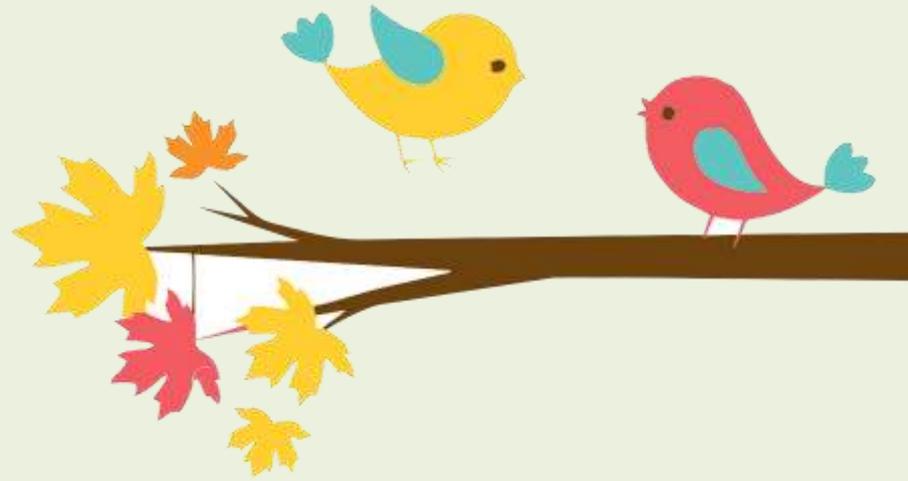




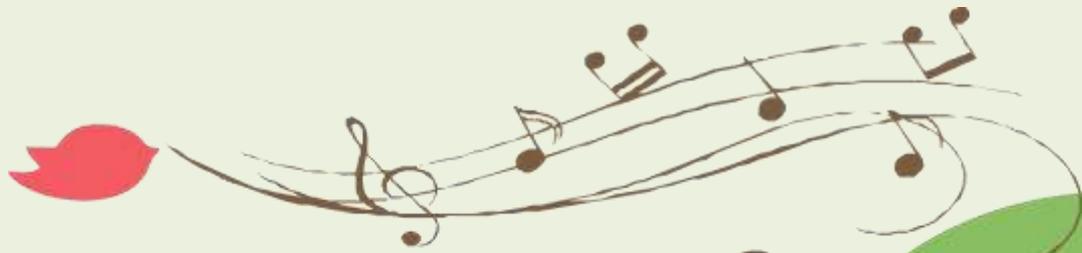
YOUTH CARES!
**YOUng Citizens
Active and
RESponsible**

Youth exchange
Paranesti, Greece

28/06-08/07-2019

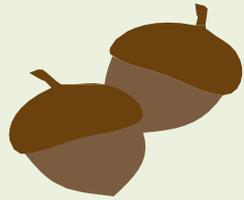
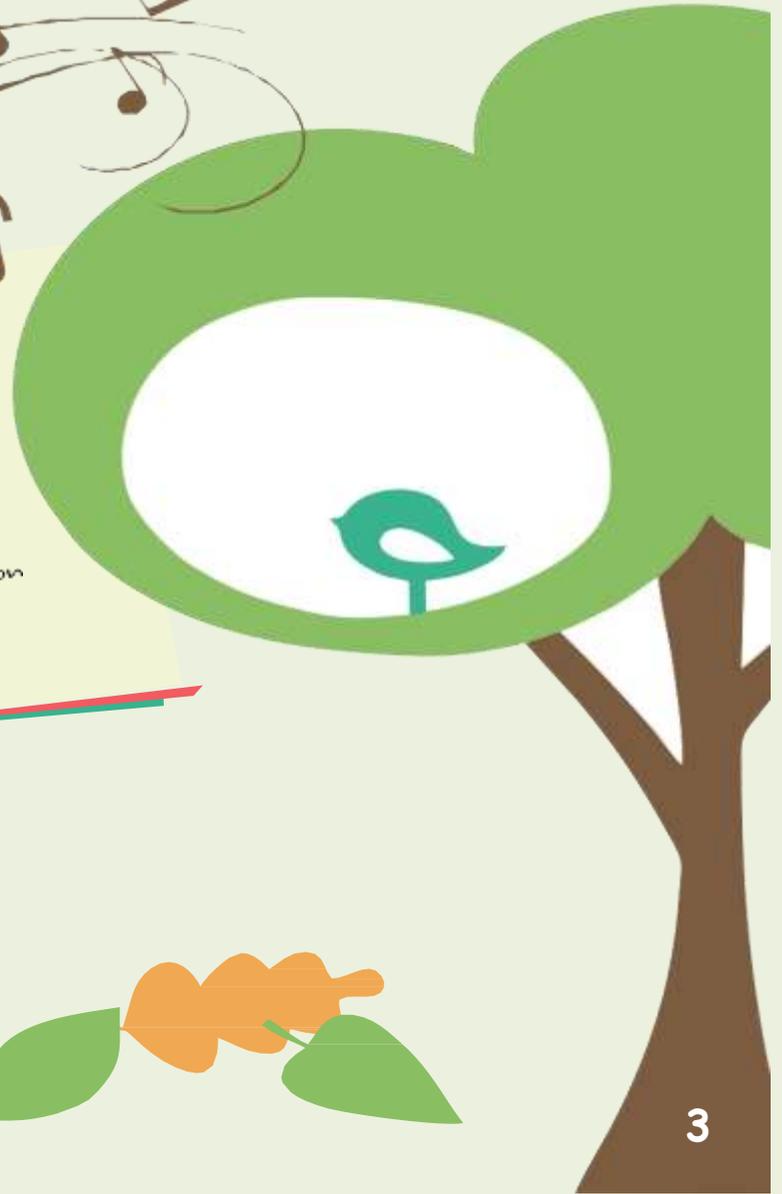


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Project no. 2018-3-EL02-KA105-004548



*"Nothing great was ever
achieved without
enthusiasm."*

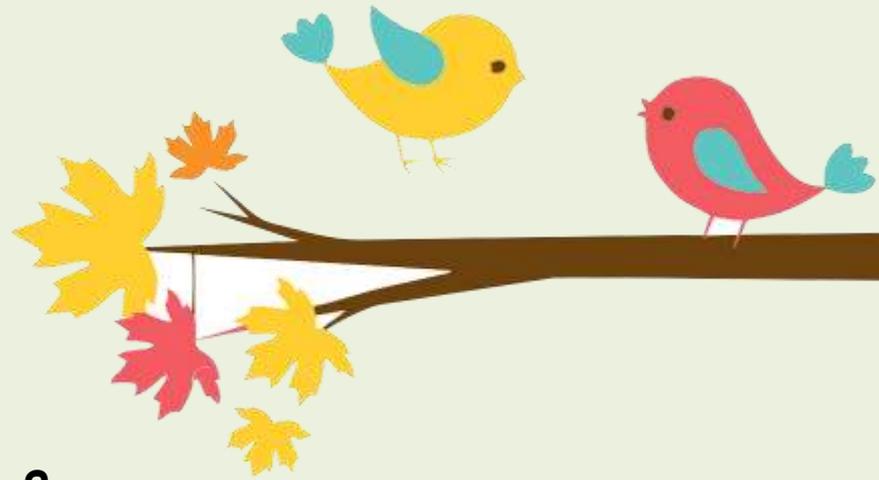
Ralph Waldo Emerson





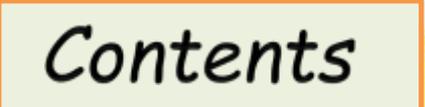
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... the idea



"Young people are not interested in society at all, and all that they do is to be on their mobile and social media all day."

Does this sentence seem familiar to you? Often, young people are accused of not being active citizens and not being interested in the local community and the environment in which they live, as well as having no values, such as volunteering. Eurostat statistics show that young people 16-24 are the least active citizens on issues such as volunteering with 20.6% at EU level, or participation in the European elections with young people 18-24 having the largest proportion of abstaining.



According to the EU Youth Report, non-participation of young people occurs because young people feel that the impact of their participation is insignificant, they have lost their trust in politics, and they are looking for alternative ways to be active and participate. In addition, according to the report, the least active citizens are young people with fewer opportunities (long-term unemployed, young people living in remote areas, etc.) It is important to know that the concept of active citizenship, apart from participation in elections, includes also actions such as volunteering, care for the environment as well as the offer and participation in the community. With climate change, alienation of people from nature, and modern lifestyle, it is vital for a society to have active young citizens who care about their environment and community, volunteer and have a responsible attitude towards nature.



But how can we activate young people?

