Be part of “THE GOOD START” project

LOLIVERS
LOL • LIVE • LOVE

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

This is SPARTA
21-27 JUNE 2021

WE ARE THE LOLIVERS
THE PROJECT
THE ‘10 MULTI-CULT LOLIVERS
THE PARTICIPANTS
ACCOMMODATION/FOOD
TRAVEL
REIMBURSEMENT
TIMELINE
THIS IS SPARTA
MAIN SITES/MUSEUMS
IT ALL SOUNDS GREEK TO ME

TRUCK
We are the Lolivers!

Us, the Lolivers, we are a Non-Profit Organization (NPO) studying researching, informing and intervening on issues related to the improvement of the standard of living of people and especially how this is linked to the Mediterranean diet, cultural tradition and the environment.

The Olive Oil, our “Green Gold” is a precious part of our heritage in Sparta, part of our being and our future. We are devoted to highlighting and strengthen this connection.
...and its objectives!

Making use of non-formal learning tools and methods, we have set the following goals:

- Implement strong Erasmus+ programs focusing on empowering young people and youth workers.
- To provide the right environment for long-term partnerships between youth organizations and youth workers.
- To provide the appropriate framework for the exchange of experiences and ideas of common interest.
- To explore the common needs and solutions offered by the Erasmus+ program for projects involving youth.
- Youth, local stakeholders and the local community to become more informed and active in relation to Erasmus+ programme.

The “GOOD START” project is a Contact Making Event for organizations with strong motivation to implement Erasmus+ youth and mobility programs. The aim of the program is to provide the suitable environment for building solid partnerships which will eventually lead to future youth projects, with the main objective of strengthening the capacities of young people and those active in the Youth field.

The program will last 5 days and will take place in Sparta 21-27/06/2021. 22 youth workers aged 18+ from 10 different countries will participate in a common framework, building strong partnerships, participating in various workshops, visits, presentations, round table discussions setting the conditions for joint implementation of programs in the near future.

In consultation with local agencies, we will hold an open event named “EXPO” with stands for each organisation where we will be informing the people and local organisations about our activities and the Erasmus+ program.
The 10 Multi-Culti LOLIVERS!

- CYPRUS ORGANIZATION FOR SUSTAINABLE EDUCATION AND ACTIVE LEARNING (S.E.A.L)
  - Cyprus
- REGIONALAS ATTISTIBAS UN SOCIALO INICIATIVU ORGANIZACIJA PERSPEKTIVA
  - Latvia
- YOUNG LEADERS CZ z.s.
  - Czech Republic
- BALIK ARTS
  - United Kingdom
- ASOCIATIA SCOUT SOCIETY
  - Romania
- ASSOCIAÇÃO ACADEMIA CIDADÃ – AAC
  - Portugal
- ASOCIACION BUILDING BRIDGES
  - Spain
- ULUSLARARASI GENCLIK AKTIVITELERI MERKEZI DERNEGI
  - Turkey
- ASSOCIAZIONE SABBEEN
  - Italy
- LOLIVERS
  - Greece (Applicant Organisation)
The Participant's Profile

We share our experiences!
We bring our ideas!
To make it better than before!
So...the participants will...

1. Be 18+ (younger? Needs discussion...)
2. Be able to communicate in English, better than in Greek! (or Chinese for Greeks!)
3. Be well informed about the project and their expected contribution
4. Be attending the full length of the training course, being punctual to the daily schedule (very important!)
5. Have sufficient experience in projects with youth, making use of non formal and informal education methods.
6. Feel relaxed in a multicultural environment, embrace diversity, easily work in a team & follow all the measures and rules against COVID-19
7. Have proved experience to balance the less experience of the second participant in the country group if that is the case (no one excluded!)
8. Bring together ideas and material needed to form new project applications for the next coming deadlines
9. Be self-motivated to undertake and/or coordinate any project sub-action agreed
10. Love gyros and souvlaki, at least its vegan version
Accommodation

For our stay we chose LAKONIA HOTEL (https://www.lakoniahotel.gr/en/). The hotel is located in the most central road of Sparta. Rooms will be twin featuring balcony, view, telephone, satellite channels, flat-screen TV, air conditioning, shower, hairdryer, free toiletries, toilet, minibar and wake-up service. Free WiFi is available in all rooms. Breakfast is included.

