

ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ / SOLIDARITY TRACKS

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Web site : www.tamonopatia.org
Garavella 12, 31100 Lefkas/Greece



**EUROPEAN
SOLIDARITY
CORPS**

European Solidarity Corps

ESC activities at Solidarity Tracks 2022



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Important: all applicants for ESC should be registered in Solidarity Corps database

Venue: Lefkas, Greece

Activity 1: Sustainable development

Available placements: 3 placements from 1 to 12 months

Venue: Lefkas /Greece

Summary:

Solidarity Tracks wants to host one young volunteer for 1 year in Lefkas island, in order to introduce young people and children in the region of Lefkas in Greece for a cultural approach to sustainable development, share with them a common culture of sustainable development, and encourage them to implement awareness campaigns to mobilize and convince components of the society of Lefkas for different areas of the challenges of sustainable development. The volunteer will create a pedagogical tool for the sensitization of young people and children.

This project will permit to engage and educate a large number of local citizens, especially youngsters, and will permit the volunteer to gain social and technical competences that will be useful for its future vocational rehabilitation.

The volunteer is expected to co-operate with young people and the children of Lefkas Island. He have to get in touch with the families and the public at large in view to organize outdoor activities of sensitization.

Our volunteer will cooperate with the various foundations and institutions, the local organizations, the municipality and the media of the region, in order to enhance the awareness of the people and broadening the impact of these actions of awareness.

Tasks of the volunteer:

To achieve these goals, ESC volunteers will design, prepare and organize socio-educational workshops, outdoor activities and events for local citizens (youngsters and adults) which consist of:

- * concerting, managing and animate the abandoned public spaces by involving the local community in Lefkada region (RESCUE)
- * Learning how to sort and use domestic waste, and reduce plastic consumption in our region.

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- * Creating ecological and socio-educational furniture and games from wood and wooden pallets and recovered objects for kindergarten, primary schools and specialized schools for people with disability, by involving youngsters from our community.
- * Helping to develop abandoned public spaces in various disadvantaged villages in the region in favour of the citizens of these villages by involving them in this process. This is an activity that is implemented within the framework of a cooperation agreement developed with the Municipality of Lefkas.
- * Helping for the design and creation of educational and awareness-raising murals on themes of environmental protection, inclusion, well-being and solidarity that we create on public walls in our region as well as in school establishments.
- * Continuing to set up the project "Towards Green Lefkada" that we launched this year and which consists of developing partnerships with companies and institutions and setting up various local initiatives to reduce the use of plastic bags and cups in the community.
- * Implementing the challenge activity: "Walk and clean" which consists in mobilizing citizens individually and in groups to collect waste in town and on beaches during their daily walking activity and share their contribution on our network.
- * Creating and installing garbage bins, ashtrays with local youngsters in town and on beaches.
- * organizing and participating regularly to beach and paths cleaning events.
- * Creating educational tools (E-tutorials, interactive E-trainings, videos, guides, games, etc.) on education for sustainable development that target various audiences.
- * Volunteers will also implement mass events to further increase the impact of their activities, such as "The 24 hours of Sustainable Development in Lefkada", an event that combines and enhances both of the aforementioned various activities by mobilizing a large number of beneficiaries, so that some of these beneficiaries become multipliers and supporters of the values of sustainable development.
- * Organizing awareness activities for youth and families about sustainable development, including for the consumption of local products.
- * Organizing different outdoor events and exhibitions; artistic and creative workshops for youth, including youngsters with disability.
- * Taking initiatives to promote and inform locals about specific topics linked with sustainable development.
- * Help for planning, arranging and giving life to the abandoned public spaces in the region
- * Caring "Art for development" weekly workshops for disable people.
- * Caring volunteering activities to clean the beaches and paths by involving local citizens.
- * Involving and cooperating with local networks, environmental and cultural organizations, Cultural centres/voluntary organizations in order to organize events - talks, films, tours, conference about sustainable development;

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- Creating eco-educational toys with local youngsters and experiment it in the schools
- administrate and improve the services of the mobile application to further promote volunteering acts and facilitate access to these actions for local citizens and visitors
- * Creating informative tools about the subject, distributed to the community.
- * Managing the Green o'clock magazine by posting awareness content and articles related with sustainable development.
- * Promotion and dissemination of the result of the above activities Volunteers will be the main designers and leaders of their activities. They will implement, monitor, evaluate and develop the above-mentioned activities with the support of their supervisor, mentor and project coordinator.

