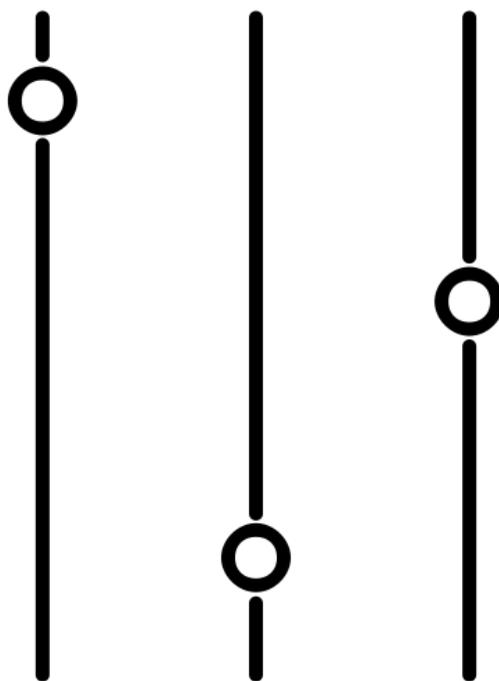




KA1 – MOBILITY OF YOUTH WORKERS

2019-2-EL02-KA105-005118



TRAINING COURSE

“European Values Equalizers”

Trikala, Greece

25 Aug – 3 Sep 2021



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



ABOUT THE PROJECT

The project "European Values Equalizers" is a residential Training Course that will take place in the city of Trikala, Greece, between 25 August to 3 September 2021, with the participation of 10 partner organizations from Greece, Croatia, Italy, Lithuania, North Macedonia, Serbia, Bosnia & Herzegovina, Belarus, Armenia and Ukraine. The project will include 30 youth workers and youth leaders (3 participants per country), 2 trainers and 2 support staff.

SUMMARY

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In today's society very often we are dealing with the discussions about what are European values, what defines us as Europeans, do we talk about values which are practiced and respected only in European Union or in Europe in general? As this is the topic which is very often and which very often confuse young people but also about which we don't care enough, especially today in time of globalization. If we take a look in knowledge which young people are gaining through the formal education in their schools and universities, mostly they don't even mention European values as something on what we should pay attention and something what we should promote and use in our everyday life. On the other side, if we open media articles today, we will find a lot of significant titles related with discrimination, radicalization and violence of human rights all around the world. If we start to work with young people on education about European values and promotion of European values such as tolerance, respect of human rights, antidiscrimination, equality, democracy and rule of law, we are sure that we can prevent youth radicalization, discrimination and violence of human rights but also we can take part in creation of better future of our common European society. That is the main and concrete reason why we want to carry out this project.

OBJECTIVES

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The main objectives of the project are:

- the promotion of active citizenship as a way of involvement of youth in creation of better future of Europe
- to empower youth workers and leaders with methodology which can be used in youth education related with European values
- the improvement of key competences of youth workers and leaders participating in this project and through that creating the positive preconditions for active work with youth on European values
- to promote intercultural and international dialogue through multicultural learning and working in international environment
- to establish the network of European values equalizers
- to promote and create new international learning mobilities for young people all over the Europe
- to promote and enhance cooperation and mobility between programme and partner countries
- to increase the level of recognition of non formal learning and YouthPass as a certificate which confirm the results of non formal learning
- to promote Erasmus+ programme and the opportunities that it offers for youth.

In order to reach the aforementioned objectives, the training will combine different kinds of non-formal learning modules, based on games, introductory lessons, group works, professional lecturers and public dissemination events.



PARTNERS

In the project are involved 10 partner organizations from 10 European countries (EU member states, EU candidate countries and neighboring countries).

Partner Organisation	Country
Civil Education & Training Platform - Hellas	Greece
CET Platform Hrvatska	Croatia
CET Platform Italy	Italy
Vsi Inovaciju biuras	Lithuania
Youth Center Kosmos Kljuc	Bosnia & Herzegovina
CET PLATFORMA SKOPJE	North Macedonia
CET PLATFORMA (RS)	Serbia
Creative Minds	Armenia
New Faces	Belarus
Charitable Foundation Social Strategies	Ukraine

PARICIPANT'S PROFILE

The project is directed to employees, members, volunteers or external partners of the sending organisations that are actively involved in the activities of these organisations or directly working with young people. They should be highly motivated and already have (or want to gain) experience in the topic, wish to work on future international mobility opportunities for young people and motivated to organize future activities in cooperation with partner organizations. They will be selected by the sending organizations based on their interest in this precise topic.

