

# hellenic youth participation

NEWSLETTER



Volun'Athens

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# EDITORIAL



It's 19:00 and the burning Sun still blazes down on Athens. There are plenty of parking spots all over the city center, the buses are more or less on time and in a couple of hours the parks and squares of the Greek metropolis will be crowded with people relishing cool temperatures and warm companies. The kids will still be playing outside at early night making the most of their **last weeks of Summer holiday** because August is arriving to its end and that also means that the new team of volunteers at HYP are completing our **first weeks in Αθήνα**.

In this month's issue you are going to get to know us and read about our first impressions in a new city, you will be able to **discover the South-East region of France**, the birthplace of one of the volunteers and find out whether **Brocéliande is myth or reality**.

There is also a **reflection on environmental awareness** triggered by the amount of human waste we have found and collected in just a couple of days spent at the beach and **a piece reminiscing women in Greek history that have faded into oblivion**.

The novelties this month are three permanent sections in the newsletter: **E+ Interview, Recipe of the Month and Monthly Recommendations**. In the first one you will be able to learn about first-hand experiences in E+ projects all around the participant countries, in the second one you are going to have all the necessary information to cook one dish from our countries on your own and savour a little bit of our cultures through your taste buds and in the latter you'll have cultural suggestions from the volunteers.

Have a look and enjoy this issue of our newsletter that comes as a **breath of fresh air** after forcefully pausing for the past few months!

# WHO ARE WE?

IF YOU WANT TO KNOW WHO WILL BE AMONG THESE  
PAGES IN THE COMING MONTHS, KEEP READING

BY IGUÁZEL LACHÉN DEL VAL



## SHORT-TERM VOLUNTEERS

### CÉLINE

Since childhood, the cheerful and charming

Céline has always wanted to achieve a dream: to be a teacher.

She has come from France with the purpose of getting closer to that goal. Another of her passions is to bring awareness and respect both to this beautiful planet and the beings that inhabit it.

### IOLANN

Iolann comes from France, specifically from

Toulouse, where he studied anthropology and ethnology for two years. His passion and fascination for humanity stems from these studies since, as he assures us, humanity is capable of doing infinite things, from the most beautiful and incredible to the most horrible and painful.



## LONG-TERM VOLUNTEERS

### DIANA

Born in Valencia, she's an explorer of art, movement and dance as alternative ways to communicate. She believes that we are all connected deep within our souls. For her, diversity is an opportunity to learn about herself and the others, always trying to be true to her essence! When the pandemic is over hugs from her are guaranteed!

### IGUÁZEL

Her time at the political sciences faculty of the Complutense University of Madrid, at the Sorbonne in Paris and in cities such as Huesca, Berlin and Nice, made her question the world in which she lived. Today, therefore, she stands for a society where respect and defence of human rights, gender equality and protection of the planet prevail.

### MATTIA

Italian, he's 28 years old. He studied Political Sciences and International Relations but now he's focusing his studies on the protection of human rights and the international cooperation. He has lived in four different countries and three different continents. That is why travelling and exploring new worlds and cultures is what more makes him happy.

## DIANA

### FAVOURITE MEAL

French fries

### FAVOURITE BAND

*Manel*

### A FILM THAT YOU WOULD SEE A THOUSAND TIMES

Léon: The professional

## MATTIA

### FAVOURITE BAND AND ARTIST

*Joy Division* and Joe Strummer, from *The Clash*

### A BOOK THAT HAS CHANGED YOU

*Historias marginales* by Luis Sepúlveda

### A FILM YOU WOULD SEE A THOUSAND TIMES

*Mediterraneo*

## IGUÁZEL

### FAVOURITE MEAL

Japanese or chinese food

### A BOOK THAT HAS CHANGED YOU

*Persepolis* by Marjane Satrapi

### A FILM YOU WOULD SEE A THOUSAND TIMES

*La la land*

## IOLANN

### FAVOURITE MEAL

Veal escalope in cream sauce

### SOMETHING CURIOUS ABOUT YOU

I love the role play game on paper

### A BOOK THAT HAS CHANGED YOU

*1984* by Orwell or *The best world* by Huxley

## CÉLINE

### FAVOURITE MEAL

Kinder bueno and avocado

### FAVOURITE ARTIST

Niall Horan

### A FILM YOU WOULD SEE A THOUSAND TIMES

*Harry Potter and the half blood prince*



WRITTEN BY DIANA TEJERO

# BRAND NEW START

Six months ago life changed unexpectedly for most of us. We went through a lockdown, schools and universities closed and many of us lost our jobs. The planet was struck by a pandemic and we were forced to stop whatever we were doing and look at this catastrophe in the eye. However, from experience comes wisdom and the current circumstances have also brought the opportunity to get creative and rethink our lives and projects, strengthening our resilience.

