

**Greece**

(PROJECT CODE : 589640-EPP-1-2017-1-EL-EPPKA2-CBY-ACPALA)

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For your future!

**Job shadowing  
In GREECE  
March 2018**



Erasmus+



# Visited Places

## 1. LARISSA (innovating companies that started with small capitals)

### A. ROSMARINO

- A traditional soap cottage industry
- The owner is self trained and used the high quality materials such as olive oil, caustic soda etc. Her priority is to produce high quality soap rather than going on quantity.





## B. YIAM

- It is an interesting place to be directly involve on cooking as well as to learn as how delicious meals can be prepared with natural herbs and other ingredients.
- It is also a place to learn as how business ideas can be developed with limited available resources.





## EFKARPIA FARM

- This company is dedicated on developing agro touristic model with production of various food items such as Aromatic Plants, Legumes, etc.
- It also provides demonstration classes to interested students willing to learn as how farming is associated to our daily life.





## D. SELF-SUFFICIENCY FESTIVAL IN OLYMPUS

It is an interesting place where I discover two innovative entrepreneurs :

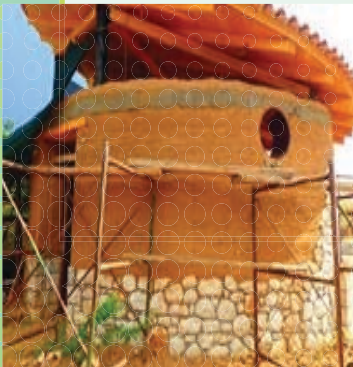
- Meni Hatzi Panagiotou related to soap making and Panagiotis Manikis, the specialis of natural farming.
- Meni Hatzi Panagiotou has studied several methods of traditional soap making and has used her intelligence to maintain quality inproducing soap. There was a workshop related to soap making.



**E.**

## **VIOSIMI ANAPTIXI KOINSEP**

- Social cooperation for natural building and sustainable technologies.
- It basically deals with natural building and bioclimatic architecture which results in saving natural resources and energy.
- It helps to build eco houses with the use of natural, local available materials, simple tools and building techniques which finally helps every one of us to be environment friendly.

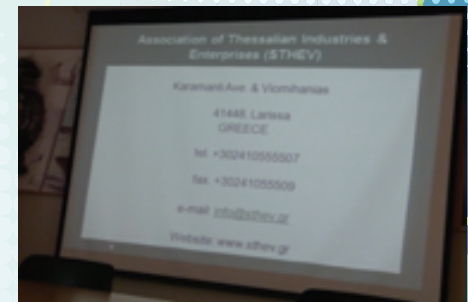






## CHAMBER OF COMMERCE AND INDUSTRY

- Their mission is SYNERGY which stands for the unity among all. They work in coordination with small and medium enterprises.
- They promote youth talent, conduct training and seminars on cooperation to build networks and team work develop confident level on business enterprises.
- They are interested to welcome foreign students and entrepreneurs to share their methods of working with youth.





## STUFF COLOR ENERGY

- Bio-diesel producing unit
- They recycle the used oil such as factory oil, mustard oil, vegetable oil which contains fatty acid.
- They also produced fuel for vehicles which is recycled from the used oil.
- The production is based on the European Standard.



## H. MILK INDUSTRY

- They are working with a group of farmers in a co-operative manner. This programme is being regulated in a triangular form –Farm, Factory and Market. They focus more on quality than quantity.
- They are producing quality product milk with European Union Standard.
- As they are regulated on cooperative manner, the whole profit is shared among the cooperates members. This leads everyone chief of the cooperative.
- Each cow gives 30 liters per day. They produce cheese and fresh milk which are separated as low fats and full fats.





