

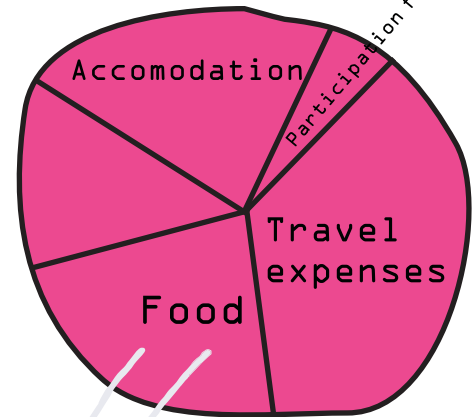
alternative holiday program for youngsters in lefkada island



Sustainable Tourism

PROGRAM... July – August
 28.07.2010 Welcome in Lefkas
 Arrival in Lefkada city, stay in Villagio bungalows in Mili beach for 2 days,
 discovering city, Marina drawing workshop with sketching yachts.
 Welcome Party night
 29.07 Workshops Day
 „Serano” pastry shop - try to make greek typical sweet – Baclava
 „Fragoulis” liqueur and Ouzo distillery - help to make greek traditional drinks, afterwards degustation workshop.
 Degustation workshop „Lefkada Salami”
 „Greek dances” workshop with dance group.
 30.07 Agriculture Day
 Rent a car or motorbikes and visit donkeys in traditional village Karia.
 Extreme training to ride with donkeys.
 Going to mountain village Englouvi to discover agriculture life, work in greek family - collecting the lentils . Stay for a night in greek family.
 1.08 Mountain Walk to the Waterfalls
 Going to the Nidri town. Walking trip to the mountain and swimming in the waterfalls jakuzi „Diomisari”. Relaxation at the Nidri beach.
 Night fishing expedition at midnight from Nidri port.
 2.08 Night Fishing Expedition
 Fishing workshop. Discovering Meganisi island, submarine caves and private beach with fisherman boat. Going to Episkopos camping.
 3.08 Provincial Wedding Festival
 Beach day in Agios Nikitas and walking on the montines to Mili beach.
 Traditional Marriage festival in Karia village.
 Celebration feast with particular participation. Hosting in greek family.
 4.08 Robinsons Beach Expedition
 Hike on the beach, creating Robinsons Cruzo bungalow, sport activities of greek „Olimpic Games” and crazy activities with special tasks!
 Night expedition on Egremny beach.
 5.08 Odyssey Sailing Trip
 Renting a sailing boat in Vassiliki. Sailing trip visiting Aghiofilii beach, Leukatas Ducato Cape, Porto Katsiki with greek epic Hero Odyssey adventures.
 Greek God symposium Party.
 Staying in Vassiliki camp
 6.08 Lentils Festival
 Relaxing or Water sport activities on Vassiliki beach.
 In the afternoon trip to the village Englouvi. To make traditional lentils soup in open air cooking camp.
 Preparation, helping for feast and celebration.

ALTERNATIVE HOLIDAY PROGRAM



Economical aspect of the project



Traditional Lefkas celebrations

where to participate as volunteer

In Lefkada the summer is celebration!

Rich customs and traditions for you to actively participate in and have fun. You have a great chance to be a volunteer in celebrations, work together in the team with greek organisers and see two sides of celebrations. Come live the experience and enjoy it!

- Lefkas International Folklore Festival

Last week of August streets of the island is full with dancers from all over the world who set up the „Mega dance“, the dance of Peace and solidarity of all people. As a volunteer you can be a supervisor for participants, meet and know closer all these creative persons and learn world-traditional dances and songs from countries worldwide.

- Provincial Greek Marriage Ceremony

Wedding traditions with Marriage ceremony, celebratory parade, feast and traditional dances with live music. For alternative tourist groups it is possible to experience greek traditional weddings as in roles of wedding quest in greek traditional clothes and take a part in theatrical activities and celebration feast.

- Lentil Celebration

The Lentil Celebration is dedicated to the harvesting of new crop, and during the feast the house-wives of Englovi serve visitors cooked premium quality lentils, salted sardines and abundant wine, while a traditional Folk feast with live music and dance follows.

