



E-MAGAZINE FROM ICSD

ICSDZINE

Vol #2, JULY 2020

25
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Africa in Miniature
Biodiversity in Greece
Influence of cartoons

**Racism: Black
Lives Matter**

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Articles Editing - Elina Douvli

Magazine Creation - Claire Fragiadaki

BLACK LIVES MATTER

Over the last few days, racism became the hottest topic everywhere in the world. Despite this social scourge exist for a long time, it became a kind of pandemic that is difficult to eradicate.

By Susan MANYJO



**BLACK
LIVES
MATTER**



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Racism, Xenophobia, Antisemitism, Islamophobia, Homophobia or Sexism are all forms of discrimination.

”

Concerning the countries, each country has its own history about racism. We can take the example of France and USA. In France the racism always existed and is really present. It is easy to identify it as people with origins are affected by racism in different aspects of their social life. For example it is difficult to find a job with a high position for foreign-named applicants or even an apartment. In addition, many incidents happened when these people are arrested by the police. The police brutality already made a lot of victims.

There are not official numbers but it is said that more than 10 people died this way every year.

Due to this high number many people found out that the police is racist and that these people died because of their skin color and not because their actions.

These last incidents raised awareness and many protests were organized. The most relevant incident is the death of Adama Traoré. This young man died in 2016 in the police van after the policemen arrested him, while he was trying to escape the arrest.

Since then, his family did everything to gain justice and to know the truth surrounding his death. But none of the policemen included were arrested or detained.



Assa Traoré (in the middle) with other protesters



Protests holding photo of Adama Traoré



Victims in France

His sister Assa Traoré wrote a book in his memory and organized a lot of protests to obtain justice for his brother and all the other victims of police brutality.

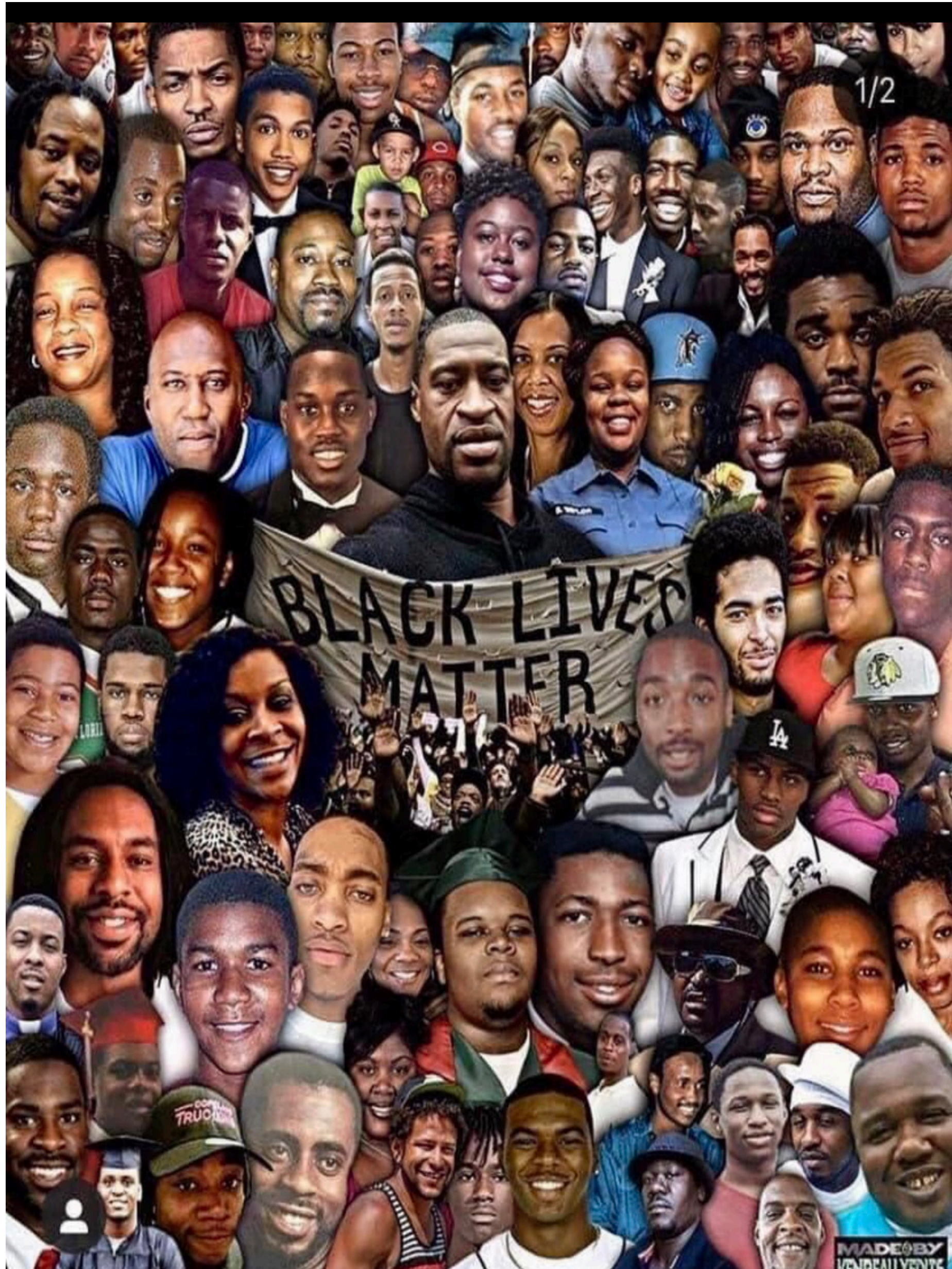
She became one of the symbols of this struggle.

