



Welcome to Greece! Welcome to Thessaloniki! Καλώς ήρθατε!

This brochure will lead you through our week & through the Route of Solidarity in Thessaloniki.

- ✓ Introduction TROS
- ✓ Introduction ANTIGONE
- ✓ Agenda 18.10. / information ALKYONE, Re cooperativa, NAOMI
- √ Agenda 19.10. / information Diavata camp, OMNES
- ✓ Agenda 20.10. / information Select Respect, "The trip of Orfeas", Walk of freedom
- √ Agenda 21.10.
- ✓ Agenda 22.10. / information PRAKSIS, OIKOPOLIS, Doctors of the World
- √ Useful adresses and phone numbers
- √ Useful greek words

We are glad to have you here & we wish you a good time and a fruitful meeting.



The Route Of Solidarity (T.R.O.S.)

Citizens pathways toward an inclusive Europe



The aim of the TROS project is to support and enlarge the number of active citizens fostering inclusion and mutual understanding with migrants and refugees in the European society.

The project's specific objectives are: i) to develop an international network of people active in the field of solidarity and social inclusion with migrants and refugees; ii) to strengthen the knowledge on EU migration policies and on the situation in border countries; iii) to exchange best practices developed at grassroot levels by citizens; iv) to analyze the new forms of active citizenship collecting opinions from the protagonists in the field of migration; v) to build a counter–narrative on refugees and migrants by giving visibility to the stories and the concrete solidarity initiatives developed by the European citizens and; vi) to debate the EU migration policies developing messages to deliver to the EU decision makers.

Project partners & Contacts:

APDHA_Asociacion Pro Derechos Humanos de Andalucia (SP), www.apdha.org, Caterina Amicuccu-Project Coordinator, solidarityroute@apdha.org



UPP_Un Ponte Per...(IT)
https://www.unponteper.it
Eleonora Scarpelli, scarpelli.eleonora1@gmail.com
Giuliana Visco giuliana.visco@unponteper.it

PANK_ Platforma Aktivnih Nezavisnih Kreativaca (PANK) (CRO) Iva Brajkovic, ivaev41@gmail.com

ANTIGONE - Information and Documentation Centre on Racism, Ecology, Peace and Non Violence (GR), http://www.antigone.gr/gr/Naya Tselepi, naya.tselepi@antigone.gr

ANTIGONE

Information and Documentation Centre on Racism, Ecology, Peace and Non Violence



is a non-governmental and non-profit organization established in 1993 in Thessaloniki, Greece. The primary aim of the organization is to improve the living conditions of various vulnerable social groups.

"ANTIGONE" implements a series of actions that include awareness-raising activities, anti-discrimination events, training seminars, inter-cultural dialogue workshops, non-formal education activities, vocational trainings etc.

What is more, "ANTIGONE" works on a large number of research projects, in collaboration with both national and European partners, being the official Greek partner of the European Agency for Fundamental Rights, as well as of the "European Network of Legal Experts in the non-discrimination field". "ANTIGONE" is responsible for updating the Greek section of the European Website on Integration, while it participates in the European NGOs' networks "ENAR" and "UNITED". The organization holds Round Table Discussions on an annual basis, with the participation of government representatives, academics and NGO staff, while it also maintains and updates an electronic library on migration-related issues.

"ANTIGONE" has taken up numerous projects regarding migrants' and refugees' rights throughout the years, involving both its staff and numerous volunteers in their materialization. Currently, "ANTIGONE is newly-arrived refugees and the volunteers the psychological support and is carrying out a series of recreational activities, aiming to support the social life of refugees living in Diavata Camp. At the same time, "ANTIGONE" is also organizing socio-cultural events in an effort to promote the social dialogue between the local community and the refugees. In addition, it has developed the www. 123help.gr internet platform in both English and Arabic. Last but not least, "ANTIGONE" is the Greek partner of a six-year long transnational project that aims to measure and improve the integration of beneficiaries of international protection.

