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INFOPACK

The Crossroads

“Natural Building of Community Spaces”



ESC TEAM VOLUNTEERING
for 10 volunteers (4 with fewer opportunities)

May 3rd 2024 - May 27th 2024
(excluding travel dates)

**At The Crossroads eco-project at Megalopoli town (Central
Peloponnese), Greece**

Age of participants: 18-30

Instagram page:

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



Information Sheet:

1. General Information
2. Accommodation
3. Travel Information
4. What to bring
5. Program and Activities
6. Disclaimer
7. Confirmation and Contribution



1. GENERAL INFORMATION

1.1 TIMELINE

Arrival date: 2nd May 2024.

Departure date: 28th May 2024.

It is necessary to respect these dates of arrival (as latest date of travel ticket) and departure (as earliest date of travel ticket). If you need to come earlier or leave later, please send us an email to a.kokkinakis@gmail.com.

Nevertheless it is necessary that you attend the activity from the beginning to the end, so please arrange your travel accordingly.



1.2 VENUE

The Crossroads community project is based in Megalopoli, which is a small town in the center of Peloponnese. The projects are being held at our Urban Villa, including its big garden.

1.3 CONTACT DETAILS

- Alexandros Kokkinakis +306940161429
- Pam Duivenvoorden +306993194187

The very best is to contact us via mail: a.kokkinakis@gmail.com

1.4 FACILITATING ORGANIZATION

The activities are facilitated by a team of experienced trainers, coordinators, managers and The Crossroads is based in Megalopoli, officially registered as an association in 2020, although it has been running activities since 2016. Since 2016, it has been hosting volunteers from all over the world who got the opportunity to learn and work in permaculture, natural building, food foresting, landscaping, renovating etc.



2.ACCOMMODATION

During your stay you will be sleeping on the ground floor of the villa. We provide private and shared bedrooms, depending on the occupancy. Downstairs we have two bathrooms with a toilet, sink & shower. We receive our warm water from solar panels and from an additional heating system. Warm water for the shower is available in the afternoons.

The ground floor has a kitchen, meals are provided daily, which are healthy, mostly organic and vegetarian. If you have any allergies or intolerances, special dietary needs, please inform us, so we can plan accordingly.

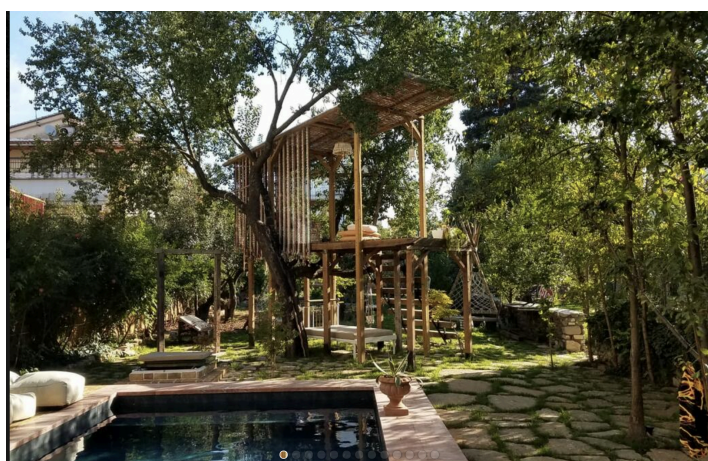




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2.1 WEATHER IN MEGALOPOLI

In Megalopoli luckily winter doesn't last so long so spring and summer arrives quickly and is sunny and warm!



3. TRAVEL INFORMATION

Closest Airport: Kalamata Airport, but flying to Athens International Airport is very convenient since there are many direct buses from Athens to Megalopoli every day.

Bus: From KTEL Athens Kifissos bus station you take the direct bus to Megalopoli.

Here is the bus schedule.

ΑΘΗΝΑ (Athens) – ΤΡΙΠΟΛΗ (Tripoli)– ΜΕΓΑΛΟΠΟΛΗ (Megalopoli):

06:00 * except Saturday & Sunday

09:30 * only Friday

15:30 * except Saturday

17:15

20:15 * except Saturday

Please check the following link, since they might change the schedule over time:

<https://ktelarkadias.gr>

Our project is right next to the EKO gas station, about 5 minutes by foot from the bus station. Please make sure to close the gates behind you with caution. Our dogs need to stay inside!!