Hosting Organisation: Solidarity Tracks

For more details you can look at the following videos:

<https://www.youtube.com/watch?v=AQJU4slg-b8>

<https://www.youtube.com/watch?v=PFIiN60YiKA>

http://www.youtube.com/watch?v=vCrXfs900_c&feature=related

<http://youtu.be/4Wh1FuDYils>

<http://www.tamonopatia.org/files/Sustainable%20tourism%20Guide.pdf>

http://prezi.com/4nmX2rfs6fkd/?utm_campaign=share&utm_medium=copy&rc=ex0share

HOSTING ORGANISATION	
Name of the Organization	Solidarity Tracks
Address Phone	Karavela 12, Lefkas / Greece 2645023123
Person in charge of the project @ & phone number	Alexia DiVal/+30 2645023123
Brief description of the organisation	Solidarity Tracks is a non-profit and nongovernmental organization, promoting youth exchanges, mobility and intercultural learning on European and worldwide scale. Solidarity Tracks disseminate the value of the human rights and pursue the initiative of responsible and sustainable development.

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	<p>The actions of Solidarity Tracks support individuals' personal development in relation to local sustainable development. Our organization was established thanks to a heartfelt aspiration and cooperation of men, women and children of every age, from different regions of Greece and abroad. The ultimate goal of our organization is to understand the links which unite people, inspire us, supports the spirit for an equal and mutual development.</p> <p>www.tamonopatia.org</p>
MISSION	
Title of the Mission	A1 : Sustainable development
Duration	(1 & 12 months)
Place of the volunteering	Lefkada, Greece
Field of the volunteering	Sustainable Development stands for meeting the needs of present generations without jeopardizing the ability of futures generations to meet their own needs – in other words, a better quality of life for everyone, now and for generations to come.
Description of the activities and tasks	<p>Three options of activities:</p> <ul style="list-style-type: none"> - 1- Creating educational and eco-toys for children of the schools using natural material: wood, bamboo, stones..., <p>Preparing instruction guide for each game, and giving it to the teachers to experiment it the target team and share with us the feedbacks.</p>

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	<p>-2- Management and renovation of abandoned public spaces:</p> <ul style="list-style-type: none"> - Creating flower boxes with pallets - Design and painting Murals - Creating benches and tables with pallets - Caring events in the managed spaces (exhibitions, music, dance, gastronomy...) <p>3- Zero waste, Biking & cleaning, upcycling initiatives</p>
Number of volunteering hours per week	35
Target Group	Youngsters, local citizens, students, children teachers.
Mentoring Methods and Frequency	Language support, daily supervision, Meeting at least 2 times per week with the mentor. Reinforced mentorship will be provided for people with few opportunities
Mentor Used Languages	English
Social skills the volunteer(s) should have	communications skills, digital skills, ecological interest, artistic soft skills.
HOSTING CONDITIONS	
Type of Accommodation	An apartment in the center of Lefkas town, with 3 bedrooms.

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Local Transportation	The town of Lefkas is small, so you can go everywhere on feet
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Activity 2: (Smart City in term of Art & Culture and Time bank management)

Venue: Lefkas

Places available: 02 from 1 months to 12 months

Summary:

The Time bank is an alternative system to money and capitalist foundations. It is a network of reciprocal exchanges of services and knowledge at the level of a local community. All transactions exclude the monetary value and are therefore based on the “time” value. Thus, each member of the network can give of his/her time in the form of services according to his/her skills and can benefit from it, reciprocally, according to the needs and desires.

The time bank is based on two principles:

- Parity of statutes: everyone has his/her own skills and knowledge. They can be manual or intellectual. The Time bank network does not make a hierarchy between the services offered: they all have the same value and the same “time credit”.

- Reciprocity of exchanges: all members of the network are both requesters and providers of services. Thus, each can request a service from another member, and reciprocally offer a service for the others.

The Time bank makes possible to encourage and enhance volunteering, strengthen the social cohesion of a community and promote learning and integration. This form of solidarity promotes citizen participation, joint exchanges, local development and fight against exclusion.

