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1 Magazine

2020

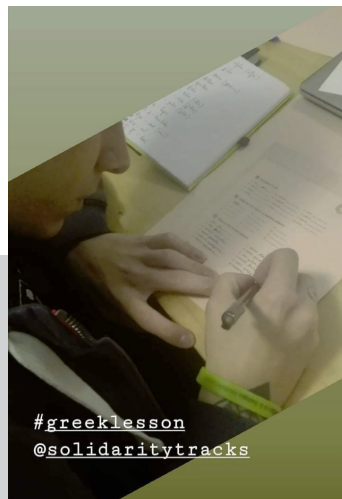
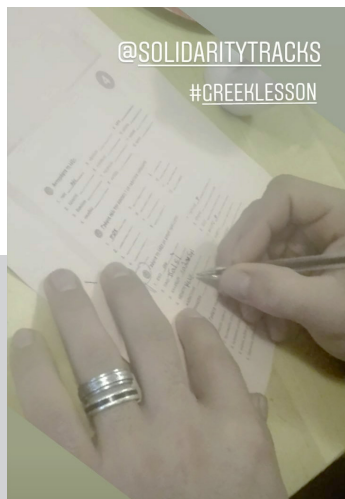


outh e-patrimony

Learning tool

Initiatives





Initiative 1

Title of initiative: Greek lesson about language, history and culture

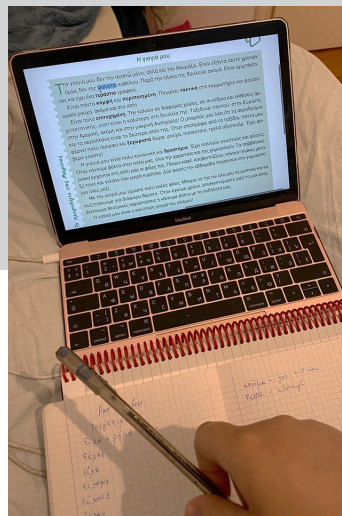
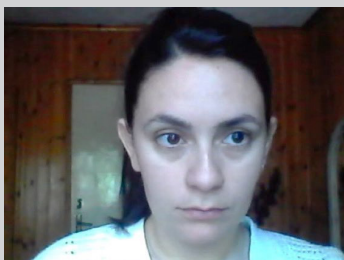
Promoter: Solidarity Tracks, Ioanna Livitsanou, Lefkas, Greece

Description: The Greek course started as an initiative of our organization to help our long-term volunteers to socialize and integrate faster into the local Greek society. The Greek language course was a compulsory solution for some of our volunteers who came in contact with local residents every day to carry out their activities. For example, some of our volunteers work with the residents of the elderly care centre, while some others organize and prepare workshops on various topics, mainly for the locals, so they had to know the basics of the Greek language so that there is better interaction with the local community.

The Greek language course was extended to a more general Greek culture lesson, due to the fact that many foreigners living in Lefkas, but also local young residents, wanted to participate and learn more about their host country. So, we organized three lessons per week, two on the Greek language and two on Greek history and culture. At the moment, due to the current situation and the imposed measures of the quarantine, we implement all the lessons online.

Impact: The results of this course are very encouraging, as our long-term volunteers are really interested in making the most of their time in Greece by learning as much as possible about it. They feel more confident and more independent in moving to the local community, as they can communicate with the locals. Also in terms of Greek culture, which is taught in English, it attracts, in addition to volunteers, several foreign residents of our island who have never had the opportunity to learn more about the country they live in and who can now better understand elements of Greek culture.

Links: <http://www.greek-language.gr/certification/tests/index.html?tid=1>
<https://join.skype.com/pZ21y68SEiMU>



Initiative 2

Title of initiative: “Turn on the Radio and off the smartphones!”

