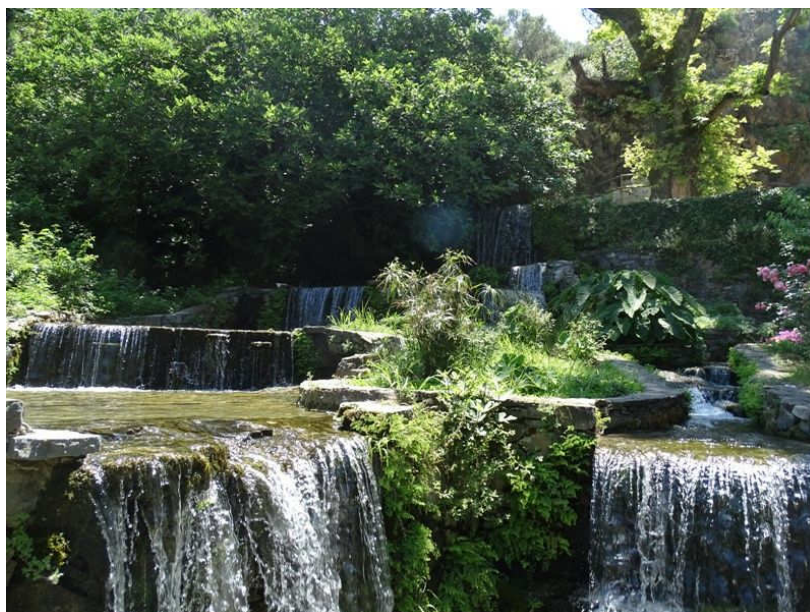




## **Courses and excursion 2017**

**BIOCrete, Centre for sustainable development**

**Agios Basilios, Crete, Greece**





### **What will we do?**

Sharing experience - Improving life quality. Towards the commons

### **Where we meet?**

Courses take place in the South of the island Crete, Greece.. and excursions show the diversity of the environment throughout Crete.

**BIOCrete**, environmental bureau, is located close to Agia Galini at the central south coast. It is a focal point for sustainable regional development and we will enjoy its ambient of Life Long Learning and beauty The meals will be served in Agia Galini where hotel's will hosts the participants too.

Hikes of light grade and up to 3,5 km on white road and cross roads in the area are part the program.

### **How do we do it?**

We share our experiences from the ground, the soil, and study the natural water cycle. They are the source of our health food to improve life quality. We at **BIOCrete** call this: From soil and water to food for the soul.

Together we touch the world wide net of life cycles and health.

### **The offer**

- Modular courses with excursions, theory and praxis.
- One day the ideas, the next day how nature responds.
- The courses offer for the participants a deeper understanding of natural cycles and their healing attributes.

### **Who acts?**

- Courses are held by life cycle specialists rooted in the area.
- The excursions present cultural landscape development over time in Crete.
- Chefs for traditional Cretan cooking and Mediterranean cuisine delight us with the products of the region.



### **What will be discovered?**

- The program show the causal chain connecting water, soil, health food and the environment with human activities.
- 2 topic oriented participatory actions and round tables we explore and foster the required harmonization of wo(man) in the natural environment with the needs and opportunities of sustainable growth.
- Learning take place in the **BIOCrete** bureau and in the **BIOCrete** wild life areas;
- excursions will be in central Crete
- preparatory information for the participants are included
- and made tangible during the hikes or excursions in front of the natural and cultural capital stock
- natural monuments highlighting the potentials of sustainable life and tourism will be visited.

### **How can you contribute?**

- Participants have the opportunity to participate in remediation activities in forest fire follow up landscapes
- or in cultivation and plantation of Cretan herbs and spices.
- we will exchange knowledge of the specific regional needs of the participants
- and discuss measures to better integrate into the natural life cycle
- energetic support cross frontiers for the **BIOCrete** wild life site, a unique place in the MED, designed to grow with self sufficient water supply.

### **What values we gain?**

- Tangible impression of the outcome of land management over time.
- A better estimation of the life supporting role of water and its life cycle
- Knowledge of water management in semi arid coastal areas with its potential to be duplicated around the MED basin in similar climate condition
- Strategies to improve land use values in cultural landscapes.
- Experiences of information exchange with wild life
- How to prepare your own healing bred at home



### **What we will eat?**

- We will cater our guests with regional traditional health food,
- as far as possible prepared from certified organic produce.
- Fresh fish is supplied by local fisherman
- Fresh spices are supplied by **BIOCrete** to ease information flow between the actors, wo(man) and the environment.
- All food is prepared to enjoy best the common meals

### **Where is the problem?**

The walking excursion are light grade and not suitable for disabled people as far as they cannot walk light grade hikes. The same counts for the access to the **BIOCrete** centre which is situated on a steep hillside.