## BIOCHEMISTRY DEPARTMENT OF UNIVERSITY OF THESSALY

- The research facilities of the Department consist of eight research laboratories, a radioisotope laboratory, cell culture facilities, a microscopy room, a cold room and a dark room, an animal house and a plant growth chamber.
- Enterprises (both in private and public sector) offering health related diagnostic services
- Staffing of quality control laboratories in the food industry
- Staffing of pharmaceutical companies
- Staffing of small industry enterprises producing new biotechnological items
- The food items they produced is mostly for the cancer patient and refugee which can be stored for a year.
- Research is carried out for the study of cells related to animals like cats, human beings, to observe how food consuming function and react, Study related to DNA, Genetic, etc is also carried out in well equipped laboratory.







## **INSTITUTE OF ENTREPRENEURSHIP DEVELOPMENT (IED)**

They are mostly focused on :

- a )** Education,
- b )** Research,
- c )** Project Management
- d )** Business Support

## 2. ATHENS



### SAPOON COSMETICS AT AT AGIOI SARANTA 29ST, MOSCHATO

- Sapoon is a natural cosmetic soaps manufacturing company established in the year 2015 with modern standards respecting the values and concepts that originate from the natural style of life and the respect for the environment.
- Their world outlook stems from their growing need to contribute with responsibility and creative flair to the promotion of the value of natural goods by rejecting any involvement of chemicals and processing.





- The objective and choice is to contribute by the implementation of the cold saponification process in a sustainable development plan, essentially eliminating the negative effects on the ecosystem, contrary to large industrial processes of high temperature saponification.
- The primary objective of the company is to protect the environment and also, the human factor that lives, acts and gets inspired in it harmoniously.



B.

## ITHACA LAUNDRY AT ATHINAS 55 ST

- The purpose of the organization is to help the homeless people for washing clothes.
- They decided to create a laundry service in order to raise the hygiene standards of the homeless, restore their self esteem and dignity and create new opportunities for them.
- The mobile nature of their service allows them to maintain low costs because they are free from paying rents and similar operational costs.





- Moreover, they can approach and serve more homeless people and people who are disinclined to leave their spots.
- The clothes are washed and then dried, before being returned.



- Every wash and dry takes approximately 1 hour. Ithaca has partnered with a number of NGOs, which operate at their locations and provide alternate services to beneficiaries whilst they wait for their washing to finish, such as food, medical care and counseling.



## **ANASA CULTURAL CENTER AT SFAKTIRIAS 24 & PLATEON, KERAMIKOS, ATHENS**

- The Cultural Center of African Art and Cultures ANASA is working for the elimination of racism, exclusion and discrimination, the promotion of multiculturalism and intercultural dialogue among peoples, and the empowerment and inclusion, through art and culture, of young people of African origin who were either born in Greece or came as migrants or refugees.





- The word «anasa» in swahili means «joy of life», and the Cultural Center ANASA offers this joy of life by promoting African arts (music, dance, song, literature, narration, theater, painting and gastronomy), and by implementing pedagogical programs and solidarity actions.



### 3. LEFKADA

#### A. CHAMBER OF COMMERCE OF LEFKADA

- This was a social enterprise which has been coordinating with most of the sector of the locality.
- It provides training, seminars and also provides financial support for the youth employment and developing self confident level.







## MEETING WITH THE VICE MAYOR OF LEFKADA

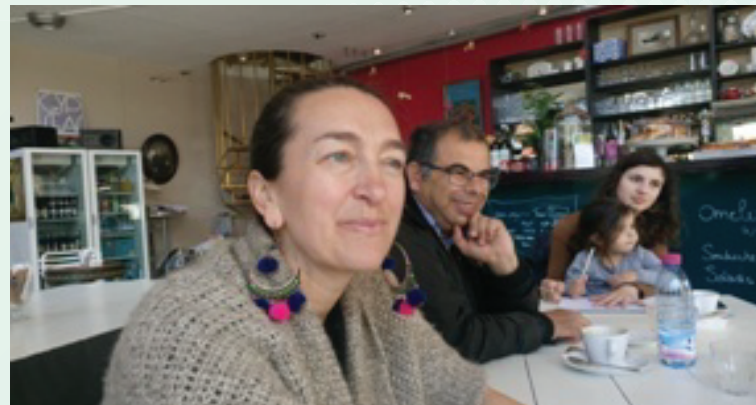
- The whole activities of the town hall have been categorized in to two different headings: Social Work with the local community and relationship with central beaurocracy.
- The town hall is actively participating on various social activities such as taking care of elderly people, kindergarten, health care, homeless people, job opportunities to people, immigrants, minorities, and also provides its support on making official documents for those who need help.
- It is a successful organization to play a key role to establish mutual relationship between the central bureaucracy and the local community.