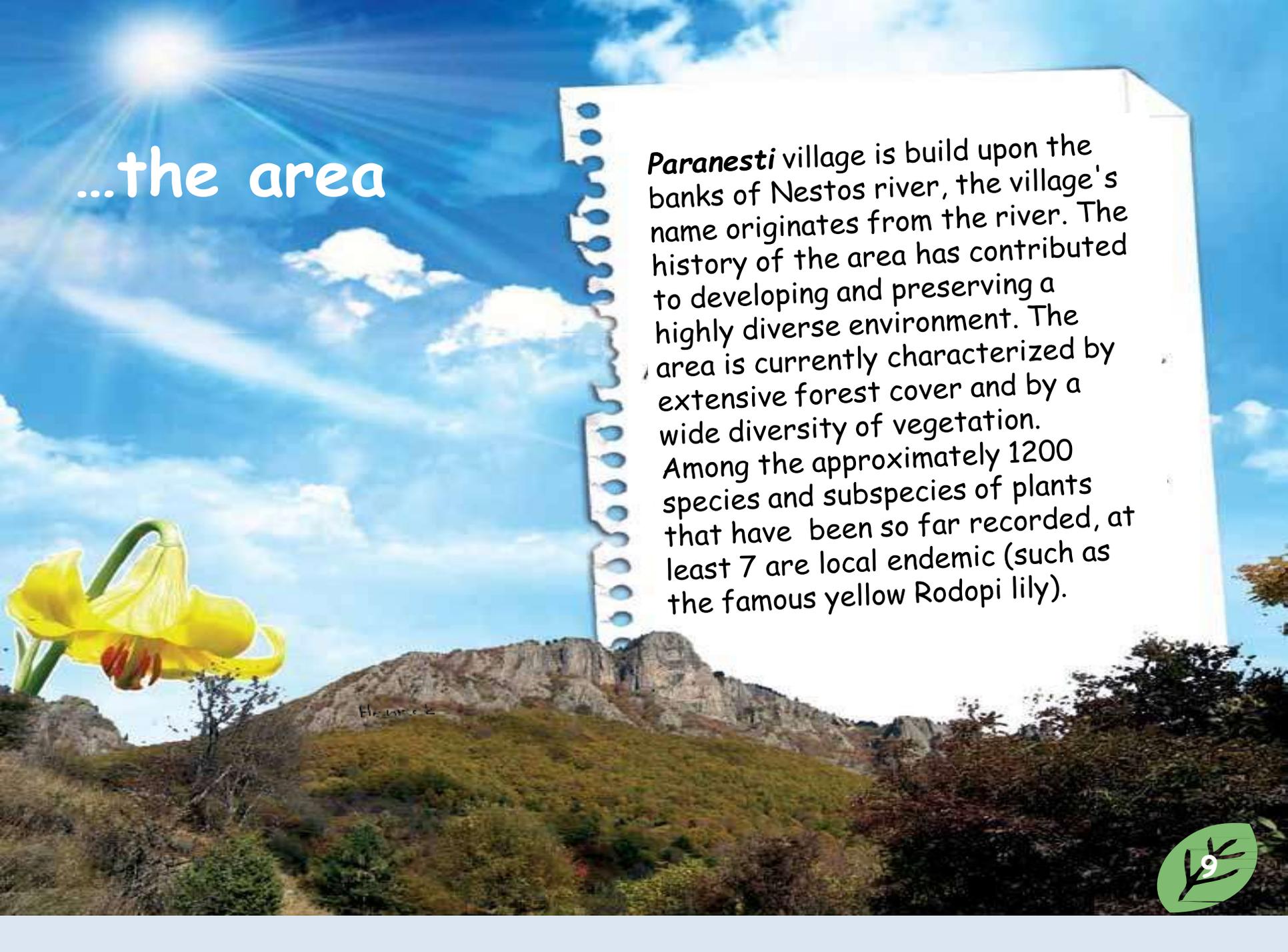


our logo

A good opportunity might be to participate in an Erasmus + program as 95% of respondents said they had developed at least one active citizenship skill. Taking into consideration the above, young people from 5 different countries having participated in youth exchanges in the past, formed with the support of 5 organizations the idea of **YOUTH CARES!**:

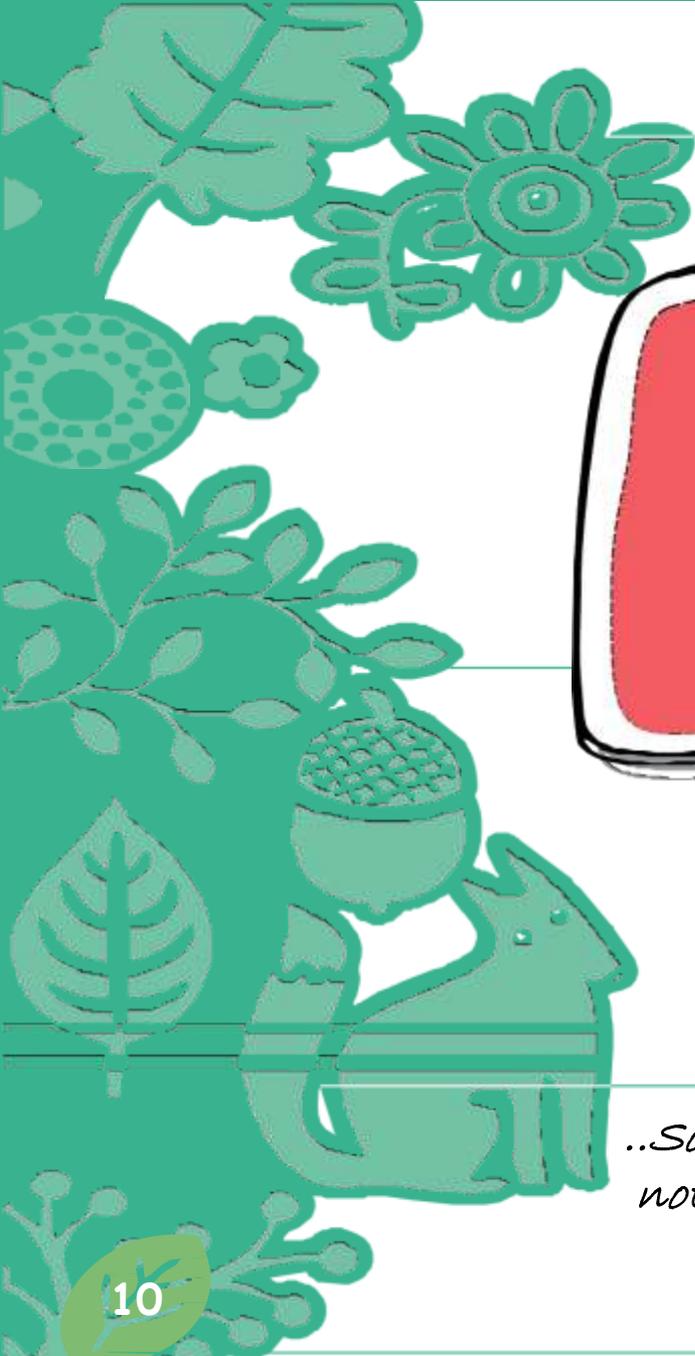
YOUTH Citizens Active and RESponsible, which is a 11 day youth exchange that will take place in Paranesti area of Drama, a mountainous remote area at the foot of the Rodopi Mountains from 28 / 6-8 / 7/2019 and aims to bring together young people from 5 different EU countries (Greece, Germany, Latvia, Italy, Spain) to get to know each other and work on the thematic theme of active citizenship of young people in terms of environmental protection, volunteering and active participation in their community. The purpose of the exchange is also to promote values such as solidarity, democracy, friendship and European values through activities of the project and intercultural dialogue.





...the area

Paranesti village is built upon the banks of Nestos river, the village's name originates from the river. The history of the area has contributed to developing and preserving a highly diverse environment. The area is currently characterized by extensive forest cover and by a wide diversity of vegetation. Among the approximately 1200 species and subspecies of plants that have been so far recorded, at least 7 are local endemic (such as the famous yellow Rodopi lily).



Active citizens

*..Someone who takes no interest in public affairs
not as apathetic, but as completely useless..*

PERIKLES, 450B.C

What is an active citizen?



Is it something innovative?



How and why to be an Active Citizen?

The answers were given from the participants during the workshops...

Active citizens

12



..an Active Citizen is a person that offers his contribution to the community for a better society and standards of living. It is also very important for everyone to feel useful for his personal development

...Active Citizen is to keep an eye in things taking place away from us, so we can have an active democracy



...active citizen =
better environmental
sense

...each culture has different
ways to react in specific
situations. An active citizen
must help people understand
how each way works and how all
these ways must converge, if we
want to live in a community

...as the society is
responsible for us,
we should be also
responsible for it

Active citizens

...active citizenship means:
become actively involved in
your community

...in the environmental,
refugees, tolerance issues
past generations were
sleepy.
Future ones must be much
more **active**

...an active citizen
is a productive
member of society

...in conclusion

Active citizen is the one who:

- ✓ is responsible to himself, cares for his/her health & wellness, personal prosperity and growth
- ✓ is informed about what happens around
- ✓ protects the environment
- ✓ claims his rights in public space
- ✓ respects diversity, respects human rights, assists its fellow citizens, adheres to the rules that are enacted for their convenience and is open to the city's immigrants, seeking their social integration
- ✓ **acts**

Active citizens design ideal river side city



...in participants mother tongue

**Aktīvs
iedzīvotājs**

Ενεργοί πολίτες

**Cittadino
attivi**

**Ciudadania
activa**

**Aktive
bürger**

Active citizens

Life in nature



Life in nature

In relation to the concept of an active citizen (responsible for himself/herself and fellow man, takes care of health, wellness, personal well-being and development, keep informed about what happens around , has knowledge of rights and obligations as a citizen, expresses views openly, requires transparency and fairness, actively participates in social processes) program participants were actively involved to proper preparation for outdoor activities...