Here at HYP, we are currently working on creating new ways of interacting with youth which respect the safety measures but are still challenging and engaging. Even though the near future is uncertain, we are back on track and are going to be offering non-formal education opportunities for you to engage.

We want to hear your needs to be able to create an inclusive space where we can all be ourselves and can connect to others yet feel safe.

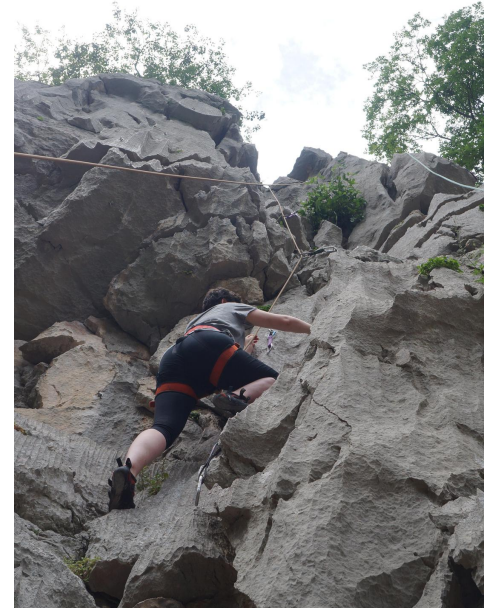
If you are thinking of joining any of our activities but feel uncomfortable with the current situation, write an email to [evsvolunteers.hyp@gmail.com](mailto:evsvolunteers.hyp@gmail.com). Together we will find a way to support you.



# Elvira: a "granaína" in Zagreb with ESC

*Elvira studied International Relations in Madrid and did an Erasmus exchange in Romania. Now, at 23, she is volunteering with ESC in Zagreb, Croatia, for 11 months.*

*Written by Iguázel Lachén del Val*



## WHAT IS IT LIKE TO VOLUNTEER IN THE MIDDLE OF A PANDEMIC LIKE COVID-19?

Fortunately, in general, the situation has been relaxed compared to other countries because the borders were closed very soon, an advantage that was also helped by the fact that it is a small and predominantly rural country. Although the situation is now getting worse because of tourism, the change as a volunteer has not been dramatic.

Despite being in quarantine we were able to develop our administrative work and it served to get to know us with the rest of the volunteers, as we shared accommodation. I would be lying if I said that it was not hard at some point but at the same time I know that it was an unexpected event that would contribute to the long term in my life.

## WOULD YOU RECOMMEND THIS EXPERIENCE?

Definitely, yes. Despite finding some shortcomings, such as lack of clear information before I arrived in Zagreb regarding what was expected of me as a volunteer, I am happy with my decision. It is wonderful to be able to work from a non-formal education after so many years focused on formal education, with people, moreover, with a great desire to learn and share in a more than enriching outdoor environment.

## WHY CROATIA? HAVE YOU EXPERIENCED CULTURAL SHOCKS?

I didn't choose specifically because of the country but because of the project. My goal was therefore what the association offered, the use of non-formal education and the learning experience it could provide. Obviously without neglecting, though in the background, the opportunity to live abroad with all that that entails.

The truth is that I have experienced many cultural shocks on a daily basis but the ones I remember now concern especially the low awareness of climate change. While it is true that they use their bicycles a lot, on the other hand, they hardly recycle and consume meat almost every day.

## WHAT DO YOU DO AS A VOLUNTEER?

My volunteer work with the Outward Bound Croatia association is divided into two. On the one hand we collaborate in the administrative part by helping in the creation of Erasmus+ projects or "youth exchanges" for example with the reception of participants. On the other hand, in the more practical part, we participate in expeditions organized by the association and we offer logistic support at the same time that we do other activities with the public we are addressing, which varies from 10 years old to adult age, depending on the projects to be carried out.

