



*Born to be alive*

YOUTH EXCHANGE

04 - 12.05.2022

Raches, Greece

## HEY THERE!

Hello there participant. We have designed this Welcome Pack for you, as guidance in helping you to know more about the project. In these pages you will read more about the activity, the aims and objectives and a lot of practical information that you need to know before coming to Greece.

## SUMMARY OF THE PROJECT

Youth exchange "Born To Be Alive" is a non-formal program for young people aged between 18 and 30 years old. The program will be hosted by Fthia In Action in Greece in partnership with organizations from Cyprus, Spain, Slovakia, France and Denmark.

In order to achieve set goals, the program of the exchange project will use non formal education methods - discuss about climate change, environmental issues, energy and natural resources, term people with a fewer opportunities, will learn to apply developed skills into practice, generate new project ideas that would promote youth involvement into a sustainable way of living, will learn what social and learning skills can be gained by practicing different kind of activities, will meet the local organization representatives.

For 7 workdays we will gather 30 youngsters, plus 6 youth leaders, in order to create a space for exchanging experiences, inspirations and promote awareness on global issues.

The expected result of this project will be developed. Program will encourage participants to become more active and socially responsible members of society.

## PROJECT OBJECTIVES

- Promote sustainability, ecological awareness, awareness of issues such as extreme weather events, climate change, waste treatment / recycling, human footprint in nature and forms of energy recycling
- Facilitate knowledge about EU measures in the field of climate change, as well as to promote youth involvement in to the environmental activities in local and European level
- Realize how many plastics we use every day and ways to avoid them
- Develop skills in areas related to Sustainability, strategies, tools and methodologies in the field of green areas (saving resources, reducing energy and waste consumption, compensation CO2 emissions, sustainable food choice and mobility, etc.)
- Participate in sports and outdoor activities
- Participate in multinational activities, teaching each other small cultural secrets, and highlighting their similarities
- Promote peer-to-peer learning and interaction
- Develop European skills (communication in English, cultural awareness) and competences in a multicultural context
- Stimulate participation and involvement of young people in Erasmus+ programme.

## HOST ORGANIZATION



Fthia In Action - Greece

## PROJECT PARTNERS



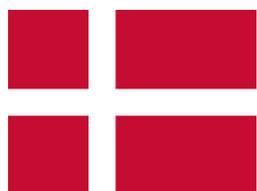
Youthfully Yours SK - Slovakia



Filodasikos Syndesmos Agrou - Cyprus



Asociacion Juvenil Almenaras - Spain



Danish Youth Team - Denmark



Tera-Maison de L'Europe de la Charente - France

## GENERAL INFORMATION

**Dates:** 04 - 12.05.2022 (04<sup>th</sup> of May will be the day of arrival and 12<sup>th</sup> of May will be the day of departure)

**Venue:** Raches, Fthiotida, Greece

**Working Language:** English

## PARTICIPANTS PROFILE

The selection of participants is a KEY for the success of the youth exchange. Each organization will recruit 6 participants (5 youngsters aged between 18-30 years old) and 1 group leader without age limit (18+).

Participants need to be interested in the topic of the youth exchange. Participants need to be young people who want to explore the Erasmus+ Program and are highly motivated to meet other cultures and have new experiences. Also it is significant to be willing and committed to attend the full youth exchange and committed to be active during sessions, share ideas and good practices and multiply the results back home.

Each organization is responsible to select 1 group leader that is able to prepare, monitor and take care of the group throughout the whole project, who is able to communicate and work in English, with previous experience in carrying out activities or programs related to the development of skills of young people through non formal methods.

Team has to be gender balanced.

## VENUE

### THE ACCOMODATION

Participants will be hosted in NISI Glamping in Raches, Greece (<https://nisi.com.gr/>). NISI provides tents, but also unique types of accommodation that will satisfy all tastes for couples, families, friends! The tents are made out of canvas and natural materials. Glamping (Glamorous Camping) is a new trend in the world of Camping and NISI has already managed to be one of the first places in Greece that it combines Nature and comfort. Think of spacious tents, mattress and beds in ethnic style decoration. All the accommodation options include power, heating, fan, personal lounge and much more.



We can provide the accommodation only on the indicated in the invitation dates, any additional days the participants need to take care of on their own.

## FOOD

We will have breakfast, lunch, dinner and two coffee breaks each day. Please inform us on time if you have any special requirements: vegetarian, health conditions, allergies to some specific type of food or other things.



## THE LOCATION

Raches is a seaside village in the region of Fthiotida. This beautiful and charming place is located in the heart of Greece, being just a bit more than 2-hour drive away from both Athens and Thessaloniki. The wonderful combination of sea and mountains makes the area very attractive while the highlights are the Surf Camp of the village and the complex of small islets that which is named Lihadonisia and often is referred as the Seychelles of Greece.

## TRAVEL DETAILS

First option (Travelling to/from Athens):

1. Flight to Athens (ATH)
2. Direct bus (X93) to 'Liosia bus station'
3. Bus from there to Lamia
4. Bus from Lamia to Raches

OR

1. Flight to Athens (ATH)
2. Suburban/Metro/Bus to Stathmos Larisis (Athens Train Station)
3. Train from Athens to Stylida (change in Lianokladi)
4. From there we are going to collect you

Second option (Travelling to/from Thessaloniki):

1. Flight to Thessaloniki (SKG)
2. Bus (X1) to Thessaloniki bus/train station
3. Train from Thessaloniki to Stylida (change in Lianokladi)
4. From there we are going to collect you

If you will travel as a whole group together it is possible for you to rent a private bus or come by car - this option shall be more discussed with project coordinator before final decision.