Promoter: Italy, Youth Forum of Maiori with the support of Acarbio

Description: A local Radio Show... as an ESC solidarity action for civic engagement! The Youth Forum of Maiori (Amalfi Coast), Italy hosts a radio show talking about local topics. Having started already some years ago through doing podcasts, the Web-Radio by now runs 2x a week for 60-120 min in live broadcasting (and also streaming on Facebook). Recently, they also entered in a collaboration with the Radio of the Amalfi Coast “Radio Divina FM”, leading a weekly segment on Sundays. Together with Divina FM, they broadcasted recently also from the Carnival of Maiori in 2020.

The upcoming year will be a special one for the young people – they got their project supported as a Solidarity Action by the European Solidarity Corps for 12 months between 2020 and 2021. They will use this chance to firstly make a training course for local youngsters to acquire digital and radio phonic skills and secondly also extend the local topics they cover and the engagement of the local population. The aim of the project is to introduce young people to radio broadcasting/journalism and promote active citizenship. The association ACARBIO will support them in the project management in the context of the European Solidarity Corps.

Impact: Youth engagement for youth, professional skills building and solidarity community building! We from Acarbio love this project, because it has it all. The youngsters will be able to cultivate their project, create solidarity actions, connect and involve the community, build up their skills, and share this in form of a course and small stories with more young people of their area.

Links: <https://www.facebook.com/fdgmaiori/>



**FORUM
DEI GIOVANI
Maiori**



Initiative 3

Title of initiative: The Beating Heart of Rural Transylvania

Promoter: Youth Association from Transylvania – Romania

Description: It is a European Solidarity Corps activity within a larger project, where volunteers from the EU come to Romania to discover and describe all the facets of Transylvania.

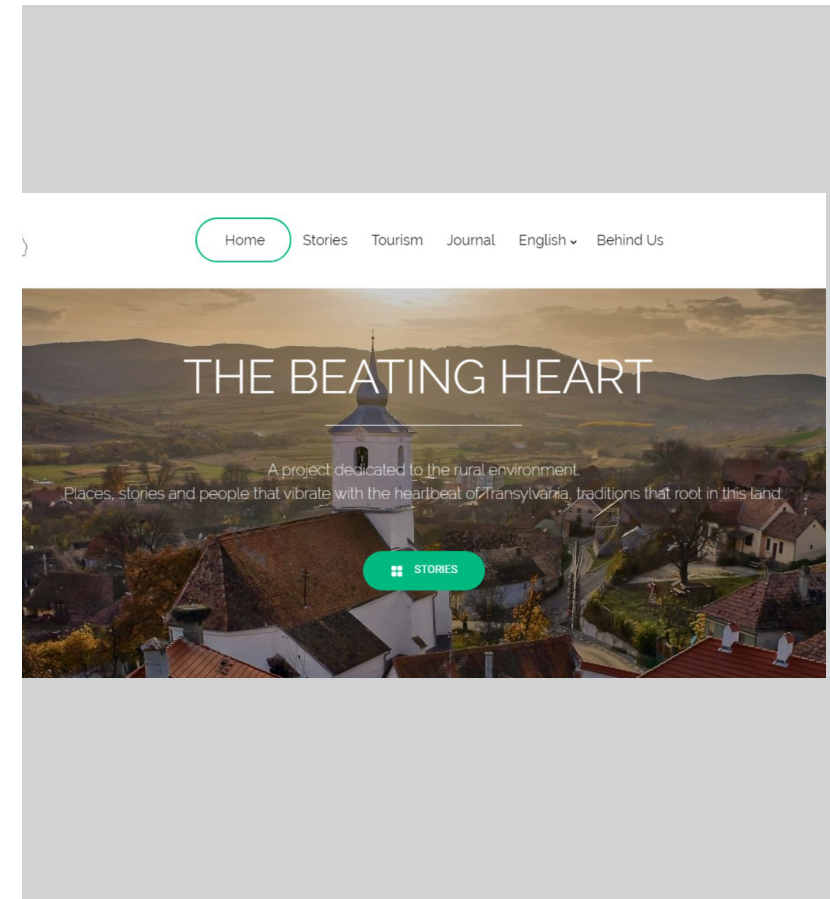
THE IDEA: It is thought of from an international perspective, with a team formed by different nationalities and that will be continuously changing. For this reason, the main page and all the content is available in English, with the option to change the language to other languages and find the content that has been generated in their native language by those who have been part of the project.

