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

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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)!

- Your flight needs to arrive **no later than 4:00pm** at Athens Airport on the 11th of June, otherwise you won't be able to arrive on time to our venue.
- Similarly, book your flight or other means of travel to leave Athens airport **not earlier than 13:00am** flight departure time on the 25th of June.
- [Check here for frequently asked questions](#) regarding travel booking.
- To get your travel expenses reimbursed and keep track of all the receipts, use [this excel sheet](#).
- Please inform us of your arrival time and travel details [in this excel](#), and add your tickets in [this shared folder](#).
- 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 arrive in Greece earlier, due to cheaper tickets, etc. you have to justify why you traveled more days, or on another day than the travel day.
- If you are traveling with the **Ryanair App**, make sure to take a printscreen of your boarding pass before boarding the plane, as the app will eliminate this important information as soon as you land.

3.4 Travel Refund

The costs of the organized bus are in total around 700€ for each route, which will be divided by the participants using the bus, and the contribution will be covered by each participant's travel refund.

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

For booking your tickets:

- 1) Calculate the distance with the [Distance Calculator](#), and find the distance between the **exact location** you are starting your journey, for ex. "Paris airport" to the "Municipality of Sparta, Greece", that is your final destination. Have in mind that you should add the place that will be mentioned in your first ticket. So if you are traveling for example by car from a city to the airport, you should add the airport as the place you started your journey and not your city. If you are going by bus, then it is okay to add the city.
- 2) You need to check, in which category of your country you fall into. Below, you can find the categories according to the country you are coming from:
 - For the participants coming from **Belgium** we cover:
 - For 2000 – 2999 km: **410E for green travel** (all travel means except airplane and ferry boat; 11th and 25th of June reimbursed travel days) and **360E for standard travel** (11th and 25th of June reimbursed travel days)
 - For 500 – 1999 km: **320E for green travel** (all travel means except airplane and ferry boat; 11th and 25th of June reimbursed travel days) and **275E for standard travel**(11th and 25th of June reimbursed travel days)
 - For the participants coming from **Greece** we cover:
 - For 100 – 499 km: **210E for green travel** (all travel means except airplane and ferry boat; 11th and 25th of June reimbursed travel days) and **180E for standard travel** (11th and 25th of June reimbursed travel days)
 - For 10 – 99 km: **23E standard travel** (11th and 25th of June reimbursed travel days)

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

- For the participants coming from **Portugal** we cover:
 - For 2000 – 2999 km: **360E for standard travel** (11th and 25th of June reimbursed travel days)

- For the participants coming from **Croatia, France, Italy, Spain** we cover:
 - For 500 – 1999 km: **320E for green travel** (all travel means except airplane and ferry boat; 11th and 25th of June reimbursed travel days) and **275E for standard travel** (11th and 25th of June reimbursed travel days)
 - For 100 – 499 km: **210E for green travel** (all travel means except airplane and ferry boat; 11th and 25th of June reimbursed travel days) and **180E for standard travel** (11th and 25th of June reimbursed travel days)

3) Book your tickets accordingly.

Participants should be traveling from the countries of their residency. If you are traveling from a country other than your residency, you should be sure to write to us explaining why.

However, be aware that even if you are traveling from another country that is not your stated residency, your travel reimbursement is still the one for your residency. Example: a participant with Italian residency traveling from Portugal will only be reimbursed to the maximum of 309€ for standard travel and 417€ for green travel.

[Check here for frequently asked questions](#) regarding travel booking.

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

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

We can refund your travel to Southern Lights on the last day of the training, preferably via bank transfer, but ideally, we refund you both ways after you arrive back at your home destination with one bank transfer. Please make sure to submit all your receipts and your bank details not later than 30 days after the end of the training, so not later than the 29th of May.

4. What To Bring

- TENT
- SLEEPING BAG
- Camping mattress, plastic cover for the ground (humidity stopper) and pillow (or/and anything you need for being comfortable sleeping on the ground in a tent)
- warm clothes for evening and light clothes for the day (check the weather)
- clothes for getting dirty
- good shoes for land works
- you can bring working gloves if you prefer to work with such
- notebook and pen
- towel for shower
- 3 small towels (or as many as you feel you'll want) for the compost toilet
- water bottle
- 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 7€
- mosquito spray or protection if you need it (we usually have mosquitos)
- musical instruments if you like
- 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...

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

5. Preparation

Before arriving in Greece, you are obliged and responsible for acquiring your own EU Health Card (or to renew it in case the date has expired), that allows you to receive basic health care across the European Union. If you wish to be covered by insurance, make sure to book it yourself before leaving your country.

To prepare you for this course and its content, and 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 in the course is approved** by the partner organization in your country or by us. We will then approve your request and you have access to all the content. Thank you!

6. Partner organizations

Belgium: Les débris-colleurs, contact: laurane.coo@gmail.com

France: The Northern Lights, contact: thenorthernlightsorg@gmail.com

Italy: Polisportiva Fanano, jonta91@gmail.com

Croatia: Institut za poticanje mladih (IYP), contact: info@iyp-croatia.com

Portugal: SEYN, contact: info@seynetwork.org

Spain: EDULAB, contact: aguidottigarcia@gmail.com

7. Confirmation and contribution

If you are approved to participate in this course, our partner organization from each country will inform you. If you get chosen to be one of the participants, you have to send your travel tickets to your partner organization on the **10th of May 2024** the latest !

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

The non-profit organization “The Southern Lights” is the organizer of this Erasmus+ Mobility of youth workers and has applied for funds therefore the 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 suggest a **contribution of minimum 40€** for the solidarity pot. The solidarity pot allows us to run activities for which no funding yet exists, and also to receive more participants to the training, than the official funded ones. A higher contribution is very welcomed of course and we can provide a donation receipts if one wishes one.

Thank you!

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

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