Proper preparation for life in nature

- ✓ self-esteem, knowledge of traditional life style
- ✓ appropriate equipment
- ✓ basic safety rules for hiking
- ✓ responsible environmental behavior
- ✓ basic principles of orienteering (use of compass, map etc)



One day before we prepared our bread...



Recipe for 1 kilos flour:
✓ 50g fresh yeast
✓ 10-15 g salt
✓ about 600ml warm water
✓ 60ml olive oil
✓ love

Life in nature - preparation

...& our Greek sesame bar (pasteli), for "life in nature"



Recipe for 1 cup honey:
✓ 2 cups sesame seeds
✓ $\frac{1}{2}$ cup of nuts
✓ 1 inch orange peel
✓ love

...responsible environmental behavior

Don't..

✓ cut tree or bush branches or flowers

✓ leave trash behind you

✓ start a fire for any reason

✓ engrave on tree trunks

✓ capture, injure or kill animals, birds or insects

✓ approach animals' nests

✓ transfer stress and aggression of the city to the nature

Don't forget!!!!!! Environment is home to other creatures. We should always have the behavior of a good house guest

Leave nothing but footprints

Take nothing but memories

Kill nothing but time

...basic safety rules for hiking



- ✓ Move slowly and carefully, enjoying the landscape
- ✓ Walk all together as a team (one person as the leader, a second one as the "sweeper", all the rest between the leader and the sweeper)
- ✓ Keep a stable walk tempo to avoid exhaustion and make short-time breaks
- ✓ Avoid to leave the path or to put your hands into brushes. You are never sure what is in there!!!!
- ✓ Wear appropriate clothing (long pants, long socks, etc)

..how to prepare backpack for 2days life in nature...

Top-of-Pack Items



Core-of-Pack Items



Bottom-of-Pack Items

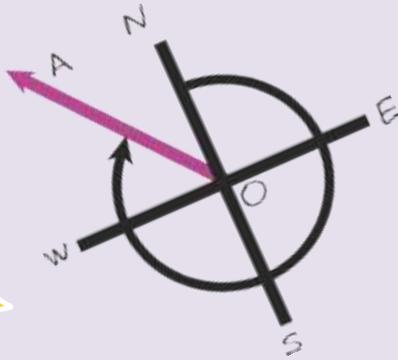


Life in nature - preparation

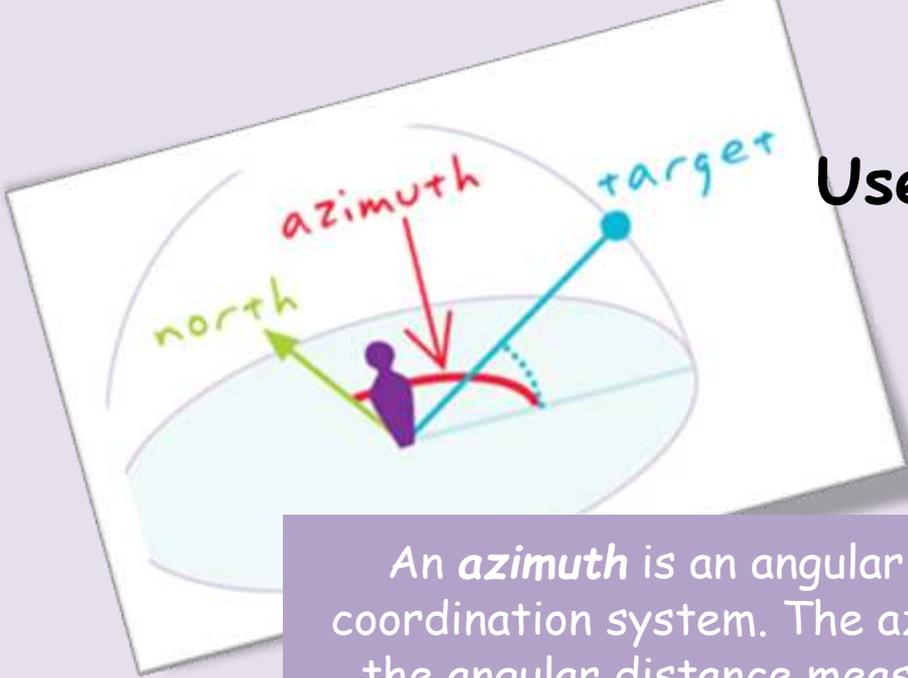
Orienteering...

...is an activity in which you have to find your way to somewhere on foot as quickly as possible by using map and compass

As part of the preparation for "life in nature", there was an experiential display of compass and map use.



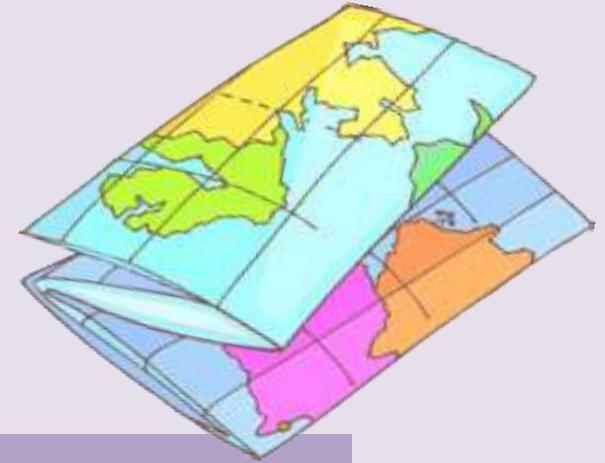
Use of compass-azimuth



An *azimuth* is an angular measurement in a spherical coordination system. The azimuth of a point is defined as the angular distance measured towards the east, from north to the point of interest

1 st place the compass at the height of the chest parallel to the ground..	2 nd ..be sure that the compass needle is oriented to the right direction..	3 rd ..keeping the compass stable , move your body till you reach the direction you want..	4 th ..the angle the compass needle shows is your azimuth
--	---	--	---

Use of maps



The use of a *map* helps the participant to navigate himself/herself better in an area, giving a lot of useful additional information

1 st Choose the right type of map (topographic al maps are the best)..	2 nd ..check the map's orientation (usually to the north)..	3 rd ..pay attention to the map's legend and scale..	4 th ..if you use a compass, make sure that it is aligned with the map
--	---	--	--



Staying outdoors



why:
cooperation, problem solving



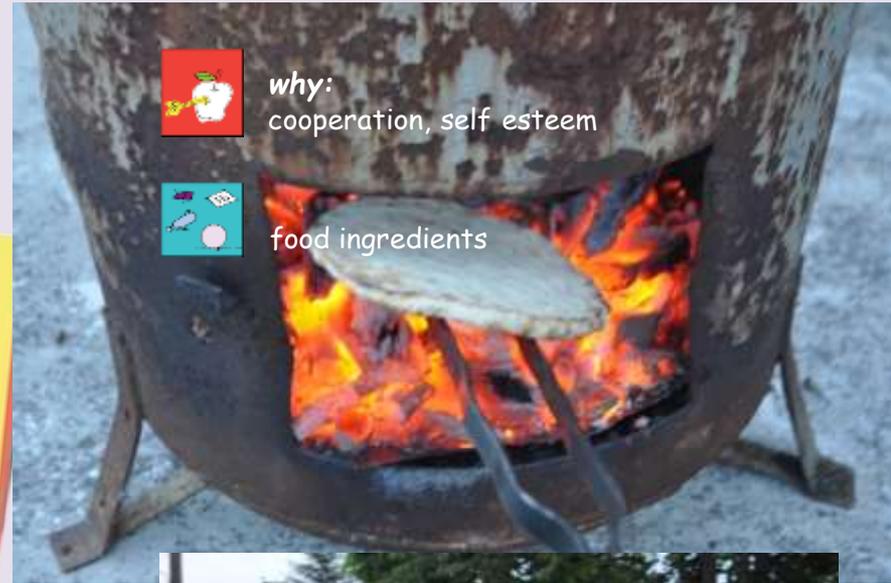
equipment:
tent, mattress, sleeping bag

In the context of "Life in nature", it is very important for the participants to be familiar with the proper setting up of the tent through cooperation. They were also challenged to find out the correct orientation and the appropriate placement of their equipment in the tent.



