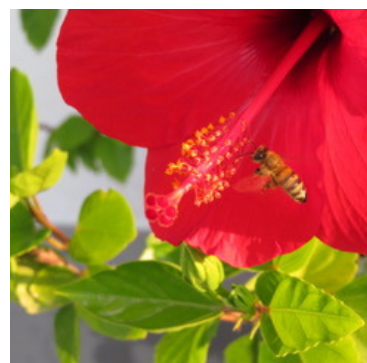




SKYROS

THE HOLIDAY YOU CAN TAKE HOME WITH YOU

Adventure ♦ Creativity ♦ Joy



Skyros Centre

Holidays at the Skyros Centre

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 at the Skyros Centre

Life at the Skyros Centre is communal, informal and relaxed, with a dress code to match. Each holiday tends to have an average group size of between 15 and 30 participants split between the Writers' Lab and the Health and Wellbeing programme.

Location

The Centre itself is the size of a large family house. You can easily walk to the Centre from your accommodation in the village. Beach accommodation requires a 15-minute walk up a hill. The streets are small, narrow, cobbled and sloping (making vehicle access impossible). Secure, flat footwear is essential. Due to the location the holiday may be unsuitable for people with mobility issues.

Programme

Early morning and late afternoon courses are 'drop-in'. Your mid-morning course does require a commitment and may not be open to new members after the first day. Courses run for three hours per day for five days per week. In the afternoon you will be free to explore. There will be optional Music and Arts drop in sessions in the early morning and late afternoons over five days which are open to all.

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), and community groups (up to half an hour of daily, minor tasks). All these optional activities help create a vibrant community.

Accommodation

Your accommodation is charming and simple, set by the beach or in a village protected by the Greek government for its architectural heritage. Rooms are often in apartments and houses that are a mix of modern and more traditional styles. The standard of accommodation does vary. The plugs in your accommodation are 2-pin (round) and at the Skyros Centre 3 pin (UK). Single accommodation is available at £190 for a one-week holiday or £350 for a two-week holiday.

Beaches

There is a long, sandy beach ten minutes walk away from the Skyros Centre. It has many tavernas providing drinks, food and shade.

Drinks

Bottled water, alcohol and soft drinks can be bought at the bar. Courtesy tea and coffee is available throughout the day in the dining area.

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

The Skyros Centre is half-board (usually breakfast and lunch or occasionally breakfast and dinner) and so you will need around £15 – £25 per day for your evening meals. You may also want to allow for on-site massage treatments, shopping, excursions etc.

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.

Guide Itinerary

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

Monday – Friday:

07.15 Courses (drop-ins)
08.30 Breakfast & community affairs
10.30 Your chosen course (a choice from three)
13.30 Lunch
15.00 Siesta/beach time
17.00 Courses (drop-ins)
20.00 Dinner in the village and nightlife

Saturday:

Free day with optional excursions.

Sunday:

Departure day.

For a two-week stay it will be as above with the 'weekend' on Saturday and Sunday, courses will run as before. Departure day will be a Saturday.

A few useful words in Greek

Hello Yásaas
Good morning Kaliméra
Good evening Kalispéra
How are you? Ti kánatay
Do you speak English? Milátay
Angliká?
Yes Ne
No Óchi
How much is it? Póso káni?
I don't understand Then
katalavénno
Please Parakaló Thank you
Efharistó Excuse me/sorry
Signómi

What To Bring

You will need to carry your own luggage to your accommodation. Wheeled suitcases may have to be carried as there are steps and cobbles. Try to bear this in mind whilst packing.

Packing List

- Passport, Euros and travel documents
- Towels for the beach
- 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
- Medication

Telephones

Mobile phone signal and 4G is available throughout the village.

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.

