

MILOS MUNICIPALITY

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Milos is the fifth largest island of the Cyclades and is located 86 nautical miles from Athens and 50 nautical miles from Santorini and Mykonos. Milos coastline is 126 km, has a surface of 158 square kilometers , 5.000 residents that become more than 15,000 in the summer period, 7 villages with unique architecture and many traditional, seaside settlements.

In 2014, Milos has been proclaimed a Holy Island due to the existence of the unique monument of the early Christian Catacombs.

Due to the volcanic origin of the soil, Milos is a special island , an island of rare natural wealth ,extraordinary beauty with a rich network of wetlands , remarkable culture and history with the famous statue - symbol of global female beauty - Aphrodite of Milos which is now housed in the Louvre Museum, numerous beaches and long mining history. Milos is an island where lava (from volcano) gave birth to life and not extinguish life.

With more than 100 beaches all around the coastline with crystal, deep blue waters and multi-colored carved rocks and white-yellow coasts, it is certain that even the most pretentious visitor will be impressed. In Milos you will find unique and worldwide famous places like the moon landscape of Sarakiniko and the old pirates hideout, Kleftiko. As global sites refer to us, Milos is a paradise on earth and a huge natural geological museum.

It is certain that the island's clear waters and its beaches of incomparable beauty will offer you an unprecedented experience.

Milos has the advantage over other resorts to have a network of thermal springs.

The thermal springs of Provata, Alyki and Adamas are referred on the map of mineral resources, issue of Foreign Service and Reports of the Ministry of National Economy (Athens 1932).

It must be noted that the metal springs of Adamantas, Milos, Cyclades has been proclaimed a thermal spring with the law n.BD721/8/20 article 6 and

was granted to the Community of Adamas with the P.D. 640/19.5.81 (FEK 162/A/81). Today the thermal spring of Adamas is thermal natural resources of Municipality of Milos and is reported to the Hippocrates works in E' volume for Epidemics, as well as to the works of the french researcher Pitton de Tournefort.

According to the rules of thermalism - spa tourism (Z . Angelides 2012 K . Kouskoulis 2014), the island of Milos is a " rich thermalistic place " due to the geological, geothermal , natural -chemical, etc. mechanisms of nature that constitute the whole team of thermal natural resources, and consist the development of thermalism - thermal (medical) tourism .

Hot springs, fumaroles (steam), hot soils, parent clay raw material, clean marine environment and climate make the single thermalistic system of Milos.

The thermal springs of Milos are known since the time of Hippocrates (E' volume on Epidemics). The following, about the warm waters and their healing use, are referred in the book "Practical Guide of Bathers – Natural resources" of the doctors M . Vlastos and N . Papaioannou in 1930:

a) Adamas Springs (renovated 2014): In the coastal region there is an ancient cave at the height of the sea with depth of 15 meters and with an anteroom of 4 m, width 3m. and approximately 3m height. The sodium- water that gushes is referred from authors to have temperature 39 to 41 degrees Celsius. The springs of Adamas was recently recognized by the competent legal Commission.

b) Alykes springs: there is a chloro – sodium source with temperature 30 ° C on the inlet of the port of Milos. Three hundred meters from the beach, the authors mention also a cave with water and mud 28 °.

c) Provatas air bath: On the hill with 60-70m altitude, steam emerge that is used for steam bath and

d) Haros Baths: Hydrosulfide private thermal spring.

The authors refer also other springs and hydrotherapy places and make particular reference to climate therapy.

The Municipality of Milos is a founding member of the Hellenic Association of Municipalities and Communities with Thermal Springs (28.12.1983), which

later was renamed as Hellenic Association of Municipalities with Thermal Springs, where exchanges expertise in the thermal therapy applications and promotes the thermalism and spa tourism in Greece.

PROPOSAL FOR THE EUROPEAN PROGRAMME

“Europe for the Citizens, 2014-2020”

**Project title: A NETWORK OF CITIES WITH THERAPEUTIC, THERMAL
SPRINGS**

PROPOSAL DRAFT

Given the Holistic theory for the provision of services for therapeutic tourism, the attempt concerns the establishment of a network of towns aiming to promote health through the comparative advantages of our country, and especially of the towns referred above, with Scandinavian municipalities in the sector of therapeutic springs (Thermalisme) because of the existing climatic differences. It is known that most of the diseases, and especially skin diseases, should be faced as psycho-bodily malfunctioning that causes social sickness. According to the existing scientific studies the Hippocrates' approach in Hippocrates' country will give out the best of results and significant comparative advantages at the actively operating therapeutic springs of the above-referred areas as well as at other areas in Greece. In order the therapy to be effective a complementary approach is necessary for the reception of the patients – consumers of health services, targeting not only at the bodily but also the psychic and social prosperity of the patients.