From curiosity and exploration, from our point of view, we try to make you feel that you are our eyes, our ears and every pore of our skin that bristles when discovering another magnificent story. We put all our intention to transmit the wide and truthful spectrum of emotions that makes us feel everything that we find. Seismic content that makes us open our minds, enjoy discovery, doubt what we thought was unmistakable or irrefutable, find new answers, surprise us with what we had never observed and love differences and culture

WHERE: From 46 ° 17'30 "N 25 ° 02'07" E, Cristuru Secuiesc or Székelykeresztúr. Base of operations and epicenter of the earthquake, from where the arteries that irrigate and flood our project of magnificent stories. Connecting across and along the territory of Transylvania.

Impact: In the 9 months since the project is running, 12 crafts, people, traditions and events have been covered. These are all available to read in English and many of them are also in Hungarian, Romanian, Spanish, Portuguese, French and German

Links: <http://rural-transylvania.eu/>, <https://www.youtube.com/watch?v=3DfnFy-BYoes>



Tools



Tool 1

Name: Not all classrooms have 4 walls – A manual for outdoor education for diversity and inclusion

Promoter/country: Italy / Comune di Tramonti

Description of the tool: This is a manual to promote Non formal learning methods in outdoor education to promote diversity and inclusion. It gives an overview of the activities of a 6-day E+ TC that took place in Tramonti (SA), Italy, in 2017. It includes a description of the different methods and activities applied, created and tested during this TC.

The E+ TC “Together, diverse, outdoor – nature learning space for diversity and inclusion” was organized by the Municipality of Tramonti (IT), in collaboration with ACARBIO, Sports Klub Teku Taku and Ieva Grundsteine

What? Written manual for training and facilitation, activities with young people

For whom? Young people, youth workers, trainers, facilitators... everyone who works with young people.

Why? We wanted to create new methods for working with young people in outdoor learning settings, to use the power of nature space upon everyone’s individual development but also on group and community development. This is especially interesting also for raising sensibility of diversity and inclusion.

What our activity is offering? The described methods in the tool give some good practice and best-case examples on how such methods could look like. Methods are based on NFL methods such as non verbal communication, individual strengths in a group, nature relationship, personal reflection or theater. Activities are designed to work with groups of people outdoors. Generally, they require few materials, only high motivation.

Why is this tool interesting? Nature spaces give many opportunities for community development, but they also have to be explored. This tool can give confidence and courage to trainers or facilitators who are curious about this topic but have no own expertise yet, and it can also give some new inspiration to who looks for new things in this sector.

Relevant website, social media account, video or publication:

<https://www.acarbio.org/wp-content/uploads/2018/05/Activity-report-Together-diverse-outdoor.pdf>

<https://www.acarbio.org/en/together-diverse-outdoor/>



Tool 2

Title of the tool: “Sports4Life: Non-Formal Toolkit for Grassroots

Promoter: AJITER – Associação Juvenil da Ilha Terceira (Coordinator) - Portugal

Description of the tool: The main objective of the tool is promoting healthier lifestyles in Europe, starting with the fight against childhood inactivity and obesity. This toolkit consists as a guide available online or for printing, with a set of non-formal techniques that grassroots coaches can use to motivate children to play sports. These non-formal techniques are games and dynamic exercises that enable fun, comprehensive and long-lasting learning, promoting inter and intrapersonal contact.

