



**SEA
THE**

CHANGE

**A
GREEK-GERMAN
YOUTH EXCHANGE**

**FROM
05.07
TO
16.07**

**2022
IN
STRATONI
CHALKIDIKI
(GREECE)**



ABOUT THE EXCHANGE

Number of people: 15 from Germany; 10 from Greece

The “Sea the change” youth exchange is aimed at young people aged 17-27 from Greece and Germany, and will take place at Stratoni in Chalkidiki.

The location, although not touristy, has become known in the last 10 years for the rare colony of seahorses that attracts scientists from all over the world. The fact that the population of the seahorses of Stratoni remains in this maritime zone on a permanent basis, is – according to scientists – a rare and unique phenomenon, not just for Greece but also internationally.

During the program, the participants will have the opportunity to be informed about the marine species and biodiversity of the area, and will deal with the protection of the environment and especially the sea and the beaches of the region of Chalkidiki.

They will also assist the local team of volunteers in the construction of ecological info kiosks for the seahorse as well as in the cleaning of the beaches.



ABOUT STRATONI



Stratoni is a large coastal village in northern Chalkidiki which is 100km from Thessaloniki. The village is an alternative destination with great interest for exploration, since the central area has beautiful beaches and gorgeous landscapes.

The main temple is dedicated to St. Barbara. There are also two chapels, St. Nicholas and St. Theodore. In the settlement there are a medical office, some schools, a pharmacy and a supermarket.

Stratoni is located close to famous destinations of Chalkidiki, such as Mount Athos, Amouliani Island and Polygiros. Close to Stratoni there is also a beautiful village called Olympiada which belongs to the Municipality of Aristotle.



ABOUT ARISTOTLE'S PARK



Aristotle's Park, a unique theme park of Chalkidiki, is located in a most beautiful area with a marvelous view towards the Gulf of Ierissos and the whole peninsula of Athos.

The park is dedicated to the famous Greek philosopher, Aristotle, and includes a series of interesting instruments which - when used properly - will show the phenomena of nature. These experimental instruments, operating by rules of physics are mentioned in Aristotle's textbooks and especially in the one called "The Naturals".

The 12 interactive instruments include a prism, optical discs, a water turbine, a telescope, sounding bars (pentaphone), a compass, lens, a solar clock, the alarm clock of Aristotle, inertia spheres, parabolic reflectors and a pendulum.



ABOUT ARNAIA



Arnaia is a traditional small town which was built on the Holomontas mountain at an altitude of 600 meters. It is located 70 km away from Thessaloniki.

Beautiful houses and buildings remain intact and consist of distinctive traditional Macedonian architecture. Therefore, Arnaia is characterized by the Ministry of Culture a "Historical place" and "Traditional Settlement." A walk through the narrow cobbled streets will be a unique experience. On your walk, you will see The Mansion of Arnaia which nowadays hosts the Historical and Folklore Museum.

Arnaia attracts tourists during the whole year because of its beautiful forests. Many visitors walk the trails through the lush green mountains and enjoy nature and fresh air.

15 km away from Arnaia there's a place called Stagira, the birthplace of philosopher Aristotle: it hosts the park of Aristotle.



ABOUT DRENIA ISLANDS



The Drenia islands are an archipelago of 6 different islands, formed close to Ammouliani island.

The largest island is Artemis island, or Elia island (called this way because of the olive trees that grow on the island); then there are Penna island, Diaporti island (which is the island closest to Ammouliani), Palamari island, Nytha island, and Pontikonisi island.

The Drenia islands used to be called the donkey islands, because people used to bring their aging donkeys to the islands, after a lifetime of work.

The islands are full of sandy shores, and they're famous for their crystal clear waters and for being good hiking destinations.



INFORMATION FOR PARTICIPANTS

Transportation

We will organize a group pick up by private bus from Thessaloniki to Stratoni on the afternoon of the day of arrival, depending on the time of the arrival of all participants. The same bus will take you from Stratoni to Thessaloniki in the morning of the departure day.

Accommodation

Participants will be hosted at the Municipal Hostel of Stratoni. They will be accommodated in big rooms of 8 - 10 people according to the gender of the participants. All rooms have an air conditioner, and single or bunk beds.

Meals

Participants are going to lunch and dine in local restaurants, having the opportunity to try Greek traditional dishes. Breakfast will be self-served in the hostel.

What to bring

- Any medicines that you are regularly taking or prescribed, as well as any medicines for fevers/emergencies;
- Thermos bottle and backpack (recommended for the hot weather and excursions);
- Masks (mandatory indoors);
- Towels;
- Working gloves.

Since the weather is going to be warm, also bring:

- Sunglasses;
- Sunscreen;
- A hat with a visor, to protect your face and eyes from the sun;
- A light jacket, to protect your arms and chest from the sun;
- A lotion to use in case of sunburn.



DAILY SCHEDULE

TUESDAY 05/07

Morning: Arrival in Thessaloniki, transfer to Stratoni, Chalkidiki

Afternoon: Welcome!

WEDNESDAY 06/07

Morning: Name games, team building, daily program, rules, Q&A

Afternoon: Getting to know the area and facilities

THURSDAY 07/07

Morning: Greek German language animation

Afternoon: The sea: is it in danger? The example of the seahorse in Striatoni

FRIDAY 08/07

Morning & afternoon: Building ECO houses for the sea horse info point

SATURDAY 09/07

Morning & afternoon: Building ECO houses for the sea horse info point

SUNDAY 10/07

Morning & afternoon: Building ECO houses for the sea horse info point

MONDAY 11/07

Morning & afternoon: Building ECO houses for the sea horse info point

TUESDAY 12/07

Morning: Workshop on raising awareness through social media

Afternoon: Movie screening: Plastic Ocean

WEDNESDAY 13/07

Morning: Excursion to Aristotle's Park and Arnaia

Afternoon: Excursion to the Drenia islands

THURSDAY 14/07

Morning: Preparation for local activity

Afternoon: Local activity

FRIDAY 15/07

Morning: Video lab for dissemination

Afternoon: Evaluation and next steps for the future

SATURDAY 16/07

Morning: Departure

Arbeit und Leben

NORDRHEIN-
WESTFALEN



EUphoria
youth lab

DGJW ERIN