CONTACT INFORMATION:

ONTIGONE
INFORMATION AND DOCUMENTATION CENTRE on racism, ecology, peace and non violence

Address: 29A Ptolemaion Str, 54 630

Tel.: +30-2310-285.688

Website: http://www.antigone.gr/en/home/

E-mail: info@antigone.gr

Skype: antigone.information.centre

Thursday 18/10 Mapping 'here & now': TROS in Thessaloniki



09:00 - 10:00 Where do we start from? Welcome & Introduction for TROS & Thessaloniki meeting (Naya Tselepi_ANTIGONE)

10:00 - 11:00 Ice breaking & Getting to know each other (Verena Fink_ANTIGONE)

11:00 - 11:30 Coffee-Break

11:30-13:30 Who are we? Presentation of our organisations (Artemi Fyssa_ANTIGONE)

13:30-14:30 Mama's Taper catering in OIKOPOLIS

14:30-15:00 walk to ALKYONE

15:00-17:00
ALKYONE
visit, presentation & discussion
(Gabriella Samnsonidou_ALKYONE)

Re.cooperative presentation (Thanasis Makris & Andreana Liora)

17:00-17:30 walk to NAOMI

17:30 - 18:30 NAOMI: visit & presentation (Meinhard Lehofer_NAOMI)

18:30 - 20:00 free time







ALKYONE Refugee Day Center, an Ecological Movement of Thessaloniki initiative with the support of Diakonie Katastrophenhilfe, is opening aiming to address basic needs of refugees who are stranded in our country, and especially the most vulnerable ones.



Services Provided:

- > Breakfast & lunch for more than 100 people daily
- > Clothing distribution
- > Access to washing and drying machines
- > Psychosocial support
- > Limited time housing in apartments
- > Skills development workshops and seminar
- > Activities and events aiming to cultural exchange, communication and interactivity between refugees and the local community.

ALKYONE is operating Mondays to Fridays 10-16h

https://www.facebook.com/alkyonedaycenter/













RE. is a developing Social Cooperative Business whose goal is the inclusion of specific (social) groups. The Cooperative is formed by four applicants for national protection (refugees) and four locals. Those eight people's common ground is that they all volunteer and work at the Day Refugee Centre, "Alkyone", which is part of the Ecological Movement of Thessaloniki. Within the context of the clothing department they alter and create bags and other repair, accessories and objects, reusing "useless" clothes or fabrics. The goal of the Social Cooperative Business, SE, is the professional integration of refugees and others and the formation of a waste reduction and reusability mentality. Last but not least, Re. is willing to offer zero waste services in meetings and conferences in order to avoid the consumption of disposable items.





https://re-thessaloniki.jimdofree.com



NAOMI Ecumenical Workshop for Refugees in Thessaloniki

Sewing lessons for refugees and migrants, reuse of material, production of jackets, bags and aprons and other small items, social support for integration and long-term perspectives.

https://naomi-thessaloniki.net







Friday, 19/10 Mapping the reality: 'camps & integration'



09:30-10:30 route & mapping to Diavata Camp

10:30 - 11:30 route to Kilkis

11:30 - 13:30 OMNES visit & presentation of the House & the Inclusion Center (Stefanos Kamperis_OMNES)

14:00-15:00 lunch in Kilkis

15:00 - 16:00 free time

16:00 - 18:00 Open Discussion with organisations from Kilkis

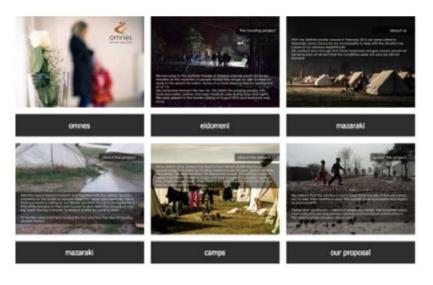
18:00 - 19:00 travel back to Thessaloniki

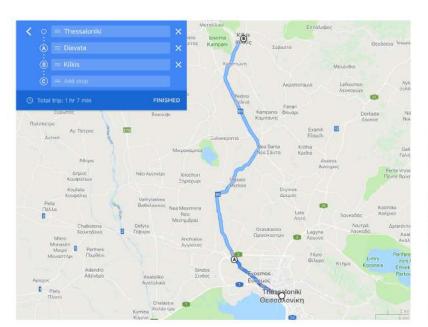
19:00 - 20:30 free time

20:30 - 21:30 dinner at Mama's Taper













Diavata refugee camp is a currently run by the Ministry of Migration, refugee camp, located in Diavata, a community belonging to the municipality of Delta, Central Macedonia, Greece. The former military camp of Anagnostopoulou was reconverted to a refugee camp and opened February 2016. The camp had at the beginning a capacity for 2500 refugees and as of 1 July 2016, hosts 1,744 refugees in tents. Later, containers (so called RHU, Refugee Housing Units) have been set up, with a capacity of max. 800 refugees The unpredictably increasing number of refugees in the camp already from spring 2017 and more intensively during 2018, resulting in overcrowding and further creating serious problems of protection issues, inappropriate hygiene conditions and often lack of safety and security, together with the reduced number of actors in the field, have been constantly signaling the high risk of an uncontrolled and chaotic situation that would arise unless there was an overall. coordinated and appropriately thought-out reaction. In fact, very few of the actors, comparing to early 2017, continued to operate in the site, while the number of the refugees and particularly children remained in the same level as in 2017. The described context constituted a real challenge for ANTIGONE in its attempt to carry out the planned recreational activities and address the various needs of the young refugees. However, ANTIGONE held the fort to cover these needs by strengthening, inspiring confidence and encouraging the youngsters

