Erasmus+

Ανοίγει δρόμους, αλλάζει ζωές.

ΙΔΡΥΜΑ ΝΕΟΛΑΙΑΣ ΚΑΙ ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ

INFO PACK

15~22 MAR. 2027

TRAINING COURSE

EQUAL BY DESIGN

GENDER EQUALITY IN YOUTH WORK

KIATO

GREECE

YOUTH HORIZONS

conceive.believe.achieve.





Background

Across Europe, young people continue to experience the effects of gender inequality in their everyday lives. Gender stereotypes, unequal expectations placed on girls and boys, gender-based discrimination, harassment and violence, online hate, and growing pressure around what it means to be a "real" man or woman all shape how young people see themselves, the choices they make in education and work, their relationships, and their participation in society. LGBTQ+ young people in particular continue to face exclusion, bullying and higher risks to their well-being.

Youth workers are often among the first trusted adults with whom young people explore questions of identity, relationships and belonging. However, many youth workers report feeling insufficiently equipped to address gender-related topics with confidence, to challenge stereotypes and discriminatory behaviour, and to create inclusive spaces in which all young people, regardless of their gender, gender identity or gender expression, feel safe, respected and able to participate fully.

At the same time, gender has become an increasingly polarised topic in public debate, politics, sport and the media, and young people are exposed to a large amount of misinformation and conflicting messages. There is therefore a growing need to strengthen the competences of youth workers so that they understand how gender inequality is created and maintained, how it intersects with other forms of discrimination, and how to facilitate open, respectful and evidence-based dialogue on these issues with young people.

The project "Equal by Design: Gender Equality in Youth Work" aims to address these needs by providing youth workers with practical knowledge, skills and non-formal education tools that can be directly applied within their daily work. Through methods such as simulation games, case studies, debates, a human library and personal reflection, participants will explore the realities of women, men and LGBTQ+ people across different countries, and will work together to create new tools that promote gender equality among young people.

Aim of the Project



To strengthen the competences of youth workers in understanding gender, recognising and addressing gender inequality, and promoting gender equality and inclusion among young people through non-formal education, intercultural learning, and practical tool development.

Objectives

- **Objective 1: To increase youth workers' knowledge and understanding of key gender concepts, including gender, gender identity and gender expression, and of the realities faced by women, men and LGBTQ+ young people today.**

- **Objective 2: To deepen youth workers' understanding of how gender inequality is created and maintained through history, culture, politics, policies and the media, and how it intersects with other forms of discrimination such as ethnicity, disability, socio-economic background and sexual orientation.**

- **Objective 3: To strengthen youth workers' ability to integrate a gender perspective into their daily youth work, including how to facilitate open and respectful conversations on gender-related topics, challenge stereotypes, and respond to discrimination and exclusion.**

- **Objective 4: To equip youth workers with practical non-formal education tools, co-created during the training, that promote gender equality and inclusion among young people, and to support participants in disseminating these tools within their organisations and communities.**

Profile of Participants

- **Youth workers/ leaders with 2 years or more experience ideally in the area tackled by this training course - this is emphasized as the training course involves sharing of best practices**

- **Be at least 22 years of age**



- **Have a working knowledge of English**

- **Ready to put the skills, knowledge, and attitudes gained during the training into practice with the young people they work with**

- **Willing to share and multiply the learning from this project with other members of their organisation**

- **Committed to completing the tasks assigned before and after the training**

TRAVEL BUDGET



For the project "Equal By Design"

Erasmus+ has authorized the following travel budget:

Country	Organisation	Participants	Max. reimbursment per participant
ITALY	GAYCS	3	309 €
MALTA	PRISMS	5	309 €
GREECE	YOUTH HORIZONS	6	28 €
SPAIN	EuroMirada	3	395 €
Romania	GEYC	3	309 €

TRAVEL REIMBURSMENT



Reimbursment 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. IBAN (number of NGO's bank account) and the name of the account holder
5. For each country there will be a total bank transfer for the whole group to the association's bank account.

IMPORTANT

Each participant must forward us the original flight booking confirmation email received directly from the airline or booking platform.

Please forward the original email as received, rather than sending screenshots or copies.

Taxi transportation is not eligible for reimbursement

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 is located next to the beach, in the suburban area of Kiato 5km away from the city center.

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

Each room will accommodate 3~5 people of the same gender but from different countries.



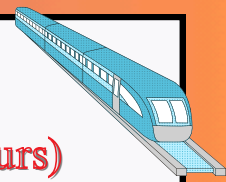
!! Important Note !!

Our Activity Area will be indoor but next to the sea.
As the project will take place towards end of the winter and temperatures can be low, we strongly recommend you to bring WARM CLOTHES





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 Ano Liosia !! not Piraeus Direction !! that departs XX:05, every hour at past 5 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 11 stops from the Airport, you have to disembark at "Ano Liosia" station (at around XX:38) and take the next train from the same side of the platform with direction to "Kiato" (XX:54).
You should arrive and get off at last station which is "Kiato" Station after 9 stops (at around XX:58).

The earliest train from the Airport starts at 5:05 and the last one leaves at 22:05

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 for Android or iOS



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!

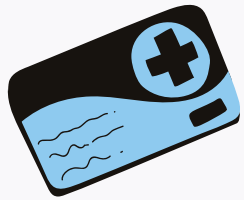


Important notice on food:

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



Project will take place towards end of the Winter & temperature can be cold, so feel free to bring WARM CLOTHES

You can always check the weather forecast for Kiato through this link: https://www.meteo.gr/cf.cfm?city_id=408

PREPARATION

Packing List

PLAN, PACK
PREPARE



- **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**
- **Swimming Suit and beach towel (optional for winter swimmers)**
- **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!!**

DISSEMINATION & FOLLOW-UP

Dissemination is an important part of every Erasmus+ Training Course, ensuring that the project's impact continues beyond the activity itself.

All participants are expected to share their learning experiences, knowledge, and project outcomes with others in their local communities and organisations.

This can be done through social media posts, presentations, local workshops, sharing sessions, or other relevant activities.

After the training course, as a participant you need to:

- **Carry out at least one dissemination activity.**
- **Acknowledge Erasmus+ and EU support in their communication.**
- **Share evidence of their activity (photos, screenshots, links, etc.) with the organising team.**
- **Remember: The Erasmus+ experience doesn't end when you return home.**
- **Share what you've learned and inspire others!**

OFFICIAL ERASMUS+ REFERENCES

For further information about dissemination and follow-up activities, please refer to the official Erasmus+ Programme Guide

Erasmus+ Programme Guide – Mobility Projects for Youth Workers

Erasmus+ Programme Guide – Communicating Projects and Their Results





Please, do not book any tickets yet!



<u>STEP 1</u>: When you have submitted your Participation Form (You will receive this form after your sending organization selections), it's time to be patient!
Your form will be evaluated by our trainers. This step is important to ensure that your profile matches the project's learning objectives, and to better understand your background and potential contribution to the project.

<u>STEP 2</u>: Once the trainers confirm the eligiblity of your participation, you will receice a Confirmation of Participation email.
Then, after consulting the price and route with your 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.

YOUR LANDING TIME IN ATHENS MUST BE EARLY ENOUGH SO YOU CAN CATCH THE LAST TRAIN FROM AIRPORT TO KIATO (22:07)

CONTACT



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

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See you soon in Greece



YOUTH HORIZONS
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