

VOLUNTEERING TEAMS IN HIGH PRIORITY AREAS

WELL DONE, WELL-BEING

NUTRITION

• 20 VOLUNTEERS •

Dates: 05.09.2024 - 04.10.2024

Place: Ormylia | Chalkidiki, Greece



**EUROPEAN
SOLIDARITY
CORPS**

WELL DONE, WELL BEING - "NUTRITION" MEANS:

- Live **1 month** by the Aegean Sea in Chalkidiki, Greece
- Be a member of a **20 young people** team from **4 European countries**
- Discover how **nutrition** can affect our overall well being
- Support and contribute to the **development of the local community**

ABOUT THE PROJECT:

“Well done, well-being” is a **volunteering project Co-funded by the European Union**. The project consists of three group voluntary activities in Greece **focused on integrating exercise into daily life, promoting healthy nutrition and overall, well-being**. Each 30-day activity involves 20 volunteers and **aims to empower participants through workshops, developing their skills and creating a toolbox**.



THIRD ACTIVITY: 05/09 - 04/10

The third volunteering group will be about **nutrition**. **20 young people from 4 different countries** will spend one month in Ormylia, **working on the integration and promotion of well-being through healthy food**.

Nutrition plays a vital role in overall well-being, influencing physical, mental, and emotional health. A balanced diet provides the necessary energy and nutrients for daily activities, growth, and development, and strengthens the immune system, reducing the risk of chronic diseases. . Furthermore, good nutrition enhances energy levels, improves sleep quality, and supports effective stress management, ultimately contributing to a higher quality of life and overall well-being.



Your mission through this volunteering activity will be to integrate healthy diet in your daily life, exchange knowledge with each other, encourage the locals to do the same and, of course, create an online booklet including the suggestions for the daily life..

WHAT YOU ARE GOING TO GET FROM THIS EXPERIENCE ?

- **Interact with participants from different cultures.**
- **Be part of a community and meet peers with similar values**
- **Gain experience in managing self-organized learning processes within an international environment.**
- **Be more skillful on designing and implementing workshops, highlighting creativity and innovation.**
- **Support local initiatives associated with the topic**
- **Develop digital skills through digital material production.**
- **Integrate methods and tools which can support you in your daily life.**
- **Learn more and promote European opportunities such as European Solidarity Corps and Erasmus+.**

TIME FRAME: OVERVIEW



ARRIVALS

05
SEPTEMBER
2024

SECOND PHASE

LEARNING
BY DOING

FOURTH PHASE

SELF-
REFLECT

1

ONLINE PREPARATION

AUGUST
2024

2

ARRIVALS

05
SEPTEMBER
2024

3

FIRST PHASE

CONNECT

4

SECOND PHASE

LEARNING
BY DOING

5

THIRD PHASE

CREATION OF
TOOLKIT

6

FOURTH PHASE

SELF-
REFLECT

7

DEPARTURES

04
OCTOBER
2024



TIME FRAME : OVERVIEW



1st phase – Connect

During this phase, the volunteers will participate in the activities aimed at integration, bonding, discovering the group dynamic and getting to know each other. What is more, this phase includes the “On Arrival Training” during which the volunteers will learn about the Programme, non formal education methodology, their responsibilities as well as fears and expectations related to this project, Youthpass and its Key Competences.



Preparation

One month before the project starts, all the volunteering group will have an online meeting with the hosting organization during which they will be notified about the tasks they should follow before the project’s implementation. What is more, this will be an opportunity for the volunteers to ask questions/concerns related to the project.



2nd phase – Learning by doing

Learning by doing is the block of activities where the volunteers will be focused on planning, organizing, preparing and implementing workshops related to the project. During this phase, the volunteers will mainly interact with each other and with the local community of Ormylia and other villages of the Region, creatively promoting the values and the importance of healthy nutrition and its connection with the well being.

ARRIVALS – 05/09



TIME FRAME : OVERVIEW

3rd phase - Creation of the toolkit

At the end of the project, the volunteers will be tasked with creating a comprehensive PDF toolkit consisting of relevant information pertaining to their participation in this project. This toolkit will serve as a valuable resource, encapsulating the collective knowledge and experiences gained throughout the project, ensuring a lasting impact and accessible reference for others.



4th phase - Self-reflection

After the 3 phases the goal is to bring the volunteers closer to themselves by giving them some days off which they can use the way they feel and the way they need. For example, they can travel around the country, they can rest in the accommodation we offer, they can organize day trips around the area - it will be up to the volunteers.



