

SKYROS

Adventure • Creativity • Joy



THE SKYROS CENTRE

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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 a wonderful range of new 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, towards the top of the hillside village, 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; please inform the office if you have any mobility requirements. The streets are small, narrow, cobbled and sloping (making vehicle access impossible). Secure, flat footwear is essential. Please note that due to the location the holiday may be unsuitable for people with mobility issues.

Programme

Early morning yoga classes are 'drop-in'. However, your mid-morning in-depth course does tend to 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. If you are taking a two-week holiday, then it may be possible for you to change in the second week. However, this is subject to space. It is best to book both weeks' courses in advance to secure your preferences.

In the afternoon you will be free to explore. There will be an optional Music and Arts course, which will run across four days in the late afternoon and is open to all.

Our programme is planned some time in advance and circumstances can change. If a facilitator has to cancel prior to the holiday we always do our utmost to replace them with someone of the same high calibre.

Important Information

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

Courses

During your first evening at the Skyros Centre introductions are made and the facilitators tell you more about their courses and the daily schedule. Courses commence on the following morning and take place either at the Skyros Centre or in and around the village.

Both courses run parallel to one another, usually between 10.15am and 1.15pm. The afternoon Music and Arts course will start at 6pm and run for 1.5 hours. There will also be extra activities and events on some evenings during your stay.

Community Affairs

In addition, we offer Skyros 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.

Facilities

At the Skyros Centre there is several recreational rooms and free Wi-Fi. There is a keyboard and guitars but feel free to bring your own musical instruments, songbooks, etc.

Accommodation

Your accommodation is charming and simple, set 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 £175 for a one-week holiday or £325 for a two-week holiday.

Clothes care

Laundry facilities are available in Skyros village.

Telephones

There are numerous public telephones in the village operated by card. Many places in the village sell phone cards alongside postcards etc. Mobile phones work from the village and there is an internet café.

Shops

You should be able to find most of the essential items you would need for your holiday in the village shops. The chemists are good, but you may wish to bring your own brands of things such as paracetamol. Also you should bring any ongoing medication.

There is plenty of opportunity to buy souvenirs, ceramics, jewellery, clothes etc.

Beaches

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

What to bring

In the Skyros village you will need to carry your own luggage to your accommodation. Streets are cobbled and uneven. Try to bear this in mind whilst packing.

Essentials

- Passport, Euros and travel documents
- Towels for the beach
- Flat secure shoes
- Mosquito repellent spray or cream
- Sun hat and sun creams/blocks
- Casual, comfortable, cool clothes
- Warm clothes for cooler evenings
- Torch
- Mobile phone, camera and chargers

Useful Items

Entertainment: musical instruments, songbooks, CDs, iPods etc. Notebooks, pens, sketchpads etc are available at the local stationers.

Valuables: Do not bring any

If staying a night 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 central Athens hotel has a safety deposit box in every room. Skyros island is virtually theft-free.

Medication and Healthcare

Herbal or homeopathic medical supplies are limited on the island. So bring what you need, and make sure you let us know of any pre-existing medical conditions. 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 in 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.

Most shops and restaurants do not accept credit cards. The best thing to do is to bring Euros with you although there is an ATM in the village.

Itinerary

Guide itinerary for a one-week holiday:

Saturday

Arrive on Skyros island via Aegean Air's domestic flight. After being shown to your accommodation, there is a welcome meeting held over dinner.

Sunday - Thursday

07.15	Early morning yoga
08.30	Breakfast & community affairs
10.15	Your chosen course
13.30	Lunch and siesta / beach time
18.00	Optional Music and Arts (for four days)
20.00	Dinner in the village and nightlife

Friday

Free day with optional excursions.

Saturday

Leave your accommodation early in the morning to catch the ferry.

For a two-week stay it will be as above and after the 'weekend' on Friday and Saturday, courses will run as before.

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

Note: The accent indicates the emphasis

Wishing you a wonderful holiday!
The Skyros Team