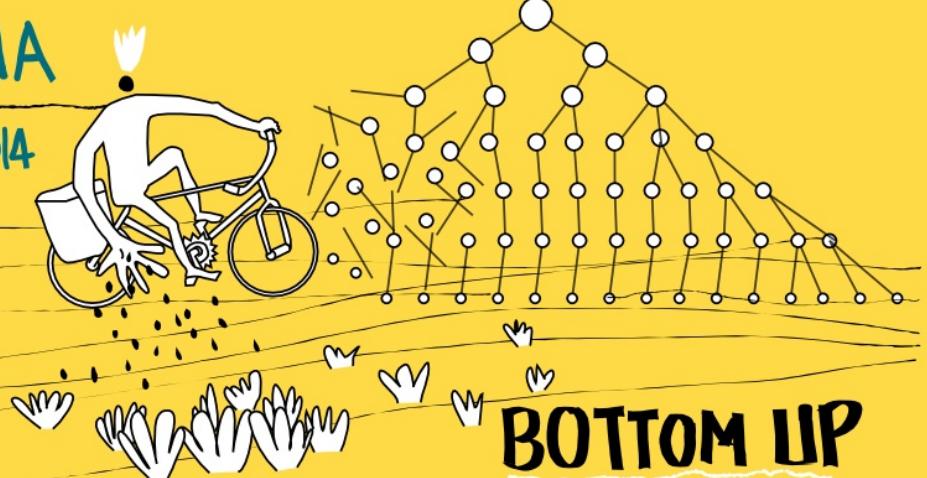


# ECOTOPIA BIKETOUR 2014

SOFIA-ATHENS



**BOTTOM UP**

SOVEREIGNTY vs.  
EXPLOITATION

10 JULY UNTIL  
30 SEPTEMBER



[WWW.ECOTOPIABIKE TOUR.NET](http://WWW.ECOTOPIABIKE TOUR.NET)

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# Values we share - Participation guidelines

Because we all have different visions of life and diverse personalities, Ecotopia Biketour has developed a set of basic values, which helps all of us to create similar expectations from this project. Proposing different ideas and sharing diverse insights is always appreciated, but please keep in mind that these are the basic values of the Biketour.

 Biketour is a project which promotes a sustainable way of life by cycling, helping out on projects we visit, doing media work and participating in and organising actions. We participate in actions organised by local groups and are always keen to plan and implement various actions ourselves.

 Biketour is a non-hierarchical community, and there is a collective responsibility to realize this principle. Decisions are made and problems are resolved by practicing consensus. Many people who come on the Biketour are not experienced with working this way, so please bear in mind that it works best if people concentrate on the discussion and make constructive proposals for concrete problems. We try to keep a balance between working effectively as a group and respecting everyone's personal preferences and freedom.

 On the Biketour we aim to create a non-discriminatory environment, where sexism, racism, homophobia, transphobia/cissexism, xenophobia, antisemitism, antiziganism and any other discriminatory practices are not tolerated. Biketour, like anywhere else, is not a place free of discrimination, but it should be a place where discrimination can be openly discussed and criticized.

 The diversity of the Biketour is something which is celebrated, therefore we encourage participants to be considerate of different social norms and values both within the group and also within the context in which the Biketour finds itself. Individuals within the group will all have different experiences and backgrounds, and varying involvement in activism, which influence their values, so remember we are all working towards finding what values work best for the Biketour community and society at large. Try to be open and learn from everyone you meet.

 The Biketour aims to provide opportunities for non-formal education. Here as well, everyone is encouraged to take an active role into making this aspect of the Biketour a success. If you think that you could give workshops on a specific topic or share a skill, you are more than welcome to do so.

 We try to reduce, reuse and recycle. Please reduce your waste as much as possible – do not take many plastic bags while shopping, try to buy food without wrapping, try not to buy canned food. Keep in mind while shopping that we want to leave as little as possible for future archaeologists ;).

 All common food on Biketour is vegan, which serves as a common denominator for all and also expresses our environmental consciousness in regard to food consumption. Meat eaters and other non-vegans are welcome to join the tour, but there will be no non-vegan (dairy or meat) option during any common Biketour meal.

# Values we share - Participation guidelines

These guidelines have evolved from 24 years of experience, and the thousands of participants that have taken part over those years ... we are always open for new ideas and suggestions to improve this process – to make the bike tour experience an example of the social and political and well as social values we all share.

 We choose to support local farmers/small shops because industrial farming and supermarket chains produce many social and environmental problems. Please buy food in small shops or directly from local farmers! Small is beautiful.

 Ecotopia Biketour is a not-for-profit, DIY activist community run by volunteers. All the money that we collect from our participants during the tour, is used to cover the costs during the tour, (such as: food; donations to project hosts; first aid equipment; bike tools; printing flyers / materials) but also some money is saved for the following year to cover some of the organisational costs (such as: office hire/donation; office equipment; phone / internet costs; trailer parts; cooking pots)

 We want to make participation inclusive – also in regard to money. For this reason, our money is periodically collected (e.g. for one or two weeks) as an anonymous, suggested donation of 3 – 5 EUR per day (or equivalent in other currencies). The average amount of daily/weekly biketour costs are hard to estimate, because currencies fluctuate, economic circumstances change every year and we cross regions with very different cost and income levels. If the suggestion for the donation had to be corrected, this would happen through a consensus decision with participants during the tour.

 In the past, Biketour has already used other methods from the wide field of ‘solidarity economy’ in order to finance the basic needs; e.g. it used Ecorates, an alternative currency system designed by EYFA in 1989 for the first Ecotopia Gathering. It is important for the Biketour to directly try out and employ examples of alternatives to/within capitalism, by providing different kinds of social safety nets and by recognising economic inequality.

 In bigger groups, people need time to get to know each other. And joining participants need time to adjust to the group and learn about the processes. It would therefore be preferable if you could stay with us for a minimum of 1-2 weeks, although shorter stays are also welcome.

 The Ecotopia Biketour is multi-lingual. It is a collective responsibility to make sure everyone understands and can be understood and, if possible, alternating the language used in circles (assemblies). In the past, English has most of the time been the dominant language on the Biketour, but we encourage multilingual participation so as to include those who do not feel comfortable communicating in English.

 Privacy must be respected: towards other participants and the projects and group that we visit. Photography and filming should be cleared with all participants before hand, and no photos or videos should be uploaded, sent or published on the internet without the explicit consent of all the people depicted.

# Where we go - Biketour Route 2014

## 10th-13th July – SOFIA, Bulgaria

Come on Thursday 10th July if you want to be part of all of the activities planned for the KICK OFF DAYS from 11th-13th July. Also, there is supposed to be a critical mass on the evening of Thursday. We will get to know each other, discuss the principles and organisation of the Biketour and build our Rocket Stove and assemble a solar cooker in a workshop! There will also (hopefully!) be a Bike Kitchen for fixing up and/or sourcing your bikes.

We will sleep in the sports hall in Borisova Park, the map for how to get there from the centre is here. Thanks to Sofia Green Tour for arranging this and giving us the very clear map!

Social Centre Adelante Created in 2010, with the idea to be an open, free, non-commercial and independent place...to create an environment conducive to the development of a freer society to improve the quality of everyday life."Adelante" is a Spanish word meaning "forward" because we hope that we will all move forward as a society!