# Getting lost in Exarcheia

Written by Mattia Marino



Exarcheia is located in central Athens, close to the historical building of the National Technical University of Athens.

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If you are planning to go to **Athens** and you don't want to spend your time in touristic, crowded and mainstream places, you can't absolutely miss the chance to get lost in **Exarcheia**; the **coolest and most alternative neighbourhood in town!**

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The name of the district comes from a 19th century **businessman called Exarchos** who opened a large store there.

Very politically active and full of intellectual circles, Exarcheia is often considered the **anarchist quarter of Athens**. It's also a very popular student area in the Greek capital, despite the increase of the rent prices in the last few years.

Symbol of the resistance during the colonels dictatorship in the 70's, Exarcheia is a place the tourists hardly visited, but in the recent past things have changed.



Now it's one of the most trendy areas in Athens but still maintaining its own style and atmosphere. If you are looking for a **bohemian and arty vibes area**, then Exarcheia is the place you are looking for!

Its streets are full of beautiful street art and graffiti, lined with cool bars, alternative cultural centres, bookstores, squats, important social centers and small artisan shops.

As said before, Exarcheia has a long tradition of resistance. In 1973 the famous Great Demonstration against the regime took place; the military tanks crashed into and broke down the gates of the Athens Polytechnic where law students barricaded themselves. The uprising in the district contributed to the fall of the dictatorial regime in Greece.

**Exarcheia is based on solidarity, exchange, direct democracy and self-management.** It's where you can take free yoga classes or where you can learn how to play guitar in exchange with other things that maybe you can do or teach. Abandoned buildings become squats or places to welcome refugees and/or people with fewer opportunities.

Nowadays Athens is living its moment of **gentrification**, like other cities in Europe, and Exarcheia has not been spared. For example, the number of the AirBnb in the area has increased a lot, causing an important increment of the prices. Despite that, Exarcheia is still a cool place where to live, get lost and breathe the air of one of the most authentic and iconic neighbourhoods of the greek Capital.



## HYP LIVE RECIPES: ORIGINAL CARBONARA

By Mattia Marino

### SERVINGS

3

### COOK TIME

10 mins

### PREP TIME

15 mins

## INGREDIENTS

- 350 grams of spaghetti (or mezzemaniche, like in the picture)
- 2 egg yolks
- 120 g of guanciale (cured pork cheek)
- 80 g of pecorino romano (or parmigiano)
- 80 g of pecorino romano (or parmigiano)
- Extra virgin oil to taste
- Salt to taste
- Black pepper to taste

## PROCEDURE

1. **Start from the *guanciale*:** Cut the *guanciale* into small chunks and gently brown it in a large pan (it's recommended to not use olive oil in the pan and let the *guanciale* cooking in it's own fat).

2. **Switch to the eggs:** Crack the eggs into a deep dish, mix in the cheese and a pinch of salt.

3. **Cooking the pasta:** Boil the spaghetti in plenty of salted water. Drain when *al dente* and pour into the pan with the guanciale.

4. **Mix it all together:** Remove from the heat and stir well, add the beaten eggs, then a generous amount of ground black pepper. Stir quickly so that the eggs become creamy, cooking only with the heat of the pasta to obtain a perfect carbonara sauce.

# FORGOTTEN WOMEN OF HISTORY

BY IGUÁZEL LACHÉN DEL VAL

with information from *philosophie magazine* and *medium*



Source: *Ancient History Encyclopedia*

## Artemisia I of Caria (5th century BC)

Queen of Halicarnassus (now Turkey) and adviser to the Achaemenid Emperor Xerxes I, she distinguished herself so well at the battle of Salamis that the emperor would have cried out: *"My men have become women, and my women men!"*

## Theano of Crotona (546 BC)

Member of the Pythagorean School, together with at least 17 other women, she wrote several treatises on mathematics, on numbers, on polyhedrons, on proportions, on order, on harmony and on aerial proportion. She was the first person to consider the existence of the golden number, a number with infinite decimal numbers (1.61803398874989...), a very advanced thought for this time.

## Hydna of Scione (480 BC)

Trained in swimming since childhood, just before the Battle of Artemisium, she swam at night, with her father, 16 kilometers to break the moorings of Persian ships, causing considerable damage.