What? Grassroots sports are physical leisure activities, organized and non-organized, practised regularly at non-professional level for health, educational or social purposes. They are the fundamental elements of physical activity, being important for the education of young children. Some examples of grassroots sports are football, volleyball or basketball. Playing sports, young people tend to improve their self-confidence, allowing them to feel better about themselves and facing health more seriously.

For whom? For teachers, educators, Youth workers interested in Sports to develop their skills and competences in teaching sports to young people .

Why? The handbook aims to serve as a working tool for teachers and trainers working with children who are starting physical activity for the first time. The tool contains activities and games for certain age-groups and the result of a questionnaire created by the partners of the project. These non-formal techniques are games and dynamic exercises that enable fun, comprehensive and long-lasting learning, promoting inter and intrapersonal contact.

Why is this tool interesting? It focuses not just on sport activities but also on the topic of inclusion , which nowadays is essential in many fields. Is very important to create connections between young people in their everyday activities. They also majorly agree that it should be a priority to motivate young people to practice sports, with nutrition being a very important factor as well.

Relevant website, social media account, video or publication:

<http://www.ajiter.pt/>

<https://www.facebook.com/ajiter.pt/>



“Sports4Life: Non-Formal Toolkit for Grassroots”

A TOOLKIT FOR GRASSROOTS
March 2020

Tool 3

Name: A step by step description of how traditional potato bread is made

Promoter: Youth Association from Transylvania – Romania

Description: With patience, effort and love, Kneading the life.

In the small town of Cechești, belonging to the region known as Szeklerland, we find Rózsika. She and her family open the doors of their house to tell us how the traditional bread of the region is made.

The day before the preparation and baking of the bread we meet her to prepare the previous dough, which rests during the night.

This type of bread contains an unusual ingredient, boiled potato. With the boiled potatoes grated, wheat flour sifted, sourdough (from another previous baking) and salted water, Rózsika prepares the first dough, we continue working on it the next day. As bakery tradition marks, at 6 am we continue adding ingredients and making the dough grows. Once the preparation of the dough is finished, they let it rest and grow while they prepare the oven. Attila, Rózsika's husband, cuts the thin strips of wood with which they feed the oven. First they prepare a small fire to gradually temper the oven, and then a second fire more alive that lasts until the bricks change from black of the flames to white ash and so Rózsika explains that it is time to start baking.

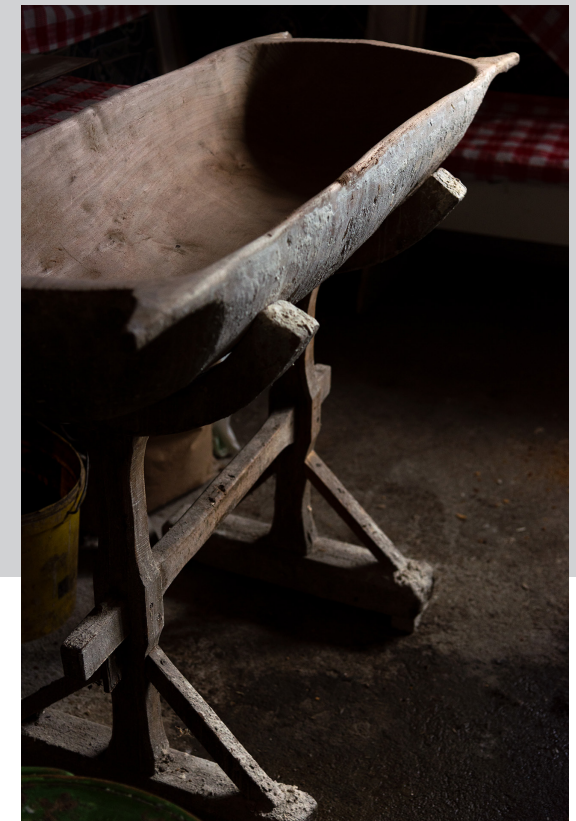
After prepare the oven, she cuts the dough with her hands and introduce one by one the loave which is being cooked in the oven for one hour and a half.

