

Summer Workcamps 2019



TM 2019

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"**Citizens in Action**" is a non-profit, non-governmental, voluntary youth organisation based in Athens. The workcamp section of CiA is based 100% on voluntary work.

The aims of **C.i.A** are:

- To support and promote the idea of active citizenship to young people, through new forms of social commitment and participation, for a democratic and open society.
- To encourage the mobility of people and ideas through international exchanges, with the aim of the enhancement of knowledge, mutual understanding and peace.
- To contribute to community and local development through the participation of local and international volunteers in projects of benefit to all, with an emphasis on rural areas.
- To promote people's participation to defend and define their quality of life, aiming at the protection of the human dignity and the environment.

To achieve its aims, **C.i.A** invites its members to practical action, mainly youth voluntary work, youth mobility and communication, international exchanges and non-formal education activities.

Activities

Volunteer projects

- **Workcamps:** C.i.A is organising workcamps in different parts of Greece, with the participation of young people from Greece and abroad. The aim of this activity is to promote the idea of voluntary work for supporting local development and cover needs related to the protection of the environment and cultural heritage. On the other hand workcamps are a unique learning experience of the young people involved and an expression of international solidarity and peace. For the realisation of these projects C.i.A is closely co-operating with local citizens' groups, local authorities, other NGOs.
- **European Voluntary Service – European Solidarity Corp**
C.i.A is also involved in the volunteering and mobility programmes of the European Union, both as sending and receiving organisation.

Local groups

- Support of local groups, active in different areas according to local realities (e.g. environmental protection, youth expression, youth mobility, training etc). Training of young people in project planning and management; counselling of the group, till they become independent actors in local social life.
- Networking of the different local groups on a national and international level.
- Promoting the dissemination of information.

Networks

- Exchange of experiences and good practices.
- Platforms for open dialogue and exchange of information.
- Meetings (national and international) seminars, symposia and campaigns on different themes, such as democracy and youth participation, human rights, peace, quality of life.

Training - education

Seminars and workshops, in a theoretical and experiential way on:

- Intercultural learning
- Active citizenship and Volunteerism
- Social and solidarity economy

Citizens in Action Workcamps

- ✓ Volunteers are working usually **30 hours per week** (Monday to Saturday). Working hours can be adapted to the needs of the project and the weather conditions.
- ✓ The **language** spoken in our workcamps is English
- ✓ **Every day life:** the group organises home duty teams, so that everybody can participate in the cleaning, tidying up and preparation of the meals.
- ✓ **Leader team:** Camp leaders are volunteers too. They are not there to manage everything alone but to advice volunteers and suggest various activities. They are a link between the different actors of the workcamp: the organising association, the project host, the local community and the volunteers.
- ✓ **Age Limit:** 18 years old minimum – no maximum limit
- ✓ **Insurance:** Volunteers are insured against accident, only within the specific dates of each project. First aid is provided on site or at the nearest public health center.
Our insurance does not cover loss or stolen objects, or illness (except those due to accident).
- Volunteers from the EU countries must bring the European Health Insurance Card or EHIC** (formerly the *E111 form* - medical, pharmaceutical and hospitalisation cover).
- ✓ **Accessibility:** CiA camps are accessible to A4A volunteers. For people with physical disability we need to talk in advance in order to see if the conditions can support or not accessibility. For people using wheelchair, accessibility is unfortunately very limited.
- ✓ **Food:** Vegetarian/vegan food is available. **Prior notice is needed**
- ✓ Volunteers cover **free time** activities costs on their own.
- ✓ **In all Camps volunteers should bring:** sleeping bag, working clothes, walking shoes, a torch and any special medication they need to take.

C.I.A WORKCAMPs 2019

Code	Name	Location	Dates			Type	Age	Vols	A4A
			Start	-	End				
CiA 01	Children summer camp	Agios Georgios, Mandra, Near Elefsina	28/6		24/7	Kids	18+	14	2
CiA 02	The Land of Centaurs	Pelion	21/8		05/9	Reno	18+	7	2

CiA01 "Children summer camp" Agios Georgios, Mandra, Near Elefsina

28/6 – 24/7 KIDS 18+ 14 Vols

LOCAL PARTNER

For 87 years the organisation "**Happy Children Happy Youth**" has been supporting children, who face serious problems such as **financial** (families whose income is at the limit of poverty or lower), **family** (orphans or children of single-parent families), **social** (racism and marginalisation) and **communication problems** (language problems or learning difficulties), because they come from families of immigrants or refugees.