### **Costs**

Price per person **935 Euro** from 6 to 8 participants, exclusive arrival in Crete.

Accommodation in a traditional family hotel, double rooms with balcony, bathroom, fridge, internet and a unique view over Agia Galini, the port and the Libyan Sea.

Half board, breakfast and lunch or dinner.

Transfer from and to the airport, excursions, courses, course documents and a welcome drink upon arrival are included as well.

## **I. Course 1**

### **Water management increasing land use values**

Day 1 Transfer, Arrival,

Evening, Welcome in a Cretan Kafeneion, Giorgos

Day 2 Morning: Walk to the **BIOCrete** bureau with topic

“Cretan cultural landscape over time”

Midday: Traditional Brunch with own health food

Followed by presentation: Cretan history and its outcome

“ Teaching each other ? What is my motivation

Transfer o Agia Galini

Welcome dinner at Niko traditional Metsediko-Taverna



Day 3 Excursion Wetlands in Crete Agiropolis, Preveli Limni Kourna  
 3 perennial wetlands ecosystems . From the spring to the river to the lake.  
 Precipitation management and land loss, degradation through” No Action” in  
 nature conservation sites.

Dinner with traditional regional specialities at Nikos Taverna

Day 4 Transfer to the BIOCrete Wild life centre

“ Small scale water management in semi arid coastal areas, precipitation  
 conservation ` measures”

Lunch at the beach Taverna Giorgos

Participation in remediation of forest fire follow up landscapes, soil conservation  
 techniques or.... Swimming in the Libyan Sea

Day 5 Excursion through the Cretan mountain landscape

Amari valley and dam to Zaros wells

Lowland cultivation Messara and the options for the future

Dinner with Mediterranean Diet Nikos Taverna

Day 6 Transfer **BIOCrete** bureau

Brunch with regional products

Thing Topic: Ideas for lasting connectivity of separated locations

Good by dinner with Mediterranean specialities

Day 7 Transfer to airport

## **Course 2**

### **From food to fork and increase in resilience**

Day 1 Transfer Arrival Welcome drink in a Cretan Kafeneion

Day 2 Walk to the **BIOCrete**

“Wild healing plants on your way”

Brunch with own products

PPP of the Cretan and regional flora and fauna

“Learning from each other, intent presentation”s

Welcome dinner at Niko traditional Metsediko-Taverna



- Day 3 Excursion Cretan landscapes, from Africa to Europe and back  
 Limni Kourna, Fres, Amari Valley, Messara  
 “Regional climate and produce according to landscape diversity”  
 Dinner with traditional regional specialities at Nikos Taverna
- Day 4 Transfer to the BIOCrete Wild life centre  
 “The role of wild life for the cultivation of food, herbs and spices”  
 “Cultivation technique and resilience building”  
 Lunch at the beach Taverna  
 Participation in Co2 compensation activities, planting, biotope maintenance  
 Or..... swimming in the Libyan Sea
- Day 5 Excursion to herb and spices production sites  
 Amari valley and Margarikari with organic wine producers, Organic wine testing  
 Environmental conditions and resilience building  
 Dinner Mediterranean Diet Nikos
- Day 6 Transfer **BIOCrete**  
 Brunch with herbs and spices  
 Ting 2 From soil and water to food for the soul  
 “Humus root of the food chain”  
 Good by dinner with Mediterranean specialities
- Day 7 Transfer to Airport

#### I. **UNESCO Sites**

There are no UNESCO sites in Crete, even if the Minoan palace of Knossos and Phaistos in 80 respectively 20 km distance have earned it since long. They represent the most ancient artifacts of the European civilization. They may be booked separately or as package with 15% fee reduction.



**ENPI  
CBCMED**  
CROSS-BORDER COOPERATION  
IN THE MEDITERRANEAN



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## **DATES**

03.04. – 09.04.17 Seminar 1

10.04. – 16.04. 17 Seminar 2

24.04. – 30.04..17 Seminar 1

01.05. – 07.05.17 Seminar 2

15.05. – 21.05.17 Seminar 1

22.05. – 28.05.17 Seminar 2