Self-management meals in outdoor life

- Recipe for Greek souvlaki
- ✓ crispy pita bread
 - ✓ sliced tomatoes
 - ✓ sliced onions
 - ✓ tzatziki
 - ✓ grilled pieces of meat



why:
cooperation, self esteem



food ingredients





why:

cooperation, problem solving



equipment:

food ingredients

Recipe for bean soup (Fasolada)

- ✓ beans
- ✓ olive oil
- ✓ onions
- ✓ carrots
- ✓ salt, pepper, chili
- ✓ celery
- ✓ tomato sauce
- ✓ water



Self-
management
meals in
outdoor life



Interaction with the locals



why:
cooperation, self esteem



equipment:
good mood, positivity



"Life in nature" takes place in a very small mountain village. The population there is about 40 people, most of them old.

They welcomed us, made traditional delicacies, taught us dance, played with us as children, took us on trails. They simply showed us what is an active citizen.





First Aid



"How to deal with accidents outdoors"



Instructions were given by Kalentziou
Mina, nurse, educator for first aid

What is First Aid?

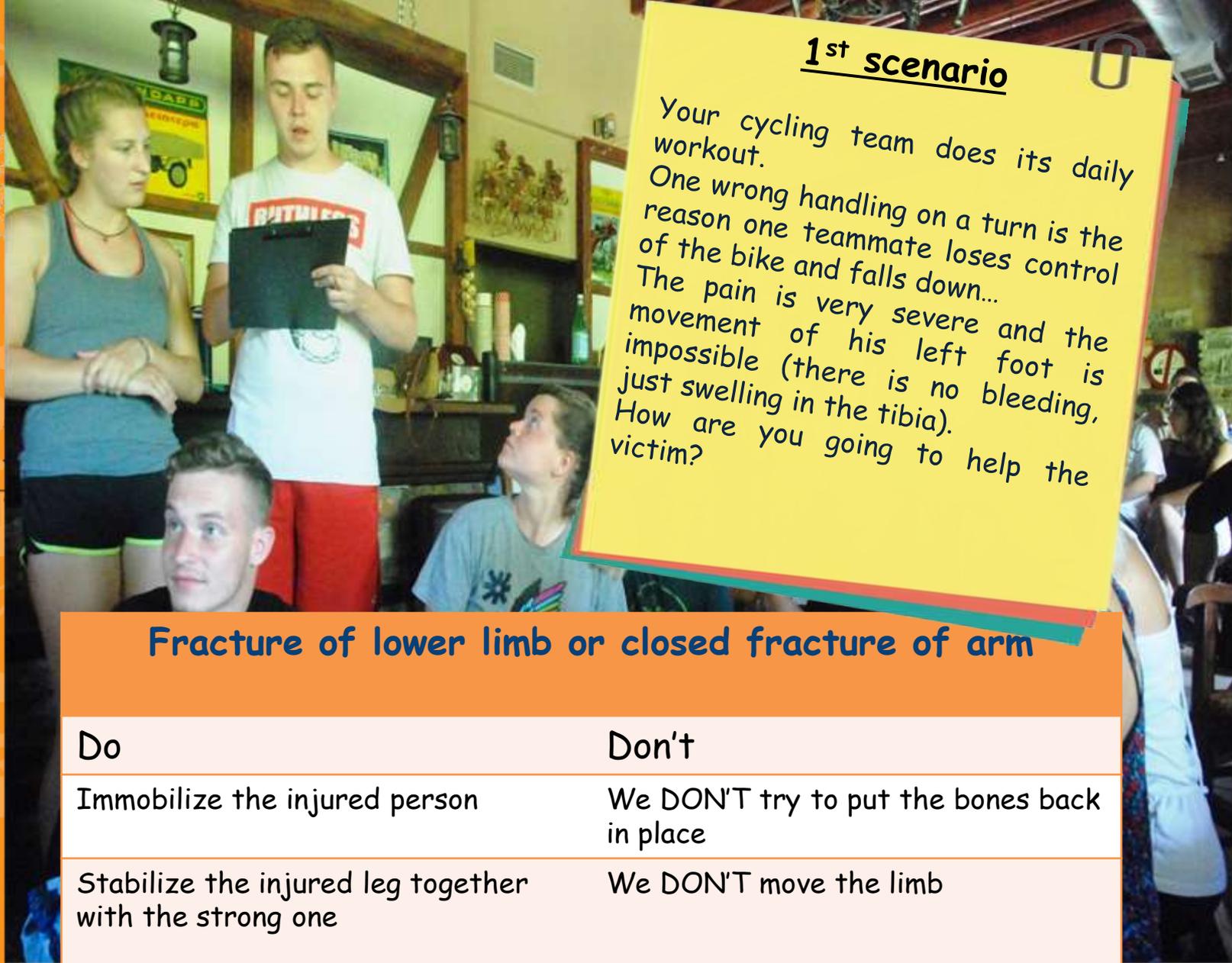
...the physical and the mental aid that we can offer to the victim in the spot of the accident is essential, until specialized aid (if necessary) arrives...

The participants were divided into groups. Each group was given a **scenario** of possible outdoor injuries (sprain, fracture, epilepsy, snake bite, bleeding, drowning, etc.). The teams were required to present how to deal with the injury in a pantomime format within a short period of time (5 minutes). An open discussion followed with all groups on each form of first aid. The meeting ended with the presentation of international data on the topic of first aid in each case and an evaluation of the proposals put forward by the teams.

- Recommendations for those who offer first aid:**
- ✓ keep calm, energetic and careful
 - ✓ don't let any one cause panic
 - ✓ be careful, optimistic, sure on what you are doing
 - ✓ send immediately someone for a medical specialist (European common emergency telephone number is 112)
 - ✓ first aid will be given putting the patient into a comfortable position
 - ✓ the hurt person should be protected from cold in winter and from heat in summer
 - ✓ first of all, we have to pay attention to the prior situation (check respiration and heart rate)



First Aid



1st scenario

Your cycling team does its daily workout. One wrong handling on a turn is the reason one teammate loses control of the bike and falls down... The pain is very severe and the movement of his left foot is impossible (there is no bleeding, just swelling in the tibia). How are you going to help the victim?

Fracture of lower limb or closed fracture of arm

Do

Immobilize the injured person

Stabilize the injured leg together with the strong one

Stabilize the arm with a makeshift orthopedic brace/support and triangular bandage

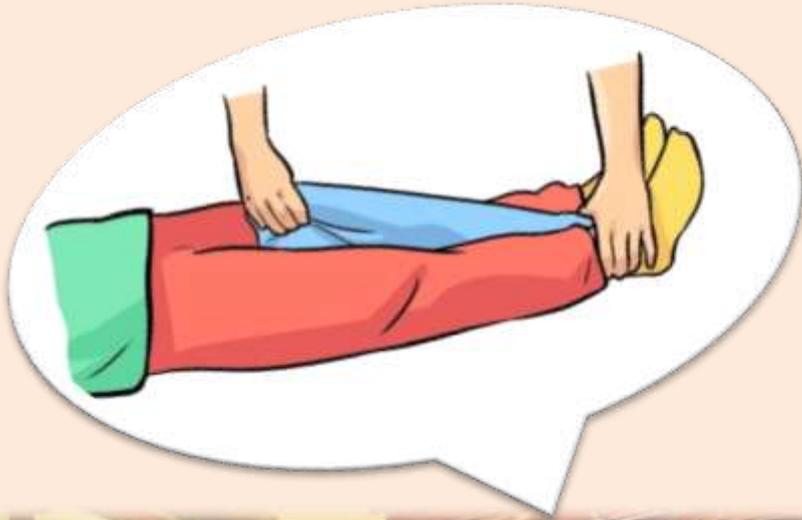
Don't

We DON'T try to put the bones back in place

We DON'T move the limb

We DON'T move the arm





- ✓ We bring the non-injured leg next to the broken one
- ✓ We place between the two legs towels, blankets or anything soft
- ✓ We tie the legs and the ankles together with a bandage to keep them stable
- ✓ Next, we tie the knees and the point of the fracture with a wide bandage



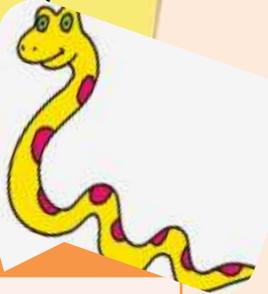
First Aid



2nd scenario

You are in a hiking team and you enjoy a walk in the forest. One of the hikers goes out of the trail to smell a wildflower. He puts his foot between the stones and suddenly feels a sharp pain in his leg. He starts shouting that he was bitten by a snake.

What are you going to do?



Snake bite

Do

We either catch the snake or take a picture of it

We make the patient lie down

We hold him/her calm and motionless

We rinse the injury well with water and dry with gauze & we remove rings etc

Don't

We DON'T tie around it

We DON'T cut the injury open with a knife

We DON'T suck out the poison



3rd scenario

Stand by the river for lunch. Someone in your company while enjoying an apple starts to cry heavily, his face blushes and cannot breathe. How do you react?



Choking from a foreign object

Heimlich maneuver

First, we pat 5 times on the back hoping that the object will come out.