## Aglaonice of Thessaly (1st or 2nd century BC)

One of the first female astronomers, she was regarded as a sorceress for her ability to make the moon disappear from the sky, which has been taken to mean she could predict the time and general area where a lunar eclipse would occur. A Greek proverb makes reference to Aglaonice's alleged boasting: *"Yes, as the Moon obeys Aglaonice"*.

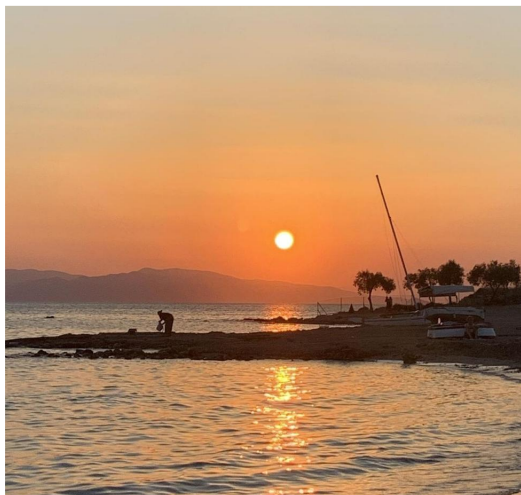
## The Trung sisters (39)

They gather an army made up largely of women to fight against Chinese domination. They manage to liberate the north of the country. The history of these heroines would attest to the existence of a pre-Chinese Vietnamese society based on matriarchal power.

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# Diving into a plastic ocean

Written by Diana Tejero



Have you ever been to a crystal clear water beach with the hope to go snorkelling and enjoy its fauna and suddenly find a seabed covered in trash? If your answer is yes, we are on the same boat.

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For the past three years I have lived in la Costa Brava, a beautiful region to the east of Spain with plenty of spectacular coves and lots of natural sites to explore... idyllic right? Except that every time I go to the beach and dive in with my goggles I see the most unheard-of fauna around me: **plastic bag “jellyfishes”, soda can hermit “crabs”, shoe “sharks”, fishing net “algae” and microplastic “plankton”**.

Being able to live in such a stunning region and seeing how human waste turns up in the most unusual places has made me realize that we (people) expect a lot from nature but care less and less about it. We love going on a Sunday hike to a beautiful mountain or sitting at a virgin beach (alone, if possible) but when it comes to reducing our usage of plastic most of us find it so complicated. Don't dare suggest the idea of collecting trash at the beach - another person's trash, to be more specific.

Mahatma Gandhi said once **“If you want to change the world, start with yourself”** and that is what I try to do. Small actions like taking our own cloth bags to the supermarket, carrying a reusable cup and a straw for our take-away *freddo cappuccino* or buying produce in bulk can help reduce the amount of plastic waste we use every day.

Between scrolling down our feed and running errands for our daily life we need to find some time to take this slight effort for the planet if we don't want plastic in the oceans to outweigh fish as a report from Ellen MacArthur Foundation predicts for 2050. We humans, as all the other animal species, are one with the world. **If we don't find our own way to live a more sustainable life and synchronize with nature we will soon be living in a planet short on resources and full of plastic.**

**Think about it. What small changes can you implement for a more ecological lifestyle?**

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# **BROCÉLIANDE**

## **MYTH OR REALITY?**

BY IOLANN SOUL

# The origin of the legend

In the 5th century, in Brittany (across the Channel) the Romanized people were in conflict with new arrivals (Saxons, Scots or even Angles). The legend says that among these resisters, There is a certain Artus, Lord of Camelot, accompanied by some brave knights around a certain «round table», does that ring a bell? Of course, its existence is not proven but in the year 1066, during the invasion of Great Britain by William the conqueror, a certain Raoul II de Montfort, lord of Gaël, hears these warrior's tales. Back in his lands of Paimpont, the knight echoes these legends and these war adventures continue to spread and inspire medieval writings.



The Fountain of Youth, in the forest of Paimpont - Wikipedia



King Arthur. An illustration from a Welsh-language version of Geoffroy de Monmouth's *Historia Regum Britanniae*, 15th century. - Wikipedia

## In medieval arthurian novels

Brocéliande is quoted as early as the twelfth century in the writings of Wace, an Anglo-Norman poet, where he quotes the Breton knights who took part in the conquest of England including «Ceux de Brechelian (sic) dont les bretons disent maintes légendes...». 20 years later, Chrétien de Troyes evokes Brocéliande as a wonderful forest in his book «Le Chevalier au Lion». In 1230, Robert de Boron was the first to associate Merlin with Brocéliande.