DEPARTURES - 04/10

Chalkidiki

Chalkidiki peninsula is the most popular destination in Northern Greece. Located in Macedonia, its popularity is attributed to its amazing beaches, with silky sand and clear turquoise sea waters.

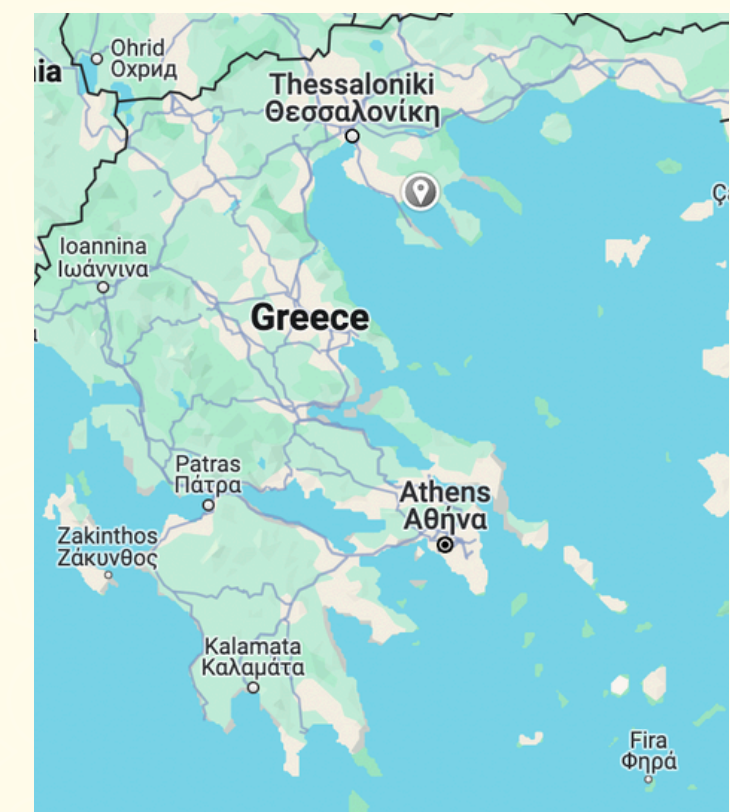
Chalkidiki is divided into 3 smaller peninsulas, often referred to as "legs". The first one is the most crowded, with cosmopolitan tourist resorts, the second one is more quiet and popular among campers and the third one, Mount Athos, is a closed Orthodox monastic community and independent state. The locations where we will stay and our activities will focus will be in the beginning of the second leg.



LOCATIONS

Ormylia

The project will take place near Ormylia. Ormylia is a village in the Chalkidiki peninsula of northern Greece. It's known for its scenic beauty, traditional architecture, and proximity to the Aegean Sea. Ormylia is also notable for its historic monastery, the Monastery of Ormylia, which dates back to the 14th century and is renowned for its Byzantine iconography and religious significance.



ACCOMMODATION AND FACILITIES

The volunteers will stay at the “White Rabbit Guesthouse”. It is a spacious house with a big garden that is situated right next to the gorgeous olive fields and is 15 min walk to the beach. There is a lot of space for working, chilling, creating, and socializing. In this house, we will live as a community that strives to minimize its environmental footprints and make the world a better place. All of the rules and conditions were shaped and modified with the best environmental practices that we always improve and bring to the next level. These rules are not strict, nor are they created to limit anyone but to make this house and the people living in it sustainable, productive, and happy.

The house is located at a central point from which is easy for someone to explore the whole region of Halkidiki. The small touristic town of Psakoudia is within walking distance as well, and there you can find restaurants, tavernas, beach bars, cafeterias, water sports, supermarkets, and anything else necessary for a joyful time.

In the accommodation you can also find a washing machine. The hosting organisation will provide detergent for washing your clothes.

- There will be around 7-11 participants in each room.
- There are kitchens which can be used from the volunteers for cooking their meals.

!Please, take under consideration all the above mentioned information before applying.

Is going to be a project which requires a lot of easy-goingness and sharing!

ACCOMODATION AND FACILITIES

ACCOMMODATION



Check the link below for more information:
[The White Rabbit Guesthouse](#)

PRACTICALITIES

How to get there?
Travel expenses and reimbursement etc.

Travel and the cost reimbursement:

For this project, the most convenient way to travel to Greece is to fly to Thessaloniki Makedonia Airport (SKG).

 You in Europe will arrange volunteers' **transportation** from the airport to the accommodation and back. This is part of the travel costs. Volunteers will be reimbursed for their tickets (both ways) according to the "[Distance Calculator](#)" of the EU.