If not, we continue

We push 5 times on belly

We go around the patient, we put one fist under the diaphragm and the other hand on the fist. We pull inwards, as hard as possible, pressing the diaphragm



First Aid



4th scenario

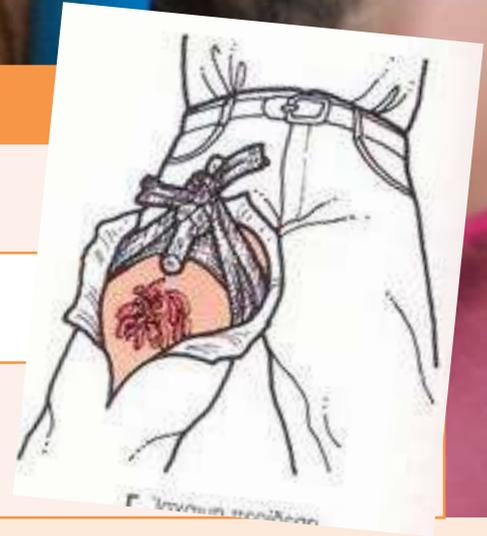
You are walking in the suburban forest. At some point one of your friends slips and falls on the branches of a tree. He becomes pale and complains of pain. You realize that he was injured by the dry branches on his thigh and he is bleeding. The blood is strongly red and flies like a jet. What do you do?

Bleeding-Arterial hemorrhage

We lift the limb that is bleeding

We press directly at the point of the bleeding

We press directly on the artery





5th scenario

You are in the mountains when suddenly a man walking near you complains of severe chest and back pain. He is pale and after a few minutes he loses consciousness. You suspect that it is a heart attack.... How do you react?

Heart attack

- | | |
|-----------------------|--------------------------|
| 1. Approach in safety | 5. Check breathing |
| 2. Check for reaction | 6. Check pulse |
| 3. Call for help | 7. 30 pressures on chest |
| 4. Open air tube | 8. 2 rescue breaths |

First Aid



First Aid

Approach in safety

Check for reaction

Call for help

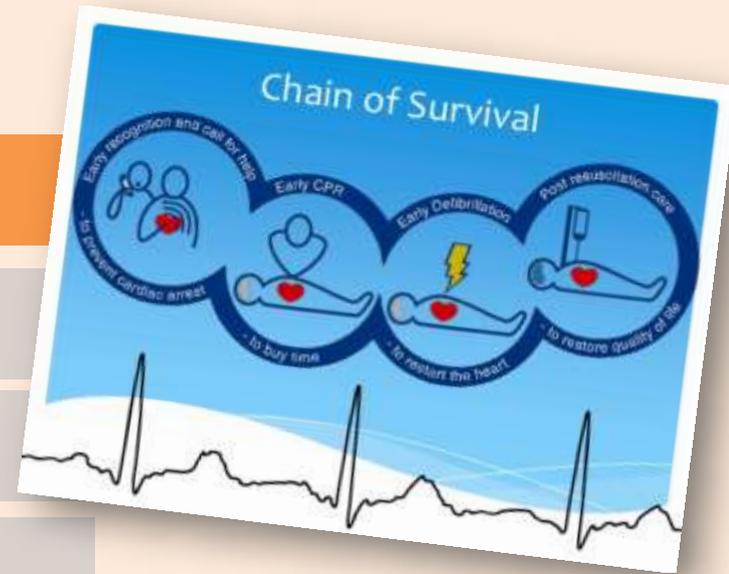
Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths





Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths



CHECK FOR REACTION



✓ Push gently on the shoulders

✓ Ask "Are you ok?"

If he responds:

✓ Do not move him

✓ Find out what happened

✓ Check again frequently

If he doesn't respond:



HELP!!!



Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths





Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths





©IRC

Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths





Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths





Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 pressures on chest

2 rescue breaths



Approach in safety

Check for reaction

Call for help

Open air tube

Check breathing

Check pulse

30 chest pressures

2 rescue breaths



Call 112



Please enjoy this video:

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



First Aid

What must a first-aid kit contain?

First Aid



- ✓ surgical gloves
- ✓ sterilized gauze
- ✓ self-adhesive band-aid
- ✓ simple bandage
- ✓ elastic bandage
- ✓ triangular bandage
- ✓ scissors
- ✓ tweezers
- ✓ cotton
- ✓ saline solution
- ✓ anti-fever pills
- ✓ anti-histamines
- ✓ anti-emetics
- ✓ ammonia
- ✓ hydrogen peroxide
- ✓ betadine





Recovery position





Activities

For YOUTH CARES! we have designed activities based on the principles of non-formal learning such as workshops, discussions, group work, role-playing and outdoor activities. Some of these are presented below:



why:

cooperation, rhythm, problem solving, team building activity



equipment:

boards, rope

Boardwalk



Each member of the team stands on the two boards-one foot per board- and holds a rope in each hand. They stand one behind the other their legs slightly spread. The task is to walk in unison without anyone's feet slipping off the boards.

Find someone who...



Participants use a checklist as they walk around the room trying to find a person who has a certain characteristic. When participants find "someone who has a tattoo" or "someone who has a pet," they write that person's name on their checklist of paper and move on to the next person with the hope that that person meets one of the other characteristics on the master list. The goal is to meet and talk to as many people as possible within the time limit in order to put one name by each of the characteristics.



why:
meeting and getting to know participants



equipment:
✓ a piece of paper listing 10 to 12 characteristics
✓ a copy of the paper for each

FIND SOMEONE WHO...		
Has done bungee jumping	Has travelled to another continent	Likes very spicy food
Is a left-handed	Snores	Is afraid of insects
Speaks more than two foreign languages	Can play a musical instrument	Enjoys outdoor activities
Has a pet	Has a tattoo	Is married



why:
discovery learning



equipment:
projector, pc

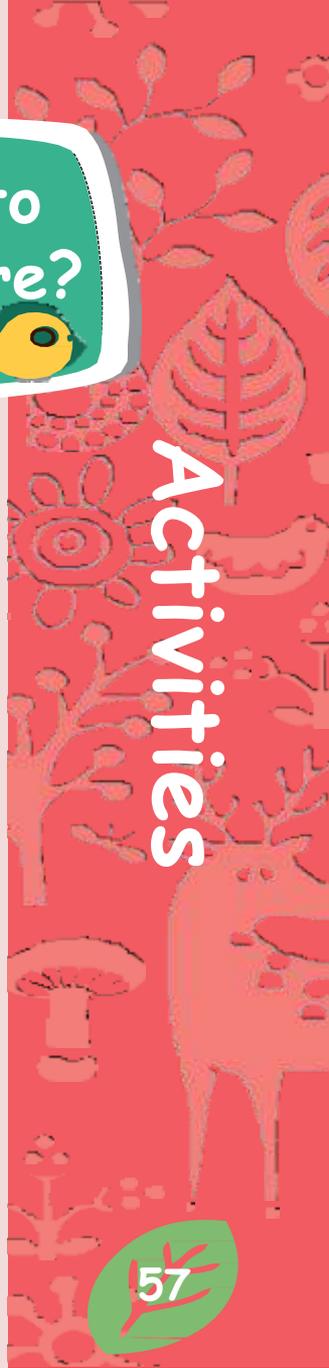


8. What is the Youthpass?



Who Wants to Be a Millionaire? is an international television game show. In its format, contestants tackle a series of multiple-choice questions to win large cash prizes. The maximum cash prize offered in most versions of the format is one million of the local currency.

In our version the questions are all about Erasmus+ and Youth Pass. Youth Pass is used as a detailed and clear tool having a dual role in our work, as a learning tool and as a certificate of attendance. Youth pass ensures that during the whole process of exchanging all the participants will consciously take part in the activities by self-assessing their performance and efficiency.



Family tree



why:
daily reflection



equipment:
paper, colorful markers

- During the first day participants are divided in small groups which for the rest of the days will be their new "family." There they will have the chance to:
- ✓ Give their feedback on the activities, sessions and organizing team and facilitators.
 - ✓ Reflect and share their feelings, worries and create deeper relations with the group.
 - ✓ Enhance peer and experiential learning by learning from each other's experiences, comments and "family" discussions.



why:
first contact with
reflection conscience



equipment:
three colors
of sticky notes



Fears, hopes,
expectations

This activity will help take the pulse of your team, to better understand what gets them motivated and what worries them. By revealing fears in a non-threatening way, the team can discuss these potential barriers. It's a great exercise for teams with new members or a team preparing to take on a new challenge. Group people into duos or trios, and ask people to discuss their expectations for the project or work ahead, including their fears and their hopes.

Gather the group's responses by collating three to four hopes, fears and expectations from each pair or trio and present them to the big group. At the end of the program all these papers with the fears, hopes and expectations will again come back and this time the participants will check if they overcome their fears and met their hopes and expectations. By this way the participants will evaluate and reflect with themselves.

