

22.4 - 6.5.22  
Skala, Lakonia,  
Greece

Apply now 

THE  
SOUTHERN  
LIGHTS

SUSTAINABLE  
SYSTEMS DESIGN

DEEP NATURE  
CONNECTION

REINVENTING  
ORGANIZATIONS

HOLISTIC  
THINKING

# RURAL REGENERATIVE LOCAL SOLUTIONS

AGROFORESTRY

PEACE MAKING

WATER  
MANAGEMENT

BUILDING  
FERTILE  
SOILS

PERMACULTURE

in collaboration  
with

15 days training

Erasmus +  
Mobility of Youth Workers

Countries: Greece, Portugal, France, Spain,  
Belgium, Italy, Malta

 Co-funded by the  
Erasmus+ Programme  
of the European Union



## Erasmus + Mobility of Youth Workers

organized/hosted by

The Southern Lights project

with main instructors

Chan Sac Balam, Permalab (France)

22nd April - 6th of May 2022

(first and last are travel days)

## **Information Pack:**

1. General information
2. Accommodation
3. Travel Information
4. What to bring
5. Preparation
6. Partner organizations
7. Confirmation and contribution

### **1. General Information**

#### **1.1 TIMELINE**

Arrival date: 22.4.2022

Departure date: 6.5.2022 if there are more than 20 participants interested in an organized bus, it will be leaving from the venue at 6am in the morning and will be arriving at the airport Athens at latest 10am.

Book your flights accordingly to arrive in Athens before 5pm on the 22nd April.

Book your flight to leave Athens airport not earlier than 12o clock flight departure time.

Please respect these dates of arrival. If you need to come earlier or leave later, please send us an email to [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)

Nevertheless it is necessary that you attend the event from the beginning to the end, so please arrange your travel accordingly.

#### **1.2 VENUE**

*Eco-project The Southern Lights in the South of Peloponnese, Greece*

**For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)**

The Southern Lights is based in an organic farm in its transition to a food forest now containing over 80 different fruit trees, shrubs and herbaceous plants. Its big vegetable garden will provide us with food during the workshop and an abundance of edible leafy greens will round up our healthy diet while we will be living and experiencing the edible forest. Workshops for young people are run here frequently and more long term young interns are following their intuitive learning path through practical exploration and implementation of techniques and practices like permaculture design, natural farming, agroforestry, healthy nutrition, zero waste lifestyle, renewable energy solutions, natural building, non violent communication and group decision making techniques like sociocracy.

Moreover the paradise like farm, acts as a hub that connects young people with other projects in Greece and abroad, to support them to follow their intuitive learning path and deepen their knowledge in their topic of interest and to strengthen the community of eco-projects throughout all Europe.

To see some pictures and information look at:

[www.thesouthernlights.org](http://www.thesouthernlights.org) and more on our facebook page:

<https://www.facebook.com/thesouthernlightsproject>

### **1.3 CONTACT DETAILS**

- Sheila's cell phone: 0030 6971984836
- The very best is to contact us via mail: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)

## **2. Accommodation**

This workshop will take place in the food forest of The Southern Lights. During our stay you will be sleeping in your tents inside the food forest. It is necessary that you bring your own tent and outside sleeping material. Please bring what you need to be comfortably sleeping outdoors.

**For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)**

Compost toilets and outdoor showers will serve our needs, and the forest provides many spaces for the daily activities.

As we try to live in balance with our surrounding ecosystem, and the food forest we are using water consciously. So don't expect to shower every day. Also please bring plant based fully biodegradable toiletry (shampoo, soaps, toothpaste, etc.) so the water of the shower and the sink does not harm nature. If you don't have any, we can provide you a toiletry kit for 7€.

If you need a toiletry kit, please use [this google form](#) to let us know about it prior.

Also we recommend bring three small towels for using our compost toilet, since you can use a bidet for washing yourself instead of using toilet paper. It is much healthier for you and our planet. We will though provide regular toilet paper also if you don't feel like changing your habits.

The house on the farm provides us with a kitchen to cook our daily meals, which are healthy, mostly organic and self grown and vegan. If you have any allergies or intolerances, please inform us about it, so we can plan accordingly. Because we follow a healthy lifestyle getting in balance with our self and nature we don't allow smoking or drinking alcohol on the project site. It is our home and sacred space.

There is some internet access on the farm, close to the house, but don't forget to connect with nature, rather than with the internet.

It is important for us to know that you agree in spending so many days in such a simple basic way of life.

### **3. Travel Information**

#### **Location**

Our farm is located 5 km west of Skala (Zip code: 23051) in Lakonia, South Peloponnese.

**For any questions send an email to: [epus@thesouthernlights.org](mailto:epus@thesouthernlights.org)**

This is the exact location of our project: **36°50'36.3"N 22°37'32.9"E**

### **Close by Airports:**

- Kalamata (with few connecting airports) - 105 km
- Athens (Eleftherios Venizelos international airport) - 300 km distance

### **Closest port by ferry:**

Patras port connecting with Italy, through Ancona or Bari and more

### **Bus**

If there are more than 20 participants interested in an organized bus, it will be leaving from the airport Athens at **6pm** and bring you straight to the venue.

Otherwise you can use public transport to reach our venue.