TRAVEL REIMBURSEMENT

Travel costs will be covered up to the maximum written further down. Your travel budget depends on the distance you have to travel in order to get to the training. Since we need your original tickets to reimburse you (way back included) please book online so that we can have pdf original copies of your ticket.

Please bring two printed copies (one for you and one for us)!

We can't reimburse travel tickets without tickets in original copy or pdf.

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 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>

IMPORTANT

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

-You should travel to Greece on the arrival day (2nd May) and depart on (28th May) departure day; otherwise we can't refund the travel costs. Flexibility due to expensive tickets can be max plus 1-2 days roundtrip.



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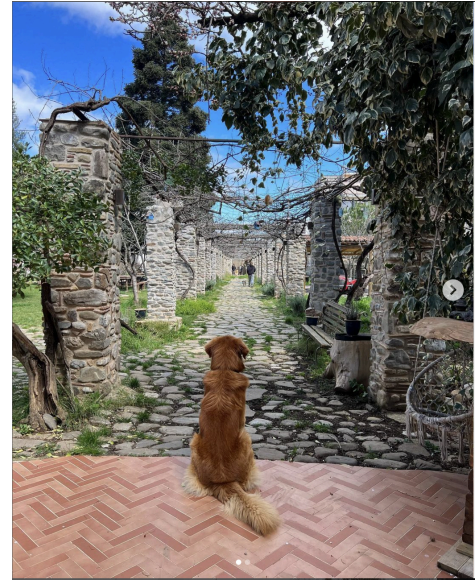
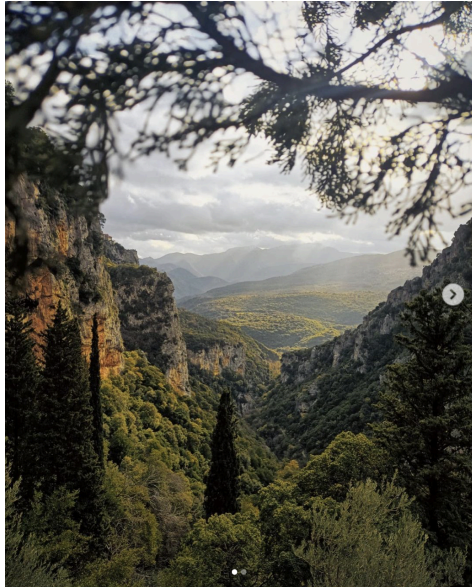




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4. WHAT TO BRING

- Water bottle
- Notebook and pen
- Towel for shower
- Soap for shower
- Clothes and boots that can get dirty, a raincoat or waterproof jacket and trousers.
- Swimsuit and towel
- Hat and sunscreen (to protect against the sun)
- Comfortable shoes and clothes for outdoor, walking and being outside
- Your special needs, like medication, etc.
- Bring any material you need to implement the activities you want to share during the course, musical instruments, some games, dances, songs and stories, seeds, tools to share.

Megalopoli is a town with about 4000 inhabitants, different shops, supermarkets, pharmacies etc. are available.





