

INFOPACK

Youth Exchange

Low-Tech EcoCamp

- Hands on learning for sustainable living -



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

25th June - 10th July (excluding travel days)

Participants: 18-30 | Group Leaders: all ages above 18

6 countries | 27 participants | 6 group leaders | 2 trainers/facilitators

Partner Countries: Greece, Bulgaria, Hungary, Serbia, Italy, Spain



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

Low-Tech EcoCamp Youth Exchange 25/06 - 10/07/2024 Nessonas, GREECE

Information Package:

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2. Accommodation
3. Travel Information
4. What to bring
5. Activities
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1. General Information

1.1 TIMELINE

Arrival: June 24th June by 8pm

Departure: July 11th 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

Eco-project COB 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.



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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

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 at 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 outdoor sleeping material**. If you don't have, we could provide for you. **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 panel system, so 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.



2.1 Average Nessonas' Weather in June-July.

The weather in early July is starting to get hot. It varies from 28-32 °C but no worries, trees provide us with shade and there is a pond where we can dive in if heat becomes unbearable!

3. TRAVEL INFORMATION

[COB eco project](#) 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.

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:

<http://www.trainose.gr/>

<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! 15 participants are also eligible for **GREEN TRAVEL** (bus, train, car-pooling/car-sharing) that gives a total of **4-6 days** to your total travel time roundtrip.

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 **24th of June** (arrival day) and leave on the **11th July** (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



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- **TENTS are provided by us**
- **SLEEPING BAG**
- Air or fitness or camping MATTRESS and pillow (or/and anything you need for being comfortable sleeping on the ground in a tepee) - we can provide you with these in case you need it.
- 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

Low-Tech EcoCamp is all about Strong Sustainability, Collective Resilience and Cultural Transformation! It is an Erasmus+ Youth exchange for participants who care about the environment and who want to discover hands-on methods of low technology while immersing themselves into the everyday ecological lifestyle of COB's eco-community! This non-formal education approach will provide you with the theoretical and practical tools that introduce ecological regenerative actions in everyday life. Sustainability doesn't have to depend on high-tech solutions!

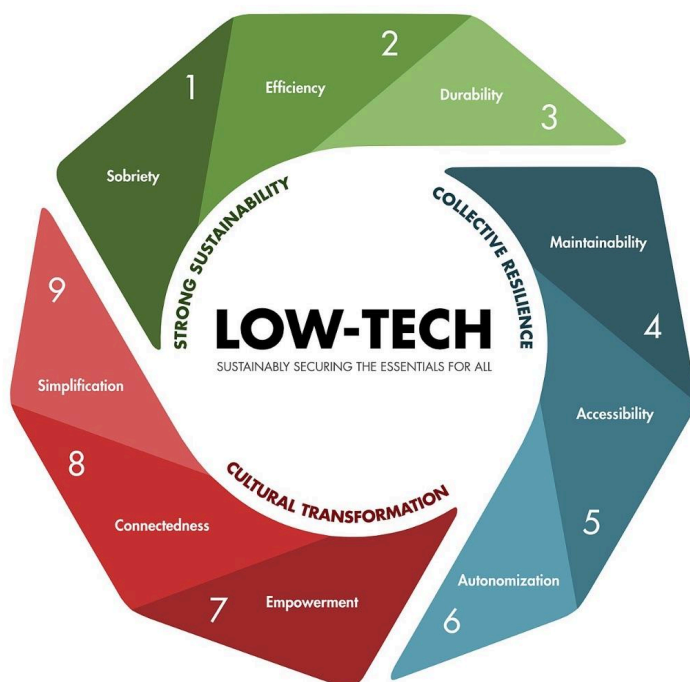
Low-tech is a set of techniques, objects, services, systems, practices, lifestyles and ways of thinking that are simple and accessible to all.

Low technology encompasses three fundamental principles:

- Utility: meeting basic needs, such as energy, food, access to water or health;
- Accessibility: be affordable and accessible to the greatest number of people;
- Sustainability: optimising the ecological, social and societal impact at each stage of the life cycle.

Low technology makes it possible to live better with less! More than a movement, low-tech is almost a way of life, favouring a more minimalist lifestyle focusing on the small habits that in the long term create a great change. Our goal is to leave lasting imprints on communities, by educating people in minimizing their ecological footprint!