While the bread is cooking we talk calmly with Rózsika, knowing a little more about how she and her family live. She also shows us the other parts of the house, typical space distribution in the houses of this region, the garden where they grow vegetables and the barn where they rear the animals and store the corn crop, very common in the area.

The smell of bread around the house takes us back to the task. After taking the bread out of the oven Rozsika hits it with a wooden board and scrapes the outer bark. Then, after the bread cools down we are ready to enjoy it!

Thanks for keeping alive the tradition, for opening the doors of your house and teaching us how tasty are things done with time, dedication and passion.

Links: <https://www.youtube.com/watch?v=1LpAVsz9FjM&http://rural-transylvania.eu/rozsika-%C2%B7-kneading-bread/>





Tool 3

Title: Turkey Youth Workers Database

Promoter: Pi Youth Association, İzmir

What?: This tool is a database which consists of at least one youth worker's information from each youth association in Turkey and created for Pi Youth Association's "Local Youth Associations Network (Turkey)" project. The activities of this project will be the first activities of "Local Youth Network" are going to be conducted within the scope of "Empowerment of Youth Associations for Rights-based and Inclusive Youth Work" project and will be continued afterwards within other projects. Creating a database that includes information of youth workers' is one of the steps of the project. With the help of this database, youth workers will be able to communicate with each others easily and share their experiences in the field.

For Whom?: This tool is for all the youth workers and young people in Turkey.

Why?:

This tool helps the youth workers to:

- Keep in touch with other youth workers who work in the same field.
- Strengthen and to enrich the area of youth work.

This tool helps the young people to:

- Communicate with youth workers and to reach youth associations which are nearby.

What it is offering?:

- Easy communication between youth NGOs and also between young people and youth workers.
- More powerful and effective activities will be carried on under the topic of "youth".
- Registering the database makes a youth worker/youth NGO more visible and more known.

Why this tool is interesting?:

- Because this database is the first one in the field of youth works in Turkey. It will support youth workers and give many chances to all the youth organizations. The experiences will be shared and communication will be continuous yet easier than before. Young people with any kind of obstacles will get more chances to improve themselves since they can communicate with youth workers and youth NGOs readily.

- This tool may take the lead and be the reason of creating other database. For an example, a database for NGOs working with visually impaired people can be created.

Meeting with young crafters



Gulnaz Fattakhova - Artist (Russia)

My name is Gulnaz Fattakhova. I was born in the city of Naberezhnye Chelny, which is located in the European part of Russia. Since my entire family works in technical specialties, I decided to link my hobby - drawing and the technical aspect. I graduated from the College of Arts on a speciality the designer. After graduating from the University, I decided to see my country, get experience in different directions. I started my career in a manufacturing company that deals with architectural solutions, where I had the opportunity to study materials and methods of processing it in production. A few years later, I moved to Saint Petersburg, a city that is the cultural capital of Russia, where I think all the extraordinary personalities are gathered. I started working in the company, which is engaged in the design of cultural, educational and exhibition centres as a designer-architect. My main task was to generate ideas and actively search for ways to implement them.

I found out about ESC from a friend who visited the project in Italy and shared only positive emotions. I chose the project in Greece because it is a very beautiful country with a rich history, culture and delicious food. Being on the island gives you a lot of opportunities for creativity: research, drawing in the fresh air, good weather, and traveling on bike.

After ESC, I want to open my mini craft and art workshop, where I will create everyday objects of my nation, to preserve and maintain history. Also invite creative people from all over the world to exchange culture, knowledge, hold master classes, theme nights. I would like to enrich my life experience and personal qualities, and help others broaden their horizons.