Accommodation:

Is described in detail at the pages 9 and 10.

PRACTICALITIES

**How about pocket money and food allowance?
How many days and hours will we work?**



Food & Pocket money:

Each Volunteer will be provided with pocket money (6 EUR per day) and food allowance (6 EUR per day).



Working conditions:

The volunteers will work 4-6 hours per day. Participants are entitled to have 2 days-off per week and 2 more days-off in total. Due to the project's topic and goals, during the working hours, will be prohibited for participants to use their mobile phones.



In case of any health emergencies, there is a health center in Ormylia , the General Hospital of Halkidiki in the town of Polygyros as well as multiple hospitals and healthcare facilities in Thessaloniki (around 80 km far away from the accommodation).

• PARTICIPANTS' PROFILE – WHO IS THIS PROJECT FOR? •

This volunteering project is addressed to 20 young participants:

- Age 18-30 years old
- Legal residents of Spain, Portugal, Italy and Slovakia.
- Easy-going personality.
- A widely representative range of experience with nutrition and overall well-being topics and willing to develop their knowledge
- Strong motivation for active participation at all stages of the project, including the preparation, creation of the booklet and follow-up activities



SELECTION PROCESS

We aim to gather a group of participants with varied backgrounds and levels of experience. This will enhance the informal learning process, through the sharing of knowledge and skills between participants.

Remember that the project activities will be prepared and managed by the participants, which means that all should obtain knowledge and a high interest on the topic.

Videography and Photography will be considered as a bonus skills!!



WHAT TO BRING?



- Comfortable clothes & shoes
- Towels & Flip flops
- Reusable water bottle
- Swimsuit
- European Health Card / Private health insurance (is your responsibility)

... and whatever else you think would make your life easier!



• HOSTING ORGANISATION •



The non-profit organization "You in Europe" was established in 2012 in Nea Moudania, and it is a space for everyone who loves learning by doing, and vice versa. Our main goal is to promote solidarity and understanding between societies, especially in Europe. Therefore we promote volunteering as a mean of strengthening social cohesion and equal parallel as tool for integration of people from vulnerable social groups. We have a great experience in organising Youth Exchanges, Training Courses, Seminars and we have participated in many Strategic Partnerships in KA2 of Erasmus+ Program. The organization has experience in the European Solidarity Corps (former European Voluntary Service) as a sending NGO since 2012 and started hosting volunteers in Nea Moudania during 2017.



Ioanna Thomopoulou:
Coordinator of
Volunteers (ESC and
local ones), Project
Manager, Youth Worker



Vasilis Stoulos:
Networking and
International
Cooperation Manager,
Project Manager, Youth
worker



Grigoris Kyriakou:
ESC coordinator, Project
Manager, Youth Worker,
Youth Trainer



Stavroula Pagona:
Communication
Manager, Project
Manager, Youth Worker



Igor Niemyjski:
ESC Volunteers mentor,
project manager



Tasos Batzonis:
EU Projects manager &
Youth Worker

• PARTNER ORGANISATIONS •

The logo for Intercambia, featuring the word "Intercambia" in a bold, black, sans-serif font. The letter "v" is stylized with a small star above it.

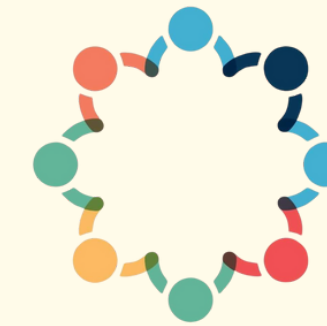
ASOCIACION JUVENIL
INTERCAMBIA

Spain

The logo for vicolocorto, featuring the word "vicolocorto" in a black, lowercase, sans-serif font. To the right of the text is a stylized orange outline of a person's head and shoulders.

VICOLOCORTO
ASSOCIAZIONE

Italy



CONNECTUS

Slovakia

The logo for imagina, featuring the word "imagina" in a blue, lowercase, sans-serif font. To the right of the text is a cluster of colorful circles in shades of pink, yellow, and blue.

ASOCIACION DE
DESARROLLO SOCIAL
PARTICIPATIVO IMAGINA

Spain



SE.M.I. - SEEDS FOR
MORE INTERCULTURE
APS

Italy



aventura marão clube

AVENTURA MARAO
CLUBE

Portugal

APPLY NOW

If you feel that you really want to belong to this project, we are waiting for your application, so please contact the sending organisation of your country.

Make sure you have read the infopack carefully, and that you meet the criteria for every place!

For any questions you can find us here:
e-mail: youineurope.evs@gmail.com

The team of "You in Europe"



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