



H2O Mediterranean diet

ARNAIA

05/07/2023-02/09/2023



WHO ARE WE?

United Societies of Balkans (U.S.B.) is a non-profit, non governmental organization based in Thessaloniki, Greece, working in the field of youth mobility participation and promotion of youth awareness on social issues. It was founded in 2008 by the initiative of a group of active young people, who wanted to address social issues that affect young people in the Balkans and Eastern Europe.



OUR GOALS

The goal of the organisation is the promotion of youth mobility, youth involvement and participation, voluntarism and human rights.

We make it through:

- **Promoting the values of non formal learning, voluntiarism, active citizenship and democracy for the creation of a better future for the European youth;**
- **Involving minorities and immigrants into youth activities;**
- **Building healthy cooperation bridges between countries in the area of the Balkans and Eastern Europe with the rest of Europe;**
- **Using New Media and Citizens' Journalism methodologies to encourage youth expression, to raise awareness of Human Rights and to promote intercultural dialogue;**
- **Utilizing arts as a tool for the cultivation and expression of youth;**
- **Breaking down prejudices and stereotypes among the European countries and amongst youth..**

THE PROJECT

This volunteering activity will be implemented in Stratoni, a village in the Aristotelis Municipality(Halkidiki), in the context of the promotion of healthy lifestyle and sports.

The group will get to know better the Mediterranean traditions, regarding way of living, food, local products and folklore to get in touch with the Greek cultural heritage which is a fundamental part of the Mediterranean as well as dedicating time to the promotion and organisation of sporting events open to all, in collaboration with the local community. The volunteers will organize events to promote the local food production since Halkidiki is credited as one of the main producers of olives, olive oil and honey in Greece.

They will participate in physically demanding activities to help improve the village's spaces, such as painting sidewalks and local buildings, etc.



VOLUNTEERS' PROFILE

The participants will have to be between 18 and 30 years old and be genuinely interested in the project.

The knowledge of the English language is going to be considered since English is going to be the language of communication between the participant and the organisation, but it won't represent a pre-requisite, especially for the participants with fewer opportunities.

A very basic knowledge of Greek or English is though required, for them to have at least one communication language to be used in the field and in case of need or emergency.

Volunteers' interests preferably need to include: sport, health, nutrition, willing to spend time outdoors, video making, photography and/or writing.

The program is Volunteer Teams and doesn't exclude you for individual ESC long term or short term.

The working program will be 6 hours per day, normally from Monday to Friday. It might be possible that the participants will be asked to work on weekends in case specific events are going to be organised.. In that case volunteers will have extra free days within the week.

ABOUT ARNAIA

The project will be implemented in Arnaia, a town located in the central-east of Chalkidiki (68km away from Thessaloniki), built in the foothills of mt. Cholomontas at about 600m of altitude. The village is surrounded by a forest with natural streams of water on one side while on the other side there are wide open plains.

There are about 2.300 people living in the town, most of whom are occupied within the town, in the surrounding fields and other smaller villages. Arnaia is known for its beekeeping, cheese making and textile art. There are two museums in the village, a Historical and Folklore Museum and a Weaving Museum.



ACCOMMODATION & FOOD POLICY IN STRATONI

During the project the support organization will provide a flat at the environmental centre of Arnaia, which includes common spaces, a dining room and a spacious green space. Each volunteer will share their bedroom with 2-3 more ESC volunteers.

The flat includes three bedrooms with air-conditions, 2 bathrooms, a kitchen, Internet and all electronic machines. The volunteers will be responsible for their own meals. The main building, where the common spaces are located, will also accommodate volunteers from other youth exchanges and trainings.

The organisation will provide 150 euro per month as food allowance (and 150 euro as pocket money). They will also be able to cook in the provided kitchen.



INSURANCE & HEALTH

The participants will have a private insurance by HENNER, which covers all their needs for the whole duration of their project. The registration to the insurance is made by the Sending organisation. A network of doctors and hospitals is already available in order to meet all their needs, even the most urgent. The Mentor is responsible for all their issues connected with health and insurance.

YOUTHPASS

Youthpass is the official recognition tool for non-formal & informal learning in youth projects. Through this, participants of Erasmus+ and European Solidarity Corps projects can describe what they have done and show what they have learnt. Volunteers have to keep a diary of their activities and learning in order to fill it properly at the end of their project. The Mentor is also responsible for the Youthpass and will support the volunteers throughout the process.

TRAVEL & POCKET MONEY

USB will be responsible of the practical arrangements (accommodation, food, tickets, welcoming). The travel costs are covered by the project until a limit based on the distance between Thessaloniki and the hometown of the volunteer. Travel budget per the official regulations:

- **10 and 99KM: 20 EUR per participant,**
- **100 and 499 KM: 180 EUR per participant,**
- **500 and 1999 KM: 275 EUR per participant,**
- **2000 and 2999 KM: 360 EUR per participant,**
- **3000 and 3999 KM: 530 EUR per participant**

The participant need to buy their tickets and will get the refund as soon as possible when we receive their tickets. At the beginning of the mobility period the volunteers will take their individual pocket money, 5 euros per day.

***For the volunteers coming from NON-EU countries the visa costs will be covered.**

!The volunteers MUST arrive on the date specified for each volunteering team: if volunteers will arrive earlier, expenses for accommodation will not be covered.