This festival is more interesting if you are participating as volunteer and work in organizer team, help for traditional lentils soup making, preparing other food for guests, see the tourists from other side and the main benefit – to be in close contact with greeks, communicate with them even without language barrier. For alternative tourist groups in the end of July is possible to help one day in surrounding region in village of Englovi to collect a lentils and get to know greek agriculture life.



„Solidarity Tracks” have a cooperation for alternative holiday with different local partners in the island. As this is special kind of voluntary work a lot of activities you can do for free or with „special” discount within the framework of alternative tourism program. For your holiday program you can choose activities and workshops, combine them in one creative week.

One thing is certain - Lefkada has so many options to offer you during your stay in the island that it ensures your vacation from daily life with lot of pleasures and truly unique experience.

Adventure is a part of voluntary work!

Suggestions and possibilities for alternative program:

- Ride with Donkey

As you know Greece villages are famous with their donkeys. In the village of Karia you have great possibility to try this crazy ride. We are sure you will remember this adventure for ever! Yiihaaa!!!

- Night Fishing expedition

Night fishing expedition for 24 hours.

Discover greek fishing traditions and water animals of Ionian sea. Fishing expedition start at 23.00 from Nidri till 11.00 in the morning. It will be unforgettable Fishing trip in greek fisherman boat with laying fishing net and taking them out with sunrise. Expedition ends with trip to the private beach, submarine cave and water sightseeing in Meganisi island.

- Night expedition to the Beach

Expedition starts with walking trip on the beach.

The best beach for this activity is Egremny. There is stair with 350 steps till the beach, then walk on the beach 3 km, creating „Contemporary Robinsons Place”, greek Olympic games, crazy sport activities with special Robinson Crusoe tasks. Expedition include evening meditation and time for peace with sunset, spending night in warm sleeping bag under the open sky with stars, torchlights and sounds of the sea. And maybe with high tide and surprise tidal wave in your sleeping bag!



NGO Association „Solidarity Track” offer concept holidays of alternative tourism for youngsters in the region of Lefkas.

We aspire to develop other forms of meetings and cultural exchanges with the reception of new European youngster's tourists to discover the country, traditions, cultural heritage, to make contact with greek people and to create a fruitful human relationship among them and to participate in local development. Helping travelers protect the culture and enviroment that they visit.

Meet the locals and discover a country, region, are the main motivations of the participants in these trips that can be described as "participatory tourism", voluntary work. Tourism, as travel is an open parenthesis in the everyday life of the participant, who did not often extend to his activities after the return.

In this context, we want to develop this type of tourism among young Europeans.

„Solidarity Track” would like to cooperate with organisations who is motivated to send a groups of 8 youngsters for alternative, culture & experience full holidays in Lefkada Island.



ALTERNATIVE TOURISM PROJECT in LEFKAS

- Sailing in Lefkas Emerald sea

Try day yacht charter around island with sailingboat. Rent a yacht or motor boat in Nidri town. Twenty four small and larger islands are strewn across the sea and comprise the prefecture of Lefkada and this entire archipelago with the variety of landscape and its differences, is a challenge to everyone to explore.

- Walking rides

To undertake a walking journey to the montines. Pathways in Skaros Mountine forest Velanikidias, Melissa Gorge in Sfakiotes, Dafais forest of Sivros, where you can feel natures power and beauty. Dimosari waterfalls with fresh water from mountines.

- Greek traditional dance workshop

To learn greek traditional dances with dance group „Orfeas,, in Lefkas City attended by attractive teachers. Traditional Greek dancing has a primarily social function. It brings the community together at key points of the year, such as Easter, the grape harvest festivals; and at key points in the lives of individuals and families, such as weddings.

- Wine traditions in Oldest Lefkas Wine factory

Tourism volunteers have a option to help in wine making procedures and taste tipical Lefkadian wine. Learn about the procedures and different stages involved in the production of wine and wine degustation in Winery „Lefkaditiky”. For volunteers it is possible to pick grapes from plantations. In 12 th- 20 th September winery are collecting grapes. This is interesting opportunity to get to know greek wine traditions and help in grapes plantation for one day.