Xaspel Social Centre aims to bring together social, environmental, and political activists that are committed to a better world free of structural, symbolic, and normalized violence.

**15th-18th July – Zhelen, Bulgaria**  
Eco-communities in the mountains including one called Trinoga

## 21st July – Pirot, Serbia

## 24th-26th July – Sokobanja, Serbia

We will stay some days at Sesalacka Pecina, a recently set-up eco-community to learn from each other.

## 28th July – NIŠ, Serbia

## 1st-3rd August – PRIŠTINA, Kosovo

## 6th-8th August – SKOPJE, Macedonia

We will meet up with people from AKSC social centre, an alternative escape for the independent culture. A free zone stimulating the critical thought, debate and activism. We will also do a self-organized bike fixing workshop together with them.

One day we will go to visit an urban garden set up by Green Ark and Nadez.

## 12th-13th August – Doirani, Greece

We will camp by lake Doirani and have discussions with people from the local SOS Kilkis group, which struggle against a proposed gold mining project in the area. Find more info on Hellenic Mining Watch.

## 15-16th August – Kastaneri, Greece

Half the way up Paikos mountain we will camp at a chestnut farm, learn about the history of the region and be able to relax in the woods.

### **19th August – Xifiani, Greece**

We will stay at To (Orchard of Peace) ecological farm to learn from them, help out and relax in a beautiful countryside

### **22th-25th August – THESSALONIKI, Greece**

We will stay at . /per.ka community garden. The group PERKA was created with the occupation of a former military base in the beginning of 2011 by people whose goal was the communal and in-season cultivation of vegetables, fruits, flowers and herbs in a field or an appropriate space near the city of Thessaloniki. The cultivation/farming is not for profit, it covers part of the members' needs, it supports vulnerable social groups and is based on the principles of organic, biodynamic or natural farming, using native seeds and plants, while at the same time gardeners enjoy the benefits of working with and being in contact with the earth. Based on the principles of communality, self-management, egalitarianism and continued education, each person is free to define their own methods and agricultural techniques as well as distribution of gardening tasks and produce. "With our positive attitude and actions, we try to understand the natural cycles, learn from them, and find a cooperative way for escaping the crisis, especially the social one."

We are planning to do a critical mass through the city to visit the workers' self-organised factory -μ /bio-me, who now produce organic cleaning materials.

We may also visit some of the social centres and squats in the city, one of them is YFANET, a former factory, with a self-organised bicycle workshop to fix up your bicycle.

### **28th-31st August – Ierissos and Megali Panagia, Halkidiki, Greece**

We will join the local anti-gold-mining struggle in the area, where preparations for the setting up of an open pit gold-mine are underway. There will be discussions and common actions with locals from SOS Halkidiki as well as solidarian supporters from Thessaloniki and further afield.

### **3rd September – THESSALONIKI, Greece**

Another time back in the city where Ecotopia Biketour 2014 was organised we can either relax and/or go to or contribute to the Direct Democracy Festival starting on that day at university. We will stay at a squatted former school, now used as a social centre, called /Skolio, which has been very open to welcome Ecotopia Biketour people for several events over the past half year.

### **7th-8th September – Nessonas, Greece (only 15km from LARISSA)**

COB.GR is concerned with natural building and bioclimatic architecture, two techniques which result in the safe management of resources and energy, the first during the construction of the building and the second in maintaining the standard living conditions. Both result in great environmental and economic benefits. Natural building is a fairly new term which is used to describe an approach to building with a direction towards the use of local, carefully selected or recycled materials, simple tools and techniques.

### **13th-15th September – Rovies, Greece**

We will help out at paliomylos, an experimental farm in the hills of Evia, strongly recommended by people from Biketour 2013 who spent some time there.

### **17th September – Vlachia, Greece**

We will visit another small eco-community in Evia called Stagones

### **21st-23rd September – Marathonas, Greece**

Entering Attika region we visit Spithari-Waking Life eco-community to learn from each other and help with some work at the place.

### **24th-26th September – Nea Makri, Greece**

Very close to Marathonas, just outside of Athens we visit Nea Guinea, another eco-community being set up by people leaving the big city.

### **28th-30th September – ATHENS, Greece**

We want to enter Athens as a Critical Mass ride and hope people from the city will join us for a bigger Mass.

We will be hosted by Istos squat in Haidari area of Athens. While there we can do presentations, discussions and bike fixing, together with collectives like Aftarkeia Network, who are supplying us with one of their self-built solar cookers and helped us in spreading the word and finding hosts in Athens.

To finalize our long trip we will do a reflection of the biketour, collect ideas for coming years and maybe a party. You are welcome to join even just for the final days!

There is reason to hang out longer in the city after our official end for the Alternative Festival of Solidarity and Collaborative Economy, which is most likely going to take place on the second weekend of October, though the dates are not confirmed yet. Check it here yourself: Alternative Festival of Solidarity

# BICYCLE SAFETY CHECK

The  
**M**  
Check



Make sure your bike is safe to ride, follow the M Check.

# CONSENSUS DECISION MAKING

Consensus is a decision making process designed to bring together the views of all the members of the group. Consensus does not require everyone to agree on everything, it does require a common goal of the group and willingness to work on problems together.

Consensus grew out of a critique of the existing decision methods which tend to hold power in the hands of a few and make decisions based often on corrupted values. Consensus attempts to give the maximum power to the individual while giving us the possibility to include as much of our shared experience, knowledge and wisdom in our decisions as possible.

Consensus works if the group works openly and creatively with the concerns of individuals about proposals. The group reshapes proposals until everyone is comfortable with them.

Consensus is a flexible process, you should feel more than free to build new decision tools, modify the steps, add or change the roles as best fits the needs of your groups.

## Roles

### Facilitator

Structure the meeting, make sure everyone speaks in turn, make the group aware of the time limits, keep an eye on the structure of the meeting, perhaps introduce different techniques or to summarize the current state of the discussion

### Note taker

Take notes of the decisions reached.

### Time keeper

Keeps score of the time based on the amount of time set up for each item at start of the meeting.

### Vibes watcher

Watch out for people getting upset/tired/stressed or who are unhappy with the decision but don't feel able to say why.



# Effective Consensus

Be constructive It's not valid just to disagree or block, explain your reasons, offer your alternatives or commitments.

Wait until it's your turn to speak.

Listen Make sure you understand what is being discussed, especially if you need a translation. Try to get all information about a point before you support or criticize it.

Explain Make sure people understand your position and your proposals, especially if you are being translated.

Be as brief as you can.

Be flexible, Be patient Contradictions in the decision-making process are O.K.

Do not feel isolated We are all here with the same motivation.

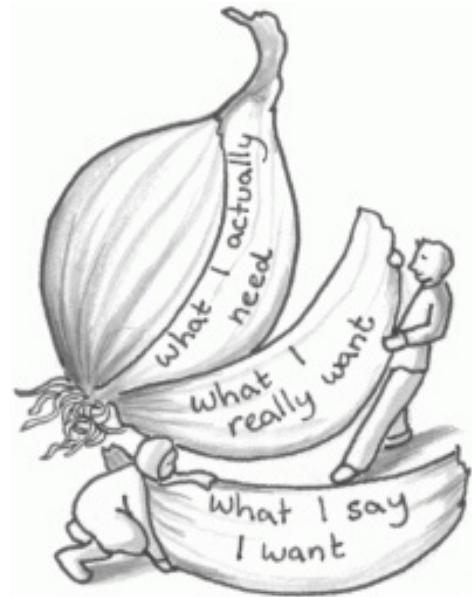
Support the facilitator.

