



ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
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ΜΑΘΗΣΗΣ

SEIZE THE DAY



Erasmus+

INFO-PACK

"p-ART-icipate!"

Erasmus+ project: 2020-3-EL02-KA105-006539

Youth Exchange (Main Mobility)

Location: Athens, Greece **Dates:** 1-10 September 2021

Travel dates: *Arrival:* 31/08 (any time) & *Departure:* 11/09 (any time)

Participants: 1 LEADER (18+) & 9 YOUNG PEOPLE (18-30 YRS.)



Co-funded by the
Erasmus+ Programme
of the European Union

Project Summary:

The Youth Exchange “p-ART-icipate!” wishes to unite 51 young people from 5 different countries in all corners of Europe (France, Italy, Romania, Turkey and Greece).

It will take place in **Athens, Greece** from **1 to 10 September 2021** (+ 2 travel days).



- ★ The purpose of this exchange is to analyze, through various means of art, the importance of active participation and empowerment of youth in civil society, especially those belonging to vulnerable social groups; also, the project intends to lead to the acquirement of key skills that will facilitate active action and mobilization of youngsters in their community, as well as their effective integration into the labor market.
- ★ More specifically, it is a common ground that young people today are bombarded with a variety of information, often false or propagandistic, and are influenced by socio-economic factors; in general they show traits of apathy, aggression and/or alienation. These phenomena can have serious impact on the personal level, for example by feeling inert, marginalized or unable to pursue one's dreams.
In situations like this, it is through critical thinking and active citizenry that the youth can combat such elements and bring openness to the society at large.

WHICH ARE THE OBJECTIVES OF THE PROJECT?



- ☉ Stimulate young people to intervene in the status quo in a creative and innovative way and, with a focus on art, to raise awareness of their obligations and rights.
- ☉ Provide young participants the opportunity to develop comprehensively, to acquire sensitivity, ability to learn, critical thinking and creativity, which contributes to a better understanding of self, other people and the world, with more holistic ways.
- ☉ To awaken young people in Europe to understand the power of their action, leaving a cultural imprint through interactive and artistic stimuli, which will contribute to the cultivation of social responsibility and personal fulfillment.
- ☉ Provide young people the opportunity to raise their culture, by using art as a means and lever for the release of communication, self-expression and empathy.

Participating Organizations:

Country	Organization	Number of participants (APV)	Website
Greece	Seize the Day (Coordinator)	2+9	https://seizethedaylk.wixsite.com/mysite
France	Bokra Sawa	1+9	http://www.bokrasawa.org/
Italy	New Horizons	1+9	http://www.newhorizonsaps.org/
Romania	Dare to Take your Chance	1+9	https://www.facebook.com/daretotakeyourchance/
Turkey	Pi Youth Association	1+9	http://www.pigenklikdernegi.org/tr/ana-sayfa/

Accommodation

Hotel: The participants of the Youth Exchange will be hosted in the 4-star **Hotel Xenophon**.

The hotel is close to the centre of Athens and has easy access to public means of transportation (150 meters from the metro station **Kato Patisia – green line**).

Address: 340, Acharnon str. 11145, Athens/ Greece

Tel: +30 2102020310/ Fax: +30 2102020320 E-mail: info@xenophon-hotel.com

Web-site: <https://xenophon-hotel.com/>

Rooms: Participants will be hosted in three or four-bed rooms, with same gender participants.

The room facilities include: air condition & central heating, hair dryer, telephone, television, free Wi-Fi

Facilities: 24h reception, Room service until 3 p.m., Bar, Safety deposit box, Luggage storage room.



ADDITIONAL VENUE

Athens University of Economics and Business (AUEB)



Athens University of Economics and Business (AUEB) will host some of our activities.

☪ **Lunch and Dinner** will be served for you at **AUEB restaurant**

Address: 76, Patission str. 10434, Athens / Greece

Website: <https://www.aueb.gr/en>

➔ In order to reach AUEB you need to take the **train (green line) from Kato Patissia station** (direction to Pireus) and **get off at Viktoria station.**

Financial Conditions:

The Project covers 100% of:

- **accommodation costs** (hotel and meals)
- **travel costs** (up to a certain limit, according to Erasmus+ Distance Calculator – see table below)
- **transportation cost with public means within Athens** (tickets that cover your whole stay in Athens are provided)

	Organization	Max. travel cost per Participant (Euro)
Greece	Seize the Day (Coordinator team)	0 €
France	Bokra Sawa	275 €
Italy	New Horizons	275 €
Romania	Dare to Take your Chance	275 €
Turkey	Pi Youth Association	180 €

Travel Reimbursement Rules:

- 1) **YE participants are expected to buy their own tickets** (flights & other means of transportation to reach the airport) before the exchange.
- 2) **The reimbursement for the YE will be done in a group basis to the Bank Account of either the sending Organization or the Leader of each group.** For this purpose you will need to send us the relevant bank account details. You may either send us this document signed and scanned before the YE, or fill it in during the project. In addition, this document should be signed by all participants of each national team.
- 3) Reimbursement will be done in **Euros**. If you buy your tickets in other local currency, the reimbursement in Euros will be calculated according to the exchange rates of the Official Tool from the European Commission (InforEuro: <http://ec.europa.eu/budget/graphs/inforeuro.html>) for the month of ticket purchase.
- 4) Please note that TAXI drives are NOT reimbursed (except for very special cases, such as general strike of public transportation means)
- 5) The travel of the participants must be from the country of their sending organization to Athens and back, during the **YE's travel dates (31.08 – any time & 11.09 – any time)**, in order to be eligible for reimbursement

****You may want to travel 1 or 2 days earlier/later than the Youth Exchange's dates : In this case your tickets are eligible for reimbursement but you will have to cover your accommodation expenses yourself for the extra days!**

Travel Documents:

Reimbursements are made according to the travel documents submitted: **No payment will be made without a proof of your expenses!**

Therefore **KEEP ALL YOUR FLIGHT/TRAIN/BUS TICKETS, BOARDING PASSES, INVOICES, ETC WITH YOU AND DO NOT THROW THEM AWAY!**


Note that if a participant is late in sending us the relevant documents is responsible for the delay in the reimbursement of the whole team!