# Etymology

The etymology of Brocéliande is uncertain. Indeed, the oldest known form is «*Brecheliant*», which could come from the Celtic «*Brec'h*» meaning «hill» followed by a man's name. The Brocéliande form, later, could be based on «*Bro*» ( meaning *country* in Breton ) but it is necessary to wait for Chrétien de Troyes to observe this variant. A popular etymology breaks down the word in «*Broce*» for forest and «*liande*» for heath.



The tomb of Merlin, in the forest of Paimpont - marc-d eklablog



The fountain of Barenton, in the forest of Paimpont - les-sorcières-de-la-lune

# Location

Most of the writings mentioning Brocéliande do not specify its location, for Wace, the latter is in Brittany Armoricaine while for Chrétien de Troyes, it is on the other side of the Channel. Today following the Breton lords claiming to be part of the Arturian myth, the Brocéliande forest is located in the Paimpont forest, where Merlin's tomb, the fountain of Youth and many other sites of legends would be located...

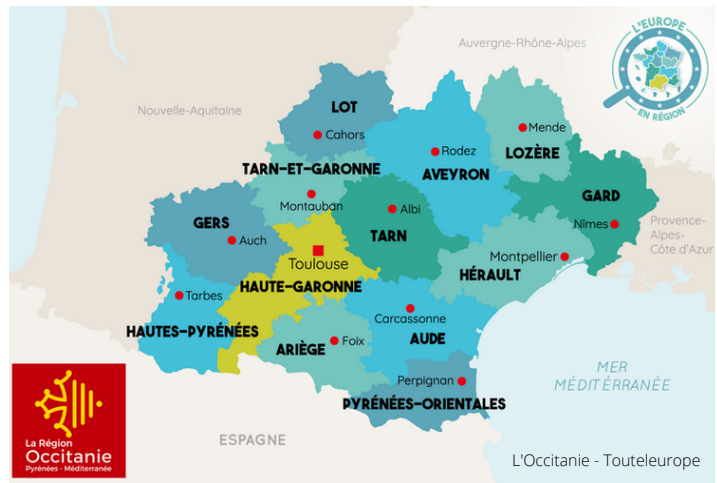
# A GUIDE TO OCCITANIE

FRENCH PRONUNCIATION : [ɔksitani]

BY CÉLINE HERMAND



Place du Capitole (Toulouse) — Wikipédia



## WHERE TO GO ? WHAT TO VISIT ?

### GEOGRAPHY

Occitania is a region situated in the south-west of France. Spain and Andorra border the region. The Mediterranean Sea lies to the southeast. Toulouse is its capital. Occitania's dialect is Occitan (Óucitanìo in Occitan)

In Occitania we have different landscapes: mountains, sea & countryside. Our mountains are called the Pyrénées.

#### Where to stay?

Barèges is a great place to go: it's not too crowded and super close to well-known places (La Mongie, Luz st Sauveur...).

#### What to do/visit?

A nice ski day followed by a session at the thermal baths and a raclette for dinner (so yummy!) is one of my favourites. The transhumance (moving livestock from the lowlands to highlands) is a must-do (in June). Visit a berlingo store in Cauterets, to witness their fabrication.



Château de Bruniquel - Reddit



The Church of Our Lady of the Angels in Collioure - Wikipedia



Affiches du film "Le Vieux Fusil" - senscritique



Gouffre de Padirac - Wikipedia

## FOR THE SEA LOVERS & THE COUNTRYSIDE AFICIONADOS

At the South-East of the region is the Mediterranean Sea. There is many cities to stay or visit(Collioure, Sète...) with beautiful sceneries.Check out their wineries, beaches, farmer's market.I have many favorites. It is hard to pick. I will let you explore.

If you want to visit the countryside, let me present to you the area where I live, this is the one I know the best, however it's beautiful everywhere.If you are a foodie:

Visit the "Foie Gras" museum and the fine wineries in the Cahors area. Try the "Quercy des Îles" a blend of wine from "Chasselas" & liquor.Since I just mentioned it, let me talk to you about "Chasselas".