## Discussions

Each discussion continues until everyone agrees.

If someone blocks a decision then the discussion re-starts on the basis of those objections.

Everyone has the right to block a decision they really can't live with. There is the option to stand aside ("I'm not doing it but I won't stop you"), but in most cases true consensus can be reached.



## Meeting structure

1. Facilitator, time keeper, note taker and vibes watcher are appointed
2. Agree on the agenda and time limits.
3. Discuss topics on the agenda.
4. During a meeting, working groups can be formed to further discuss a specific idea or problem later on during the day, and report back to the morning circle the next day.



# Hand Signals

For the whole group to come to a decision requires a lot of communication, but not all communication requires words. These hand signals have been developed so we can express these key ideas without interrupting the speaker.

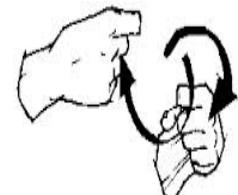
## ONE RAISED OPEN HAND

This means "I have a question/comment." You should keep your hand up until the facilitator sees it and recognizes you. When many people raise their hands, the facilitator will make a list and call on people in order.



## BOTH BANDS ROLLING

It is clear what you want to say, for me you don't have to continue with this point. This indicates to the speaker, that it is clear what she/he said and that she/he can stop talking further. This sign is developed to help the speaker: not to criticize what she/he says. Also the facilitator can react, when a lot of people use this sign, by stopping the speaker.



## TWO HANDS IN A "T"

This means "I have a technical remark [process suggestion]". Use this sign when you have an idea how the group can come to a decision through some other tool or method (like using a straw poll or breaking into groups to solve different parts of the problem) OR you have important additional information. Usually, a facilitator will call on this sign before others, because a good process suggestion can save a lot of talk. Be sure NOT to use this sign when you are going to talk about the issue directly (then use one raised open hand).



## FINGERS WRIGGLING IN FRONT OF THE FACE

This means "I'm confused". The speaker should try to use other words and explain simply and shortly what he or she is trying to say.



## HANDS UP WAVING

This is the symbol for "I agree" or "sounds like a good idea". It's a way to agree without speaking, which means things don't need to be repeated. It is a positive silent expression. It can be useful when someone comes up with a good idea and when the facilitator sees everyone waving - they know we are near consensus. When the facilitator tests for consensus and only sees waving hands, we may have a decision.



## ONE RAISED FIST

The symbol of protest, it means "No! Stop! I block this idea." If a proposal is presented and the facilitator asks for comments, the raised fists will get first attention- There is no consensus without everyone's agreement and these strongest objections should be heard first. This symbol can also be used when you have very strong negative feelings about what the speaker is saying. However, you need to be most careful about this sign. Before you block, be sure you understand what is being said, for the entire group's attention will focus on you once you raise your fist. If several fists go up at once, time can be saved by stopping a bad idea before it is explained in detail.



# KEEPING HEALTHY

## SURYA NAMASKAR

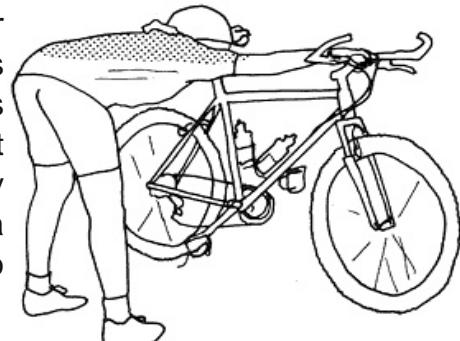


1. Drink water ALL THE TIME, before you even get thirsty. Drink more than you need to satisfy your thirst. You can integrate the salt lost through sweating by putting some salt and lemon in the water. 2. Rest during the hottest part of the day, enjoy the shade! 3. Eat lots of fruits/vegetables : bananas, nuts, cacao, legumes, cereals, potatoes, vegetables, fibre to integrate Mg , K , vitamins and proteins. 4. Keep your body and head protected from the sun; helmet, cat or hat, light clothing (cotton;) 5. Drinking lots of alcohol in hot weather is silly as it causes you to loose more fluid than you drink! 6. Encourage the group to stretch at the beginning and end of the day. Perhaps yoga? 7. \*ALSO; putting lemon slices, mint and cucumber in your water bottle, especially if you can keep it cold, is one of the most refreshing things ever!

# STRETCH

## BEFORE CYCLING

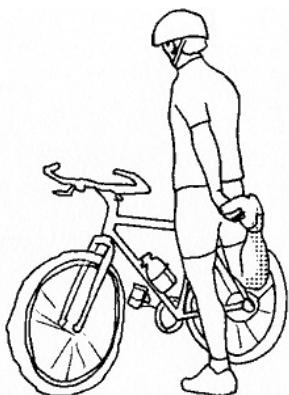
A stretch for the arms, shoulders and back . Hold onto your bike as shown (or something in front of you). With your hands shoulder-width apart on this support, relax, keeping your arms straight and your chest moving downward and your feet remaining directly under your hips. Keep your knees slightly bent (one inch). Hold this stretch for 30 seconds . This is a good stretch to do anywhere, at anytime. ( Remember to always bend your knees when coming out of this stretch. )



## AFTER CYCLING

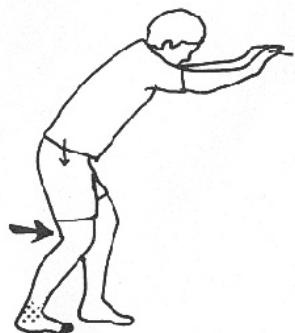
Quads and knee stretch, especially good in knee rehab and with problem knees. : With the left hand, grab the top of the right foot (from the inside of the foot) and gently pull, moving the heel towards your buttocks. The knee bends at a natural angle in this position and creates a good stretch in the knee and quads. This is especially good to do if you have had trouble or feel pain stretching in the hurdle stretch position leaning back, or when pulling the right heel to the butt with the right (same) hand. Pulling opposite hand to opposite foot does not create any adverse angles in the knee and is especially good in knee rehab and with problem knees. Hold for 30 seconds.

Do both legs.



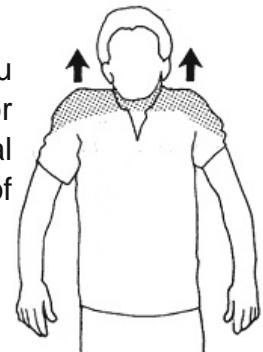
## BEFORE CYCLING

To stretch the soleus and Achilles tendon areas, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch, which is also good for maintaining or regaining ankle flexibility. Stretch for 10 seconds on each leg. This area needs only a slight feeling of stretch.



## AFTER CYCLING

Shoulder shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for to 5 seconds , then relax your shoulders downward into their normal position. Do this 2 to 3 times. This is a good stretch to use at the first signs of tightness or tension in the shoulder and neck areas .