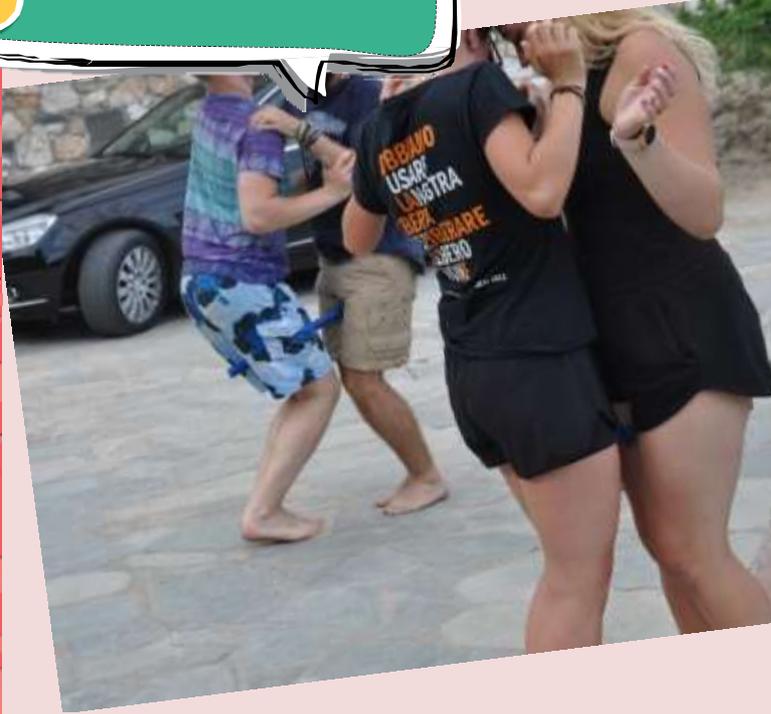
Relay



why:
cooperation, quick reaction, physical contact



equipment:
a relay baton



To set this relay up, start by marking off two lines: a starting line and a turn-around line. Divide players into teams. The first player from each team starts the game by racing with baton between legs and has to give the baton to the next player without touching him.



why:

cooperation, rhythm, problem solving, team building activity



equipment:

wooden triangle, rope

Wooden triangle



In a wooden triangle, there are four tied ropes. One person stands inside the triangle as in the picture, and four other cooperate and try to balance and move the triangle forward without the person in the middle falling. Usually it works competitively, with the two teams trying to arrive at a certain point at the same time.

Toilet paper



why:
ice breaking activities



equipment:
a full roll of toilet paper



Each participant pulls off several squares from the roll before handing it to another person and asking him to do the same. Continue this until all guests have grabbed a few pieces. Once everyone in the room has taken some toilet paper, each person counts the number of squares that he/she has grabbed and then tells everyone the same number of things about him/herself.





why:

balance, coordination, estimation of one's strength



equipment:

hemp or synthetic ropes with a diameter of at least 30mm

Low
maneuver 



There are two ropes stretched between two trees. The ropes are in different heights. The task is to walk from one side to the other without falling.

The "river"



why:
ice breaking activity



equipment:
a very long blue sheet



We ask the group to "step" into the long "river". Then we explain the rules: The aim is to move on the river so that you make a row alphabetically according to your first name or birth date. There is one more rule that applies: everyone must stay on the river while arranging themselves, because underneath there are hidden crocodiles and poisonous snakes!!!!

At the end we present our selves



why:

cooperation, learning tool



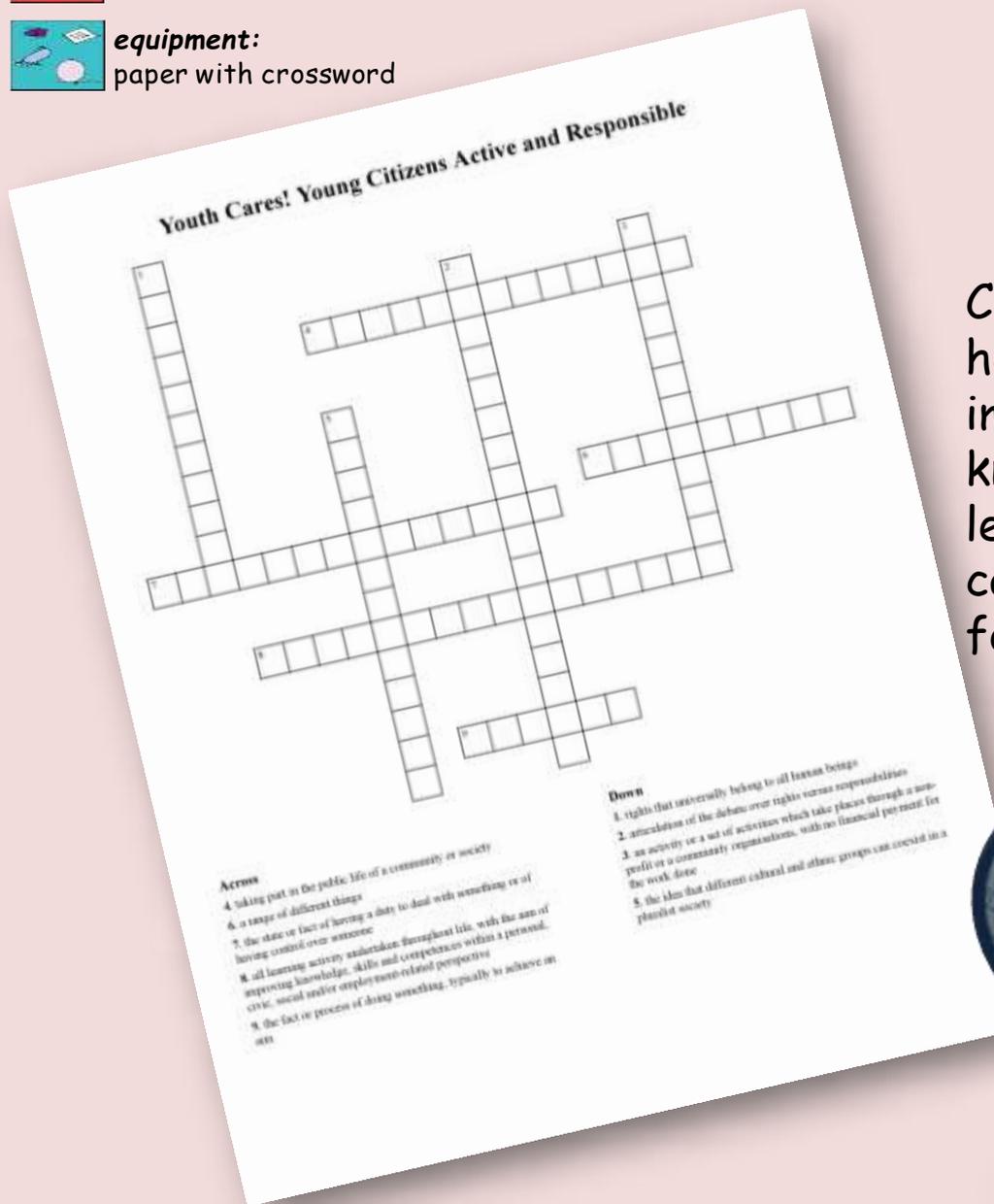
equipment:

paper with crossword

Active citizens crossword



Crossword puzzle helps participants to improve vocabulary knowledge. This learning tool which can be used ideally for brainstorming.

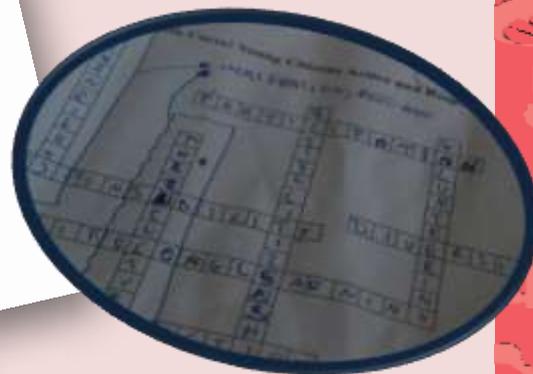


Across

4. taking part in the public life of a community or society
6. a range of different things
7. the state or fact of having a duty to deal with something or of having control over someone
8. all learning activity undertaken throughout life, with the aim of improving knowledge, skills and competence within a personal, civic, social and/or employ ment-related perspective
9. the fact or process of doing something, typically to achieve an aim

Down

1. rights that universally belong to all human beings
2. attendance of the debate over rights versus responsibilities
3. an activity or a set of activities which take place through a non-profit or a community organisation, with no financial payment for the work done
5. the idea that different cultural and ethnic groups can coexist in a pluralist society



Secret friend



why:
getting to know people, creativity,
warming up, taking care



needed:
chairs, papers, colorful markers, tape

You form two circles with chairs one inside the other. The participants are sitting on the chair facing each others. Half of the participants are the painters and are sitting in the chairs of the outer circle and the others are the models that are sitting in the inner circle. The models should be opposite to the painters. The aim is for the painters to paint as good as possible a version of the models and write at the top of the paper his/her name.

