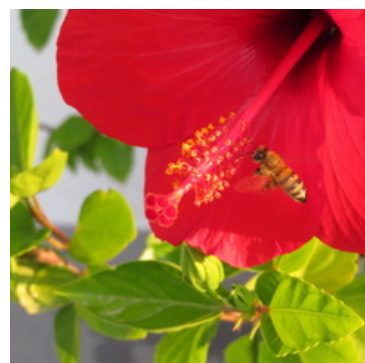




# SKYROS

THE HOLIDAY YOU CAN TAKE HOME WITH YOU

Adventure ♦ Creativity ♦ Joy



## Atsitsa Bay

### Holidays in Atsitsa

Skyros holidays are about people. Our hallmark is the creation of a warm, friendly atmosphere, crucial to the enjoyment of the holiday. Courses, facilitators, food and the beautiful environment are, naturally, all central to the experience. But for many people the real value and essence of a Skyros holiday is the opportunity to connect with and enjoy meeting a wonderful variety of interesting people.

### Life in Atsitsa

Life in Atsitsa is communal, informal and relaxed with a dress code to match. Each holiday has between 20 and 50 guests.

### Location

Atsitsa is on the edge of a beautiful bay and surrounded by pine forest. Skyros village is a 25-minute taxi ride away. There is no public transport and this means that during the holiday almost everyone stays on site for courses, meals and throughout the evening.

People usually explore the island and the village during the 'free day' of the holiday.

If you have mobility difficulties please contact the office to discuss the terrain and accommodation.

### Programme

Do as much or as little of the programme as you like. Early morning classes tend to be 'drop-in'. Some mid-morning and late afternoon courses are continuous development so they require commitment for four to five days whilst others are 'drop-in'. Check with the facilitators in the introductions to find out which courses require commitment.

### Important Information

You will need to be able to carry your own luggage across uneven terrain and stairs. Please pack your passport away securely before you leave Athens airport, pickpockets work on the Metro and around the airport.

### Community Affairs

We offer community structures of demos (news and views), co-listening (meeting a partner each day to share ideas and feelings), oekos (small 'family' groups) and community groups (up to half an hour of daily, minor tasks). All these optional activities help create a vibrant community.

### Clothes Care

Clothes can be washed by hand in our communal laundry area.

### Children

Childcare for children between the ages of 5 and 15 is available during the school holidays. Childcare is offered during the two main course slots, mid-morning and late afternoon. A variety of activities are available for them. Older children may be able to join some courses. However, please note that not all courses are open to children and you must check with the course leader if they are accepting children.

### Swimming

Atsitsa Bay has miles of stunning coastline to explore, with secluded coves, inlets and beaches. The nearest place to swim is from the steps just in front of the house. The nearest pebble beach is a 5-minute walk, and the nearest sandy beach is a 30-minute walk. A beach mat would be useful as well as plastic shoes. Perfect for snorkeling, Atsitsa bay is clean, safe and usually very calm.

### Drinks

We encourage you to bring a refillable water bottle with you which you can fill up from the tap in the dining area. Alcohol and soft drinks can be bought at the bar. Courtesy tea and coffee is available throughout the day in the dining area.

## Accommodation

Most guests stay in twin shared huts, of which there are over 40 spread throughout Atsitsa's lush gardens. The huts are simple with some hanging space for your clothes and a set of shelves. Mosquito nets are provided. The huts have lighting and a power point. Power and razor points are situated in the WC and shower facilities nearby. A limited numbers of rooms are available in the house.

## Medication and Healthcare

Bring any medication you might need and make sure you let us know of any pre-existing medical conditions. Prescriptions (including antibiotics) can be dispensed at the inexpensive clinic service in Skyros village. We are not able to provide 24-hour care on site, and we would phone your emergency contact if we deemed it necessary.

## Drugs

The islanders do not want drugs brought onto their island. The relaxed attitude of Britain towards 'soft drugs' does not apply to Skyros. The punishment in Greece for the use or possession of illegal substances is very severe.

## Spending Money

You will need money to cover drinks at the bar, taxis, any meals you choose to have out, excursions, shopping and massage treatments. Tabs can be paid via card or cash at the end of your holiday. A taxi into Skyros village is approximately €30. Many shops and restaurants do not accept credit cards. The best thing to do is to bring Euros with you. Cash withdrawals can be made in the village.

## Shops

Atsitsa has a bar on site, stocking essentials. In Skyros town, there is a selection of traditional shops where you can buy souvenirs.

## Facilities

Atsitsa's water is pumped from its own well and is heated by solar panels. For those who stay in hutland there are two areas on-site with WC and shower facilities. There is a laptop with Internet access available in the bar (during bar opening hours only).

## Guide Itinerary

**Sunday late afternoon:** Arrival on Skyros Island. After being shown to your accommodation, there is a welcome meeting held over dinner.

**Monday:** Early morning yoga. Site tour. Introduction to courses & sign-ups for the holiday. Afternoon courses are from 5pm to 7pm followed by dinner and evening activities.

### Tuesday - Thursday:

7:15 Early morning course

8:30 Breakfast and demos

11:15 – 13:15 Mid-morning course

13:30 Lunch

17:00 – 19:00 Afternoon course

20:00 Dinner, nightlife & activities.

**Friday:** As above but no late afternoon course to prepare for the cabaret (one week only).

**Saturday:** Free day with optional excursions

**Sunday:** Departure day, breakfast will be available.

For a two-week stay, it will be as above with Saturday and Sunday as the 'weekend'. The courses will run as before, and you will have the option to choose new courses if you wish. Departure day will be Saturday.

## What To Bring

In Atsitsa you will need to carry your own luggage to your accommodation. Wheeled suitcases will have to be carried, as there are steps up to the huts. Try to bear this in mind whilst packing.

## Packing List

- Passport, Euros and travel documents
- Towels for showers and beach (bath towels are provided for rooms in the house)
- Mosquito repellent spray or cream
- Sun hat and sun cream
- Casual, comfortable, cool clothes
- Warm clothes for cooler evenings
- Torch
- Flat secure shoes
- Toiletries
- Camera, mobile phone and chargers.
- European plug adapter
- Rubber soled shoes (for windsurfing)
- Medication
- Refillable water bottle

## Telephones

Mobile phone signal and 4G is limited although improving each year.

## Valuables

**Do not bring any.** In Athens, be as alert as in any major city. Look after your belongings and never leave luggage unattended, especially when loading the coach in front of the hotel. The hotel in Athens has a safety deposit box where you can lock your valuables.

Skyros Island is virtually theft-free but please be aware. There are no locks on the bamboo huts but you may leave small possessions behind reception in the Atsitsa office. Most participants bring a lockable suitcase.