# Sunstroke

Sunstroke (heatstroke) can be a life-threatening condition in which the body's heat-regulating system fails, due to prolonged exposure to high temperatures, excessive production of heat or commonly a combination of the two. The body is unable to lose heat adequately in order to return to its normal temperature. Body temperature rises to very high levels, which can damage major organs. Sunstroke can also be preceded by heat exhaustion, when excess loss of fluids and salt in sweat results in marked weakness.

Symptoms of sunstroke include elevated body temperature; hot, dry skin; hyperventilation; mental confusion; extreme fatigue; agitation; intense muscle aches; feverishness or nausea; and eventual convulsions or loss of consciousness.

## How to get rid of sunstroke

1. Get out of the sun! Lower the body temperature rapidly in a controlled fashion.

Remove clothing and immerse the body in a cold water bath, cover the body with a wet sheet or towels, sponge down the body with cool water. If your water supply is limited, cooling the head and neck is the priority. Place ice packs (if available) at the neck, armpits and groin. Fan the person with a newspaper, towel or electric fan to increase air flow and evaporation.

2. Lie down and put a cool, damp cloth over your forehead. Raise your feet a few inches to avoid potential shock.
3. Elevate the feet to direct blood back toward the head.
4. Massage arms and legs to encourage the return of cool blood to the brain and the core of the body.
5. If the person is conscious, encourage him or her to sip water or a soft drink. If the mental state is impaired, it may be impossible to get the person to drink. Continue with external cooling in the hope that the person will recover sufficiently to begin drinking.
6. While cooling the body down, take the person's temperature every 10 min. and do not allow it to fall below 38.5°C. Only immerse the person in a cold bath until their temperature falls to 39.4°C.
7. If you don't have a thermometer, continue with first aid until the body feels cool to the touch. Resume cooling if the body starts to heat up again.
8. If flu-like symptoms persist, go see the doctor immediately.

Sunstroke can be prevented.

# HERBAL FIRST AID KIT

Aloe vera gel: used for a wide variety of skin problems, including burns, sunburns, itching, and dry skin; used as a substitute for triple-antibiotic gel to keep a wound moist and prevent bandages from sticking

Lavender essential oil: good for mosquitos, horsefly, spiders bite, minor burns (and sunburn), jellyfish irritation, headaches, congestion

Tea Tree Essential Oil: excellent antibacterial, antifungal, deodorant, congestion, achy muscles, insect repellent, cuts and abrasions, warts and cold sores, toothache

Grapefruit seed extracts: natural antibiotic, excellent antibacterial, antifungal, antiseptic.++++  
Good for external/internal use, based on the kind of formulation.

Propolis tincture: natural antibiotic, good for fever, sore throat, wounds

Sage: good to prevent excess sudoration

Arnica salve: optimum in case of contraction of a muscle, bruise, contusion.

Eye drops eufrasia/eyebright: analgesic, disinfectant.

Charcoal: good in case of diarrhea, stomach problems.



Bicarbonate: disinfectant for skins, fruits and all surfaces. Natural deodorant too!

St Johns Wort Salve: cuts, wounds, burns, sunburn

St Johns Wort Oil: burns, swelling, pain, bruises, sunburn, achy muscles, cuts, wounds

St Johns Wort Tincture: burns, pain, nerve damage, depression, anxiety

Calendula Salve: antifungal for cuts, wounds and burns

Echinacea Tincture: colds, flu, infection, weak immune system

Eucalyptus Essential Oil: congestion, achy muscles, insect repellent, cuts, abrasions, warts and cold sores (dilute with a carrier oil ie.olive)

Garlic/Mullein Oil: ear infections, parasites, colds

Green Clay Powder: splinters, wound disinfectant, poultice for skin infection

Liquorice Root Tincture: sore throats, bronchial infection, herpes I & II

Peppermint Essential Oil: digestive problems, mouthwash, stimulant (use internally diluted and with care)

Valarian Tincture: pain, insomnia, stress and nervous tension, achy muscles.



# GET INVOLVED

## Breakfast and Lunch team

1. Be the first to wake up 2. Restart the fire for tea/coffee 3. Check if there are left overs from the day before and decide what you need to buy (ask previous breakfast people how much milk, cereal, bread, spread, vegetables and fruit you need to get). 4. Try to buy healthy, local, organic. It's good to do this the night before if you have time :-) 5. Write down how much of everything we need and communicate this to the next group 6. Try to get the breakfast started around 20 minutes after the wakeup call.

## Dinner team

1. Make a fire/light the rocket stove 2. Create a central waste collection point 3. Find more people to help to chop up the delicious vegetables 4. Cooking:try to use the most of every fruit and vegetable (lemon peel tea anyone?) and make sure there is enough for everyone. 5. Done! The dinner crew shouts "food" try to notice if someone is missing and save them some food 6. If you learnt some cooking tips communicate them to the next group (e.g 1kg of pasta per person is too much...) AND think about contributing your special recipe to the Biketour recipe notebook.

## After meal-time cleanup team

1. clean up  
2. Inform the breakfast and lunch people about any leftovers. Don't throw food away! You can make a tasteful leftover paté with toast for breakfast.  
3. Figure out who is taking the trailer the next day and make sure they know who the food people are.

Tidy up after each meal. It is important to stay healthy and leave places better than we found them. Help pack things into the trailers so that the trailer people can leave early with the dinner crew. Clean all the jars and separate all possible waste at rubbish collection points – it is your task to dispose the garbage in a sound way :-)

## Wakeup call

"ah, that is a nice task for me, that is easy!" I hear you say. Like every task, you could choose to get it over with fast as possible. In that case you would start to scream "WAKE UP!!" at the appointed time and everybody will "hate" you, or at least your lack of creativity. BUT you hold a lot of power with this task (key evil laugh), the power to start people's day in a good or bad mood... I like some music with a nice build up, but what is your style? :-)

## Call for the morning circle

Morning circles will take a bit longer in the beginning of the Biketour while we figure out what works best. Hopefully we will develop a nice dynamic and will have space to discuss nice things as well as practicalities. It's someone's role to call the circle, the sooner that people get to the circle, the faster it is over!

## Camp clean-up

Pack up your stuff and check the area to make sure you don't leave anything behind, pick up that 15 year old beer can too. It can work to have someone in charge of doing a final campsite check. Find a place to recycle

# Maps & sign making

Each day we need to check the maps to be sure we know where we are headed. Sometimes there will be bigger questions and sometimes we just need to make sure we look it over. The map people should take a look and if there is anything special about the cycle that day they need to highlight this in the morning circle or at breakfast. Sign making is something everyone should do – especially people in the front or who have a map. See image for an example of the BT-sign.

## Trailers

The trailers carry the pots and food after shopping with the food crew, they also carry medical kit and other communal materials.

Usually the trailer fits any bike with quick release, it's important to share this task! If you chose to take the trailer you should leave early with the food group. When you are going to take the trailer next day make sure to talk with the breakfast cleanup crew to help you pack the trailer in time.