It is said that racism became bigger during the 80s. Following this, in March 1983 was organised a movement for equality and against racism. It led to the creation of one of the most important anti-racist organization in France: SOS RACISM. But contrary to USA or other countries like South Africa France doesn't have any historic leaders concerning racism.

In USA, the situation is almost similar to France,

the exception is that the weapons circulate freely and the history of Black people in USA is deeply rooted in the society as they had some important leaders fighting for their causes. We could mention Martin Luther King, Malcolm X, Rosa Parks... as they are part of the biggest figures.

The recent death of George Floyd changed considerably the course of events as it raised awareness in the whole world and everyone felt concerned and not only black people. They were all interested in regardless nationality and color, against one problem: Racism. Many celebrities supported the movement while in France it was a little bit under silence.



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Several NGO's in the world fight also against racism and we can name Human Rights or Amnesty International among others. Also, we should not forget that we have the Universal Declaration of Human Rights made by the UN and adopted December, 10th 1948. The declaration was translated into more than 500 languages which is a worldwide record in the history of translation.

We can say that racism was something that humans created under different forms, and because some people thought they were superior to others. But only one thing is important ALL LIVES MATTER! Last but not least, to stop all this, it will have to start by the education.





BIODIVERSITY IN GREECE

By Tugce Gulesir



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Greece is a European country that covers an area of 132.000 km². The country, where the Mediterranean climate is dominant, became a shelter for animals in the ice age. Greece is rich in ecosystem diversity. It also has an important topographical diversity. Approximately 80% of Greece consists of mountainous lands. 20% of mainland is divided into islands. It is estimated that there are approximately 3.000 islands (over 9.800 including islets). But only 220 of these islands are inhabited. The largest island is Crete. Isolation occurred over time in the mainland of Greece due to the formation of islands. This has increased both biodiversity and endemism. Greece is one of the world hotspots in terms of endemism. 22.2% (1278 species) of existing plant species in Greece are endemic. For example; *Abies cephalonica*, known as Greek fir, is an endemic plant, primarily in

the Kefellonia and the northern mountains. Some living species have become endemic only for one or more islands due to the isolation of the islands. For example, *Lyciasalamandra helverseni* is an endemic salamander in the islands of Kasos, Karpathos and Saria in Greece. *Pelodytes cerigensis* (frog) and *Campanula carpatha* (pipe flower) are endemic species isolated on the island of Karpathos in Greece. *Paeonia clusii* (herbaceous peony) is an endemic plant species belonging to Rhodes, Crete and Karpathos.





There are 3 climate types in Greece, namely Mediterranean, mountain and temperate generation. The richness of ecosystems has also led to vegetation diversity. There are 6 types of forests in Greece:

1. Temperate forest types of Europe
2. Mediterranean deciduous forests
3. Mediterranean evergreen forests
4. Alpine and subalpine conifer forests
5. Mediterranean mountain conifer forests.

It is known that there are approximately 6.600 plants, 557 fish (447 saltwater and 110 freshwater fish), 79 reptiles and amphibians, 436 birds, 116 mammals and 24.747 invertebrates in Greece. Although there is sufficient information about vertebrates, invertebrates are still filled with unknowns for Greece. Detailed research on invertebrates in Greece is needed.

Cotylorhiza tuberculata is an example of the living species (Cnidaria) in Greece. This species, which is commonly found in the Mediterranean, Aegean Sea and Adriatic Sea, is quite poisonous.

Gen bank was established in Greece in 1981. The genetic information of living things such as endemic organisms, important medicinal plants and livestock are kept in this bank.

Overfishing caused by unconsciousness caused some species to be endangered. Sea urchin, silkworm, rabbit, wild boar and marsh frog are examples of these endangered species. Due to a common dish with fried frog legs, which is on the menu of many restaurants in Ioannina, a large number of marsh frogs were destroyed. In addition,

60% of the wetlands in Greece were dried for reasons such as fighting mosquitoes. For example; Lapsista lake in Epirus. However, the reduction of wetlands has adversely affected many ecosystems. This situation led to a decrease in biodiversity. Habitat loss, modification, habitat fragmentation, climate change, soil, water and air pollution, biological invasion and forest fires are the most important threats to biodiversity in Greece. In the 2009 edition of the red data book, 258 plant and 468 animal species are reported to be in danger in Greece. Carette caretta and Mediterranean monk seal (*Monachus monachus*) are also included.

The rich biodiversity of Greece is also reflected in its mythological elements. Olive, for example, is a very important part of Greek mythology. According to mythology, it is believed that Athena was the first goddess to bring the olive tree to Greece. It was frequently used as a motif in coins in ancient times. Today, olives still exist among the important livelihoods of Greece. Similarly, the owl, identified with Athena, represents wisdom and is considered the symbol of Athens. For this reason, it was used as a motif in coins.



Resources

Convention On Biological Diversity, 5th National Report of Greece. (2016). Executive Summary, 1-72.

Legakis, A., Constantinidis, T., and Petrakis, P. V. (2018). Biodiversity of Greece. Global Biodiversity, Chapter 4, vol. 2, 71-124.

INFLUENCE OF CARTOONS

How much can an ordinary cartoon influence the behaviour and thinking of children.



By Melike Kisa



Mass media is one of the industrialized tools of communication. Mass communication is a form of communication shaped by the press, radio and tv called mass media. In this direction, various products are emerging. These products, which are called messages, have specific purposes. The messages given by mass media consist of meticulous information. With the developing technology, these messages are spreading around the world and affecting the masses quickly.