After finishing this task, they will change seats in order to have a portrait of all the participants. Then, all the portraits will be put on the wall and the participants will form a small envelop at the lower part of the paper so that their secret friend will leave them something. Finally, the facilitator has already made a box with the names of all the participants and he/she asks them to pick one. Now, everyone has a secret friend that has to take care of and the reveal will be at the end of the project.



why:

balance, courage, imagination



equipment:

hemp or synthetic ropes with a diameter of at least 30mm



The goal of this activity is to walk on the ropes between two trees without touching the ground.

It is obvious that the task will be easy at the beginning and getting more difficult towards the middle. There is not much to hold there, and we must also bow and squat to deal with the problem of crossing ropes.

Name game in circle



why:
learning names, fun



equipment:
none



The participants form a big circle. The aim of the game is the participants to be familiar with the names of the others. The facilitator begins by saying his/her name and also an adjective that starts from the first letter of his/her name for example "I'm Myrto and I am Modern".

Say what I say, do what I say



why:
energizer, fun



equipment:
none

All participants form a circle with holding hands. The facilitator explains the rules of the first stage. He/She will lead the group to say what he/she says and do what he/she says. For example the facilitator says "jump in", and jumps in, "jump out", and jumps out, "jump left", and jumps left, "jump right" and jumps right. After his/her commands the group has to say and do what the facilitator exactly says and does.

At the second stage of the activity the commands remain the same but the actions now are becoming the opposite. For example when the facilitator says "jump in" all the group has to repeat "jump in" but they have to jump out, when he/she says "jump out" they have to say "jump out" but jump in etc. At that point of the game there are many people that can synchronize their body and mind but some others that cannot so the fun levels are getting higher and higher.

Who is missing??



why:
learning names, quick reaction



equipment:
a big sheet



People are standing in a circle. The facilitator asks them to turn with their backs facing inwards, close their eyes and wait. Then takes one of them and hides that person under the sheet in the middle of the circle. The rest of the people are asked to look around and say the name of the person who is missing.



why:
cooperation, tactics



equipment:
a very big sheet

Flying dome



The participants are divided in two groups facing each other. The challenge is to change position before the "flying dome" falls on them.



Tug of war



why:
cooperation, fitness, tactics



equipment:
big strong rope



Tug of war is a sport that pits two teams against each other in a test of strength: teams pull on opposite ends of a rope, with the goal being to bring the rope at a certain distance in one direction against the force of the opposing team's pull. This game was practiced in ancient Greece. From 1900 until 1920 it was part of the Olympic Games.



why:
perception, decision making



equipment:
8-9 meter long rope

Jump rope



Activities



Two participants hold the rope and rotate it.
The others have to jump without stepping on the rope.

Hiking on the mountain



Activities

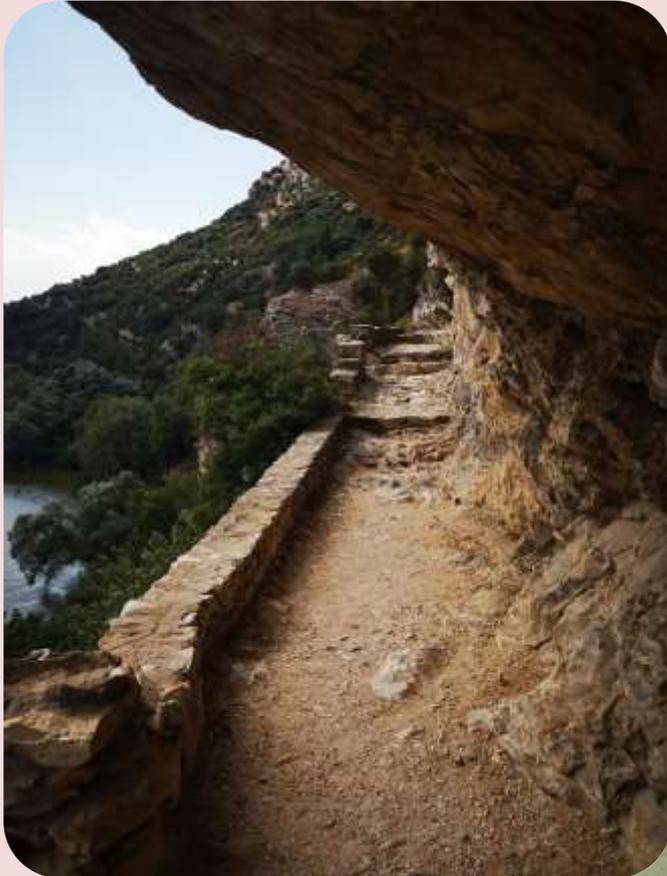


why:
environmental sensitivity, discovery learning



equipment:
none

Discover Nestos river



Activities

volunteering
day



Daily Report of participants
"media" group

... "Our task was to volunteer, to restore 5 kiosks, places where travelers can have a rest, take a meal or just chill out. Volunteering is part of active citizenship, that is very important not just for us but for villagers too.

All participants of the project were divided into 5 different and mixed groups. Then, early in the morning, local drivers drove the 5 teams to the different meeting points where the kiosks were. All the proper equipment for the restoration of the kiosks, like brushes, sandpaper and wood oil were provided by the local community. After the job was done and we had eaten our food during the food break, the bus drivers came to pick us up and we went for an amazing lunch in Bozides' tavern" ...

volunteering
day



volunteering day



- ✓ We wanted to be accepted by the local society and give back for their hospitality, so we believed that volunteering was the best way to achieve that .
- ✓ Giving a good real - life example of how volunteering can help society and its people. We asked the municipality how we can volunteer effectively and we were given the task to paint the kiosks because this would be an expensive and time consuming work
- ✓ To help preserve the environment, all of the teams except from the kiosks restoration they also picked up trash from all the locations and also emptied the bins which are rarely cleaned because of the distant locations.
- ✓ The kiosk restoration was also a great idea because they are mainly used by hikers , marathon athletes , bikers , campers and nature enthusiasts. By preserving the kiosks we helped Paranesti region to be more attractive to tourists by providing them better facilities in the nature .

Daily Report of participants
"media" group

✓ Volunteering also helped all the participants to make stronger bonds with each other because we had great cooperation and coordination. Everyone worked equally good and passionate and most of us felt like we were working with our families for doing the housework.

Emotion/Feelings description

As we already stated, the activity was very beneficial for all the participants and also the locals. We had a great teamwork and we managed to bridge some gaps between the diverse individuals. Everybody seemed really happy to participate in the activity. Working and spending time in the natural environment also helped us to activate all the human senses and productivity as well.

We can make the big difference
in our own small ways!

volunteering
day



Be active if you
want to be
attractive

One of the best
and interesting
project day

Team work
makes the
dream work

A great way to
take care of
our second
home. **Nature.**

Explaining in different target group



why:
creativity, feedback, thinking out of the box



equipment:
mobile phone or camera, papers, markers

The participants worked in groups where they had to define some terms like diversity, environmental sense, social inclusion, active citizenship. The point is that they had to explain these terms at a specific target group that was given by the facilitator. Some of the target groups were grandparents, kindergarten children, people from municipality, young people. They had to film a video explaining these terms at the target group each team had and then present it to the whole group.





Archaeological site
Of Philippi
Unesco World Heritage Site
& Active citizens





Archaeological site of Philippi

In the 2nd century BC the *Via Egnatia*, one of the largest military and commercial roads of the ancient world, was built through Philippi, making the city a focal point of the region.

The region of Philippi is connected to many exceptional historical figures and events that shaped the Western world. Stunning monuments, which have survived until today, are evidence of the long history of the cultures that interacted and grew in this region.

The ancient city of Philippi was initially (360 BC) a colony of the Thassians, with the name of Krinides. It was soon conquered, however, by the then all-powerful Philip II, king of Macedonia, who fortified the city and gave it his name. In the Hellenistic period the city gained its wall, theatre, public buildings and private residences.

The most important event during the Roman years, however, which left an indelible stamp on the history of the town was the battle of Philippi in 42 BC, when the Roman Republicans, led by the generals Brutus and Cassius, faced the supporters of the monarchy - Mark Antony, Octavian (subsequently Caesar Augustus, first Emperor of the Romans) and Lepidus. The Republicans lost and their leaders committed suicide. From now on, Rome would be ruled by an aristocratic government.

Archaeological site of Philippi



Role playing about active citizenship in ancient society, recitation in ancient Greek from Anete, Latvian participant, and walking in *Via Egnatia*





Orienteering in old town of Xanthi



Welcome to the exploration of the "Old town of Xanthi".

Each time you will be given instructions from your guide to find out a landmark of the area. When you arrive there, just read the information and the instructions about what to do in the present work-sheet.

When you finish, take the instructions from your guide for your next step....

We will be waiting for you in your final destination in about an hour....

Remember!!!!!! It's not a competition. Just relax and enjoy your walk.....