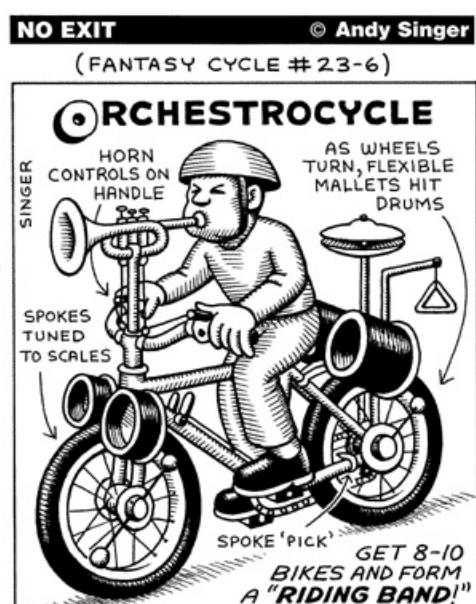
If you think the trailer will be too heavy, ask the other trailer carrier/s to help by taking some of your stuff and distribute among other people's personal bags.

## Money manager

Biketour's aim is not to gain money, we do everything to keep costs as low as possible. Our expenses are mainly for food (bought and cooked daily by ourselves), for hosting for sleeping places (sometimes this will be free) and for anything else we agree on together. Sometimes we might spend some money on actions materials and maps. If possible it's nice to give to people who need it, a reimbursement for visa, a project which could do with a donation etc... Our collective money is managed by the Money manager. This is a task which is done by someone for a longer period, preferably for a week or more. The MM is responsible for the finances of the biketour. This means; making sure that enough people pay their participation fee – around € 5 per day – and making sure that the people who go shopping know what they can spend. Preferably not all money is spent each day as sometimes we have to pay to sleep somewhere, or we might want to spend money on other things. We also want to save a bit to finance the next biketour. Morning circles are where we discuss money issues. The money manager is also responsible for welcoming new people and explaining the participants fee.

## Blogging and Twitter

We want to publish as much as possible on the Ecotopia Biketour website. We won't have Internet every day, but we will have a small computer with us and you can prepare a paragraph or photo to share. When we can connect to the internet it's nice to be able to publish stuff quickly. Blogging is a great way to let family and friends know what we are up to. We can also update Twitter by sending an SMS, these updates go directly into the website.



# Food, glorious food!

## How to make food for a large group?

During the Biketour you will sometimes be responsible for preparing food for the group. No one is expecting you to be an expert, but you will be expected to have a go and you never know you might have more skills than you realised! We all have different tastes so this is a chance to share yours with others, people won't always like it (too salty, too much garlic, not enough sauce etc) but we all take turns to make dinner.

When preparing food there are a few main things to think about:

**Quantity** - There is no firm rule for quantities of food per person, so it's better to ask someone more experienced. Thinking about how many people we are and how much you would eat is also a good starting point. It's better to have too much than too little but we can't transport lots of extra food, and it's nice to not have soup all over the trailers.

**Timing** - If you are part of a meal team it makes sense to arrive first. Know your speed and leave early with a group if you have to, and make sure you are with one of the trailer people. You could also combine carrying the trailer & cooking tasks.

**What to get?** Try to make healthy food that will give us the power to cycle. Be aware of allergies and diets and ensure that all main meals are vegan. Make a shopping list can help to deal with a limited budget.

Don't buy tinned food when a dried version is available. Beans can be soaked in bottles along the way which saves on money and packagin. Generally don't buy packaged food if an unpackaged version is available, paper packaging is better than plastic as it biodegrades. Avoid plasic bags. Avoid exotic and out of season fruit and vegetables. Less processed food is generally cheaper. Try to buy nutricious food rather than treats which people can buy themselves

**Where to get food?** Check the map to see where we will stay and try to predict where you can find stores, markets, farms and forests to get food on the way. Think carefully about opening and closing times. Look out for locals selling home made products along the way. It is GREAT to support them when we get the chance. Forage for food: look for wild fruit trees, berries, herbs for tea, plants for salad, wild mushrooms... Orchards often only harvest their trees once, so these are a good place to stop.

**Donations** If you think it is appropriate, you could ask for a food donation. Wait until there are not so many customers in the store, introduce yourself and what we're doing and hope for the best! Search bakeries and try to secure some (free) bread in the late afternoon or near to closing time. Containers/bins/skips from shops are often filled with stuff that is perfectly delicious.

# BIKETOUR RECIPES

## BREAKFAST

### LAURA'S FRUITY WHOLE-OAT PORRIDGE (serves 4)

1 cup whole oat groats, soaked overnight in 5 cups water (organic if possible)  
4 pieces of seasonal local fruit (eg pears, figs, apples), chopped, skin included  
handful of nuts (eg almonds, walnuts), chopped, about 4 nuts per person is good  
1/2 teaspoon cinnamon powder or two cinnamon sticks pinch of sea salt and add sugar to taste

In the morning, bring the oats to the boil, adding enough extra water to stop them sticking to the pot. Add the cinnamon and cook for 20mins. Add the other ingredients, cook for another 5-10mins or until the oats are cooked through.

## LUNCH AND DINNER

### LUNCH SALADS

- mix rice with spicy green lentil puree, add tomato and chick peas, shallot, lemon juice and cumin
- tomato, chickpeas, parsley
- spinach salad
- cucumber/carrot salad with lemon juice
- fennel salad with orange
- pasta salad
- quinoa salad
- bulgur salad
- beans salad
- potato salad

### PUMPKIN SOUP (serves 4)

1 onion  
750 g pumpkin  
750 g potatoes  
250 g carrots  
2 cloves of garlic  
a piece of ginger  
200 ml of vegetable stock  
1/2 teaspoon Curry  
1/2 teaspoon Kurkuma  
Salt and Pepper  
1/2 teaspoon Garam Masala

Fry the onions, add quarters of potatoes, carrots and pumpkin and the vegetable stock. Boil for 10 mins, then add ginger and the spices. Another 10 min. later you can take it off the fire (if the vegetables are soft), try to purree it with what you can find. Additional sauce: mix two soup spoons of Tahini with five soup spoons of soy milk and strew some sunflower seeds on top.

## **SPICY PUMPKIN-NUT BURGERS**

grill and chop hazel nuts  
grate pumpkin  
add chopped onion  
bread crumbs or chickpea flour or oats or tomato paste for binding (instead of eggs)  
curry paste  
marjoram, rosemary, pepper, salt

## **LENTIL BURGERS**

cook lentils in stock  
grate carrots  
bread crumbs or chickpea flour or oats or tomato paste  
olive oil  
pepper, salt  
finely chopped onion

## RATATOUILLE (serves 30)

20 courgettes  
10 aubergine  
30 onions  
25 tomatoes  
2 kg couscous  
garlic  
spices  
stock

## CHILLI SIN CARNE (serves 4)

1/4 cup vegetable oil  
1 onion, thinly sliced  
1/2 teaspoon coriander seeds, dry roasted and crushed  
1 teaspoon cumin seeds, dry roasted and crushed  
1 teaspoon tomato puree  
400 milliliters passata or sieved tomato sauce  
1-2 cloves garlic, minced or chopped in small bits  
1 teaspoon paprika  
200 milliliters vegetable stock (or made up with a stock cube and water)  
125g kidney beans (from a tin, rinsed and drained)  
125g white beans e.g cannellini (from a tin, rinsed and drained)  
1-2 teaspoon granulated sugar  
chili pepper, to taste  
salt and pepper, to taste

Heat oil in a pan on medium heat, and after a minute add sliced onions and a pinch of salt. Stir and let cook slowly till the onions begin to take on colour, about 5 minutes. Add the crushed coriander and cumin seeds and the tomato puree. Let cook for a minute or two, stirring all the time and then add the passata, garlic, paprika, stock, beans, sugar and chili pepper (if using). Let stew slowly on low heat for 20 minutes, stirring now and again. Taste and adjust seasoning as you desire. When ready, crush some beans using your cooking spoon to thicken, if the sauce is too thin. Serve with some rice, guacamole and sour cream.