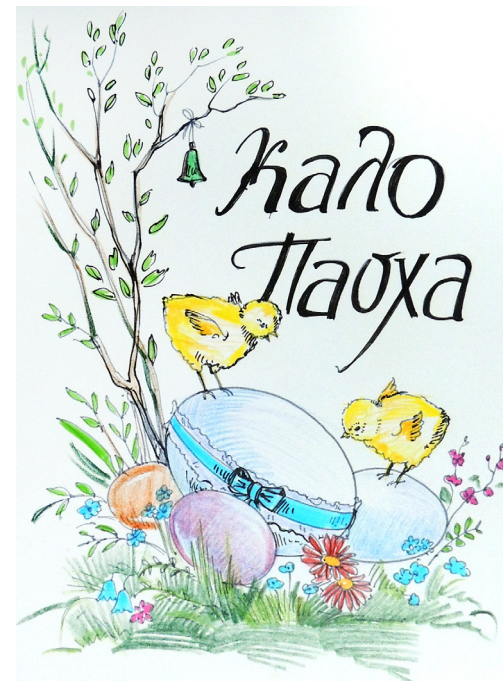




Ευχομαστέ
Καλο Πασχα



Χρόνια
Πολλά



Name of the crafter/artist: Zita Mátéfi and her husband Csaba
Country: Romania

A morning in January, hardly any snow, but the fields are frozen. By car, we drive out of Székelykeresztúr and to the next village: "Alsóboldogfalva".

Behind the garden gate of the Mátéfi family a dog greets us loudly barking, then we enter the side door to the sewing area. It is a small room: Fabrics are piled up on the table, the finished clothes hang on the wall. It is quiet in here, the sewing machines are at rest, only the fire in the oven can be heard.

But Zita Mátéfi has a lot to tell. Because the local folk-dance group did not have traditional costumes available at the beginning, she started to make them herself. Since 2003 she has been sewing for money and has since then constantly expanded her pool of clothes. The reason is the different motives one can find in the Szeklerland. The appearance of the costumes varies from region to region: In Székelykeresztúr, for example, the dresses look different than in Siklod 30 kilometers further on. If she wants to offer clothes for sale or rent for a larger area, her sewing work gets very variable.

We soon realize how much this work is part of the culture here - a deeply rooted tradition with a long history.

Apart from the symbols by which the origin of the wearer can be identified, the colour also plays a role: light-coloured clothes are reserved for girls, the fabrics become darker with age. Long ago, even brides wore black to symbolize the sadness of their youth.

But while traditional costumes used to be part of everyday life, nowadays they are usually only worn on special occasions: For weddings and baptisms, church festivals, performances or competitions. And: for dancing!

Csaba Mátéfi comes in, a fresh woodblock for the oven in his hand. Like his wife, he is engaged as a teacher in the folk dance group. They organise dance camps at home and abroad. "We want to preserve the Transylvanian folk dance, our cultural heritage", he says.

While the fire flares up again, Csaba explains the slow disappearance of the customs. In the Second World War, he says, there was a lice plague, and clothes were burned in huge heaps. After that, the tradition was at first able to survive during communism. "The borders were closed, the West did not influence Transylvania, the culture could live on in the old form."



Today all this gets lost through globalisation. People move away from home, to the cities and abroad. The fabric that Zita uses for sewing is only made by a 70-year-old woman in the neighbourhood on an old loom. “She’s willing to pass her knowledge on to anyone, but no one weaves anymore, the historical professions have disappeared.”

But aren’t open borders and a better infrastructure the better lot?

If he had to decide, the living tradition, but very simple conditions as in the past or the world today?

He laughs at me - there is no question.

Link: <http://rural-transylvania.eu/costume-maker/>

Name of the crafter/artist: Moldován Szeredai Noémi

Country: Romania

On the day we have an interview with Noémi, the weather is very good. We have a camera with us and want to shoot a video. But spontaneously she asks us: “I have to bury lavender plants in the big field. Could you help me?” We agree and experience her work so “at first hand”. The camera goes on, of course.