Mass media are the structures that produce mass culture. Media is the most important component of the industry's production and marketing tools. The media, which touches all aspects of social life, has become widespread in schools. Creating and teaching culture is of great importance. Culture means that human beings will understand the past and walk confidently to the future. Culture is controlled by mass media. Mass media made people passive audiences. Television channels often make directing broadcasts. Everyone is affected by the directing publications, as well as children. The effects of animation and cartoon publications on children are an important issue.



Looking at the history of humanity, it is possible to take the basics of cartoons to cave paintings. In the cave paintings of 3000 thousand years ago, animal movements were animated. The drawings in the Altamira cave are a good example. It is possible to find the first animation examples of human history in this cave.

The harmony of shadow play to modern animation techniques was discovered in the 1920s. German revival Lotte Reiniger made successful animated films with a technique adapted from Chinese shadow plays. According to the general view, shooting of cartoons started in 1991.

As a result of the interest and excitement shown in animation films, many animation companies were established in the early 1900s in America. The character Cat Felik (Felix the Cat) made in 1920 was created and animated by Otto Messmer. Felix, who was very popular in those years, was the first star character. The new star, which would



take Felix from his throne, would set a throne in the hearts of people not only in America but also in the world in the 1930s. This star is Mickey Mouse, born and developed in Walt Disney studios.

In addition to his talent, he has planted the seeds of Walt Disney studios, the largest and most successful company in the animation and film industry he founded in 1923, with his commercial intelligence and foresight. Walt Disney created Micky Mouse, the most famous cartoon character known worldwide, in 1928. Although the inventor of the cartoons was not Walt Disney, the animation was commemorated with Disney. Disney's growing growth in the entertainment industry has been thanks to its country's support.

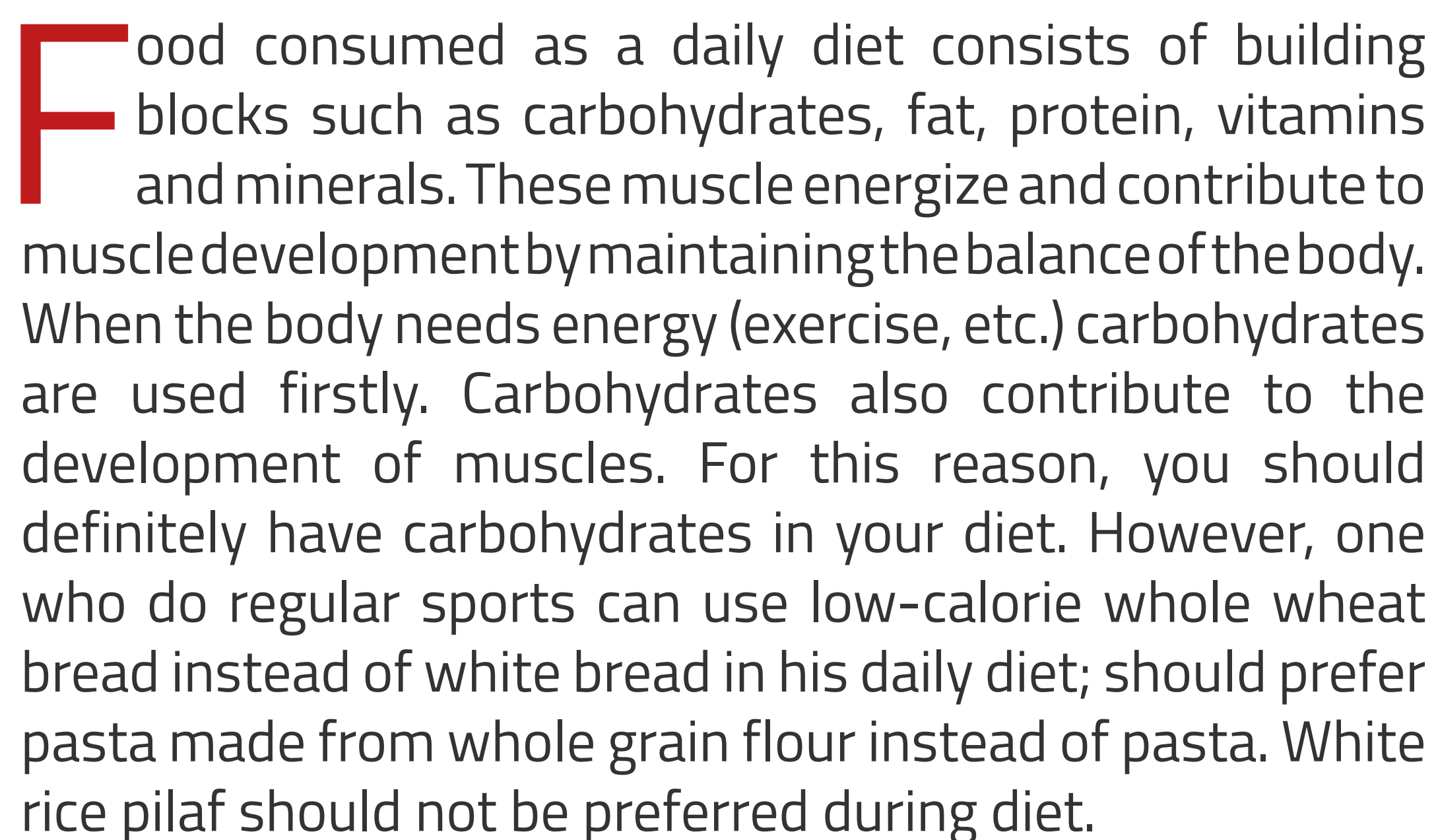
In this developing age, life has become unthinkable without mass media. Media is seen all over social life. The media records a large number of images in people's brains. The media dominate the imagine as well as the people's brains. The media offers people a life between reality and imagination. Fairy tales and books started to lose importance when the media started to take place in children's lives rapidly. Because now there is no need to read the seven dwarfs and cotton princess fairy tales. It is already being watched in cartoons.