## PIPPA'S VEGAN CURRY

loads of onions

loads of garlic

loads of spinach or other green leafy vegetable, cut as small as you can be bothered to make it

loads of potatoes, diced

loads of rice or something to serve the curry with

loads of tomatoes, cut up quite small

salt

chilli pepper

ginger (plenty)

coriander and cumin (you need Indian cumin not european cumin)

other curry type spices you can find such as garam masala, cardamom, mustard seeds

- boil the potatoes separately otherwise they will never cook.

- cook the rice if you are going to have some - fry the onions and garlic then when they are done, add the spices and stir it around so that the spices are also a bit fried (but be careful not to obliterate them completely).

- add the tomatoes, spinach and cooked potatoes and cook together for a few minutes until the tomatoes have turned into a sauce and the spinach is cooked. et voila!

## BASIC CHICKPEA CURRY

50-100g dried chickpeas per person 2 kgs would do 25 people

onions

garlic

loads of tomatoes

lime/lemon

chili

cumin/any other spices

(maybe orange and cinnamon)

Soak the chickpeas in bottle preferably from the night before you intend to cook them. These take ages to cook so should be the very first thing you put on the rocket stove. Yolanda's tip is to add some bicarbonate of soda/baking powder as this makes them cook faster. Don't add too much or it tastes salty and weird. You do want to add some salt though :-) Start with onions and garlic in a pan with olive oil and add whatever spices you fancy. Cumin and Chili are good but whatever you feel. Then add any other veg you have, peppers, carrots and courgette are good. Add the tomatoes later and chickpeas whenever there are ready. The lime/lemon makes this super yummy and so does using lots of oil. This goes well with cous cous or left over rice. I wouldn't try and make rice too as that will take too much time with the chickpeas and you will not eat till midnight!

## DESERT

### VEGAN APPLE CAKE

100g soy butter

100g sugar

4 eating apples - peeled, cored and grated

200g self-raising flour

1 teaspoon ground cinnamon or mixed spice

2 to 3 tablespoons water

melt butter and mix with sugar

put in flour and other ingredients

180°, 30 to 35 mins

# Music Library

Abendlied

Evening rise, Spirit come sun goes down when the day is done.

Mother earth awakens me with the heartbeat of the sea.

1. Abend kommt, Nacht bricht an,  
läßt uns ruhn in Frieden.  
Was der Tag uns gebracht  
nehmen wir mit in die Nacht.

3. Ruhe gut, ruhe wohl,  
läßt den Tag verklingen.  
Schöpfe Kraft aus der Nacht  
bis die Sonne wieder lacht.

2. Schau zurück auf dein Tun,  
war es voller Leben,  
war es schön, wahr und gut,  
hastest du den rechten Mut?

Deutscher Text:  
Helga Oberländer

Evening rise

Setz: Ch. Bollmann

dazu D-Bordun

## The World turned upside down

In sixteen forty-nine to Saint George's Hill  
A ragged band they called the Diggers came  
to show the people's will  
They defied the landlords, they defied the law  
They were the dispossessed, reclaiming what  
was theirs  
"We come in peace," they said, "to dig and  
sow  
We come to work the land in common and to  
make the waste ground grow  
This earth divided we will make whole  
So it can be a common treasury for all  
The sin of property we do disdain  
No man has any right to buy and sell the  
earth for private gain  
By theft and murder they steal the land  
Now everywhere the walls rise up at their  
command  
They make the laws to chain us well  
The clergy dazzle us with heaven or they  
damn us into hell  
We will not worship the god they serve  
They god of greed who feeds the rich while  
poor folk starve  
We work, we eat together, we need no  
swords  
We will not bow to the masters or pay rent to  
the lords  
Still we are free men though we are poor  
You Diggers all, stand up for glory, stand up  
now"  
From the men of property the order came  
They sent the hired men and troopers to wipe  
out the Diggers' claim  
Tear down their cottages, destroy their corn  
They were dispersed, but still the vision  
carries on  
You poor, take courage, you rich, take care  
This earth was made a common treasury for  
everyone to share  
All things in common, all people one  
We come in peace, the order came to cut  
them down

## ROUND AND ROUND

Round and round we go,  
we hold each other's hands  
and weave ourselves in a circle.  
The day is done,  
the dance goes on.  
Round and round we go...

## Clandestino

Solo voy con mi pena  
Sola va mi condena  
Correr es mi destino  
Para burlar la ley  
Perdido en el corazón  
De la grande Babylon  
Me dicen el clandestino  
Por no llevar papel

Pa una ciudad del norte  
Yo me fui a trabajar  
Mi vida la dejé  
Entre Ceuta y Gibraltar  
Soy una raya en el mar  
Fantasma en la ciudad  
Mi vida va prohibida  
dice la autoridad

Solo voy con mi pena  
Sola va mi condena  
Correr es mi destino  
Por no llevar papel  
Perdido en el corazón  
De la grande Babylon  
Me dicen el clandestino  
Yo soy el quiebra ley

Mano Negra clandestina  
Peruano clandestino  
Africano clandestino  
Marijuana ilegal

Solo voy con mi pena  
Sola va mi condena  
Correr es mi destino  
Para burlar la ley  
Perdido en el corazón  
De la grande Babylon  
Me dicen el clandestino  
Por no llevar papel

Argelino clandestino  
Nigeriano clandestino  
Boliviano clandestino  
Manu Negra ilegal

# LANGUAGE

<u>ENGLISH</u>	<u>SERBIAN/CROATIAN</u>	<u>BULGARIAN</u>	<u>GREEK</u>
Hello	Zdravo		(geiá sou)
Thank you	Hvala		(sas efcharistó)
Please	Molim		(parakaló)
Goodbye	Dovidjenja		(antío)
Sorry	Izvini		μ (sygnómi)
Excuse me	Izvinite	μ	(me synchoreíte)
Yes	Da		(naí)
No	Ne		(ochi)
Right	Desno		(dexiá)
Left	Levo		(aristerá)
Where is the toilet? Gde je WC ?			(poú eínaí i)
Can you help me? Možete li mi pomo i?		?	μ (Boreíte na me voi thí sete?)
Where can we camp? Gde možemo da kampujemo?		?	μ μ μ (ópou boroúme na kataski nó soume?)
What is the way to....? Kojim putem se ide za?		?	?
I'm lost	Izgubljen sam (m), Izgubljena sam (f)		gia napoios eínaí o trópos gia na) μ μ (Eímai chaméno)
Is that food you are going to throw away?	Ho ete li da bacite tu hranu?	,	μ
How much?	Koliko..?	?	(pósos)
Vegetables	Povr e		(lachaniká)
Bread	Hleb		μ (psomí)
Is this drinking water? Je li ovo piya a voda		(e tazi voda za piene)	μ (Eínaí aftó to)
I don't speak (language)	Ne govorim (jezik)	( ) (Az ne govorya (ezik))	pósimo neró ( ) (Az ne govorya (ezikk))
Tool	Alat		
Pump	Pumpa	(pompa)	(antlía)
Air	Vazduh	(v zdukh)	(áeras)
Flat tyre	Prazna guma	(spukana guma)	(skasméno lásticho)
Tube	Unutrašnja guma	(tr ba)	(solínas)
Oil	Ulje	(petrol)	(ládi)
We have cycled from	Vozili smo iz....		μ (échoume)
Please can i fill up my water bottle	Možete li mi napuniti bocu za vodu?	(nie sa zav rtyani ot fill)	enallássontai apó μ μ μ (Parakaló boró na gemísete to boukáli mou)