We will offer you more detailed information after you choose the option which serves you the best.

**IMPORTANT:** All travel details should be agreed with project coordinator before buying the tickets!

Useful links for the arrangement of your itinerary:

[www.skyscanner.com](http://www.skyscanner.com)

[www.kayak.com](http://www.kayak.com)

[www.rome2rio.com](http://www.rome2rio.com)

[www.trainose.gr](http://www.trainose.gr)

[www.ktelfthiotidos.gr](http://www.ktelfthiotidos.gr)

[www.ktelthes.gr](http://www.ktelthes.gr)

[www.dromologiaktel.gr](http://www.dromologiaktel.gr)

## TRAVEL BUDGET

Travel costs to and from the venue (Greece) are covered according to the Erasmus+ lump sums, based on the travel distance per participant, and on the basis of the most economical fare.

The maximum amount of money that each participant can spend for travel, for each country is:

COUNTRY	Max. Travel Budget (€)
Greece	20
Cyprus	275
Slovakia	275
Spain	360
France	360
Denmark	360

It is very important that you choose the cheapest travelling way that is possible. Also, only the flight cost and luggages will be reimbursed and no any extras, like priority boardings and so on.

The travel costs will not be reimbursed to people, who are not taking part of the entire youth exchange or not respecting the rules.

The amounts that get over the maximum budget for each participant will NOT be reimbursed. So please book your tickets as soon as possible, BUT BEFORE ASK OUR CONFIRMATION PLEASE.

## TRAVEL REIMBURSEMENT

The youth exchange is financed by Erasmus+ programme meaning that the travel costs, food and accommodation will be covered by the hosting organization.

To receive reimbursement you need to provide us ALL the original documents of transportation that are used during your trip from departure city to Raches. These include: tickets, receipts, boarding passes, invoices. We cannot reimburse the travel costs without these original documents. We cannot reimburse travel costs of taxis or other private transportation. If the participant does not present us all the bills, tickets and boarding passes and as a result we do not have a ticket, we cannot consider it for the reimbursement. It is very-very important.

Reimbursement will be done in EURO regardless the mentioned currency in tickets, receipts and invoices. All tickets purchased in any currency other than EURO will be converted and calculated according to the exchange rate of May 2022 through the official website of European Commission.

Reimbursement will be done through bank transfer after the project if all reimbursement, project conditions and rules are followed, only to sending organization bank account. We will only reimburse you the travel costs if you participate in the WHOLE project.

There is **a participation fee of 20 euros** that will be charged from every participant of the project in order to cover daytrips. This fee can be deducted from your travel costs.

## TRAVEL AND HEALTH INSURANCE

We highly recommend for all participants to provide their own health and travel insurance for the full duration of the project with travel days included. Please, make sure also that you have a valid European health card with you.

## COVID-19 SITUATION

In order to participate in the youth exchange each participant need to hold the European Covid-19 Certificate.

Everyone should wear a mask in public settings.

In closed spaces it is recommended to wear a mask and maintain physical distance.

In open spaces it is necessary to maintain the required physical distance.

The host organization will take all necessary preventive measures in accordance with the current epidemiological situation caused by COVID-19 virus.

The host organization is not responsible in case that a participant may be affected from the COVID-19 virus during the stay in Greece.

## YOUTHPASS



At the end of the youth exchange, each participant will receive a Youthpass.

Youthpass is the recognition instrument for projects supported by the EU youth programmes.

Youthpass is a tool, process and strategy to foster recognition and validation of learning in youth work.

It aims to reinforce reflective practices in youth work and solidarity activities, thereby enhancing their quality and recognition. It also supports the continued pathways of young people and youth workers and raises visibility of the value of European engagement.

## WHAT TO BRING

- European Health Card
- Typical food and drink for **intercultural evening**.
- Poster, leaflets, card, videos, typical music... from your country, region, city.
- Info, presentation, material, stickers... from your organization.
- Camera, laptop and other equipment making life and work easier
- Sun hat, sun lotion and swimsuit
- Personal hygiene staff
- Clothes for warm weather
- Comfortable shoes and clothes as we will use dynamic methods and take part in sports and outdoor activities
- Flip-flops or sandals for indoor and sea
- A backpack for the short hike and a refillable bottle
- Ideas, games, ice breakings, dances and folk for your cultural evening.
- Good mood, smile and energy to be active!

## WEATHER FORECAST

Climate is Mediterranean. Normally in our region in May you can get hot sunny days up to 30 degrees or more. There's little chance of rain, with plenty of sunshine and clear blue skies. Of course, you need to check the weather online before your travel.

## DISSEMINATION

Each group together with the sending organization is responsible for the dissemination activity.

You need to organize one informative workshop about the project. You will have 30 days after the youth exchange to organize this activity. After the activity please send us some pictures and a short resume.

Also during the project you need to post at least one material (some pictures, few sentences) about the project on your organization page.

## DEADLINE CALENDAR

Selection of participants and group leader - 04 March

Get travel tickets for everyone - 08 March

Online Evaluation (Inbound Questionnaire) - 04 May

Online Evaluation (Outbound Questionnaire) - 12 May

Dissemination workshop - 12 June

## COMMUNICATION

For more information, feel free to contact us any time!

Mail: [fthiainaction@gmail.com](mailto:fthiainaction@gmail.com)

Facebook: [Fthia In Action](#)

Mobile Phone/Whatsapp: [+30 698 035 2112](tel:+306980352112)

See you soon in Greece! 😊