We are heading towards the world of ready knowledge, ready thinking and ready imagine. Getting into the minds of children is very easy with cartoons. For example, on the news that superman will be killed, the people of the US Metropolis experienced great panic. Cartoons are so real in people's imagine that people don't want to lose them. This event shows that, together with children, adults are affected by cartoons.



As a result, it is very important that children watch and learn at a young age when their perceptions are clear. Children are exposed to information of the media. Therefore, correct information is essential for cultures to continue. It should be ensured by their families that children do not get caught up in the imagination in their cartoons. The children of our future should be kept away from the clamps of the media by their families. Because children are the group most affected by the media.

Three overlapping parallelograms, each outlined in red. They are arranged in a descending sequence from left to right, with the first parallelogram on the left, the second in the middle overlapping the first, and the third on the right overlapping the second.



Some vitamins taken into the body with food need fat to dissolve. Fat is one of the main energy sources of the body. Fats found in foods such as fish, olives, nuts and avocados are essential and healthy oils for the body. These oils provide many benefits such as the protection of the nervous system and the regulation of hormones. However, trans-fats that cause many diseases, especially heart diseases and diabetes, should never be consumed. Trans-fats are especially found in products such as fast food, junk food (chips, cakes, cookies, etc.) and frozen pizza.



HEALTHY FOOD PYRAMID



It is very important to consume protein in your diet to maintain the fat-muscle ratio in your body. While protein provides the muscles in your body to develop, it also causes you to burn fat during exercise. Foods such as milk, meat, fish, chicken, eggs, legumes, peas, broccoli, spinach and nuts (raw almonds, raw nuts, raw cashews, etc.) contain high levels of protein. About 40 grams of protein and easily digestible carbohydrates can be consumed 30 minutes before doing sports. These will provide energy to the body and increase the amount of muscle over time. But after the sport, the ones that are renewed in the first 30 minutes called "Golden Time" are very important. This is the most important meal that will contribute to muscle development. Carbohydrate and protein (about 50 grams) can be preferred. However, carbohydrates should not exceed 100 grams.

Besides water is of vital importance for our body, approximately 70% of the human body consists of water. Water consumption contributes to digestion and facilitates fat burning. At the same time, abundant water consumption ensures the removal of toxins from the body. Plenty of water should be consumed during exercise. The amount

of water to be consumed daily differs from person to person. But generally 2.5-3 liters will be enough. If vegetables and fruits such as lemon, peppermint, cucumber and grapefruit are thrown into the water, after being waited for a while they will show a detox effect and will be more effective in burning fat.

Consuming high fiber foods is important for health. The human body cannot digest the fiber. But consuming fibrous foods helps the digestive system to work and regulate. For this reason, you should definitely add foods such as beans, peas, oats, bananas, apples, carrots and almonds to your diet. For example, you can make your meal healthier by adding legumes such as boiled beans and lentils to the salad.

Balanced and healthy nutrition is very important. Breakfast is a must-have meal for a healthy diet. For a low-calorie breakfast while doing sports, 2 slices of whole grain wheat bread, 1-2 boiled eggs, tomatoes, cucumbers, peppers, olives and half-fat cheese can be preferred.



You should eat less but frequently during the day. For example, you should make 3 main meals and 3 snacks. In main meals, you should consume protein sources such as boiled chicken or grilled fish as well as foods that will contribute to your digestion such as salad or yogurt. You can consume some legumes by adding them to your salads.

You can consume milk, kefir, nuts or fruit at snacks. The fruit should not be consumed more than 2 number a day due to the high sugar it contains. With the Omega-3 oil and nutritional value it contains, you should definitely consume walnuts in your diet. Avocado must be consumed because of its natural oils and nutritional value. But, it should be consumed 1-2 times a week as it will cause excessive fat intake.



You can consume 1-2 dates of palm in the snacks to suppress your sweet wish. If this is not enough for you, you can also eat some dark chocolate. Since dark chocolate has antioxidant properties, it is believed that healthier than other chocolates. But you should be careful not to over-consume.

Mulberry consumption accelerates the metabolism by activating the brown adipose tissue (adipose tissue producing heat in the body).

Therefore, it helps fat burning. It can also be consumed in mulberry molasses or mulberry extract form. You should stay away from sugary instant foods and carbonated drinks

while you are doing sports. Carbonated drinks contain a large amount of sugar. Sugar causes many negative effects on the body. In your diet, you should take care to consume sugar as little as possible.

As long as you eat a balanced and healthy diet, you can easily maintain your ideal weight. Of course, you should support this by doing regular sports. But it should not be forgotten that the duration and shape of every person's weight loss is not the same. Not all diets are suitable for everyone. You can know your body best. Only you can decide what is right for you. But without deviating from the health path, the decision is yours!



ERASMUS PROGRAM COMBINING CULTURES

By Melike Kisa



The basis of the differences between cultures is not only based on the geography, language, belief, eating habits of a country, it is closely related to the perceptions, values, attitudes and behaviors of those who adopt the culture of that country. Multiculturalism is the consideration of ethnic and religious cultural differences in reciprocity. It creates a new understanding of culture in multiculturalism. Different cultures open each other's horizons. It saves you from being trapped in a culture. Multiculturalism in a globalizing world requires the public to be prepared for different cultures to come together.