through activities that combine 'learning' with 'playing'. In Spring 2018 about 2000 people have been in Diavata camp, coming more and more on the landway via the Evros river that marks the Greek-Turkish border in the north-east of Greece. People had to live again in little tents or even without somewhere where they could find shadow and protection from rain. From time to time, some people were brought to other camps in Northern Greece to reduce their numbers.

Many of our activities were developed bearing issues like past and present trauma or symptoms of depression and aggression in mind, to offer aspiration for the future:

- Recreational activities: Games outside, later in the ANTIGONE container and then in the "educational building": The "Play school" for two different ages.
 - Practical seminars: Greek lessons, chess lessons, music wokshops

 Social cohesion events constituted part of an attempt to promote social dialogue between the local community and the refugees and further build stronger bonds between the different cultures, improving also their interaction.



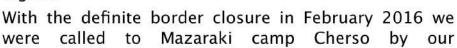
- Womens safe space: Jewelery workshop, hairdressing, dance workshop, gender based violence prevention and
- · case management (Focal point: ANTIGONE).
- Psychological support to refugees attempted to address loss, death or grief and trauma of the latter, while also support their mental resilience as well as address certain sensitive circumstances relating to isolated women and other vulnerable groups. Individual/ group sessions: needs assessment, case management, psychological support, trauma informed counselling, drug abuse counselling, stress management, psychosocial support for people with psychiatric problems.
- Training/intercultural seminars addressed to intercultural mediators enabled and further improved their communication with the refugees.

The presence of the organization remained consistent and essential and remarkable work is being done on many different levels. The services of our team in the field are considered extremely important by both the refugee population and the administration of the camp which strongly support and appreciate the work.

In Summer 2018 the fund for that project ended. ANTIGONE is still looking for solutions to go on with the work in Diavata camp.

OMNES

We live close to the northern border of Greece and we could not be by-standers as the caravans of people forced into refuge by war crossed our lands in search for safety. We aided the passing people with food and water, clothes and even medical care during days and nights.





municipality to help with the situation because of our previous experiences. We realized soon enough that these temporary refugee camps would not be temporary at all and that the conditions were not and are still not humane. With heavy rainfall and together with the military doctors we made a calling to our friends and their friends to host even for a little while refugees in their own houses. 75 families were short term hosted like that and thus the idea of housing people started.

From June 2016 and onwards we have managed to assist people living outside the camp. We are the local community and we want them to be a part of our society. Our aim is to get as many people out of the camps, to live a dignified life for as long as they stay in Greece.

https://www.omnes.gr

Saturday 20/10 Mapping networking



09:30 - 10:00 Morning circle & Short meeting's mid-evaluation (Verena Fink, Naya Tselepi ANTIGONE)

10:00 - 11:30
Migration in Greece:
Refugee 'crisis' - Counter Narrative & Good Practices of solidarity
(Verena Fink, Artemis Fyssa, Naya Tselepi_ANTIGONE)

11:30 - 12:00 Coffee-Break

12:00 - 12:30 Select Respect Network Presentation (Stefania Pantazi, PRAKSIS)

12:30 - 14:00 Discussion 'Networking 4 Integration'

14:00 - 15:00 Mama's Taper catering in OIKOPOLIS

15:00 - 15:30 free time

15:30 - 17:30
'The journey of Orfeas' (Movie)
& discussion with Theofilos Dadis (Director)

18:00 - 20:00 A21: Walk for Freedom Manifestation in the City's centre

20:00 - 20:30 free time

20:30 - 21:30 dinner at Triliza Kafeneio





#selectrespect

The Select Respect Network is a network of organizations, active in the field of human rights protection, combating discrimination and racism.



The member organizations are united in a common perception about discrimination and social exclusion people experience based on their gender, race or national identity, sexual orientation, gender identity, disability or religious and political beliefs. Exclusion and discrimination concern and affect us all.