The Time bank Lefkada network was created in 2014 following an initiative of our local and European volunteers:

<https://www.facebook.com/timebanklefkada> <https://lefkadatimebank.gr>

Since 2014, thousands of services have been exchanged between members of the network, for example: help to look after babies or elderly parents, help for gardening, learn to fish, language training, art therapy sessions, etc.

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For the strategy of 2021-2027, we want to develop the Time bank of Lefkada for art and cultural development, by integrating and promoting especially the cultural and artistic initiatives which is a sector that have been very affected by the pandemic.

Our strategic plan for this activity is to:

- Make our Time bank universal by encouraging the membership of new members inside and outside the local community as well as citizens of various European countries to exchange services, knowledge and advices remotely with local members of the network.
- Launch branches of the Time bank that target well-defined audiences by focusing on three themes that we consider to be priorities (Time bank for social assistance / Time bank for the exchange of services and advice between entrepreneurs and future entrepreneurs /Time bank to exchange services between citizens of various communities for the development of their communities).
- To develop a digital and dynamic « Smart Lefkada in term of art and culture » platform, designed as an interactive network of information, learning, networking, on cultural and artistic activities, including:
 - * Monitoring of cultural and artistic activities by distance as well as virtual visits of cultural sites of the community.
 - * A vast network of artistic, cultural, political actors, entrepreneurs in the field of art and culture.
 - * Establishment of artistic and cultural/ collective and individual initiatives.
- E-tutorials on various artistic and cultural practices for those wishing to learn and invest in these fields.

The activities described above allow ESC volunteers to engage in acts of solidarity and support the development of our community. They will allow them to express in practice their commitment to our community while acquiring experience and skills useful for their personal, artistic, cultural, social, civic and professional development.

This activity engages young ESC volunteers who wish to build a more inclusive society by facilitating access to cultural and artistic activities to the most vulnerable public and by addressing societal challenges. It offers to youth eager to help, learn and grow, the opportunity to have a positive and inspiring experience and provides a unique entry point for such solidarity activities in our region.

Volunteer's Tasks:

- Manage the Lefkada Time Bank website and Facebook page.
- Organize and implement events that meet the needs of network members in term of art and culture.
- Follow the exchanges of services between members and manage the accounts of time offered and benefited by members of the network.

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- Provide a wide range of network and exchange services.
- Create tools and promotional events for Lefkada Time Bank.
- Exchange services with members of the network on spot and remotely.
- Contribute for the creation, implementation and maintenance of the "Smart Lefkada" platform, while cooperating with a diverse local network (institutions, associations, local authorities, cultural institutions, artists, local decision-makers, etc.), making sure that these services reach the local citizens with less opportunities and or living in the surrounding villages.
- mobilize the members of the Lefkas time bank network to contribute to the development of the concept of the smart city in terms of art and culture through their knowledge, their know-how and their network.
- Digitize and disseminate cultural events that take place in the region to distant citizens or with mobility problems.
- Create virtual tours of sites and museums in the region to facilitate their access for all.
- Promote the initiatives of newcomers in the artistic and cultural field.
- Help with the creation and distribution of mini-tutorials and interactive videos.
- Create promotional material and implement events to promote the concept of Lefkada Smart City and bring out the advantages of the smart city in art and culture among the citizens of our region.

Hosting Organisation: Solidarity Tracks

<http://lefkadatimebank.gr/>

<https://www.youtube.com/watch?v=8y8jgYtFUkc>

https://www.youtube.com/watch?v=OGx_InvmHiM

HOSTING ORGANISATION	
Name of the Organization	Solidarity Tracks
Address Phone	Karavela 12, Lefkas, Greece,31100 2645023123
Person in charge of the project & phone number	Ioanna Livitsanou/ +30 6974187482