A grape from Moissac part of the UNESCO immaterial heritage. A lot of places offer a gourmet market. We also have this amazing goat cheese called "cabécou". Try as well the Toulouse specialty: the violet flower.

If you are more of an explorer, there are beautiful hikes. During Summer, there's one where you eat our food specialties and walk. You can even do it with a bike.We also have the Padirac abyss. You can do canoeing in St Antonin de Noble val. Visit the Aveyron department which will offer plenty of exploring.

If you are a history lover, visit the Bruniquel Castle where the movie "le vieux fusil" was filmed.(The movie takes place during World War II. Sensitive people should abstain). We also have in Moissac's center a cloister. In Aveyron, there's plenty of castles. I would also recommend the Bonaguil Castle even though it's in Aquitania.

I hope I was able to catch your attention and give you an incentive to visit our region. Once again, there is other amazing things to do, maybe even better than the one I just talk to you about. Remember there is something for everyone in our beautiful region:

Occitania.Here is Occitania's tourism website for more ideas:

<https://www.tourism-occitanie.co.uk/>

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# MONTHLY RECOMMENDATION: SODA STEREO

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Written by Mattia Marino

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## Soda Stereo: a true legendary band

*Soda Stereo started in 1982 and the trio was formed from Gustavo Cerati (lead singer and guitar), Zeta Bosio (bass guitar) and Charly Alberti (drums). Gustavo was also the songwriter and lyricist of most of their songs.*

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When in the first 80's New Wave music was starting to spread all around Europe (born from the ashes of Post-Punk) thanks to band like New Order, U2, The Cure or Depeche Mode and many others; in Argentina a band called Soda Stereo was starting a phenomenal musical career that will bring three guys from Buenos Aires to be one of the best (or probably the best) band of all times in Latin America.



Source: La nueva mañana (LM)

Their fans say (and I totally agree), that if they would have sung also in English, they would have probably been recognized all over the world as much as other bands from Europe or USA. Despite that I'm quite sure that we all agree that Spanish is a fantastic language, and it sounds wonderful under the alternative notes and chords played by Soda in over 20 years of incredible career. They said more than once that they were influenced by artists like David Bowie or bands like "The Police". Soda really sounded like an alternative European band, but singing in Spanish...nothing than more great, in my opinion.

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They also opened the road to other gorgeous bands and artists from other countries in Latin and South America. Soda represented a true real big revolution! Those were the years of the dictatorial regime of Pinochet in Chile, and people felt a sort of freedom listening to the music of that band who was wearing Goth clothes and very European 80's hairstyles.

They are considered in Latin America as the best "spanish rock" band ever, and there is no one, youngsters or elder people that don't know at least one of their songs. I recommend everyone to listen to all their albums and not only the mainstream and most famous songs. Through the years they were able to experiment a lot of kinds and genres of music; from new wave to post punk, from rock to alternative, from shoegaze to electronic. So, in Argentina and Latin America, Soda was making history, and in Europe, we didn't even notice. After their separation in 1997, they reunited once for their last big tour in 2007, called "Me verás Volver". In parallel and after their divorce Gustavo Cerati started a fabulous solo career. He sadly died in 2014, after four years of coma because a cerebral accident occurred after his show in Caracas, Venezuela. He's still considered the best Latin American artist of all times.



Source: Wikipedia

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*The legacy of Soda Stereo  
and Gustavo Cerati will be  
eternal and immortal.  
“GRACIAS TOTALES”  
Soda and Gustavo!*

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# FUTURE EVENTS

**FRIDAY 4 SEPTEMBER**  
SPANISH LANGUAGE CAFÉ

**FRIDAY 11 SEPTEMBER**  
FRENCH LANGUAGE CAFÉ

**WEDNESDAY 16 SEPTEMBER**  
HYP LIVE RECIPES

**FRIDAY 18 SEPTEMBER**  
ITALIAN LANGUAGE CAFÉ

**WEDNESDAY 23 SEPTEMBER**  
DIY WORKSHOP

**FRIDAY 25 SEPTEMBER**  
ENGLISH LANGUAGE CAFÉ



# PROJECT FUNDED BY:



**EUROPEAN  
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CORPS**

# AND ORGANISED BY:



**Hellenic  
Youth  
Participation**

## SOLIDARITY IN THE CITY AND SHORT-TERM VOLUNTEER

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