We call upon organizations and volunteers to participate in this initiative to respect diversity! More information and applications to participate at the Network's website

www.selectrespect.org

The Journey of Orpheus

Documentary film (62')

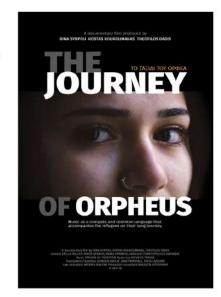
A Syrian refugee girl who sings every night at the muddy makeshift camp of Idomeni, Greek-FYROM border. A 97-years-old survivor of the Asia Minor Catastrophe recalls the first time he attended Vassilis Tsitsanis in Kalamaria, Thessaloniki. An Iraqi "French" approaches Lesvos island by a smuggling boat, only carrying his musical instrument, saz. Turks locate their grandparents' village in Grevena, Northern Greece and do sing with third- generation Pontians refugees. "Listen, let me share a simple idea. All over the world, every race has

its own musical instrument that consists of a round, hollow, vessel-like body – either a big one or a small one – it might have one string or three or even five. So, whatever way you look at it, everything is just an idea. The same idea".

Music as a compass and common language that accompanies the refugees on their long journey.

Directed by Theofilos Dadis Produced by Dina Syrpou, Kostas Koukoumakas

https://www.facebook.com/thejourneyoforpheus/



selectrespect



A21: Walk for freedom

https://www.facebook.com/events/274811249767082/

"On October 20th, thousands of people all around the world participate in the Walk For Freedom, an event that aims to spread awareness about human trafficking and to let people know that slavery still exists.

Join us in spreading the message that human lives are not for sale.

TIME AND LOCATION:

On Saturday, October 20, we will gather at Aristotelous Square at 5pm. From there, we will begin the walk at 5.30pm and we will walk in a single line towards Leoforos Nikis and then all the way to the White Tower, where we will take group photos.

WHAT TO WEAR:

You can take part wearing a plain black t-shirt.

SOCIAL MEDIA:

You can make an even greater impact and bring more awareness through social media! Let your friends on facebook, twitter, and instagram know you will be participating in the walk and why you're doing it. Encourage them to join you, and post photos from the event with #WalkForFreedom.

CONTACT INFO:

For questions about the walk in Thessaloniki, please contact ateam.thessaloniki@gmail.com"



Sunday 21/10 Mapping 'our strengths'



10:00 - 12:30 'Our Strengths & Solidarity' Outdoor workshop on countries paradigms (Naya Tselepi & Francine Filie_ANTIGONE)

12:30 - 13:00 Coffee-Break

13:00 - 14:30 'TROS Strengths & Solidarity' Adcovacy action working group for Sevilla I (Naya Tselepi_ANTIGONE)

14:30 - 15:30 finger falafel at the White tower

15:30 - 17:00 free time

17:00 - 19:00 Mapping Thessaloniki's old city guided tour (optional)

19:00-20:00 Mapping Thessaloniki's new city (optional)

20:00 - 21:00 Human Rights in Cine TAF Animation Festival Cine Makedonikon (optional)

21:00 - 22:00 dinner at Triliza kafeneio









Monday 22/10 Mapping 'now' towards the future

09:00 meeting in the Hotel & walk to PRAKSIS

09:30 - 10:30 PRAKSIS - visit, presentation & discussion (Theodoros Diamantopoulos_PRAKSIS)

10:30 - 11:00 walk to OIKOPOLIS

11:00 - 12:00 OIKOPOLIS presentation (Sofia Kyprianidou_OIKOPOLIS)

12:00 - 13:30 Doctors of the world (MDM) visit & presentation (Sofia Gkarana_MDM)

13:30 - 14:30 Mama's Taper catering in OIKOPOLIS

14:30 - 15:30 free time

15:30 - 17:00 'TROS Strengths & Solidarity' Adcovacy action working group for Sevilla II (Naya Tselepi ANTIGONE)

17:00 - 18:00 Evaluation of the meeting (Verena Fink ANTIGONE)

18:00 - 19:00 Closing session (Naya Tselepi_ANTIGONE)

19:00 – 20:00 free time

20:00 - 21:00 Goodbye dinner at Rediviva









PRAKSIS

(PROGRAMS OF DEVELOPMENT, SOCIAL SUPPORT AND MEDICAL COOPERATION) is an independent Non

Governmental Organization whose main goal is the design,



application and implementation of humanitarian programs and medical interventions. Our main goal is the elimination of social and economic exclusion of vulnerable social groups and the defense of their personal and social rights.