The participants should be:

- Actively involved, volunteering, working or cooperating with the partner organizations;
- Able to communicate fluently in English;
- Aged over 18 years old;
- Motivated to work in an international and intercultural environment without prejudices and stereotypes and wish to learn by doing;
- Highly motivated and committed to be actively involved during all the phases of the project (preparation, implementation and follow up and dissemination). To attend and actively participate in the full duration of the training, promote visibility of the project during the TC week and do follow up and dissemination activities afterwards in order to multiply the results of the project.

Due to current COVID-19 measures and restrictions in Greece (regarding entrance in closed spaces and attending of seminars) the participants need to be either fully vaccinated before the start of the activity (it is considered valid 14 days after having received the last dose) or to have been infected and recovered in the past 30 to 180 days (this can be proved either by presenting a positive PCR molecular or an antigen test result performed by an authorized laboratory or a medical certificate confirming that the holder was tested positive with SARS-CoV-2 virus infection. The certificate is issued 30 days after the day of the first positive COVID-19 test and is valid for 180 days after it).

Anyone interested to apply for the project, please contact the partner organizations in order to follow their selection process.

VENUE

The Training Course will take place in the city of Trikala, in the Region of Thessaly in Greece. The municipality of Trikala is a very safe and historically and touristically interesting provincial area in Central Greece.



The City

The city of Trikala has been recognized as the first digital city in Greece, had been awarded with the EUROPEAN MOBILITY WEEK 2015 award and many European actions and projects have taken place there, such us CITY MOBIL 2, sport events etc and has been also awarded in the Tourism Awards 2016 as the best destination within the borders of Greece for families' visits.



This is the [official website](#) of the municipality of Trikala where you can find some more information and [here](#) you can read 5 reasons why you should visit us anyway! And be sure that there is more to explore and discover!

Accomodation

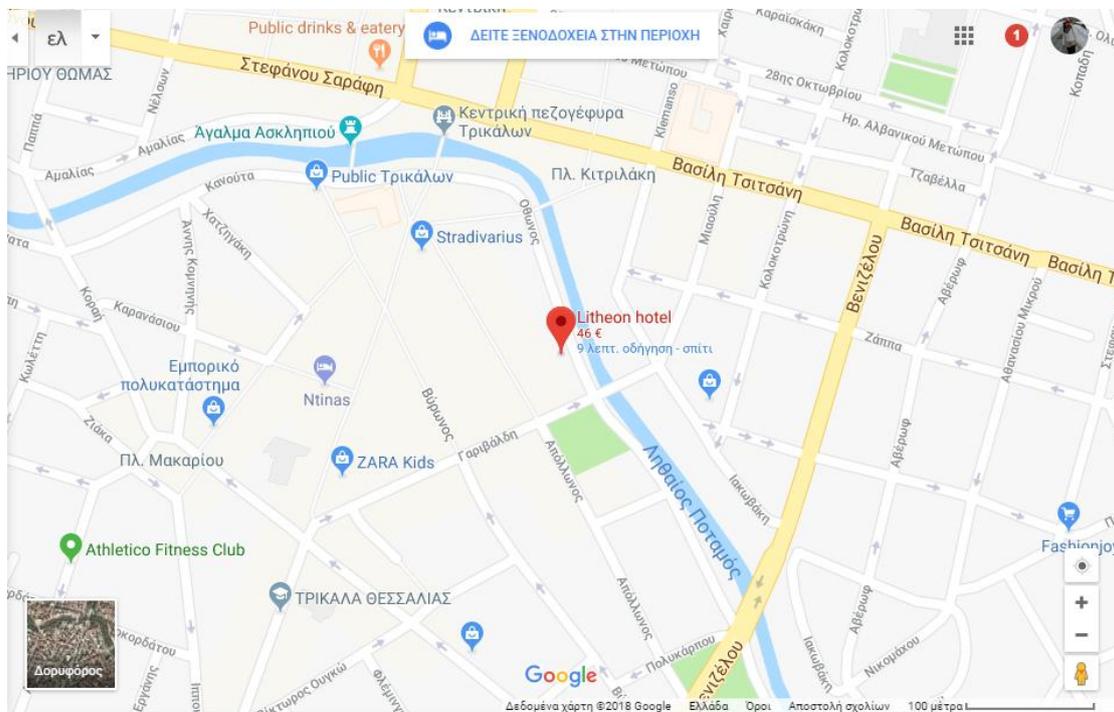
The participants will be hosted in [Hotel Litheon](#), in the city center, in double or triple rooms.

All the rooms have private balcony, mini bar, TV, air-conditioning and free WiFi. Linens, towels and toiletries will be provided.