English	German	Bulgarian	Serbian/Croatian	Macedonian	Greek
<b>Non-vegan food items</b>					
milk	Milch	мляко (mlyako)	млеко / mljeko	млеко (mleko)	γάλα (gála)
whey	Molke	сироватка (surovatka)	сурутка / sirutka	сурутка (surutka)	τυρόγαλο (tirágalo)
egg	Ei	яйце (yaǐtse)	јаје	јајце (jajcë)	αυγό/αυγά (afgó/afgá)
butter	Butter	масло (maslo)	пупер/маслац / maslac/putar	пупер (puter)	Βούτιρο (vútiro)
butter milk	Buttermilch	мътеница (mütenitsa)	млаћеница / mlaćenica	матеница (matenica)	βουτυρόγαλα (vutirógala)
cream	Sahne/Rahm	сметана (smetana) / крем (krem)	крема/павлака / krema/vrhnje	крем (krem) / павлака (pavlaka)	κρέμα (kréma)
quark	Quark	кварт (kvark)	кварт / kvark	кварт (kvark)	κουάρκ (kuárk)
cheese	Käse	сирене (sirene)	сыр / sir	сирење (sirenje)	τυρί (tiri)
joghurt	Joghurt	кисело мляко (kiselo mlyako)	јогурт / jogurt	јогурт (jogurt)	γιαούρτι (yaúrti)
honey	Honig	мёд (med)	мёд / med	мёд (med)	μέλι (méli)
gelatine	Gelatine	желатин (zhelatin)	желатин / želatina	желатин (želatin)	ζελατίνη (zelatíni)
bee wax	Bienenwachs	пчелен восък (pchelen vosük)	пчелиниъи восак / pčelinji vosak	пчелин восок (pčelin vosok)	κερί μέλισσας (kerí mélissas)
meat	Fleisch	месо (meso)	месо / meso	месо (meso)	κρέας (kréas)
fish	Fisch	риба (riba)	риба / riba	риба (riba)	ψάρι (psári)
beef	Rind(fleisch)	говеждо (govezhdo)	говедина / govedina	говедско (govèdsko)	βοδινό (vodinó)
pork	Schwein(efleisch)	свинско (svinsko)	свињетина / svinjetina	свинско (svinsko)	χοιρινό (choirinó)
chicken	Hähnchen/Geflügel	пиле (pile) / пилешко (pileshko)	пилетина/живина / piletina/perad/živina	пилешко (pileško)	κοτόπουλο (kotópulo)

tuna	Thunfisch	тон (ton)	туњевина/туна / tunjevina/tuna	туна (tuna)	τόνος (tónos)
lactose	Laktose	лактоза (laktoza)	лактозу / laktozu	лактоза (laktoza)	λακτόζη (laktózi)
seafood	Meeresfrüchte	морска храна (morska khrana)	плодови мора / plodovi mora	морска храна (morska hrana)	θαλασσινά (thalassiná)

Non-vegan E numbers: E120, E542, E631, E901, E904, E913

#### Useful words

with	mit	с (s)	са (sa)	со (so)	με (me)
without	ohne	без (bez)	без (bez)	без (bez)	χωρίς (chorís)
good day	Guten Tag	добър ден (dobûr den)	Добар дан (dobar dan)	добар ден (dobar den)	καλημέρα (kaliméra)
excuse me	Entschuldigung	ме извините (me izvinite)	извините ме (izvinite me)	извинете ме (izvinete me)	με συγχωρείτε (me sinchoríte)
thank you	Danke	благодаря (blagodarya)	хвала (hvala)	ви благодариме (vi blagodarime)	σας ευχαριστώ (sas efcharistó)

#### Equipment

map	Landkarte (for regions) / Stadtplan (for cities)	карта (karta)	мапа/карта / mapa/karta	мапа (mapa)	χάρτης (chártis)
tent	Zelt	палатка (palatka)	шатор / šator	шатор (šator)	ténta (ténta)

#### Amenities

supermarket	Supermarkt	супермаркет (supermarket)	самопослуга / samoposluga/supermarket	супермаркет (supermarket) / самопослуга (samoposluga)	σουπερμάρκετ (supermárket) / υπεραγορά (iperagorá)
drinking water	Trinkwasser	питейна вода (piteňna voda)	вода за пиће (voda za piće) / пијаће воде (pijače vode) / pitke vode	вода за пиење (voda za pienje) / пиење вода (pienje voda)	πόσιμο νερό (pósimo neró)