We will be experiencing first-hand what sustains a low-footprint eco community, in terms of infrastructure, inputs and outputs, daily chores and direct democratic procedures while working closely with the underprivileged local community, living a direct experience of ecological regeneration, low-tech innovation and active citizenship!



THE CRITERIA FOR ANY LOW-TECH INNOVATION APPROACH:

STRONG SUSTAINABILITY

1 Sobriety

Refocuses on the essentials and tends toward the technological optimum: lowest technological intensity and greatest simplicity ensuring needs be met with a high level of reliability

2 Efficiency

Minimizes the consumption of energy and resources, from extraction of raw materials through production, distribution and use to end of life

3 Durability

Presents maximum technical, functional, ecological as well as human viability in the short, medium and long term

COLLECTIVE RESILIENCE

4 Maintainability

Can be maintained and repaired by users themselves so far as possible, using standard parts and materials

5 Accessibility

Offers maximum ease of use

6 Autonomization

Is made from resources that are exploited and transformed as locally as possible

CULTURAL TRANSFORMATION

7 Empowerment

Facilitates appropriation by the greatest number, gives power to citizens and communities

8 Connectedness

Promotes the sharing of knowledge and know-how, cooperation, solidarity, social cohesion and links between communities

9 Simplification

Decomplexifies society at the socio-economic and organizational levels based on reflection about needs and vulnerabilities

Design: Arthur Keller and Emilien Bournigal

→ The Youth Exchange activities will include the following low tech application areas:

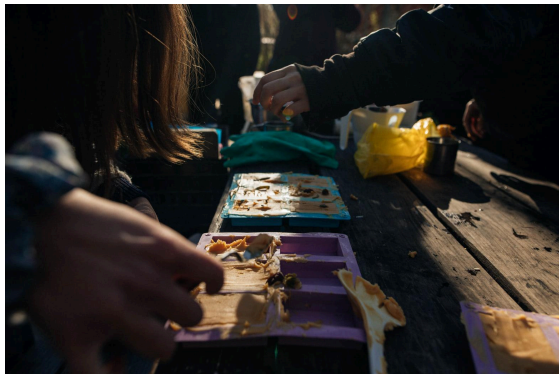
Housing - Natural Building: Participants will be learning different natural and bioclimatic designing and building methods and low-tech techniques and we will build a wood stove with a water heater!



Agriculture & Food - Permaculture: Participants will learn the basic principles and practices of ecological farming methods that produce abundance of food and regenerate the landscape. We will be learning in theory and through hands-on experience how to create edible urban and rural forests and sustainable gardens.



Hygiene - Natural cosmetics: Participants will create a wide range of cosmetics that are eco-logical but also healthy for our body and the environment, like natural soaps, toothpastes, wax creams, ointments, and many more!



Low footprint cooking devices: Participants will be introduced to and learn how to design as well as all the practicalities of solar ovens, wood ovens, dutch ovens, rocket stoves and more!



Water&Waste - Water management: Participants will learn everything on rain and gray water collection, biological purification and storage.



Renewable Energy Sources: Participants will learn and build standard photovoltaic systems for solar energy as well as other forms of low footprint energy (wind turbines, biogas, solar water heaters, solar panels, washing machines for clothes, bike generators, solar lamps for the paths).



Food processing, preservation and storage: Participants will be introduced to natural, low-tech food drying processes, preservation methods, composting, pickles, pastes, smoked goods.



Low footprint Living: Participants will experience and increase their skills and knowledge on how we can live an individual or community life where we are able to give back to nature more than we take, in a few words, to regenerate!



Community living - Cooperation, Communication and Team Building

- 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



6. DISCLAIMER

6.1 Health Insurance

You need to apply for the European Health Insurance Card. Check with your supporting organization for further information.

7. CONFIRMATION

[APPLY HERE](#)

Apply **until 25th May!**

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 **until June 10th** at the latest!

The Social cooperative “**COB eco-project** ” is the organizer of this Erasmus+ Youth Exchange 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, learning, working and growing together!

FOR MORE INFO:

Website www.cob.gr

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

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



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