

10-16 APRIL 2024

INFO PACK



KIATO

GREECE

RE-CONNECTING TO  
THE SELF

TRAINING  
COURSE



Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.



YOUTH HORIZONS  
conceive.believe.achieve.

## Description

Have you been stagnant or low lately? Or have you been very busy? During this week, we will slow down, connect to ourselves and see what that brings to us. As professionals working with people, we absorb a lot and support others a lot. During this training, there will be a shift of focus on us. When we care for ourselves, we'll be better beacons of hope for others. The methodologies used can then be used with the groups of people that you work with.

## Objectives

- To learn more about the self through introspection
- To connect more to the inner world using different methodologies
- To reflect more on our personal and professional journey



## Aim

To slow down and learn about different ways how to connect with ourselves.



## Profile of Participants:

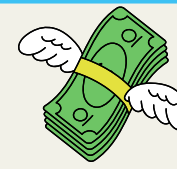
- At least 21 years of age.
- Works as a volunteer in the organization and is working or is planning to work with youth.
- Motivated and excited to learn
- Ready to work in a multicultural team.
- Tolerant, open-minded and abstains from any exclusionary behaviour
- Ready to use the acquired competences after the activity in dissemination and workshops with the young people.
- Ready to learn more about themselves and willing to open about this process with others.

## Preparation by Participants:

As a participant it will be needed to prepare the following:

- Reflect on what is youth work for you and who according to your opinion is classified as a youth worker.
- Reflect about your experience as a youth worker and if you have found any difficulties during any workshops or any experiences that you have had with different youth.
- If you had any difficulties, reflect on what the difficulties were and how they were tackled?
- Prepare any questions you might have related to youth work to ask the trainers.
- Prepare some good food and drinks from your countries to present in the intercultural night.

# TRAVEL BUDGET



For the project “Re-Connecting to the Self” Erasmus+ has authorized the following travel budget:

Country		Organisation	Participants	Max. reimbursement per participant
ITALY		SOS EUROPA	4	275 €
MALTA		PRISMS	5	275 €
ESTONIA		MUHU NOORTEKESKUS	4	360 €
GREECE		YOUTH HORIZONS	5	23 €
PORTUGAL		PROACTING	4	360 €
SPAIN		AM EUEXIA	4	360 €
HUNGARY		CREATIVE YOUTH ACADEMY	4	275 €

# TRAVEL REIMBURSEMENT

## Reimbursement Rules:

1. Remember to use the **cheapest solution** for any kind of travel.
2. Keep **all the tickets and receipts** you get in order to prove your expenses (bus tickets, train tickets, electronic flight tickets, travel agency reservations etc.)
3. Keep all your **flight boarding passes** (round-trip flights)
4. If you check-in on-line for the return, please **print the return boarding passes** twice. If not, please **keep the return boarding passes and send them to us** after the return in your country.
5. **Taxi transportation is not eligible for reimbursement**

During the youth exchange we will ask you to provide hard copies. Please bring with you:

- All tickets, receipts and reservations that proves **the amount you have spent should be printed**
- Round-trip flight **boarding passes**
- IBAN** (number of your bank account) and the name of the account holder
- Photocopy of your **ID card or passport**

For each country there will be **a total bank transfer** for the whole group to **the association's bank account**.



## Can I arrive earlier or leave later?

Please note that Youth Horizons will not provide any additional accommodation or meals for your further stay in Greece except for the project dates. However we can cover your travel expenses if you come/leave 1 or 2 days earlier/later from the project dates in total.

# ACCOMMODATION



The accommodation for the days of the project will be at Boutique Hotel, Marzi located within walking distance from the city centre and next to the beach. Each room will accommodate 2-5 people of the same gender but from different countries.

- Towels/bed linens
- Free wireless WiFi
- Air-Condition
- Television



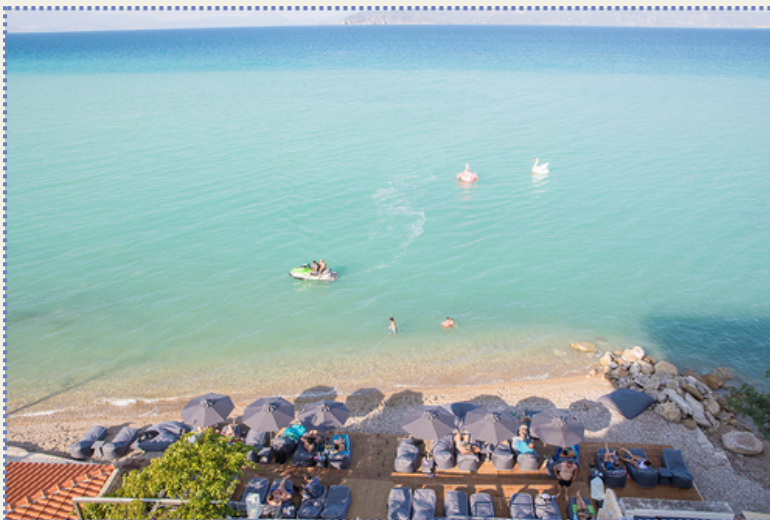
P.Tsaldari 12, Neratza Korinthos

Tel: +302742032329

email: [info@marziboutiquehotel.com](mailto:info@marziboutiquehotel.com)

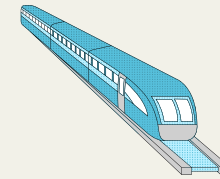
Website:

<https://marziboutiquehotel.com>





# HOW TO REACH KIATO?



**Best way to reach KIATO is by TRAIN directly from Athens Airport (it takes around 2 hours)**

From Athens Airport you can take the suburban train "Proastiakos" (pictured below) with direction to Athens/Piraeus (XX:07, every hour at past 7 minutes).