Our beneficiaries: Greek poor, homeless, uninsured, economic immigrants, asylum seekers/ refugees, unaccompanied minors, trafficking victims, sex workers, children begging in the streets, injection drug users, Roma, HIV seropositive people / PLWA, Hepatitis B and C patients, MSM (Men having



Sex with Men), prisoners, people released from prisons, Greek families that face the repercussions of the financial crisis ... any person that faces social or / and financial exclusion and is deprived of basic goods.

PRAKSIS https://www.praksis.gr/en/

Doctors of the World / Médecins du Monde - Greece (MdM-Greece), founded in 1990, is a medical humanitarian non-governmental organization and is a member of Médecins Du Monde International which consists of 15 delegations (Argentina, Belgium, Canada, France, Germany, Greece, Japan, Luxembourg, the Netherlands, Portugal, Spain, Sweden, Switzerland, United Kingdom and the United States of America).



The guiding principle underlying MdM's activities is that every human being has a right to humanitarian assistance, irrespective of their gender, race, sexual orientation, religion, ideology or political persuasion. MdM is, therefore, guided by the principles of neutrality and impartiality. Being neutral, however, does not preclude MDM from speaking out about human rights abuses witnessed in the field. Where possible, MDM draws attention to such abuses either by means of diplomacy or through the media. MDM is an independent NGO, whose modus operandi is characterized by its swift, small scale and targeted delivery of humanitarian assistance to populations in danger.

Médecins du Monde – Greece, since the beginning of its operations, has been implementing several projects within Greece and abroad, in order to provide medical as well as other services to marginalized populations that cannot access healthcare services and medical care.

The first and foremost mission of Doctors of the World is to provide medical care. Actions though are not limited to medical treatment: Always based on the medical experience, the organization is vocal against the obstruction of access to healthcare, against to violation of human right and dignity.

OIKOPOLIS - A PARALLEL CITY for ecology and social solidarity

ECOPOLIS social space was created as an initiative of the Ecological Movement of Thessaloniki.



OIKOPOLIS objectives are: the dissemination and application of green ideas and values and alternative solutions through organizing events, lectures, discussions, seminars, workshops and other activities on issues of ecological, political, social and cultural content the factual solidarity to individuals and social groups in need, as well as the realization of awareness raising actions on issues of discrimination, racism, violence, etc, but also support actions for those who suffer from them.

We, the people of Oikopolis, dream of a planet where humans and all feeling beings will live together in peace. A planet where there will be no exploitation of humans and animals from humans. And for this we constantly strive.

Among others, we take part in the ecological movement, the human rights protection movement as well as the animal rights protection movement. And by all means, we make sure to practice solidarity every single day.

We organize solidarity meals for homeless and disadvantaged fellow citizens and we distribute clothing, personal care goods, foodstuffs and all things necessary. We also foster stray animals and make sure to find them forever homes.

In the last couple of years, we fully and actively supported the refugees that fled from war, civil conflicts, violence and persecutions. We found ourselves in Eidomeni, where we created-together with others-COLORS Open Kitchen and we tried our best to provide humane living conditions to the refugees hemmed in there. After the evacuation of the camp, we carried on with our work in the city of Thessaloniki.

www.facebook.com/oikopolis.social.center www.oikopolissocialcenter.blogspot.gr

www.ecology-salonika.org







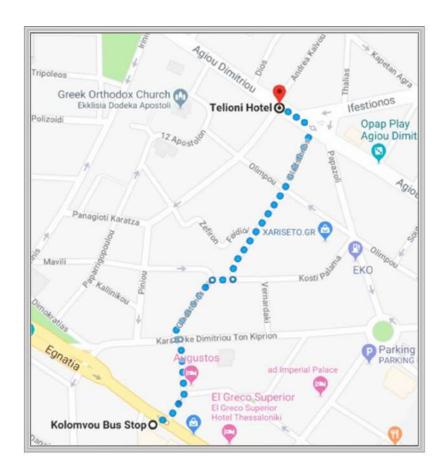
How to get to the Hotel

You can get from Thessaloniki Airport to the city center by bus or taxi (Taxi costs about 25€, we recommend you the bus as the cheapest way.)

The bus from the airport to the city center is nr. X1 "KTEL - Airport" or nr. N1 "KTEL-Airport" (Night Service).

Bus runs every 30 minutes. The bus ticket from and to the airport is $2 \in (\text{not } 1 \in \text{as} \text{ is the first option inside the bus for a single ride)}$ and tickets can be purchased by vending machines on board. Vending machines accept exact change only.