If you are a couple, pls let us know asap to try for a double room.

Hotel address:
Konstantinou Palaiologou 89,
Sparti 23100
tel. +30 2731 0 28951-2

Food

Breakfast and snacks (during sessions) will be provided in the hotel. Most of our meals will be provided in a nearby restaurant.

We have the flexibility to choose among a list of dishes, even one day prior only. Participants with special food diet (vegetarians/vegans/allergies) should fill in the participant list to help us organise the menu depending their number.
We expect you to land in Greece at the following airports


→ Then… **bus or Metro to Intercity Bus Station “Kifisos”**

Unless you wanna visit Athens City center (metro (blue) line 3 or bus X95 which both go to Syntagma main square), you’d better get the shuttle bus X93. The reason is because it goes to the “Kifisos” Intercity Bus Station (approx. 1h 20min). Airport Bus stops are easily found between arrival exits 4 & 5.

→ **U get the intercity bus to Sparta** (approx. 3h)

Please check https://www.ktel-lakonias.gr/en/routes/item/1874-tropopolisi-dromologia-athina-01032021

At the time of writing this we found: Athens-Sparta: 8:15, 10:45 14:30 17:15

**Kalamata Airport** (code: KLX). Good luck with it…briefly checking it seems only München, Stockholm and Copenhagen airports have direct flights. Kalamata is 1 hour road from Sparta by car, but you would need to get a bus from the airport to the city of Kalamata and then another bus from Kalamata to Sparta (https://www.ktelmessinias.gr/en). If interested in this option, we’ll come in contact for more details.

Our national carrier is Aegean, Star Alliance member: www.aegeanair.gr

*In case most of you have flights close in time, we’ll explore the option of a bus from the airport to Sparta.*

<table>
<thead>
<tr>
<th>Regular EXPRESS bus ticket</th>
<th>€ 5,5</th>
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<tbody>
<tr>
<td>Discount EXPRESS bus ticket</td>
<td>€ 2,7</td>
</tr>
<tr>
<td>Regular Athens Metro Airport ticket</td>
<td>€ 9,0</td>
</tr>
<tr>
<td>Discount Athens Metro Airport ticket</td>
<td>€ 4,5</td>
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</tbody>
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For more details check the link: https://www.oasa.gr/en/tickets/prices-of-products/
Through Erasmus+ funds LOLIVERS will cover:

1. Accommodation
2. Food
3. Travel expenses *up to the following amounts per person:*

- **Italy** – 275 euros (2 participants)
- **Turkey** – 275 euros (2 participants)
- **Cyprus** – 275 euros (2 participants)
- **Romania** – 275 euros (2 participants)
- **Czech Republik** – 275 euros (2 participants)
- **Spain** – 360 euros (1 participant)
- **Portugal** – 360 euros (3 participants)
- **Latvia** – 360 euros (2 participants)
- **United Kingdom** – 360 euros (2 participants)

- Travel cost is paid by the participant. We reimburse the expense after the project (depending on the time of collecting back your final documents and time of receiving the money from Erasmus+).
- Participants who exceed the above amount, cover the difference themselves.
- Reimbursement is taking place only if original documents (receipts, invoices, boarding passes, etc.) are submitted.
- Taxi or other private transportation is not covered
- Reimbursement is done in Euros
- Reimbursement is done via bank transfer to the sending organisation
**TIMELINE of actions**

**Before**
- Fill in the online form for each participant: [https://forms.gle/T7UHEkBJ12evR4c57](https://forms.gle/T7UHEkBJ12evR4c57)
- Join our Facebook group: [https://www.facebook.com/groups/lolivers.GoodStart/](https://www.facebook.com/groups/lolivers.GoodStart/)
- Collect some material of past-good & bad-project practices and tools to share
- Develop some preliminary project ideas to suggest for submitting together
- Collect some games and group activities to do during the open event “EXPO”
- Disseminate the coming project!

**After**
- Keep the teamwork spirit!
- Finalise project applications!
- Submit project application!
- Participate in evaluation procedures!
- Disseminate the activity!
- Share ideas, practices, tools and develop projects.
- Present your NGO and ERASMUS+ during the open event “EXPO”.
- Coordinate some sessions.
- Participate in evaluation procedures to ensure best project results.