**Be careful** not to confuse the train with the metro train since they both depart from the same platform. (Ask for "proastiakos" to be sure!)

After 10 stops from the Airport, you have to disembark at "Kato Acharnai" station (at around XX:40) and take the next train from the opposite side of the platform with direction to "Kiato" (XX:45).

You should arrive and get off at last station which is "Kiato" Station after 11 stops (at around XX:55).

**The earliest train from the Airport starts at 6:07 and the last one leaves at 22:07**



Check out the itineraries and book your train tickets online at:

<https://tickets.hellenictrain.gr/dromologia/?lang=en>



Please contact with us to arrange your pick up from KIATO Suburban Railway Station to the hotel/venue.



The suburban train ticket (Proastiakos) from the Airport to Kiato costs 13,00€ full price one way or 20,80€ with return.

We strongly suggest booking with return considering that it has discount

If you are under 24, you can get further discount.

**Don't forget to ask for the reduced ticket price if it applies to you!**

You can buy a ticket either from the ticket desks at the airport train station, online at <https://www.hellenictrain.gr/en> or by downloading the Hellenic Trains app.



**REMEMBER!**

## THINGS TO KEEP IN MIND

### Meal

Participants will be provided with 3 meals a day (breakfast, lunch, dinner), as well as 2 coffee breaks. Dietary needs such as vegetarianism as well as restrictions such as allergies will be taken into consideration as provided in the participation form. Besides that, please remain open-minded and curious about trying new foods and tasting the different flavors of the Greek cuisine!

#### Important notice on food:

Please, keep in mind, that the provided food may differ from the food you are used to have in your country, and, even in case of providing food for special groups, e.g. (if you are heavily meat eater or vegetarian) it may not fully meet your expectations. So be open minded for new gastronomic discoveries!



### Travel Insurance

Participants are required to have a travel insurance for the whole duration of the project. This is obligatory for your safety and health. Travel Insurance is not provided and will not be reimbursed by the organizers. Participants are responsible to get their own travel insurance for the duration of the project. Travel insurance is mandatory. Bringing your European HealthCard is not enough.

All participants including youth workers need to have travel insurance.



### Weather

You can always check the weather forecast for Kiato through this link:

[https://www.meteo.gr/cf.cfm?city\\_id=408](https://www.meteo.gr/cf.cfm?city_id=408)

# PREPARATION

## What to prepare?

**PLAN, PACK  
PREPARE**

- An interesting, creative **presentation for your country**. We encourage you to think out of the box: role-play skits, quizzes, energizers, games, dances, interactive presentations etc.
- A presentation **about your organization** (background, action, previous initiatives, non-formal learning methods used, etc.)

## Packing List



- Traditional food and drinks from your country
- Traditional clothes, musical instruments, games, etc
- Your country's flag
- Brochures, booklets, flags, banners, posters and other materials from your NGO
- Any medicine you may need or take occasionally
- Creativity, excitement and smiles!
- To be more environmentally friendly we urge you to bring your **personal mug** and **water bottle!!**



# GREEK LANGUAGE BASICS

Some useful words and phrases for your visit in Greece:



## English

## Greek

## English

## Greek

Hello!	Ya!	How much is it?	Poso kani?
Yes	Ne	Thank you	Efharisto
No	Ohi	Excuse me/Sorry	Signomi
Good morning	Kalimera	See you	Ta leme
Good evening	Kalispera	Can you help me please?	Borite na me voithisete parakalo
Good night	Kalinichta	I don't understand	Then katalaveno
My name is__	Me lene__	I don't speak Greek	Then milao elinika
How are you?	Ti kanis?	Where is the__?	Pou ine to__?
I'm fine	Ime kala	Help!	Voithia
I'm not good	Then ime kala	The bill, please	To logariasmo parakalo
I come from	Ime apo	I would like a bottle of water	The ithela ena boukali nero



**ATTENTION**

Please, do not book any tickets yet!



STEP 1: Once you have been chosen from your Sending NGO to participate please fill in the Participation Form.



STEP 2: After you submitted your Participation Form it's time for some patience!

Your Participation Form is being evaluated from our trainers!

It is important to ensure that your profile is matching with the project's learning process as well as to learn your background & potential input to the project.

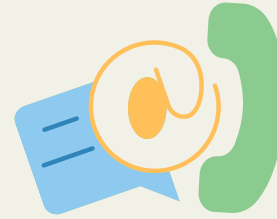
STEP 3: Once the trainers confirm the eligibility of your participation, you will receive a Confirmation of Participation email.

Then, after **consulting the price and route with the Sending NGO** you are eligible to continue with the process of booking your tickets.

Before buying the tickets you should always

contact us and **ONLY** after our permission you can proceed.

# CONTACT



For more information or any questions do not hesitate to come in contact with us!

E-mail: [youthhorizonsgr@gmail.com](mailto:youthhorizonsgr@gmail.com)

Facebook page: [Youth Horizons](#)

Instagram: [youthhorizonsgr](#)

Website: [youthhorizons.gr](#)

## Contact People

Panagiotis Papailias  
+30 6946199693 (Whatsapp)



Roula Stratouri  
+30 6972154787 (Whatsapp)



See you soon in Greece



YOUTH HORIZONS  
conceive.believe.achieve.