

A newsletter by the HELIOS Integration Learning Centers (ILCs) in Thessaly



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PROTECT YOURSELF FROM THE HEAT

- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect your face and head. Wear sunblock, appropriate hat, and sunglasses.
- Avoid strenuous work and limit outdoor activities during the warmest part of the day.
- Avoid unnecessary exposure to the sun and stay indoors as much as possible. Even if you don't feel thirsty, drink plenty of water and avoid caffeine drinks.
- Eat well-balanced, light, and regular meals.
- Avoid extreme temperature changes.
- If you don't feel well and experience symptoms like headache, nausea, dizziness, muscle cramps, or vomiting, move immediately to a cool, shady spot, inform your colleagues and your employer, and seek medical advice.

WORLD ENVIRONMENTAL DAY & DIY FOR KIDS

We celebrate World Environment Day on June 5 each year. It is flagship campaign to raise public awareness on environmental issues such as marine pollution, human overpopulation, global warming, sustainable consumption, wildlife crime and more. We can always create things from recyclable materials, to help the environment. Here is an example:

Fish tank

You will need:

- a box of cereal
- a pair of scissors
- temperas and paintbrush
- paper tape
- straws



How to make it:

1. Get a box of cereal
2. With the help of an adult, cut a rectangle on one side
3. Paint the inside blue and the color of your choice the outside (which you can first cover with paper tape to make the color look better)
4. Do not throw away the rectangular piece you cut from the box. Make your fish with it. Cut them out and paint them
5. Once dry, hang them in the aquarium and stick coral straws on the back.

Your aquarium is ready!

SEASONAL WORK

Seasonal work is the kind of work which can only be done during some months of the year.

For example, a tourist shop on an island does not work all year round.

In Thessaly, around Karditsa, Trikala and Larissa cities, there are many opportunities for seasonal work in the agricultural sector. During spring and summer, there is a high demand for field workers to work with local crops. You can ask around to find employers or visit one of the Helios Integration Learning Centers to have a session with the employability counselor.

During the tourist season, there is also a great demand for workers on the Greek islands. Similar job listings can be found in newspapers or online.

WORLD REFUGEE DAY

World Refugee Day is an international day to honor refugees around the globe. It falls each year on June 20 and celebrates the strength and courage of people who have been forced to flee their home country to escape conflict or persecution.

Internally displaced persons, stateless persons, returners, and asylum seekers strive for a dignified life and to enjoy basic human rights such as:

- The right to not be expelled.
- The right to not be punished for illegal entry into the territory of a contracting state.
- The right to work.
- The right for housing .
- The right for education.
- The right for public relief and assistance.
- The right to freedom of religion.
- The right to access to courts.
- The right of freedom of movement in the territory.
- The right to be issued identity and travel documents.



The HELIOS project is here for you. Through our three Integration Learning Centers, we support refugees' efforts to live in Greece, by offering integration courses, job counseling, support to find housing and integration monitoring.

We are always available to support and guide you through the process and help you benefit from these services.

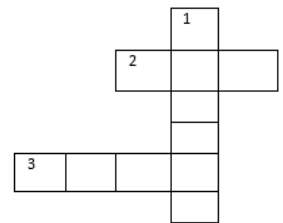
Do not hesitate to contact the ILC closest to you if you have any questions or inquiries.

Together we learn, we build, and we shine!

QUIZ - CROSSWORD PUZZLE

Read the Newsletter carefully and try to fill the crossword puzzle

1. A seasonal kind of work?
2. What we wear on the head, to protect it from the sun.
3. When is the World Cycling Day?



CYCLING IN THESSALY

To those already engrossed in the cycling world, the benefits of cycling will already be abundantly clear, but for anyone who needs a reason to get out on the bike here's a list of some of the biggest perks :

1. Health Benefits
2. Affordable
3. Quick in Cities
4. Able to do own Repairs
5. Social Benefits
6. Exploring Nature
7. Save the Planet
8. Easy Parking



Karditsa

Karditsa is one of the most successful examples of cities which embrace the culture of bike riding as an alternative to driving a car in Greece. In Karditsa, there are more than 20,000 bicycles for less than 40,000 people. The city has a network of bicycle lanes measuring more than 7.5 kilometers in the urban zone complemented by 10.5 kilometers of dedicated lanes outside the urban area.

Trikala

The city of Trikala has been a leader in the Smart Cities movement in Greece. Trikala is quite flat and this has contributed to becoming one of the most bike-friendly ones in the country. Three bike paths run through the city and bicycles for public use are also provided by the municipality at certain info points.

Larissa

Larissa has become a very bike-friendly city. The city's flat terrain makes it ideal for two-wheeled rides. People of all ages use bicycles to go to work or for all kinds of purposes every day. Luckily enough there are several parking spaces especially designed for users to leave their bicycles safely and a variety of shops that can provide a bicycle to visitors.