The Organisation sets up summer camps which offer **free hospitality to 140 children**. The constant values surrounding the organisation are love for the children and the people, the certainty about the inherent talents of every individual, equality for all, freedom of speech and thinking, regardless of race, age, sex or religion.

The camp schedule is well studied and includes different physical and artistic activities. Living together for 20 days with the 50 **trained Greek volunteers**, offers to the children some love and care they miss. The organisation believes that summer camps are useful and important for every child. That's why we try every year to give the possibility of enjoying our hospitality to more children, in improved facilities with more experienced volunteer staff. **Nobody at the organisation is allowed to earn money from these activities.**

Even though the world is becoming more and more impersonal and harsh, especially for the weak (financially and socially) and their children, "Summer Camps Happy Children - Happy Youth" dream to always be able to host as many children as possible while constantly upgrading their facilities and improving their program. Those goals will be made possible thanks to the voluntary effort and knowledge of many people who, with joy, imagination and love, will create small human societies for children and young people that will enable the expression of their skills and feelings. Greek volunteers are working constantly during the winter to organise everything in order to live together this summer experience.

For more information you may visit our website: <http://www.kataskinosi.gr>.

(Sorry for not having the English version available yet)

WORK

The work of the international volunteers will be divided in two parts, help in the kitchen and organise activities with the children.

Kitchen

Working hours usually are **8.30am to 3.30pm** (morning shift) or **5pm to 11pm** (afternoon shift). Tasks in the kitchen include help in the preparation of the meal (potatoes and onion peeling and cutting), preparing salads, washing the dishes and keeping the kitchen in good clean condition. The volunteers will coordinate with the kitchen Greek volunteer team and the Chef. The working environment includes all tools to make the work easier, for example a professional dishwasher.

Volunteers will alternate in the morning and afternoon shifts.

Children Activities

Volunteers will prepare and organize activities during the morning (2 hours) for the children including games, handicrafts, dancing and music (if possible). The team will coordinate with the Greek volunteers responsible for the free-time children activities and will be given everything needed for the implementation of the tasks. Activities will also be based on the skills of the international volunteers, so make sure to inform us of any special and creative skills you might have (like music, dancing or anything else that might be helpful). It's important to bring your creativity and your own culture to blend it with the rest of the team and with the children.

The team responsible for these activities will be the afternoon kitchen shift. Meaning that those volunteers who are going to start working in the kitchen at 5pm they will dedicate two hours in the morning to organise activities with the children.

Optional

If you are willing and as part of your own free time, you can also participate in the afternoon sport activities

with the kids. Some painting and garden works are to be done. Some optional creative activities will be arranged, depending on your will and disposition. Greek and foreign Volunteers are collaborating in many tasks.

ACCOMMODATION AND FOOD

Very basic. The volunteers will sleep all together in tents equipped with beds, within the camp area as everyone else. The floor of the tent is made of cement, but you will need a warm sleeping bag. There is WC and showers near the tents but no hot water. There is no WiFi and the cell reception for mobile phones is very bad (it might allow for phone calls and messages but internet will be extremely slow).

Food: It will be prepared by the Chef of Camp. It will be Greek and traditional. There will be options for vegetarians in the menu but not many.

Weather: Usually quite warm at that period (25°–35°C), but during the night it might become a little chilly. Rain is expected at least during few days within the duration of the workcamp. The location is on the feet of a mountain with rich flora (about 400m altitude).

LOCATION AND LEISURE

The Camp is situated at Agios Georgios, on mount Pateras, 33 km to the north-West of Elefsina (or Elefsis) and 55 km from Athens: <https://goo.gl/maps/xFnrNViAEH52>

It is located several km away from the nearest village, and it is only reachable by car (no bus connections to the camp site). CiA will arrange means of transportation to/from the campsite.

Free days

Three free days will be arranged during the workcamp. According to the shifts and working demand there might be the chance for some extra free hours but this will not be for the whole group and it will be organised on an individual level.

TERMINAL: Athens International Airport (ATH)

ACCESSIBILITY: This workcamp is accessible to A4A volunteers (inaccessible for wheelchair users).

NOTES: The work will be physically demanding mainly because of the longer working hours and working shifts.

SUMMARY

Citizens in Action and "Happy Children Happy Youth" are organizing this international workcamp in an isolated mountain area close to Elefsina, to contribute to the overall running of a summer camp hosting 140 children from socially deprived background. International volunteers will support in the kitchen and organizing activities with kids. They will have the chance to be part of an 87 years old social movement and work together with more than 50 Greek volunteers, offering to children a life time experience and to themselves a meaningful experience of active social participation and solidarity.