Hexelschneider (1988: 127-128) also stated that intercultural communication can be a way of eliminating the prejudices of nations towards

each other, thereby leading to world peace. It is seen that the globalization process, which has many dimensions, especially economic, political, cultural and ideological, has significant results in different fields. One of these results is the internationalization process in rapidly increasing education. Therefore, the ERASMUS program implemented by the EU can be considered as one of these results. European Union Education Programs, known as philosopher names such as Socrates and Erasmus, support the development of awareness of respect and tolerance by ensuring that young people from different cultures fuse through dialogue. Erasmus program, which is an EU program to encourage higher education institutions to cooperate with each other, is a program it uses.



Desiderius Erasmus (1469-1536) is one of the greatest representatives of the humanism movement that emerged with the Renaissance. It tied the spread of fine arts and sciences to have a common understanding of art and science in Europe. Erasmus believed that wisdom can be achieved by staying true to the spirit of the Bible, as long as there is no bigotry. His political thinking includes finding common good and peace. Erasmus has been considered as a suitable name for the program due to its contribution to the unification of Europe under a common art and science umbrella and its influence on the educational philosophy of its era. For this reason, the Erasmus program aims to develop joint cooperation.

The aim of this program is to contribute to science and progress. The Erasmus Program, which started in 1987, has completed its 33rd year this year and has been used by approximately 10 million students. Numerous volunteer organizations also support this program. ICSD is one of these organizations. ICSD carries out awareness-raising activities in the field of sustainable development. It organizes many events and seminars. ICSD, which hosts a large number of volunteers, takes part in important forward-looking projects.



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To know, is to know that you know nothing. That is the meaning of true knowledge.

Socrates

”

As a result, philosophers of the history of thought have always made an effort for the development of humanity. According to Socrates, one of these philosophers, virtue (Arete) is the act of something in accordance with its nature. The virtue (Arete) of man is happiness. According to him, happiness happens with knowledge. Socrates says only the person who knows will be happy. Virtue is knowledge. Knowledge brings happiness. According to him, virtue, knowledge, happiness and right life are interconnected. In this context, it would be correct to say that the experience and knowledge in Erasmus Programs lead people to happiness. The Erasmus Program on the way to Socrates contributes to the students' and futures. This is important because a moral life requires knowledge.

FRANGREEK

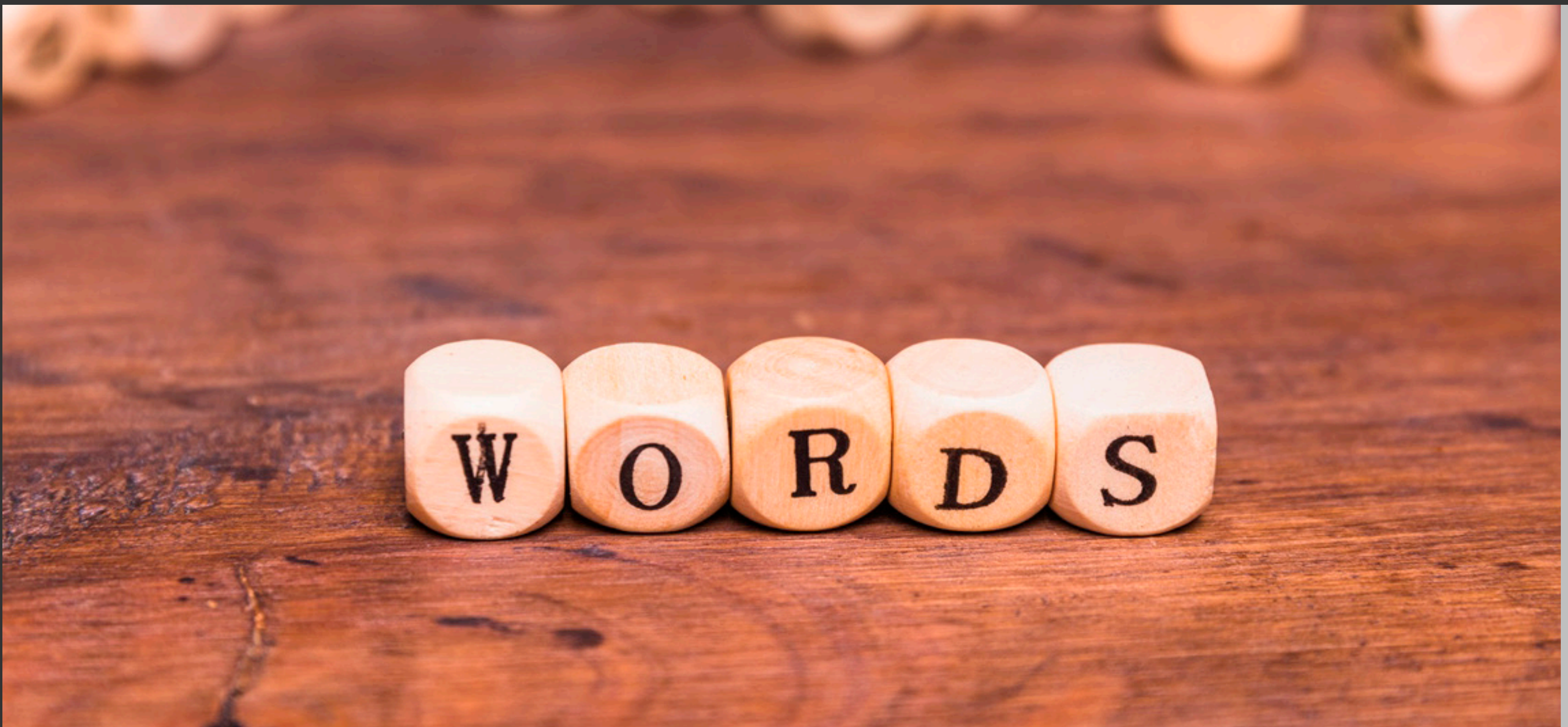
By Susan MANYJO

French people talk greek everyday without knowing it. Indeed most of the words have roots or are directly borrowed by the greek language.