If you take the bus, you should get off at Kolombou / Κολομβου Bus stop on Egnatia, and from there you can easily walk through Gladstonos and turn left on Agiou Dimitrou, where you will find the hotel.













How to get to Oikopolis

Oikopolis is very close to the hotel.

From Agiou Dimitrou you can turn right on Papazoli and then walk down to Adigonidon and turn left on Ptolemeon. The address is Ptolemeon 29A, 5th floor, and you will find it on the right.





Useful information and adresses

- Hotel Telioni, Agiou Dimitriou 16, Tel.: 2310527825
- · Oikopolis, Ptolemaion 29A, 5.floor
- Mama's Taper, Klisouras 11
- Triliza Kafeneio, Isavron 5
- Rediviva, Alexandras Papadopoulou 70

Telephone numbers of the ANTIGONE team

Naya +30 6974721224 Artemis +30 6945611080 Falia +30 6980149828 Francine +39 3339528964 Verena +30 6934937253

Useful words

Polite expressions

No Ochi όχι Yes Nè ναι Thank you ευχαριστώ Efharistò Sorry Sighnòmi σηγνώμμη Don't mention it παρακαλώ Parakalò Parakalo Good morning Kalimèra καλημέρα Good afternoon καλησπέρα Kalispèra Kalispera Good night καληνύχτα Kalinìchta Hello γειά σου / σας Yià sou / sas How are you? τι κάνεις; Ti kànis? Fine and you? καλά, εσύ; Kalà, esì?



Useful adjectives

OpenάνοικτοςAniktòsClosedκλειστόςKlistòsGoodκαλόςKalòsBadκακόςKakòsExpensiveακριβοςAkrivòs

Useful nouns

δεξιά Deksià Right Left αριστερά Aristerà Straight ευθειά efthìan Today σήμερα Sìmera Yesterday Khthès χθές Tomorrow αύριο A`vrio

Eating and drinking

Red wine κόκκινο κρασύ kokino krasi White wine άσπρο κρασύ aspro krasi Beer μπίρα bira Bougatsa μπουγάτσα Bougatsa

(a Greek breakfast pastry consisting of either semolinacustard, cheese, or minced meat filling between layers of phyllo.









Coffee

Greek coffee (έναν ελληνικό καφέ – enan elliniko kafe made of very finely grounded roasted coffee beans and it has a very strong taste.

Filter coffee, which many times is also called "French coffee". (ένα καφέ φίλτρου ena kafe filtrou OR ένα γαλλικό καφέ ena galiko kafe).

Frappe – (ένα φραπέ – ena frape). The word frappé comes from the French verb "frapper" which means to 'hit, to shake" and is one of the easiest beverages to make with instant coffee.

Cappuccino and Espresso... hot ...

... and in the cold version: φρέντο "freddo"

Important notes:

You will also have to tell the waiter how sweet you want your coffee to be: Plain/black (σκέτο – sketo) – half sweet (μέτριο – metrio) – sweet (γλύκο – gliko)

You speak Greek You just don't know it

English language has 490.000 words of which 41.615 come from the Greek language

academy, air, airplane, anatomy, angel, architect, aroma, astronaut, athlete, atmosphere, atom, base, bible, biology, box, centre, chair, chaos, character, chorus, church, cinema, climate, clinic, comedy, cosmos, cube, cycle, decade, democracy, devil, diagram, dialogue, diet, diplomat, disc, drama, dynasty, echo, ecology, economy, ecstasy, electric, electronic, energy, enthusiasm, episode, erotic, ethics, euro, Europe, fantasy, galaxy, genetic, geography, geometry, giant, guitar, harmony, helicopter, hero, history, horizon, hormone, horoscope, hour, hymn, idea, idol, irony, jealous, kilogram, kilometer, kinetic, lion, logic, lyrics, machine, magic, magnet, mania, marathon, mathematics, melody, metaphor, meter, method, microphone, microscope, museum, music, mystery, myth, neon, Nike, ocean, Olympic, orchestra, organism, orgasm, oxygen, panic, paper, poem, paradise, patriot, pause, pepper, period, phase, philosophy, photography, physic, planet, poem, pole, police, program, psychology, rhapsody, rhythm, sarcasm, scene, school, sphere, stereo, strategy, syllable, symbol, symmetry, sympathy, symphony, system, tactic, talent, telephone, telescope, technology, theatre, theme, theory, therapy, thermometer, tone, tragedy, triumph, type, utopia, zone, zoology...