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<p>Brief description of the organisation</p>	<p>Solidarity Tracks is a non-profit and nongovernmental organization, promoting youth exchanges, mobility and intercultural learning on European and worldwide scale. Solidarity Tracks disseminate the value of the human rights and pursue the initiative of responsible and sustainable development.</p> <p>The actions of Solidarity Tracks support individuals' personal development in relation to local sustainable development. Our organization was established thanks to a heartfelt aspiration and cooperation of men, women and children of every age, from different regions of Greece and abroad. The ultimate goal of our organization is to understand the links which unite people, inspire us, supports the spirit for an equal and mutual development.</p> <p>www.tamonopatia.org</p>
<p>MISSION</p>	
<p>Title of the Mission</p>	<p>A2 : Smart City Concept implementation in term of Art & Culture</p>
<p>Duration</p>	<p>2 to 12 months</p>
<p>Place of the volunteering</p>	<p>Lefkada, Greece</p>
<p>Field of the volunteering</p>	<p>Implementation of the Smart City Concept in term of Art & Culture in Lefkada with the aim to facilitate the access to information on artistic and cultural activities & events that take place in our region and to encourage and highlight the cultural and artistic initiatives of the local institutions, organizations, professionals and young people.</p>

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Description of the activities and tasks	<ul style="list-style-type: none"> - Creating a virtual visits for the local museums and archeological & historical sites. - Promoting cultural and art initiatives in the GIS map in cooperation with the local organizations - Creating promotional materials to promote Lefkada Smart City concept. -Caring and promoting events in art and culture.
Number of volunteering hours per week	35
Target Group	Youngsters, local citizens, students, teachers, Museums, local authorities
Mentoring Methods and Frequency	Language support, daily supervision, Meeting at least 2 times per week with the mentor. Reinforced mentorship will be provided for people with few opportunities
Mentor Used Languages	English
Social skills the volunteer(s) should have	communications skills, digital skills, ecological interest, soft skills.
HOSTING CONDITIONS	
Type of Accommodation	An apartment in the center of Lefkas town, with 3 bedrooms.
Local Transportation	The town of Lefkas is small, so you can go everywhere on feet

Activity 3: (Youth Entrepreneurs Club platform management)

Venue: Lefkas

Available placements: 01 for 12 months & 2 for 2 months)

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Youtheclub – the club that “open doors”, brings opportunities and promotes solidarity and active citizenship.

Unemployment among young people aged 18 to 30 continues to rise and has remained a major concern for years. Since the start of the COVID-19 pandemic, our economy has been greatly affected, and youth unemployment continues to have a hideous effect on all components of our society on various levels.

Facing this situation, the empowerment and integration of young people into the labor market, and in particular the ones in difficulty, in our community or elsewhere at national and European level, is a major priority. Another priority is to enhance their commitment to solve various social problems by taking decision and social entrepreneurial initiatives. To achieve this goal, it is absolutely necessary to focus on the non-formal education of our youngsters of different profiles in social entrepreneurship, the development of their entrepreneurial profile and their support to achieve entrepreneurial ideas and put them into practice before moving on to start-up.

To meet the aforementioned needs and as well the needs of local communities, we have developed our platform "youtheclub.eu" targeting beneficiaries wishing to engage in social entrepreneurship.

The club offers and aims the followings:

- interactive and progressive E-trainings, adapted to non-formal educational methods,
- assistance by experienced E-mentors, a professional network with peers, initiators and professionals in the field in question
- a virtual space to exchange and promote local initiatives on a large scale (More than 3000 users, benefited of this platform.)
- to build local communities where responsibilities are shared and mutual support is promoted
- boost the motivation and self-confidence of the Youth
- Enable to recognize social challenges in order to embrace the values of solidarity
- By addressing to social challenges youth can be key citizens and meaningful contributions to society.

The tasks related to the activity allow the youth of European Solidarity Corps program to act as responsible citizens promoting solidarity and support the development of our community and other communities in Greece and elsewhere.

The Youth entrepreneurs’ social club -YES CLUB – youth will practice their commitment to the local community in the hosting place and later on in the communities where they will continue to live in Europe and not just, and the skills and competences acquired as initiative, problem solving, cultural dimensions etc will be the foundation for future better functioning communities.



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This activity brings together young people of different profiles who wish to build a united society by taking entrepreneurial initiatives that directly meet the essential needs of their community.

Empowerment of the youth and those of in need in the society is a common point where the various targets group will connect and support each other accordingly.

The YES CLUB offers to youth volunteers the proper way to help, learn and flourish in terms of social entrepreneurship, the opportunity to live a positive and inspiring experience and provides a unique entry point for such solidarity activities.

This activity also supports local, national and European actors in their efforts to face various societal difficulties and crises.