For several years now, she has been growing lavender on a rented land, producing oil, soap, syrup and sachets after harvesting. How much work is behind these products! For five hours we dig up seedlings behind the house, drive into the field, dig them back in. Two days later we repeat the whole process again. Yes, it’s exhausting, but it feels all the more good to be then served at Noémi’s in the late afternoon with a carrot-potato soup and good bread.

Links: <https://www.youtube.com/watch?v=kquPW9fHoi4>

<http://rural-transylvania.eu/herbalist/>



Name of the crafter/artist: László Zoltán
Country: Romania

Braid, sew and give wheat another shape.

Fertile fields of crops are sown along the soft hills of Transylvania. From the abundance of wheat and the need to protect from the hot spring and summer sun, the Straw hat was born. The need and use were born linked to the land. Encouraging a herd of cows, goats or sheeps, sowing a field or in the harvest.

László Zoltán is the fifth generation that lives from the production of Straw hats.

The old machines now electrified give soul to the workshop where the family tradition continues at Székelydobó.

Once the straw is woven, László Zoltán begins to sew the strips. Giving the first shape to the hat, with a metal mold to prove that the measurements are correct.

With the hat shape completed, he proceed to look for the perfect shape using a pressure machine.

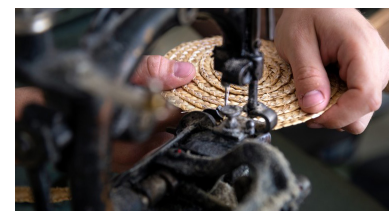
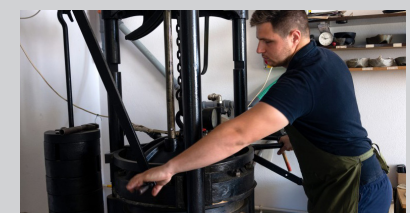
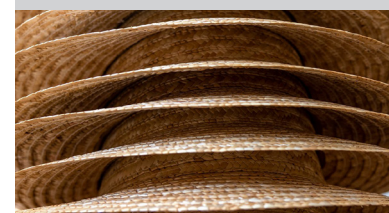
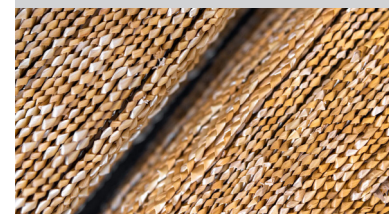
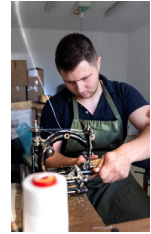
The internal metal surface of the machine is heated, the hat is placed into the metal and inside the hat a molding with the ideal shape, then the machine is closed. The pressurized air enters the rubber of the internal upper part of the machine and is concentrated by exerting pressure on the molding that prints the precise shape on the straw hat.

Not all hats have the same decoration. In the past the width of the decoration band indicated your economic and social position, the wing layout to which age range you belonged to (wing tilted upward for young people and downward the older people) and the position of the top of the band if you were Romanian or Hungarian (to the left for the Hungarians and to the right for the Romanians). Today some aspects remain, but the taste prioritizes in its decoration.

Over time the straw hat has added to its functional aspect a more accessory quality, with decorative character and linked to appearance.

Thanks László Zoltán for open the door of your workshop to us.

Links: <https://www.youtube.com/watch?v=Ga4U6IBHb2M>
<http://rural-transylvania.eu/laszlo-zoltan-%C2%B7-straw-hat/>





Name of the crafter/artist: Manolya İdiz Ulupinar
Country: Turkey

MACRAME

1 - Can you tell me about yourself briefly? (Age, city, occupation, what do you do in your leisure time?)

My name is Manolya İdiz Ulupinar. I am 34 years old and I live in Izmir. My profession is fashion design. I am married and I love to travel and have a good time with my friends.

2 - Can you describe the craft you are interested in? When and how did you start? (Have you trained on that or attended any workshops?)