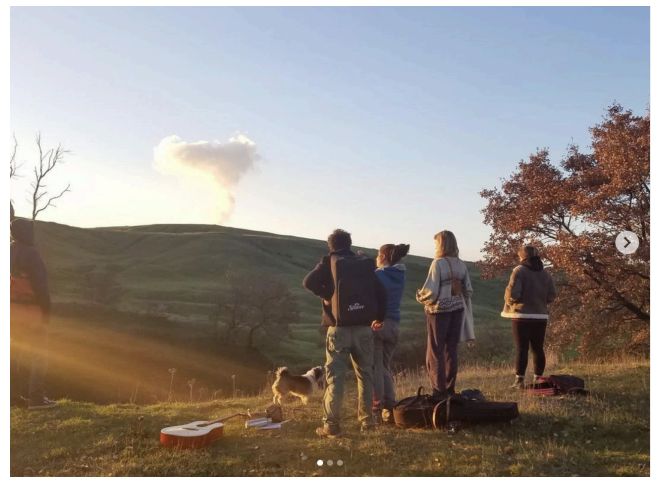
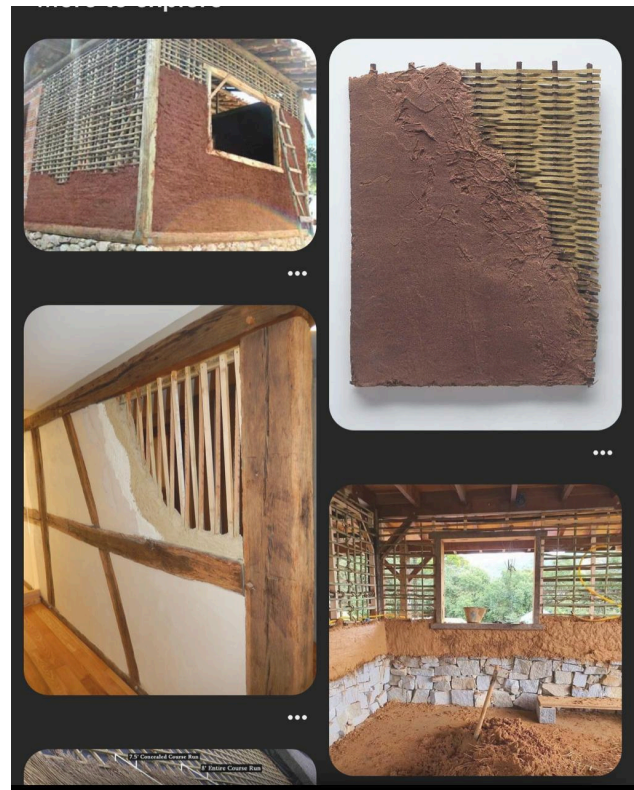
5. PROGRAM AND ACTIVITIES

The Crossroads aims to transform an Urban Villa into an Eco Sustainable, Community Lifestyle Project. After renovating and turning a century villa from an abandoned, neglected place into a beautiful oasis with fruit forest, herbal garden, natural building constructions and the space for cultural exchange, community building, arts, personal growth and development, the next step is to focus even more on renewable energy such as solar power, reduction and awareness of water consumption, sustainability, eco-building and self-sufficiency in terms of farming and gardening respecting permaculture methods.

During this Team Volunteering activity we will focus on eco-building, using local natural materials! We will be expanding the infrastructure of The Crossroads by creating an outdoor common space, to be used for meetings, gatherings and meditation purposes. Participants will learn how to work with wooden structures in terms of construction, preparation of wood, sanding, varnishing, and using the right tools. We will be using an old fashioned way of cob walls called bagladin. It is an international approach where we weave split bamboo on a smaller wooden structure, then you fill it up with cob, creating an earth wall. We will be adding windows, organizing and completing a fireplace inside the structure, taking care of the flooring (using clay and stones) and investigating the structure underneath. We will be going on a local search hunt for the building materials, including soil clay and bamboo! At the end of the activity all participants will have gained skills and knowledge on how to create an eco-structure by applying manual hands-on work, wood preparation and weaving cob.

In addition during the last days of the activity and with the help of our long term ESC volunteers we will make a big effort in creating a fruit forest to the northwest side of our land applying also wind management techniques. We will be applying and implementing permaculture design principles of the ecosystem, preparing the surrounding land and setting the basis of the land site for our following project: the creation of an eco-village including the building of 6 natural tiny houses!







6. DISCLAIMER HEALTH INSURANCE

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

7. Confirmation and contribution

To apply for this project you need to **fill up this form until the 10th April 2024**:

https://docs.google.com/forms/d/e/1FAIpQLSeVJxtWLSvNrRuYsxdSm-sGmdVGfMd084cl38mzjKYTW7qqg/viewform?usp=pp_url

To finalize confirmation you have to send us your travel tickets until **20th April 2024**. Any changes keep us updated through email or our mobile phones as provided. Thank you!

The Crossroads is the organizer of the European Solidarity Corps and has applied for funds therefore the course is co-funded by the European Union. These funds cover food & facilities, travel costs, teaching fees and the work of our cooks.

Acknowledgement of receipt and understanding of the conditions of this Infosheet.



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Thank you!