The encouragement of young people to become active citizens and actors of solidarity and positive change for Lefkas community is a micro model that applies furthermore for Greece and across Europe, inspired by the values and identity of the EU.

Tasks of the volunteers:

In this context, we want to welcome youngsters from the European Solidarity Corps to help the proper implementation of our platform. They will have the following tasks:

- Create additional e-tutorials to enrich e-trainings.
- Prepare posts, educational and promotional videos for the platform that will be shared on social networks.
- Help with the management of the platform's social networks (Facebook, Instagram, LinkedIn).
- Create links between the young members of the platform and experts in this field.
- Help with the realization of personalized seminars by distance in favor of the members of the platform.
- Create promotional materials for the project as flyers, posters, etc.
- Help for the accompaniment of young people to develop and experiment their entrepreneurial initiative.
- Organize promotional events for the remotely platform.
- Prepare research to define the needs of local citizens, and guide youth initiatives proactively.
- Cooperate with institutions of Lefkas to promote our platform.
- Find new and creative ways of attracting more youngsters to join the platform.
- Supporting youngsters who will experiment their business idea before the start up.
- Search and promote learning opportunities related to entrepreneurship, more specific for social entrepreneurship
- To invite entrepreneurs to share their stories (successful or not) as learning opportunity

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- To organize (inspirational) online events to link local youth with other youth around the world to share social entrepreneurship examples from their communities
- Organizing Career day - open event for youth promoting social entrepreneurship and the opportunities given by the club.

HOSTING ORGANISATION	
Name of the Organization	Solidarity Tracks
HO accreditation number	2014-1-EL02-KA110-001716
Address Phone	Karavela 12, Lefkada Greece
Person in charge of the project @ & phone number	Alexia Dival +30 2645023123
Brief description of the organisation	<p>Solidarity Tracks is a non-profit and nongovernmental organization, promoting youth exchanges, mobility and intercultural learning on European and worldwide scale. Solidarity Tracks disseminate the value of the human rights and pursue the initiative of responsible and sustainable development.</p> <p>The actions of Solidarity Tracks support individuals' personal development in relation to local sustainable development. Our organization was established thanks to a heartfelt aspiration and cooperation of men, women and children of every age, from different regions of Greece and abroad. The ultimate goal of our organization is to understand the links which unite people, inspire us, supports</p>

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	the spirit for an equal and mutual development. www.tamonopatia.org
MISSION	
Title of the Mission	Yes club: Youth entrepreneurship club
Duration of the mission	1 month or 1 year
Place of the volunteering	Lefkada, Greece
Field of the volunteering	The “youthclub.eu” platform that offers interactive distance learning and professional network to young people from around the world and a large and diverse network of professionals and decision makers. This platform also offers personalized online guidance that provides the right support to beneficiaries to plan and put into practice their social business ideas before they start. This platform is accessible to all and free to all: youthclub.eu
Description of the activities and tasks	<ul style="list-style-type: none"> -Creating e-tutorial videos for the existing online trainings - Creating promotional materials and caring promo event of the platform - Organizing promo-events of the club - Improving the content of the micro learning courses

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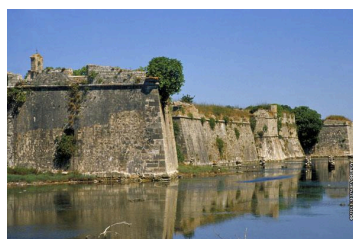
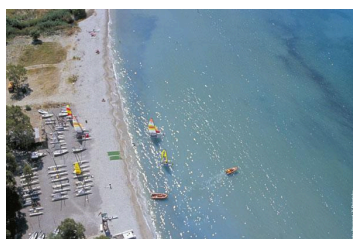
Number of volunteering hours per week	35
Target Group	Youngsters, local citizens, students, teachers.
Mentoring Methods and Frequency	Language support, daily supervision, Meeting at least 2 times per week with the mentor. Reinforced mentorship will be provided for people with few opportunities
Mentor Used Languages	English
Social skills the volunteer(s) should have	communications skills, digital skills, business interest, soft skills.
HOSTING CONDITIONS	
Type of Accommodation	An apartment in the center of Lefkas town, with 3 bedrooms.
Local Transportation	The town of Lefkas is small, so you can go everywhere on feet

Venue:

Our ESC projects will take place in Lefkada.