For the travel back the bus will be leaving our venue at 6am in the morning and arrive latest 10am at the airport. So make sure you don't book a flight that departs earlier than 11:30 am.

### **Public busses**

If you arrive in Athens airport, you go to KTEL Kifisou (central bus station connecting to Peloponnese), where you find connections to Sparta (Lakonia).

A timetable for the busses you can find here:

<https://www.ktel-lakonias.gr/en/routes/yperastika/item/1822-sparti-athina-athina-spart>

Arriving in Sparta you take a bus to Skala.

### **Travel durations / COSTS**

**Athens airport -> KTEL Kifisou**    50 minutes approx. COSTS: ~3,6€

**KTEL Kifisou -> Sparta**            3 hours (every one or two hours connection)  
COSTS: ~26€

**For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)**

**Sparta -> Skala**

1 hour (every one or two hours connection)

COSTS: ~4€

## **Notes on travel**

### While preparing your travel keep in mind:

- Since we need your original tickets to reimburse you (way back included) please book online as much as possible so that we can have pdf original copies of your ticket. When booking online is not possible please buy your ticket at the box office and make sure to have a receipt with this piece of information: your name; the starting and finishing place of the journey; the date of the journey and the price of the ticket. When the ticket is booked online please bring two printed copies (one for you and one for us)!
- To get your travel expenses reimbursed and keep track of all the receipts, [use this excel sheet](#), that you will send to us in order to get your travel reimbursed before your departure from The Southern Lights
- Please tell us your arrival time and travel details via email.
- Your travel can last longer than one day but you **HAVE TO BE HERE** when the course starts! And when you travel on more days, or you come here earlier, due to cheaper tickets etc. you have to justify why you traveled more days, or on another day than the travel day.

## **Travel Refund**

The costs of the organized bus are in total 575€ for each route, which will be divided by the participants using the bus, and the contribution will be covered by their travel refund.

Travel refund is up to the following amounts:

**For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)**

France, Spain, Belgium, Portugal 360€

Italy 320€

Malta 275€

Greece 210€

The participants have to travel from and to the countries above, otherwise they can't be accepted as co-funded by the EU.

It's not possible to participate as a co-funded participant if you don't participate in the whole training.

We can refund your travel to Southern Lights at the last day of the training, preferably via bank transfer, but ideally we refund you both ways after you arrive back in your home destination with one bank transfer. Please make sure to submit all your receipts and your bank details not later than 30 days after the end of the training, so not later than 6. June.

#### **Entry regulations due to COVID and PLF infos**

Address for the passenger locator form: Since our farm is in between two villages, there is no street address. You can though write

Asprogeia 1 (Asprogeia is actually the name of the micro region)

23051 Skala Lakonia

Please check the [current entry regulations of Greece due to COVID here](#) and make sure to comply with them.

#### **4. What To Bring**

**For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)**

- TENT
- SLEEPING BAG
- Camping mattress and pillow (or/and anything you need for being comfortable sleeping on the ground in a tepee)
- notebook and pen
- own stationary (any kind of colours: like pencils, water -colors, wax colours.. Your favourite stuff for making arts!)
- towel for shower
- 3 small towels (or as many as you feel you ll want) for the compost toilet
- water bottle
- clothes for getting dirty
- good shoes for land works
- toiletries: please bring eco-friendly, 100% biodegradable and not tested on animal soaps and shampoos! If you don't have you can purchase a kit from us for 7€
- mosquito spray or protection if you need (we might have mosquitos)
- musical instruments if you like
- camera with cable to share pictures
- bring any material you need in order to implement the activities you want to share during the course, some games, dances, songs and stories to share...

## **5. Preparation**

To prepare you to this course and its content, to spark your interest in the topics even more, we created this facebook group (link is following soon) to share interesting material with you. Please ask to join the group, ONCE your participation to the course is approved by the partner organization in your country or by us. We will then approve your request and you have access to all the content. Thank you!

## 6. Partner organizations

France: La Coop des Territoires, contact: igor.louboff@gmail.com

Portugal: HortaFCUL, contact: pedrofarrancha@gmail.com

Belgium: Les débris-colleurs, contact: Laurane.coo@gmail.com

Italy: ASSOCIAZIONE DI PROMOZIONE SOCIALE KORA, contact: eplus@associazionekora.it

Malta: ACT (Malta), contact: claudebejer17@gmail.com

Spain: Asociación Cultural Sol y Tierra, contact: alej.guidotti@gmail.com

## 7. Confirmation and contribution

If you are approved to participate in this course, our partner organization from each country will inform you. If you got chosen to be one of the participants, you have to send your travel ticket to your partner organization **10th of April 2022** the latest !

The non-profit organization “The Southern Lights” is the organizer of this Erasmus+ Mobility of youth workers and has applied for funds therefore the course is fully funded by the European Union. This money covers food & lodging, travel costs, teaching fees and the work of our cooks.

For participating in this course we ask for a contribution of 70€ to support the building up and running of this eco-school all year round in the wilderness of South Greece. With this contribution you will support the long-term sustainability of projects like ours and help us to go further.

Thank you!

The food forest, the magnificent trainers and the whole Southern Lights team are looking forward to receiving you!

For any questions send an email to: [eplus@thesouthernlights.org](mailto:eplus@thesouthernlights.org)