✓ Below are the documents you need to submit to us for your travel reimbursement:

Travel Document	Comment
Group Bank Approval letter	Details of Organization's or Leader's Bank Account
Invoice of arrival & return flight	Has to show name, dates of flights and price
Boarding passes	a. Digital (with a barcode, if you checked-in electronically) → email them at seizethedaylk@gmail.com or b. Printed , if you checked in at the airport → send the ORIGINALS (not photos or scans) to the address <i>Parodos Geraki 12-14,10445 , Athens, Greece –Lydia Kakourou</i> , by post
Train/bus/ship tickets	To and from the airports (digital/printed tickets – same as above)



Metro from and to Athens airport



You will need a special metro ticket (10 €) or bus ticket (6 €) (regular metro/bus tickets do not cover transportation to the airport!) – Please keep the **RECEIPT** that states the price after you purchase your ticket (we don't need the actual ticket, because it does not have a price on it)

TEAM COMPOSITION:

Each country's team should consist of **10** participants: **9 young people (18-30 years old)** + **1 leader (18+)**. Gender balance is suggested. But the profound motives of participants are of a priority!



Working Methods:

- The main methods we will use during the program will be based on **non-formal education activities** such as:





ice-breaking and team-building activities, brainstorming, presentations, group discussions, role-play games, reflection, creative contemporary round tables, cooperative world café, dialogue & self-expression through art, media dissemination, cultural visits and intercultural nights 😊

One of the main objectives of the project is to promote a sense of individual responsibility, profound understanding of addictions and a critical social approach!

In order to achieve those objectives, a special working method will be applied during the project:

Each team will take up the **role of the facilitator** for a number of activities. This role includes responsibility for:

- Design of the activity prior to the project (basic structure, objectives and outcomes)
- Organization of the activity prior to the project (separation in groups, rules, deliverables, preparation of materials needed etc.)
- Coordination/Facilitation of the activity during the project (assuming active role as facilitators, explaining the activity to the rest of participants, time-management, troubleshooting etc.)



★ Please check the *Facilitator's Sheet* for your national team that we have sent to you, regarding the allocation of activities for which each team will be the responsible Facilitator. Also check the *Timetable of activities* in the *Facilitator* column.

Dissemination:

In order to receive the grant for the reimbursements, there is a need to **publicize the program beforehand** and disseminate the outcomes afterwards.

Therefore, you are kindly requested to publicize the project's summary, which we sent you along with the required logos (EU flag, Greek NA etc), on your organization's website and distribute information about the project on social media, as well as a summary of the activities in which you were a Facilitator.

After the project, the same process should be repeated for the project's press release, outcomes, photos and any other audiovisual material.



Communication:

- Please connect to the FB group of the project “**p-ART-icipate!**”, which will be necessary for our communication during the project (soon)
- Connect with us via Facebook (Seize TheDay profile) & email (seizethedaylk@gmail.com)
- Find our phone numbers at the end of this info-pack in case of an emergency





Other Information:

1. SAFETY: Please **guard your personal belongings**, don't carry more than you can afford to lose and take a picture of your passport/ID before travelling. **Athens is safe, but there are many pickpockets**, especially in the **metro** and **crowded areas**

2. Health insurance : all participants have the responsibility to obtain the EHIC (**European Health Insurance Card**) which is for free. In Greece the Emergency services in Hospitals are also for free but let's hope it doesn't come to this!

3. Clothing and weather: Taking into account that the weather can change from one day to another, we suggest you to have comfortable clothes and shoes for both situations (warm and cold), and be prepared in case of raining (which is most likely) but also for sunny days. September is very capricious in Greece!!

4. If you have any allergies, or specific medical conditions please take the appropriate medicine with you!!

Things to Do for Preparation:

Practical Preparation Tips

- ✓ Buy your tickets as soon as possible and keep all necessary travel documents. **Please, always consult us before buying the tickets in seizethedaylk@gmail.com**
- ✓ Please fill-in your personal details and travel information in the following link:
- ✓ **MISSING LINK**
- ✓ Check the “Transportation Directions” document with guidelines on how to reach the Hotel from the Airport and back.
- ✓ Join our FB page <https://www.facebook.com/Seize-The-Day-111469577001040/>

Theoretical Preparation Tips

- ✓ Do not forget to consult your Facilitator’s Sheet
- ✓ Remember to prepare your activities in detail and carefully, based on teamworking
- ✓ Get ready to give your best and get informed in advance, in order to be active and participate effectively!

Useful Contacts:

Seize the Day E-Mail: seizethedaylk@gmail.com

Seize the Day – Contact Persons:

Aggelos: +30 693 490 4745

George: +30 693 157 26 00

Embassies

Embassy of France: (+30) 210 339 10 00

Embassy of Italy: (+30) 210 361 72 60-3

Embassy of Romania: (+30) 210 677 4035

Embassy of Turkey: (+30) 210 726 30 00

Emergency Contacts

Police: 100 / Tourist Police: 171

First Aid Center-Ambulance Service (EKAB): 166

Emergency Call: 112

Poison Treatment Center: (+30) 2107793777

Fire Department: 199