The World Health Organisation accepts the alternative medicine in many fields of health. Long-term relative experiences of co-operation of the above-referred districts with the programme “Healthy Cities” in effect already exist and the results in the sector of health are excellent compared against other activities. Following the results of the applied pilot programme of activities the municipalities target the co-operation with all other interested cities under the existing framework of law; co-ordinator of their activities will be Central Union of Greek Municipalities (KEDE). This pioneering pilot programme of activities will be proposed to the World Health Organisation so as Thermalisme (Climatology) in combination with the special climatic conditions prevailing in Greece to be submitted under their shield.

It must be noted that it concerns the application of a therapeutic protocol that includes therapeutic treatment depending on the disease, during a period of time other than summer during which temperatures are high and for a length of time necessary to face each one's medical case in combination with proper nutrition (especially the known as Mediterranean Diet) and the occupation of the patients according to their declared preferences which can concern culture, religion, the arts, or various other practices. Depending on the participant, the medical case and the length of time the therapeutic treatment is to last full programmes for the improvement of the quality of life under scientific, psychological support of specialists will also be offered.

Cultural and/or spiritual tourism is suggested, as well as seminars for healthy nutrition (Mediterranean Diet, acquaintance with locally produced ingredients and food preparation), hiking along tourist paths, participation in artistic activities and practices (dances, music – either folk or religious – theatre, painting, icon-painting and mosaic synthesis, ceramics and other); all these with the purpose of improving the psychic health of the patient according to the relative protocol of therapy.

Leaders for the co-operation of the cities will be volunteering organisations, especially these formed among the patients; these organisations are perfectly operating in the Scandinavian countries. The reception and the support of the patients participating in the therapeutic protocols will also be provided by volunteers. Intensive training must be provided for each subject so as the patients to feel they are guests in the country of Light.

Material and technical structures already exist as well as

- a/ experience and the know-how under the EDDYPPY programme
- b/ The Island of Milos has been proclaimed a Holy Island and religious tourism has been developed in the wider area of the Municipality of Loutraki – St. Theodoroi
- c/ There is a wealth of natural therapeutic (thermal) springs
- d/ There is a wealth of cultural inheritance

As far as we know such an initiative has not been materialised to this day by any public or private body, neither could it have been proposed nor undertaken because of lack of the relative legal regulation. The framework referred above is based on recent legal regulations concerning issues for the provision of trans-border health care L.4213/2013 (Published in the Government Paper –FEK A 261/9-12-2013) for the adjustment of the national law to the Directive 2011/24/EE of the European Parliament and the Committee of the 9th of March 2011 on the application of patients' rights in the framework of L88/45/4-4-2011; moreover, under the provisions of article 40 par. 1,2 and 3 of L. 4272/2014 the right of recognition of the bodies providing therapeutic tourism, the centres of therapeutic tourism-thermalisme and the centres for therapeutic sea-bathing (as these are defined by article 1 of L. 3498/2006 as bodies for the provision of primary health care) have also been established.

PROPOSED ACTIONS

In the framework of the programme the following actions are proposed:

ACTION A

Communicate with the Greek Consular Authorities for the purpose of preparing the arrival of representatives from the Municipality of Loutraki – St. Theodoroi and representatives from the Island of Milos, as well as representatives of the KEDE and the Chairman of the Committee for the Protection of Therapeutic Natural Resources (Therapeutic Springs) to present the therapeutic protocol for skin-diseases to interested societies of patients, and bring them in contact with a

tourism office based in a Scandinavian City to discuss future co-operation. It should be noted that demographic data revealed that 35,000 residents receive medication on expense of their general health condition against the equal result the non-medicated treatment of therapeutic bathing can provide.

The Consular authorities are also asked to obtain an invitation for communication with the established in Copenhagen World Health Organisation with the purpose of securing their support and placing the programme under their shield.

ACTION B

The organisation of a convention in Greece according to the conclusions that will be extracted from Action A; specialists of the therapeutic tourism should be invited.

For all the above

We apply for the promotion of the procedure for the expression of interest by the named foreign authorities so as to secure the necessary approvals of our City Councils on the subject of town-twinning, the establishment of a network and the participation in the European programme "Europe for the Citizens, 2014-2020" for the specific cities.