It is said, according to recent studies that 10 % of the language is from the Greek language! Indeed the french language has directly and indirectly Greek words in its vocabulary which helped a lot to build the language. A lot of similarities can be noticed in these two languages.

But beyond France, the Greek language is also presented in most of the European languages. It contains various words in different fields (scientific, medical, political...)

We can say that millions of people speak Greek without realizing it.



ANCIENT GREEK WORDS

Echo
Chaos

WITH GREEK ROOTS

Anthropologie (anthropos)
Démocratie (démo / kratos)

WITH GREEK SUFFIXES

Anarchie (arkhé)
Microscope (scopein)

WITH GREEK PREFIXES

Biographie (bios)
Xénophobie (xénos)



AFRICA IN MINIATURE

By Susan MANYJO



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Cameroon is a central African country. Its capital is Yaounde and the official languages are French and English. And we can add to this, more than 300 local dialects. The economic capital is Douala, which is also the biggest city of the country.

This country is nicknamed “Africa in miniature”.

It is said that it has all the landscapes you can find in the whole continent. You can also find diverse climates, people and cultures. The Cameroonian national football team called “indomitable lions”. This country is very famous in the continent and also internationally. Samuel Eto’o and Roger Milla are among the most famous players of the country. Despite the fact that country is not a very touristic destination, has a lot to offer to all the visitors. Indeed in Cameroon, you will be stunned with all you can discover in this amazing country. The country

is rich in different things. You can see waterfalls in Nkongsamba - Melong, admire the beach of Kribi, observe a volcano or find out more about the traditional huts. For nature lovers, in Nkongsamba, there is what is called the twin waterfalls. “Ekom Nkam waterfalls” are two breathtaking waterfalls. There is a male and a female. But the female one only flows when it is the rainy season while the male one flows everytime. This landscape was used to shoot some scenes from the “Greystoke” movie.



Alongside with this, you can make a detour to Yaoundé and Mundemba regions, where you will find natural beauties, regarding a natural park and a safari. The Korup national park is well-known in Cameroon as it has a big flora and fauna. This forest has more than 1700 plants species and other different animal species such as snakes, bats or leopards. The forest is said to have more than 60 millions years, which make it the biggest African forest and one of the oldest in the world. It is listed at UNESCO.

To pursue, you can go on a safari. The Méfou national park pools are the biggest wildlife sanctuaries of Africa. There you will meet monkeys, lions, giraffes, hippos....

Another special feature of the country, is the Mount Cameroon. This volcano is still active and sometimes called "Cameroonian mountain". It is located in the Boua region. The volcano is the second highest in Africa (more than 4000 meters) and is possible to climb it by having a guide. You will need two days to climb and only one day to return. If you are interested in trekking, you can find many shelters on the way. There is also another mountain in Cameroon which is called Manengouba. This mount is smaller but has the particularity to possess two different lakes. It is in the Littoral region. One lake is male and the other is a female one. Their water colors distinguish them. The male lake has a green color and is smaller, it symbolizes strength and power. The female lake has a blue color and symbolizes the growth.

If you want to know more about the history and traditions of the country you should visit the museum of civilizations in Dschang. The museum is divided into six different parts and on the shore of a lake.

You can also visit the Chiefdom of Bandjoun which is a big alley with traditional huts. The museum among all the huts presents objects related to the myths, religion and culture of Bandjoun.

On the seaside you can relax on the beautiful beaches of Kribi.

As you can understand Cameroon is a rich country with a lot of different landscapes, monuments or cultural heritage. The people who will visit this country will be impressed. Despite the lack of mass tourism the destination worth it and has to be more discovered than read.



SULTAN'S BAMUN'S PALACE

It is the headquarter of Bamun's kingdom. This is where is established

El hadj Ibrahim MBOMBO NJOYA, king of the Bamun's people. There is a museum next to it that people can visit in order to learn more about the Bamuns' people and the history of one of the oldest palace in Africa. It is located in the Noun region.



REUNIFICATION MONUMENT

Is located in Yaoundé, the capital of the country.

This monument was built during the 1970s, and it is the symbol of the reunification of the two parts in Cameroon. Indeed during the colonization the country was divided into the British part and the French part. The monument was established when the country became independent and the two sides united again.

IVORY COAST : THE COUNTRY OF ELEPHANTS AND CACAO

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By Susan MANYJO



Ivory Coast is a western African country. Its capital is Yamoussoukro and its economic capital is Abidjan. The official language is French. The country was named after the trade of ivory in this region.

It is the first country that produces cacao. More than one million of tons.

In the country there are a lot of elephants as well. But there are many endangered species as many people practice poaching.

Ivory Coast is very famous in the African continent for their football national team, which is called the elephants.

Ivory Coast is a very famous touristic destination in Africa, as the country has been developing a lot during the last few years. The economic capital is even sometimes nicknamed "little Miami". For all the people who are interested to visit and venture in the country you will find beautiful cities with natural landscapes, beaches, traditional cities and even national parks.