The island of Lefkada, also called Lefkas, is the fourth largest island of the Ionian Islands, after Zakynthos, Kefalonia and Corfu. It has an area of 303 square kilometres, a coastline of 117 kilometres and a population of about 22.000 inhabitants. Lefkada is an island with a wide spiritual tradition and it's situated 378 km from Athens.

Discover the emerald island at: www.lefkada.gr



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Lodging:

You will be hosted at Volunteer home in Lefkas which is in the centre of the city very close to cafes, bars, clubs, restaurants, shops and close to the seaside as well.

The volunteer home consists of 3 rooms (each room is shared by 2 volunteer, total 6 volunteers in the volunteer house). At the house there is also one bathroom, kitchen, balcony and small garden that you is shared with the flatmates.

Food:

You will take a lump sum of 150€ per month for food.

Pocket money:

You will receive 150€ per month.

Working place:

Your working place is in Solidarity Tracks offices it's 5 minutes walking from your home.



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Transportation from your country:

When your project will be agreed, and signed you will purchase your travel tickets. **The travel costs will be reimbursed according to the distance calculator of Erasmus+ programme (the budget for travel cost will appear in the Activity Agreement).**

How to arrive to Lefkas:

When you arrive to Athens El. Venizelos Airport you have to take the city bus **X93** to the **bus station Kifissos**, it will take about 60 min and the ticket costs about 6€. There you have to take the bus to Lefkas which takes 6 hours and costs 36€. We will wait you at the bus station in Lefkas. Pay attention that there are only 4 buses from Athens to Lefkas (At 7:00, 13:00, and 19:00) so we will organise your flight so as to arrive early in Athens and catch a bus to Lefkas.

Very important is that you **KEEP ALL THE BILLS, TICKETS AND BOARDING PASSES** from your travel.

We will reimburse to you the bus tickets in Lefkas

Assurance: Your sending organisation should register you in ERASMUS CIGNA Insurance 16 days before your coming to Greece.

Important!

Taking part to several online interactive courses through the below platforms, will help you to prepare yourself for your ESC experience in appropriate way:

<https://e-esc.eu/>

ΜΟΝΟΠΑΤΙΑ ΑΛΛΗΛΕΓΓΥΗΣ / SOLIDARITY TRACKS

Tel/Fax: +30 26 450 23123

E-mail : pistes_solidaires@yahoo.gr
Solidaritytracksgr@gmail.com

Web site : www.tamonopatia.org
Karavella 12, 31100 Lefkas/Greece

<https://learn2volunteer.com/>

Each volunteer should take part at least for 2 E-courses from each platform and send feedback to us by e-mail before coming.

“Your sending organisations will help you for preparing yourself for your mission”

Only for long term ESC volunteer:

On Arrival training:

It will be organised by the Greek National Agency

Mid term evaluation:

It will be organised by the Greek National Agency.

Your participation in these seminars is obligatory

Useful Greek Words:

ENGLISH	Greek
Hello	γεια σας! (Yia sas)
Welcome!	Καλώς ορίσατε! (Kalos Orisate)
My name is...	Ονομάζομαι... (Onomazome)
Thank you!	ευχαριστώ! (Evkaristo)
I need help.	Χρειάζομαι βοήθεια. (khriazome voithia)
I'm sorry, I don't speak Greek	Λυπάμαι, δεν μιλάω ελληνικά (Lipame, then millaw Ellinika)
Do you speak German/English?	Μιλάτε Γερμανικά / αγγλικά; (Millate yermanika, anglika)
Excuse me?	Συγγνώμη; (Signomi)
Yes	Ναι (Ne)
No	Όχι (Okhi)

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Maybe	Ίσως (Isos)
I don't know	Δεν ξέρω (Then ksero)
I love you!	σ' αγαπώ (Sagappo)
Goodbye!	Αντίο (Adio)

For more information about the hosting conditions and activities please check this link:

<https://tamonopatia.org/solidarity-corps/>

If you have more questions or suggestions, please do not hesitate to write to:

pistes_solidaires@yahoo.gr
solidaritytracksgr@gmail.com
or call us: +30 6981622910 Mohamed

See you in Lefkas...