WORLD IS WIDE IF YOU LOOK AT IT, WORLD IS SMALL IF YOU ARE LIVING IN IT !

- Greece Coffee traditions

For greeks making and drinking a coffee is very important part of the day. Try to work one day in Coffee place and get to know all about greek coffee traditions and tastes. Get to know how to make the best cold coffee - Frappe and enjoy greek way of life with typical expression „siga, siga” (slowly,slowly) !

- Greece food cooking traditions in Taverna

Work one day in traditional taverna and get to know greek cuisine and taste it. How to prepare octopus, calmars, crabs and different fishes for dinner in traditional Lefkadian cuisine.

- Sweetssshop „SARANO”

We are offering very sweet choise to work one afternoon in „Serano” patisserie with pastry work - helping to make a typical greek sweet -baclava

- Liquer factory „FRAGOYLIS”

As a volunteer in alternative turism Project you have great chance to help in procedures of makeing liquer and open the secrets of sweet and very tasty greek liquer. In the liqueur production Frangoulis Distillery offers a great variety of flavors such as banana, mint, rose, carnation, bergamots, coconut, mastich, cherry, kumquat as well as the traditional liqueur of Lefkada "Rozoli.

Accomodation

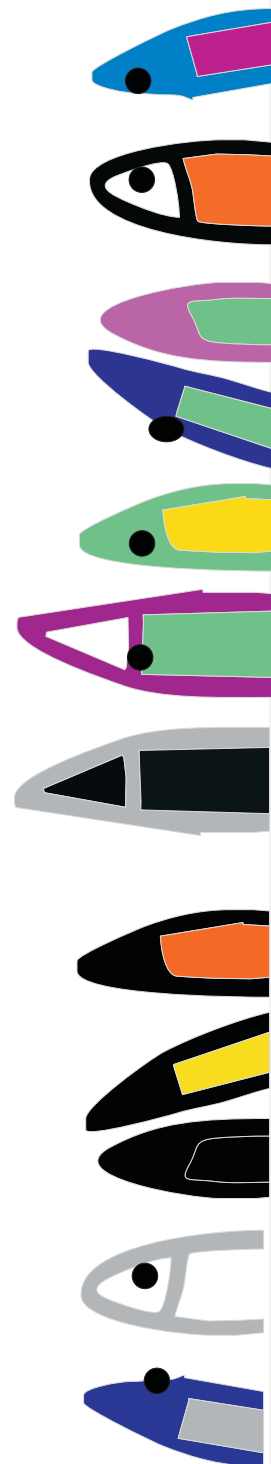
The best and adequate way for Alternative tourism accomodation is to stay on the beach as „Contemporary Robinsons” and to create a small and privat tents apartaments on the beach.

In alternative holliday program we sugest to be a very flexible „Nature child” and change living places depend from activities in the island.

Other possibilities:

- Greek family accomodation in family house in Karia, Englouvi village.
- Campings with places for tents. In Lefkada are situated 9 campings usually open between May and October
- “Villagio Bungalows” house on the beach

For more information visit: www.travel-to-lefkada.com



Sustainable tourism is an industry which attempts to make a low impact on the environment and local culture, while helping to generate income, employment, and the conservation of local ecosystems. It is responsible tourism that is both ecologically and culturally sensitive. Respect the socio-cultural authenticity of host communities, conserve their built and living cultural heritage and traditional values, and contribute to inter-cultural understanding and tolerance.

Even if tourism can be a factor of economic growth, it has undoubtedly been and can still have adverse consequences in social, environmental or cultural aspects.

Sustainable Tourism:

- involve tourists in the growth of community, culture and natural environment
- offer new tourist activities that respect the individual, the nature, culture and help protect environment
- balance tourist part and local society in small island
- minimize the use and consumption of not renewable resources
- recognise the link between tourism success and environmental quality
- respect the fragile balances that characterize many tourist destinations, in particular small islands and environmentally sensitive areas
- community involvement, „participatory tourism“, voluntary work in local society
- tourism has to contribute to sustainable development and its integration with the natural, cultural and human environment.

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SOLIDARITY TRACKS



Εκπαίδευση και πολιτισμός