▲ Abidjan

▼ Bouaké



◀ Assanie bay

Let's start with Abidjan. Abidjan is the city you must visit travelling to IC. This city is a combination of modernity and traditions. The city is modern and developed, as is the economic capital of the country. This city is frequently visited and attracted. You can visit forests, stay on the shore of a lake, chill in the downtown, and eat a nice meal in a "maquis". A "maqui" is a typical restaurant in the French-speaking Africa where you eat and socialize as well.

The third economic city of the country is Bouaké. This city is mostly surrounded by villages. You can find out a lot of cultural sites. It is highly rated for organising carnivals.

But if you prefer to relax and enjoy nautical

activities, you can visit the Assanie bay, that has a wonderful beach and splendid palm trees.

For those who are more interested about culture there are several historical cities.

Grand Bassam is one of them and has even a fishing village. It was a colonial town built according to a special scheme.

Considered as the old capital economically and judicial, it was the central point of the trade between Europeans and Africans.

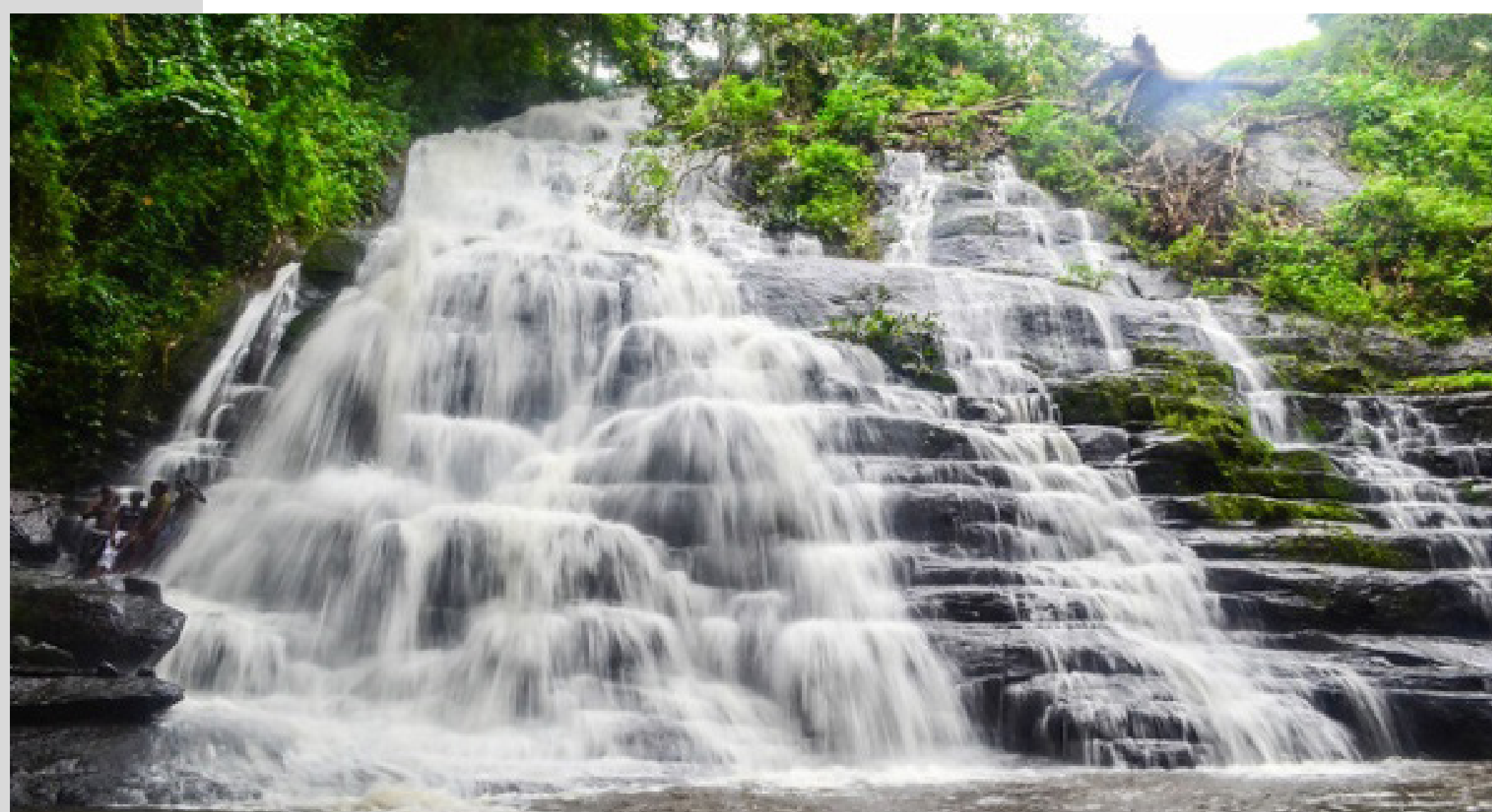
Also, you visit Khorogo with its multiple street demonstrations and sculptures in the famous market and the city of Kong, that was the old capital. Kong has five mosques.

Regarding other preferences there is Man, a city in the western area, that is nicknamed “the city with eighteen mountains” as it is surrounded by several mountains and huge rocks. The city is distinguished among all the cities in the south as it has a lot of natural sites, and different species of monkeys.

Furthermore, there are three famous national parks which will impress the visitors with its unique features. The Taï national park is located next to the Liberian border. This park is the rest of the biggest primary tropical forest of western Africa. There you can find different animals and plant species and also some rare mammals. Equally Sassandra has a natural area. It was as Grand Bassam a colonial city and a very important port for trade. There you can swim and visit the lighthouse. There is a chance to stroll on the arc bridge (Weygand) of Sassandra. This place became a very famous touristic point.