Location of the hotel

Click on the picture



Training venue

The sessions of the training course will be held in [“Tsitsani’s Museum”](#) (old prison), just 150m away from the hotel.



Tip: Read [here](#) the history of the museum

TRAVEL DIRECTIONS

For the most of the participants the best option to reach Greece is via flight route, landing in Athens (Airport “Eleftherios Venizelos”, ATH) or Thessaloniki (Airport “Makedonia”, SKG).

The city of Trikala is located about 327 km and 214 km away from Athens and Thessaloniki respectively.

NOTE: Keep in mind that you have to be at Trikala on 1st of April the latest at 19.00 (local time), so as to book your tickets accordingly. Please consult with us to help you find the best possible itinerary in order to reach the destination, as Trikala is a provincial city and the train/bus connections might be tricky.

How to reach Trikala?

- **From Athens:**

If you land in Athens you can come to Trikala either by bus or by train.

By Bus from Athens:

From Athens International Airport you can take the bus No X93 to the Bus Terminal KTEL LIOSSION. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (6,00 €) in the ticket kiosk at the exact point. From bus terminal KTEL LIOSSION there you can take a bus to Trikala. You can buy the ticket on the

spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#)

By Train from Athens:

From Athens International Airport you can take the Suburban train (Proastiakos) to the train station STATHMOS LARISIS (or LARISA STATION). Another way to reach the train station STATHMOS LARISIS is via Metro (Line 3 from the airport to the stop SYNTAGMA and there you change to Line 2 and get out in STATHMOS LARISIS). The cost of the ticket in both cases is 10,00 €. From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

- **From Thessaloniki:**

If you land in Thessaloniki you can come to Trikala either by bus or by train.

By Bus from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Bus Terminal KTEL MAKEDONIA. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the ticket kiosk at the exact point. The bus terminal is the last stop, you cannot miss it – it is the last stop (18 stops after the airport). From bus terminal KTEL MAKEDONIA you can take a bus to Trikala. You can buy the ticket on the spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#).

By Train from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Train Station NEOS SIDIRODROMIKOS STATHMOS (or OSE). It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the ticket kiosk at the exact point. Your stop is just 2 stops before the bus station (16 stops after the airport). From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

COVID-19 and Travel:

Updates about COVID-19 measures and restrictions for Greece you can find in the official site of the European Union here:

<https://reopen.europa.eu/en/map/GRC/7011>

Protocol for arrivals in Greece and directions for entrance you can find in the governmental site, by the Greek Ministry of Tourism here:

<https://travel.gov.gr/#/>

The sites are often updated, although there are announcements made daily that might not be included in the sites yet when you check them. Therefore for any question please reach out and we will keep you posted with any information that we have.

Before arrival in Greece all travelers must fill in the Passenger Locator Form (**PLF**) no later than 23:59 EEST(Greek time) (11.59 PM) of the day before arriving in Greece. For more information, please click [here](#).

LOGISTICS (BOARD AND TRAVEL EXPENSES)

Board

Full board will be provided, 3 meals plus 2 coffee breaks per day. The food will be mainly according to Mediterranean diet and typical Greek cuisine. **Vegetarian** and **vegan** options can also be arranged, since Greek cuisine is rich in vegetarian and vegan dishes and this will not be a problem. Breakfast will be served in the hotel's restaurant, while lunch and dinner will be arranged in a traditional tavern very close to the hotel. The coffee breaks, 1 between morning sessions and one between afternoon sessions will take place at the training venue.

Travel Expenses

The travel expenses will be reimbursed, according to the general rules of the Erasmus+ programme and the distance calculator, at **maximum** travel costs as following:

180 Euros – North Macedonia

275 Euros – Croatia, Italy, Lithuania, Serbia, Bosnia Herzegovina, Ukraine, Armenia, Belarus

There will be no travel reimbursement for Greek participants coming from Trikala, while for participants coming from other parts of the region (over 10 km away from the city) or other parts of Greece there will be reimbursement of their travel expenses.

The purpose of the travel is the participation in the project, therefore the participants need to travel from and to return to the country their sending organisation is based. Flights (or combo of flights) that do not depart or return to the country of their sending organisation cannot be accepted and therefore cannot be reimbursed.

The reimbursement will be done **on real travel costs**, meaning that you will have to provide us with **all** the original tickets (including boarding passes for flights, as the booking confirmations are not enough), receipts, invoices, etc. **Taxi fares** cannot be reimbursed.