## Z BAR CAFÉ

- It is an interesting place for people to gather together and meet people of different perspective.
- This is a center place for people to help and share pleasure.
- It is also considered as place where individual can explore and meet people of their choices.





## D. TIME BANK – MAKE ONES TIME VALUABLE !

- It was created in the year 2012 by volunteers with an objective to make use of our time into fruitfulness.
- This was supported by Solidarity Tracks based in Lefkada.
- It is a place where people can share and learn without any obligation.
- **It helps in fulfilling the needs or enriches ones knowledge without any monetary transaction.**
- **Feel being a useful and integral part of the community by learning to share in a harmonious way.**
- It is an alternative method for any monetary system to for career advancement. It helps to create a network of mutual exchange for services and knowledge on the scale of a local community.
- Irrespective of caste or creed, everyone can be a member where one can offer time or can as well learn from other.





## **PRESENTATION OF THE PROJECT IN LOCAL MEDIA (TV, RADIO, NEWSPAPER) ORANGE R @DIONET**

- This radio is run by a local NGO- Solidarity Tracks to promote ideas and knowledge on sustainable development.
- This radio has the mission to encourage dialogue through interviews and debates about society, to facilitate the communication between people in the local community.
- It acts as an effective mediator to furnish valuable information through intercultural exchange as well as leisure support to enrich the youth in their everyday's life. Current youth is a big potential energy for making the current moment fruitful and meaningful to all.



F.

## ECO HOUSE IN LEFKADA

- The houses built are an environmentally low-impact home designed and built using materials and technology that reduces its carbon footprint with low energy needs.



- The house is well insulated in order to make well use of all the heat absorbed by the house during the day time.

- It has Mechanical ventilation with heat recovery (MVHR) system heating from a renewable source (such as solar, heat pump or biomass) PV (photovoltaic) panels.
- It is one of the best models for people willing to learn as how one can build eco friendly atmosphere.







## ELDERLY CARE CENTER

- The people living here are basically from the families who have no one to take care during old age. The church is taking care of the whole management to better provide service to the people in need.
- Solidarity Tracks has been helping through volunteers to make its action well organized.
- The people in the center are well taken care by management in providing as much as possible such as full accommodation, city visit, organizing various events such as photo exhibition, handicrafts exhibition, music festival, etc.
- The people living in the center have all the facilities they need for their everyday life which doesn't create any hindrance for being out of their traditional family pattern.



## ★ At Last.....

- ★ **The job shadowing conducted at three different cities (Larissa, Lefkada and Athens) in Greece was meaningful to discover the progressive way of immersing innovative ideas which are important to share among all the people in developing country like Nepal.**
- ★ **Solidarity Tracks an NGO based in Lefkas, Greece has been playing a key role for the overall development of youth through social media, seminars and trainings.**
- ★ **Solidarity tracks have been making its activities with effects on sustainable development to create environment friendly atmosphere.**
- ★ **It has been a learning opportunity to explore and expand our knowledge about the worlds' view.**
- ★ **Solidarity Tracks is playing a key role to bring the youth for exchange and expand their knowledge. It is also implementing innovative programs for the benefit of all.**

**Overall, I am very grateful to Erasmus+ and Solidarity Tracks for providing me this great opportunity to represent TOIT from NEPAL.**