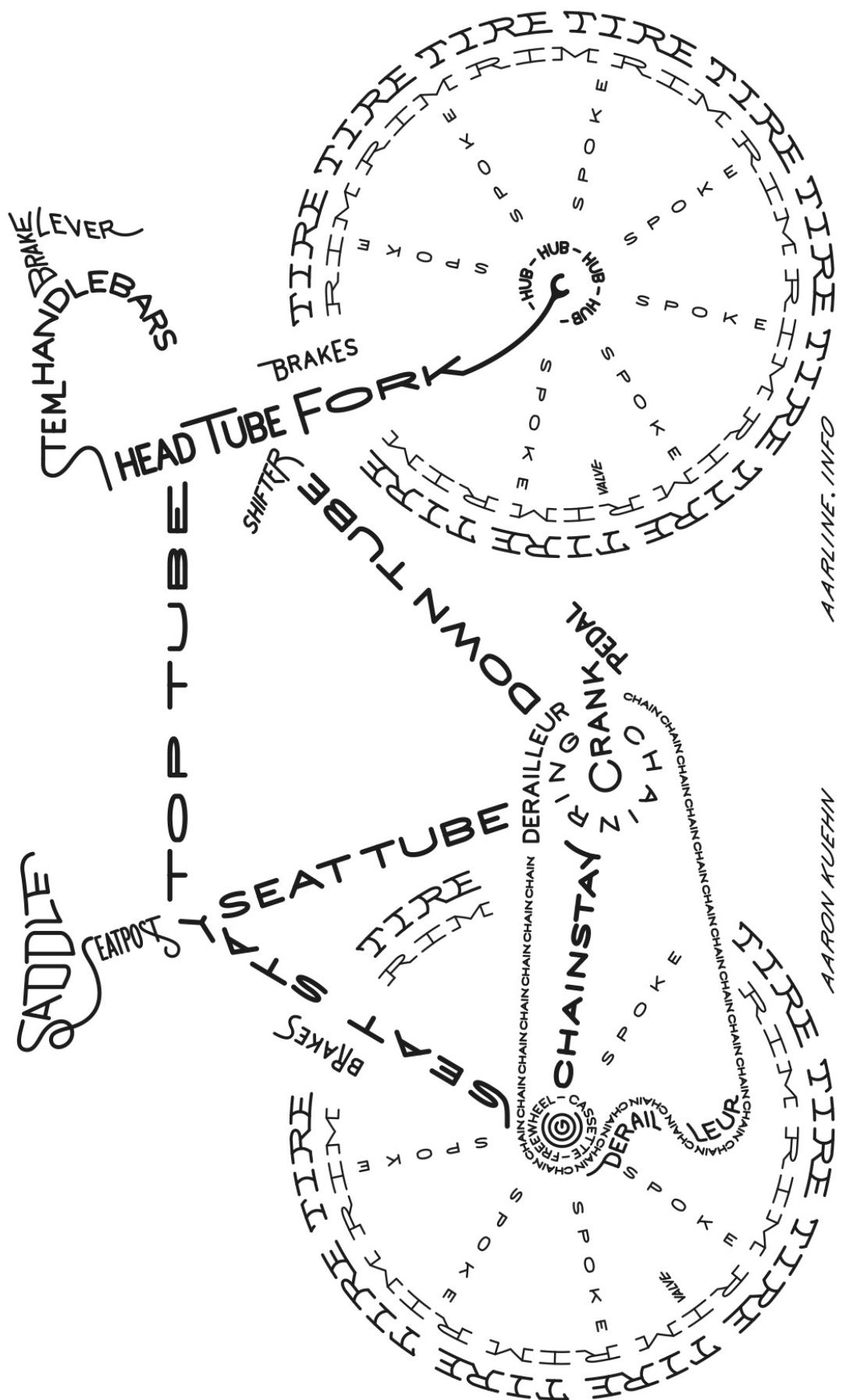
English	German	Bulgarian	Serbian/Croatian	Macedonian	Greek
bakery	Bäckerei	пекарство (pekarstvo) / хлебни (khlebni)	Пекара / pekara/pekarnica	пекара (pekara)	αρτοποιείο (artopoíó)
bike shop	Fahrradgeschäft	магазин за велосипеди (magazin za velosipedi)	бцикл продавница (bicikl prodavnica)	продавница за велосипеди (prodavnica za velosipedi)	κατάστημα ποδηλάτων (katástima podiláton)
farmers' market	Markt	Пазар (pasar)	Тржиште (tržište)	Пазар (pasar)	αγορά (agorá)

## Alphabets

Bulgarian	Serbian	Macedonian	Greek	Latin	Pronunciation
А а	А а	А а	Α α	А а	As in <i>father</i>
Б б	Б б	Б б	ΜΠ μπ	Β b / Ιn Greek also mp / mb	As in <i>beer</i>
В в	В в	В в	Β β	Β v	Somewhere between a v as in <i>very</i> and a b as in <i>butter</i>
Г г	Г г	Г г	Γ γ	Г g (Greek sometimes Υ γ)	Like g in <i>go</i> . In Greek with an open throat, like the r in <i>German waren.</i>
			Γ γ (before γ, ξ, κ, χ)	н	Like ng in <i>hang</i>
Д д	Д д	Д д	ΝΤ ντ	Д d (Greek sometimes nt / nd)	d as in <i>dog</i>
			Δ δ	d	Soft th as in <i>that</i>
Ђ ђ	S s			Ђ đ / Ѓ ѕ / Dz dz	dz like in <i>Hudson</i>

Bulgarian	Serbian	Macedonian	Greek	Latin	Pronunciation
		Ѓ ѓ		Ѓ ѓ / Gj gj	Similar to j in <i>jungle</i>
Е е	Е е	Е е	Ε ε / αι	Е е	As in <i>set</i>
Ж ж	Ж ж	Ж ж		Ž ž / Zh zh	Like the s in <i>leisure</i>
З з	З з	З з	Ζ ζ	Z z	As in <i>zone</i>
			Θ θ	Th th	As in <i>thing</i>
			Η η / ι ι / Υ υ / Ει ει / Οι οι	I i	Similar to the e in <i>pee</i>
Й љ	J j	J j		J j / Y y / Ј Ј	As in <i>yeast</i>
К к	К к	К к	Κ κ	K k	Similar to <i>kind</i>
Л л	Л л	Л л	Λ λ	L l	Similar to <i>hill</i>
	Љ љ	Љ љ		Lj lj / Lĵlĵ	Mix between l and y, as in Italian <i>meglio</i> or Spanish <i>Sevilla</i> or in some accents <i>million</i>
М м	М м	М м	Μ μ	M m	Like in <i>mix</i>
Н н	Н н	Н н	Ν ν	N n	Like in <i>no</i>
			Ν ν (after α, ε, η)	u / v / f	v as in <i>very</i>
	Ң ң	Ң ң		Nj nj / Nĵnĵ	Somewhere between n and y, as in Portuguese <i>piranha</i> or Spanish <i>niño</i>
О о	О о	О о	Ξ ξ Ο ο / Ω ω	x O o	As in <i>fax</i> Similar to <i>floor</i>
П п	П п	П п	Π π	P p	Similar to <i>pot</i>
Р р	Р р	Р р	Ρ ρ	R r	Tongue-rolled R like in a Scottish or Bavarian accent
С с	С с	С с	Σ σ ζ	S s	As in <i>sun</i>
Т т	Т т	Т т	Τ τ	T t	Similar to <i>tea</i>
	Ћ ћ			Ć č	Somewhere between ch as in <i>chalk</i> and ts as in <i>tsunami</i>
		Ќ ќ		Ќќ / Kj kj / Ć ć	In between c as in can and y as in yeast

Bulgarian	Serbian	Macedonian	Greek	Latin	Pronunciation
Ү ү	Ү ү	Ү ү	ΟΥ ου	U u (Greek also ou)	As in <i>rule</i>
Φ φ	Φ φ	Φ φ	Φ φ	F f	As in <i>find</i>
X x	X x	X x	X X	H h / Kh kh / Ch ch	Between a K and an H, like in Spanish <i>junta</i> or Scottish/German <i>loch</i> . In Greek, when before a light vowel (ε/ι) like German <i>ich</i> or some English accents <i>human</i> .
Ц ц	Ц ц	Ц ц		C c / Ts ts	Ts like in <i>tsunami</i>
Ч ч	Ч ч	Ч ч		Č č / Ch ch	Like in <i>cello</i>
	Џ я	Џ я		Dž dž / D' d' / Dj dj / Dzh dzh	Like in <i>jungle</i>
Ш ш	Ш ш	Ш ш		Š š / Sh sh	Like in <i>shit</i>
Щ щ				Št št / Sht sht	As <i>hashtag</i> or German <i>stehen</i>
Ђ ђ				Ă ā / A a	Like the u in <i>turn</i>
Ђ ђ			ҮI үI	' / Y y	Like y in <i>canyon</i>
Ю ю				Ju ju / Yu yu	Like in <i>menu</i>
Я я				Ja ja / Ya ya	Like in <i>yarn</i>
			Ψ ψ	Ps ps	Like in <i>capsule</i>



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