CiAOL – Children Summer Camp

28 June - 24 July Elefsina, Greece



LOCAL PARTNERS: the local community of Aghios Lavrentios (Saint Laurence) village, the Orthodox dioceses of Dimitriadis. After an inspiring workcamp in 2018 to restore the traditional fountains of the village (tinyurl.com/y5hsxotq), the inhabitants of Ag. Lavrentios invite again the international volunteers in their beautiful stone-built village to help revive and give visibility to the enchanting Chatzini square, an open space under majestic trees and with a stunning view on the surrounding mountains. The local community would like to renovate fully the square in order to make it the artistic center of the village summer activities, and to revive the cultural offer of Ag. Lavrentios towards visitors and nature-lovers from Europe and beyond.

WORK: Volunteers will work to renovate and improve the facilities of Chatzini square, an open area at the Northern border of the village, that has been used in the past for concerts but has since few years not been maintained properly. The work might include:

- paving the entree path to the square with stones, as in the traditional local style
- replacing rotten wood in the fence and benches
- arranging the lights system
- building a fountain made of stones
- setting up a watering system for the trees
- creating labels for the nearby mountain paths
- organize the opening ceremony of the newly renovated square

Local technicians and villagers will support the volunteers by teaching how to develop the tasks and working themselves together with the group.

Volunteers will work 5 hours per day from early morning, 6 days per week. Any changes in the working schedule and/or type of work will be discussed and decided as a group and in close cooperation with the local host.

ACCOMMODATION AND FOOD: Volunteers will be **hosted in the premises of the youth camp site of Ag. Lavrentios**, in small houses equipped with bunk beds and mattresses. Toilet and showers with warm water, are provided in the camp site location. The site is located within the area of the village. Volunteers will be given all necessary equipment and materials from the local host and they will prepare their meals in shifts: the cooking area is not located in the camp site but in another facility within the village. We will cook using local products and donated raw or cooked supplies and we will adapt our menu to the supplies we receive.

LOCATION AND LEISURE:

Aghios Lavrentios village lies at 600 m altitude on the slopes of Pelion Mountain, birthplace of the mythical centaurs. Maintaining its traditional architecture that goes back to 14th century AD and surrounded by a lush forest, it is located in one of the most beautiful regions of mainland Greece, combining both mountain and sea areas. The village is solely built of local stone, including its characteristic cobbled streets that can be crossed only on foot or by horse and donkey.

Visits and environmental excursions to the nearby historical villages can be organised as well as daily excursions to the river running at the bottom of the valley and to the beaches of the Pagasetic Gulf of Volos (the town is 19 km away). Volunteers will also have the opportunity to attend the open public events of the Music Village, a renowned international festival that will take place in the village on the same days on the workcamp, and that will bring together an international music community of teachers and students that organize and participate in workshops and open concerts (the teachers of the festival will also be hosted at the same camp site of the volunteers). Camp leaders will organise free time activities in co-operation with the volunteers and the local partner. **The host organization does not cover free time activities expenses.**

TERMINAL: Volos (VOL), Thessaloniki (SKG) or Athens (ATH) airports. Volos bus and train stations (train and bus connections from Thessaloniki and Athens). Aghios Lavrentios bus stop (buses from Volos) in the morning and noon.

ACCESSIBILITY: This workcamp is accessible to A4A volunteers (inaccessible for wheelchair users or volunteers with limited mobility, due to the cobbled streets of the village).

NOTES: We highly recommend to arrive in Volos before 13:00 on the 21st of August, so to catch the last bus leaving for the village at 13:45. Another project (Bilateral between Greece and Germany) will take place together with this workcamp, therefore the overall number of volunteers who will live and work together will be 17.

SUMMARY

A flourishing nature, a taste of local traditions and a warm hospitality are awaiting for the group of volunteers that will spend two unforgettable weeks in the small and cosy community of Aghios Lavrentios. The mission: to fully renovate the enchanting Chatzini square so that it becomes the artistic and cultural living center of the village, a place surrounded by the majestic Pelion mountains that used to be the homeland of the mythical centaurs...



The poster features a light green background with a white dotted circle in the top left corner. The text 'CiA02 Land of Centaurs' is prominently displayed in the center. Below this, the dates '21/08 - 05/09' and the location 'Ag. Lavrentios, Pelion, Greece' are listed. The bottom right corner shows a photograph of several large, mature trees in a grassy field. The poster is decorated with black brushstroke-like patterns on the right and bottom left sides.

CiA02
Land of
Centaurs

21/08 - 05/09

Ag. Lavrentios,
Pelion, Greece