The Comoë national park is one of the biggest in western Africa, and as the Taï national park has large biodiversity and is provided for ecotourism.

IC has a lot of potential but is a little more undeveloped in terms of infrastructures than other African countries. You will be delighted by the energy and atmosphere of the big cities and enchanted by the traditional cities. Travelling to IC is a beautiful journey to plan and interesting to tell.



SUMMER HOLIDAYS AND COVID-19

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BY ELINA DOUVLI

Travelling is a lively activity and is often close to the heart of many individuals. However, the severe outbreak of the COVID-19 pandemic has left people in a distressing state, and limited all traveling activities. If you are scheduling a traveling trip, then make sure that you are in line with the safety measures. To guarantee your well-being, follow these steps for your travel plan to evade contracting the COVID-19 virus.

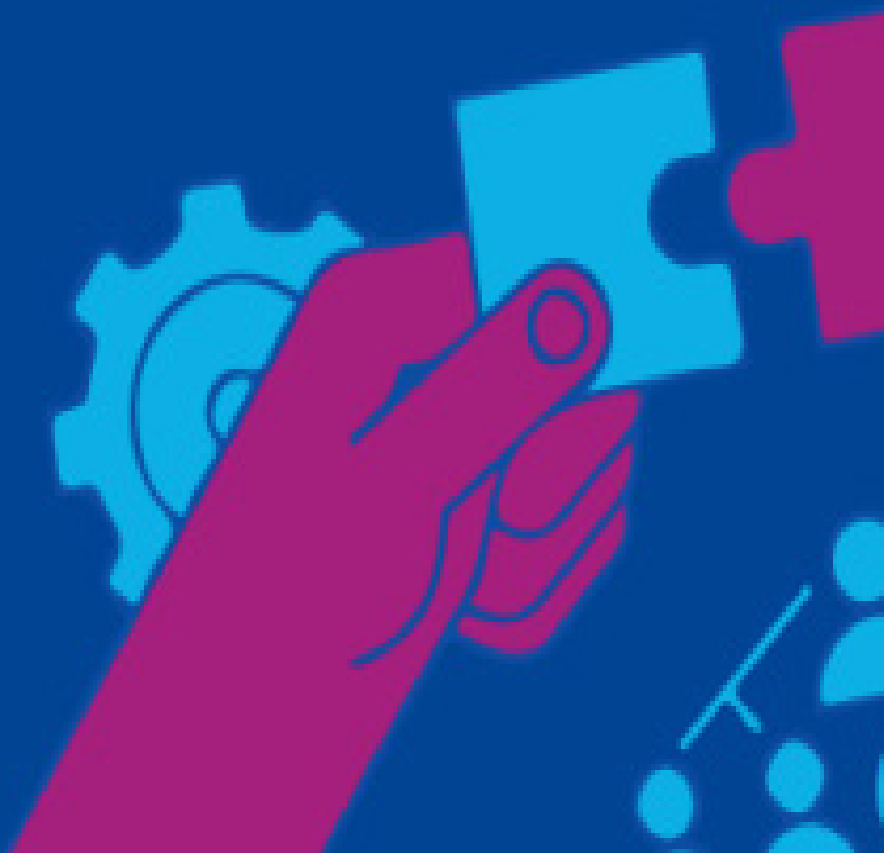


TIPS FOR SAFE SUMMER

- Swim in the seawater or pools that are chlorinated
- For your payments, use contactless cards or prepaid products online.
- It is recommended to use a mask and gloves by everyone as the risk of virus spread is minimal.
- Travel with car with few people, but if public transportation is needed, use precautions.
- Check in and check out at the hotel is important, so there is enough time for cleaning and disinfecting rooms.
- Limit the use of common objects.
- Inform yourself about the destination, so that we do not have to stay in a hotel limited due to quarantine.
- As for flights, check in and booking tickets will be good to do online and have hand luggage



EUROPEAN
SOLIDARITY
CORPS



EUROPEAN SOLIDARITY CORPS

What is the European Solidarity Corps?

The European Solidarity Corps is the new European Union initiative which creates opportunities for young people to volunteer or work in projects in their own country or abroad that benefit communities and people around Europe.

You can register for the European Solidarity Corps when you are 17 years old, but you cannot start a project until you are over 18. European Solidarity Corps projects will be available to people up to the age of 30 years old.

After completing a simple registration process, European Solidarity Corps participants could be selected and invited to join a wide range of projects, such as helping to prevent natural disasters or rebuild afterwards, assisting in centres for asylum seekers, or addressing different social issues in communities.

Types of Activities

Individual volunteering lets young people participate in the daily work of organisations and lasts

between 2 and 12 months, and in some cases, 2 weeks and up.

Volunteering teams are groups of 10-40 young people from at least two different countries who volunteer together for a period of between 2 weeks and 2 months. The costs of accommodation and food are covered. Participants also receive a small allowance for personal expenses.

Traineeships count as full-time work practice and last between 2 and 6 months – renewable once. They are paid for by the organisation responsible for the traineeship. Trainees develop their personal, educational, social, civic and professional skills.

Jobs are full-time and last between 3 and 12 months. They are paid for by the organisation employing the participant.

Solidarity projects are initiated, developed and implemented over a period of 2 to 12 months by at least five young people who want to make a positive change in their local community.



WE BELIEVE

EQUALITY - SOLIDARITY - DEVELOPMENT

“

*The first step in the evolution of ethics is a sense
of solidarity with other human beings.*

Albert Schweitzer

”