I am interested in macrame knotting art rather than weaving and knitting. Macrame is a crafting technique that uses knots which each of them can be created with your hands to create various textiles. Thanks to this technique, various accessories and decorative products can be obtained such as wall hangings, plant hangers, key chains, hanging chairs, belts, jewelry.

I have started macroming since 2018 as a hobby on the idea of my sister. I made amateur products with my own effort and gifted them to the people who I like. After a while, I attended the macrame workshop as a gift from my sister and started to work more professionally.

3 - Do you have any supportive hobbies or skills in addition to this craft?

I paint on ceramic objects and I like to combine them with macrame. The combination of macrame and ceramic is one of the innovative ways of knotting macrame.

4 - How much time does it take to prepare one of them? You can give an example with a photo.

There are mainly basic nodes in the macrame and many patterns can be extracted from these nodes. Before starting a model, I draw the pattern that I designed in my mind on the paper and I determine the dimensions, cut the textiles to be knotted and prepare them in groups. The kind of textiles, its thickness and thinness, can depend on model and area of usage. However, the choices of colors are completely free. The wall decoration in the image which measures 25 x 25 cm which lasted almost 45 minutes to create. For special occasions, the key chains design are very preferred. A 15 x 4 key chain macrame knotting takes 5 minutes.

I love using natural products in my designs. The textiles which I use are made of 100% cotton. Other auxiliary accessories are generally bamboo sticks, raw wood etc. For example, the magnet in the image is knotted on the cinnamon bark with 100% cotton textile.

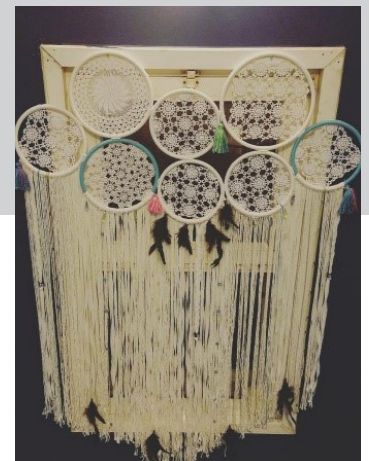


Macrame gives people freedom to create. You can design any size you want and you can use many materials you can think of with knotting technique, such as fabric, metal, ceramic, wood, organic products. At the same time, the usage of area of macrame in daily life is very wide. With macrame, you can create newspaper racks, jewelry, baby cradles or beach dresses.

5 - What are the difficulties you have as a person who both produces and sells the products which you create?

Unfortunately, it is so limited to find wholesalers in Izmir which sell the good quality and affordable materials that I use in my designs. This situation directly reflects the costs of materials. Since macrame has gained back its popularity in recent years, the producer competition is very high and also its learnability is so easy which is the other reason to increase this competition among producers.

6 - Do you organize any macrame workshops? What do you suggest for beginners? I organize macrame workshops at many of cafes where I agree with. Macrame is an art that requires patience, my suggestions to beginners are seeing this art as a therapy and participating in any kind of macrame workshops. In an environment where they enjoy, learning with the work technique both rests their souls and allows them to learn in a short time without giving up easily.



Partners

Verein zur Förderung von Kulturaustausch und Nachhaltigkeit- Gain&sustain: Europe, Austria

MONOPATIA ALLILEGGIIS/SOLIDARITY TRACKS, Greece

The Starry Start of Talents Foundation, Bulgaria

Lužánky stredisko voľného času Brno, příspěvková organizace/“SVC Luzanky”, Czech republic

CREFAD LOIRE, France

Hungarian Volunteer sending foundation, Hungary

Asociatia de tineri din Ardeal, Romania

Non-Formal Learning Centre VitaTiim (Mittetulundusühing VitaTiim), Estonia

Semper Avanti, Poland

DIAGONAL ESPAÑA, Spain

Asociacion Mundus – Un Mundo a tus Pies, Spain

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