Look around you and find out the highest peak of the mountain you see behind the town. Follow the direction to that peak until it will disappear from your view. Continue exactly the same direction until you find the "small tunnel". Pass the tunnel, and stand under the Greek flag you will see.

Use your compass.

Azimuth 1: 285°
about 75 steps.

Azimuth 2: 200°
about 50 steps

You have just reached the central square of the old town and you are in front of your first landmark...

Landmark 1:

The metropolitan church

A basilica church constructed by builders from Epirus. It is the renovated metropolitan church of the old town.

Which year was the church built?

Which year was the bell tower built?

Can you imagine why this gap exists? If not, ask your local guide to explain you the reason.

Look around you. Can you see a symbol of another religion?

.....

Ask your local guide to give the directions for the next landmark.....

Landmark 2:

Folklore museum of Xanthi

Maybe the most impressive building of the old town.

Twin houses of

Kougioumtzoglou family (tobacco merchants) built in the 1880's by a Russian architect. From 1975 it operates as the Folklore museum of Xanthi.

Enter the building and ask the receptionist to lead you in the basement. Find out three musical instruments and name them in Greek.

.....,,
.....

Ask your guide for the next instructions...



Find out the two "tilia" trees - you can use its blossom to make a delicious herbal tea. Just opposite them there are two recycling bins. Starting from them, use your compass.
Azimuth: 160° /about 40 steps.

Congratulations!!
You have arrived to the next destination very quickly...

Get out of the building and follow the route of the photos your guide will give you.

From the last photo use your compass.

Azimuth 1: 230°
about 55 steps (until the end of the road)

Azimuth 2: 305°
about 50 steps

You have just reached your next destination ...

Landmark 3:

The old plane tree

You are in front of one of the oldest trees of the area. Your mission is to find out approximately the plane tree's age. The plane tree is about years old.

Tip 1: You can approximately find a tree's age if you measure its periphery at the height of 1,5 meters above the ground surface (approx. at the level of your heart) and divide the number of centimeters by 2,5.

Tip 2: If you stretch your arms and measure the length from finger to finger, it equals your body's height.

It's time for the next landmark.....

Landmark 4:

Manos Hadjidakis residence - Cultural complex

Huge construction built in 1897. One of the first block of flats in the town. The owner was a Jewish tobacco merchant (Isaac Daniel). Manos Hadjidakis spent his early childhood in a second floor apartment (1925-1931). He is one of the greatest Greek composers, awarded with an "Oscar" for the music of the movie "Never on Sunday" (1960). Nowadays the building is used to host cultural events.

Enter the building, go to the last floor and admire the view of the old town. Take a selfie with this view (all of you must be in the frame).

The bravest (maybe two of you or more) must read in Greek the following song "A magical town" - one of the best composes of Hadjidakis.

Μια πόλη μαγική, ζούμε μαζί και οι δυο αγαπημένοι
μια πόλη σαν και αυτή, πεθαίνει ζει και
αλλάζει μαγεμένη σαν πέσει η σκοτεινιά, η
αναπνοή μου θα σμίξει με τ' αγέρι
τότες η πόλη θα φανεί, μονάχη ερημική σαν τ'
ακριβό μου αστέρι.

Let's go to the next landmark..

Walk down hill until the end of the road. You are in a tiny square. Find out the small statue of "Ιωάννης Ευστρατίου (Αντίκας)" and from that point use your compass

Azimuth 1: 190°

about 55 steps

Azimuth 2: 220°

till you find the building of the picture your guide will give you

The building in the picture is the next landmark you have to visit...





Landmark 5:

The oldest house of the town

You are in front of the oldest still-existing house of the old town. It is built in balkan-macedonian architecture.

Find out the year it was built..... and the symbol of the photo.

What does this symbol represent?

- a) a potato
- b) a woman's breast
- c) a stone
- d) an eye



Well done!!!!!!

Now, we are waiting for you in the final landmark
(the House of Culture of F.E.X.) just opposite
the **flying bicycle**!!

Take the map from your guide and do not hesitate
to ask locals for information.



Time for folklore dance lesson in the House of Culture

Special thanks to our "active" volunteer/guide in Xanthi city:
Sevi, Margarita, Ilianna, Dimitra, Danai, Zoe, Anna

Visit to Peliti's land



PELITI is a Greek Non Profit Organization for the collection, preservation and distribution of traditional seed varieties known as local varieties.

PELITI's main actions include; seed collection, organizing annual seed festivals both local and national, publishing relevant books and guides, educating on environmental issues and establishing a legal framework on seed marketing through co-operation with other European organizations.

PELITI is based in the village of Paranesti.



What's the value of local varieties on a biodiversity, economic and growers' autonomy level?

Is the preservation of traditional seeds a characteristic of active citizens?

Is it difficult to grow and preserve local varieties?

Answers were given through role playing during our visit to the land of PELITI. Finally the founder of PELITI Panagiotis Sainatoudis handed out traditional seeds to all the participants.

Participating Organisations

Applicant Organisation:

I- PARTICIPATE is a non-profit organization based in Greece.

I-PARTICIPATE organization aims to strengthen active citizenship, to support active participation among citizens and to promote European values, ideas and European identity and culture, while at the same time highlighting lifelong learning as a necessary means for strengthening citizenship.

More specifically its goals are:

- i. Sustainable development
- ii. Providing generic social services

Partner Organisations:

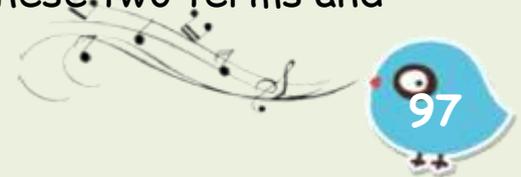
✓ *Asociacion Monitores para el tiempo libre Mar Antiquo- Maracena, Spain*, is a youth association created with the main objective of bringing European culture and the Erasmus + program to the youth of our city. We have been working in education for and for free time for more than 15 years, focusing on the aspects of non-formal education and using lucid and attractive methodologies for the youth population.



✓ **PAOLAB - Italy** is an association (social promotion association - no profit), that was born officially in the 2006, but actually there were already some people involved in a non formal group that was organizing some activities some years before 2006. From the 2011 the organization is part of a big net of associations in which PAOLAB is cooperating in organizing and being partners in youth exchanges based on the themes of active citizenship, local youth participation, environmental protection as well as events, festivals, book presentations, workshop and project management.

✓ **Association POSITIVE MIND (Pozitiva Doma), Latvia**, is created with aim to promote understanding and tolerance between people and society groups with different cultures, religions, races, social, economical background and health condition; promote integration of people with less opportunities and equal rights for everybody. The main working fields of organization are non-formal learning, intercultural learning and volunteering, active youth participation and active citizenship as well as healthy lifestyle and well being of young people and protection of environment and eco-behavior development.

✓ **NaturKultur, Germany** is an youth association that is founded in North-West Germany and now exists in Bremen, Wiefelstede - Oldenburg and Osterholz-Scharmbeck. The name Natur(nature) represents the physical world including all living things as well as the land and the oceans*. Kultur(culture) is the totality of socially transmitted behavior patterns, arts, beliefs, institutions, and all other products of human work and thought. Therefore, we as organization want to be the synergy between these two terms and harmonize the living welfare on this planet.



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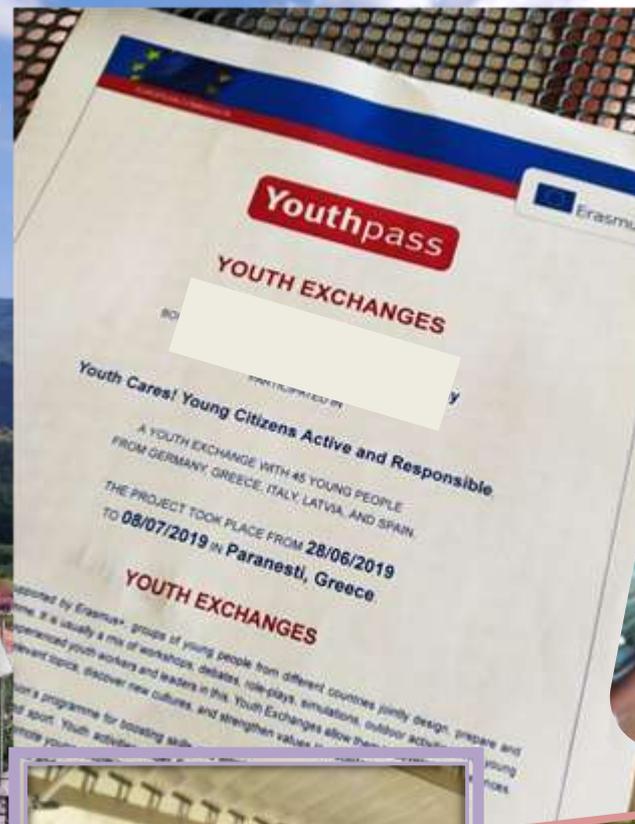
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ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
& ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ



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