All eligible travel costs will be reimbursed via bank transfer in each partner organisation's bank account after the end of the training course (for which is required full attendance) and after the participants:

- Provide all their original tickets (digital and paper) and boarding passes
- Fill their individual report from European Commission
- Send us the follow up and dissemination activities reports
- Send dissemination articles to their sending organizations.

There will be only **one transfer per national team**, therefore all the team members need to fulfill their obligations towards the hosting and sending organizations in order for the transfer to be made.

Do not buy any travel tickets before consulting for your itinerary and fares with the project coordinators of the partner organizations or with us. Tickets that have been purchased without approval cannot be accepted. As a rule all the tickets must be bought in **Economy Class** and the most reasonable travel option should be chosen.

If you need to travel out of official travel dates (2 days before or after the project) you need to take approval first. Tickets out of the official dates, purchased without approval from the organizers will not be reimbursed.

NOTE: The organizers cannot provide food or accommodation outside of the official

project dates. We will be willing though to provide you with information and suggestions regarding the city and the surrounding area.

HEALTH INSURANCE

Please make sure that coming to the project you have a valid health insurance!

Please make sure that your health insurance makes it eligible to have a medical treatment abroad. This is absolute **MUST** in order to join the project.

You can obtain [European Health Insurance Card](#) for free (only for EU citizens) or buy a travel insurance of your choice, covering potential medical needs.

For non EU citizens (and only for them) health insurance can be reimbursed ONLY if it's bought together with the flight ticket in the same invoice/confirmation and it is within the travel budget limits.

Costs regarding any other private health insurance **cannot be** reimbursed by the hosting organisation.

VISA INFORMATION

Among the countries participating in the project, Visa is required only for Armenian and Belarusian citizens to enter Greece (Invitation letters will be provided for the selected participants of the above countries and visa costs up to 60 EUR will be reimbursed by the hosting organisation). The participants coming from all the EU countries (Italy, Croatia) can enter the country using a valid identity document (Identity Card or Passport), while the participants coming from non EU countries (North Macedonia, Serbia*, Bosnia & Herzegovina, Georgia, Ukraine) can enter Greece using Biometric Passport, without the requirement of a Visa.**

<https://www.mfa.gr/en/visas/visas-for-foreigners-traveling-to-greece/countries-requiring-or-not-requiring-visa.html>

*(*the visa requirement exemption is not applied to holders of Serbian passports issued by the Serbian coordination directorate (in Serbian: koordinaciona uprava))*

*(**residents of all the above countries, not holding a passport or ID of those countries mentioned, will have to follow visa policy that applies in the [countries](#) that they hold passports from)*

Here you can find the online application Online application for Schengen visas in order to make an appointment - to appear in person at a designated Greek Consular Authority, present your documents and pay the visa fees. Representatives of nonprofit organizations aged 25 years or less can acquire visa free of charge (please check this option with the respective visa office).

OTHER INFORMATION

Currency

The currency used in Greece is Euro (€). For residents of countries not using Euro, please exchange the amount of money that you estimate that you will need for personal expenses before coming to Greece, because exchanging offices that you could use DO NOT exist. Or you can withdraw the amount you think you will need from an ATM, there are many in the center of the city.

What to bring?

- Light clothes and shoes, as the usual temperature in August in Trikala is about 33°C.
- All the original tickets of the entire trip, invoices/receipts, boarding passes.
- Promotion materials, brochures, etc. from your organization.
- Something typical from your country (or personal culture) such as food, drinks, music, traditional objects, flags, fliers, promotion materials etc., or whatever else you want to share with all of us during the intercultural events.
- Your motivation, inspiration, good energy and will for work and cooperation.

Language and Useful Expressions

The language spoken is Greek and we use our very own Greek alphabet. But this shouldn't scare you, because you will not use the expression "It's all Greek to me!" very often. Most of the people speak English and since we are a touristic country you will meet speakers of more other languages like Italian, German, Spanish, Russian etc.

Useful words and expressions in Greek are:

Ευχαριστώ! (Efcharistó) – Thank you!

Παρακαλώ (Parakaló) – Please / You are welcome

Καλημέρα (Kaliméra) – Good morning

Καλησπέρα (Kalispéra) – Good afternoon

Καληνύχτα (Kaliníchtsa) – Good night

Συγγνώμη (Signómi) – I am sorry / Excuse me

CONTACTS

For any questions you can contact us in the following emails:

Organisations's mail: greece@cetplatform.org

Email for volunteers/applicants: cetgrvolunteers@gmail.com

There will also be another email especially for the project and emergency phone contacts for the selected participants, along with a Facebook group where more information will be launched and we can be introduced to each other before the activity.

We are looking forward to hearing from you!

The team of CET Platform - Hellas