**WHAT TO BRING**
- Personal Medication
- Swimsuit? (in case only… for braves… if we get to the coast….)
- Food & more for the cultural night
- Presentation material of your organization and your country
- Material & ideas for group activities during the EXPO event.
Sparta

(Greek: Σπάρτη, Spárti) with a population of approx. 18000 inhabitants is a town and municipality in Laconia, Peloponnese, Greece. That's South Greece, It lies at the site of ancient Sparta. Today Sparta maintains its good design, boasting large squares and wide streets lined with trees, while many of the older buildings remain in excellent condition. The city of Sparta is the economic, administrative and cultural center of Lakonia. A key factor in the advancement of the city’s development is the operation of two departments of the University of Peloponnese and a department of the Technological Educational Institute. The centrally located main square is dominated by the most imposing neoclassical building in Sparta, the City Hall, built in 1909.

Climate

The city of Sparta enjoys a sunny and warm Mediterranean. Winters are mild and cool, while summers tend to be particularly hot. January mean maximum temperatures are around 14 °C while July and August mean maximum temperatures are around 36 °C. Sparta is notorious for its scorching summer heat; during July 2012 the city registered an average maximum temperature of 38.3 °C, making it Greece's highest monthly average maximum temperature to date.
Main sites

The theater of ancient Sparta with Taygetus in the background.

The city’s cathedral is at the southwest end.

The ruins of ancient Sparta lie north of the city.

The “Tomb of Leonidas” or Leonidaion, is a limestone structure of the late 5th century BC, likely a temple but named for Leonidas I in the 19th century, being the only ancient monument indicated within the limits of the newly-planned town in 1834.

MYSTRAS is a fortified city located 5Km from Sparta was created by the Franks in 1250. Until 1830 it was inhabited by the Spartans. What remains now is a UNESCO World Heritage Site.

Museums

In the center of the city is the Archaeological Museum. Built in 1874–76 it was the first Greek museum in a provincial city.

The Museum of the Olive and Greek Olive Oil in the South West end highlights the culture of the olive and the technology of olive production, 129 Othonos-Amalias Street.

Archaeological Museum of Mystras - Founded by Gabriel Lillianthal in the late 19th century.

The Manousakeio Museum of urban and folk life.

Koumantareios Art Gallery of Sparta & Angakis Art Gallery.

Sports

The Spartathlon has taken place every September since 1983. It is an 250 km ultramarathon starting in Athens and finishing in Sparta at the statue of Leonidas, with many international participants. The route is based on the great historian of antiquity Herodotus who described the details of the battle of Marathon and mentioned the deeds of Pheidippides, an Athenian messenger, sent by his generals to Sparta in order to secure help for the reinforcement of the scanty Athenian forces against the Persians. He covered the distance in 36 hours. https://www.spartathlon.gr/en/

Spartan Race

Is a leader in the sport of obstacle racing, offering three main race types: Sprint (5Km/20 obstacles), Super (13 km/25 obstacles) & Beast (21km/30 obstacles). More? Endurance Events: Ultra (50Km/60 obstacles), Hurricane Heat (3-4 hours of grueling team building), Hurricane Heat 12 Hour (12 hours of physically and mentally draining team and individual challenges), or the Agoge, a 60-hour event that builds physical, tactical, mental, and team-based strength through training, testing and evaluation. https://www.spartanrace.gr/en
Cheers! - Γεια μας! - Yia Mas!
Good morning! - Καλημέρα!
- Kalimera!
Hello! - Γειά σου! - Yia sou!
(also used as “good afternoon”:
Καλησπέρα/Kalispera)
Good night! - Καληνύχτα!
- Kalinichta!
Thank you (very much)!
- Ευχαριστώ (πολύ)!
- Efcharisto poli!
How much does it cost?
- Πόσο κοστίζει; - Poso kostizei?
Dude/mate/jerk/asshole:
Μαλάκα! - Malaka!
I love you!
- Σ’ αγαπώ! - S’ agapo!
(Extra Virgin) Olive oil
- (Εξαρτικό Παρθένο) Ελαιόλαδο
- (Exeretiko Partheno) Eleolado
Ur welcome! - Παρακαλώ!
- Parakalo!
Feel free to contact us at any time!

sealcyprus@gmail.com

https://www.facebook.com/sealngocy

https://sealcyprus.org/