



# infopack

## *"Finding N.E.M.O. Natural & EnvironMental Orientation"*

*Youth Exchange, Erasmus+KA1*



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



**YOUTH HORIZONS**  
conceive.believe.achieve.



**Dates: 18 - 25 November 2016**

**Venue: Megara, Greece**

**Hosting Organization: Youth Horizons**

# Introduction to Youth Exchange

Dear Partners & Participants,

Greetings from Greece!

We are happy to invite you to participate in the multinational youth exchange "**Finding N.E.M.O. – Natural & EnvironMental Orientation**". It is an 8-day activity that will be conducted by 8 national groups from **Spain, Lithuania, Italy, Poland, Croatia, Turkey, Germany** and **Greece**, each one assembled by 4 participants and 1 group leader. With main core the 'healthy mind in healthy body', participants will have the opportunity to live for 8 days close to nature, to recognize and identify their need for well-being and learn how to follow a healthy life style through the experiential process of 'Outdoor Education'.

Warm regards,

**Youth Horizons Team**



# Aims & Objectives

The Youth Exchange aims at:

- ◆ Encouraging young people to learn how to search for the benefits of nature and turn them in advantage
- ◆ Understanding the importance of following a healthy lifestyle in:
  - personal level (spiritual euphoria, physical well-being, creativity, decision making etc.)
  - interpersonal level (social integration, cooperativeness, team spirit, respect of diversity, environmental awareness, recycling etc.)
- ◆ Bringing participants in contact with 'Non formal & Informal Education' and their tools (such as 'learning to participate', peer learning, intercultural dialogue etc.)
- ◆ Encouraging the active participation in activities of 'Outdoor Education' that awaken body and spirit
- ◆ Connecting motivated youngsters who, acting as multipliers, will promote the importance and the priority of adopting a healthy lifestyle on a daily basis, in local and national level
- ◆ Promoting the multicultural coexistence that cultivates solidarity, respect of diversity, awareness of the role of each individual in society and the urge for active citizenship

# Methodology

The followed methodology will be based on the principles of **Non formal Education** and its tools: outdoor education, learning to participate, peer learning, intercultural dialogue, study-visits, role-playing, working groups, ice-breakers, energizers, name games, etc.

# Participants

40 participants

5 participants per country → 4 participants and 1 group leader

(we seek for Gender Balance)

## Profile:

Participants of 'Finding N.E.M.O. - Natural & EnvironMental Orientation' must be:

- ▶ young people who live in cities, experiencing daily the fast-paced life and are deprived of the benefits of nature
- ▶ people with fewer opportunities; people who face difficulties because of their social, financial or personal situation; without access to learning opportunities and who cannot participate in international mobility projects without being supported by promoting organizations
- ▶ interested in supporting actively & forward the practices of 'Erasmus+'
- ▶ active, motivated, open-minded young people, ready to experience, share and explore
- ▶ having a good level of communication in English
- ▶ 18 - 30 years old (group leader: no age limit)

# Travel Budget - Reimbursement

According to the Erasmus+ rules European Union provides financial support ONLY for the Lowest Cost of travel.

In order to calculate reimbursement of return travel costs, please consult the distance calculator at [http://ec.europa.eu/programmes/erasmus-plus/tools/distance\\_en.htm](http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm) and refer to the following grid:

Countries	Travel Distance	Grant per Participant
Spain	2000-2999 km	270€
Lithuania	500-1999 km	170€
Italy		
Poland		
Croatia		
Turkey		
Germany		

## PLEASE DO NOT BUY ANY TICKETS YET!!!

**After consulting the price/route with the organizers we will inform you in order 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.**

### NOTE

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

### Reimbursement

Please keep in mind that for each country there will be a total bank transfer for the whole group to the association's bank account. In order to get your reimbursement, please pay attention to the following procedure:

1. Remember to use the cheapest solution for any kind of travel.
2. Keep all the tickets 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 also. If not, please keep the return boarding passes and send them to us after the return in your country.

### **We cannot reimburse you if we do not receive the details and proofs of your expenses!**

During the training course we will ask you to provide hard copies, please **bring** them 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

### Participation Fee

A participation fee of 30 Euros will be deducted from your travel reimbursement from each participant.

## Insurance - Visa

**Insurance** is not provided and will not be reimbursed by the organizers. All participants are strongly advised to purchase private travel insurance. All EU residents should obtain European Health Insurance Cards (EHIC) before the exchange. This is obligatory for your safety and health.

**Visa** costs will be covered by participants.



## Meals

Participants will be provided with 3 meals a day (breakfast, lunch, dinner), as well as 2 coffee breaks. Dietary needs such as vegetarianism will of course be taken into consideration. Therefore, in case you have any terms of diet please let us know as soon as possible through Participation Forms.

Please be however open-minded and curious to taste the Greek cuisine!

## Weather

All updates about the weather are here:

[http://www.meteo.gr/meteoplus/cf-En.cfm?city\\_id=213](http://www.meteo.gr/meteoplus/cf-En.cfm?city_id=213)

## Participation Form

Dear Participants,  
Please fill the below Participation Form:

→ [Participation Form](#)

**Time-Deadline: Please send us your Participation Form until 12/ 10/ 2016**

# Welcome in Megara

## 10 facts about Megara:

1. 42km west of Athens' city center
2. Population: 35.675 inhabitants
3. Built on two hills Alcathous & Karia
4. Has a natural harbor named 'Pachi'
5. Combines mountains & sea (obtains one of the biggest and most ancient olive-grooves in Greece, 6 seaside settlements)
6. Its economy is based on agriculture, poultry farm, cattle, fishing.
7. Plenty local products, such as olive-oil, wine, vinegar, tsipouro, eggs, soaps, agricultural equipment, fruits, vegetables, nuts etc. are being exported abroad
8. Significant historical heritage (plenty of cultural sights, museums, ancient cistern)
9. Continuous connection with capital city, by suburban railway and buses
10. Combines traditional and modern living, offering many choices for entertainment or relaxation.



## Venue

### Contact:

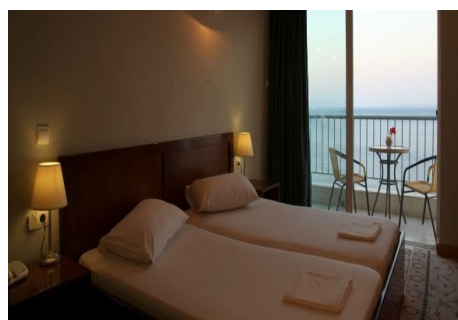
50 km Old National Road Athens - Korinthos

Tel.: +30 2296062250

Email: [info@cokkinishotel.com](mailto:info@cokkinishotel.com)

Website: <http://www.cokkinishotel.com/en/>

*You will be accommodated in triple or quadruple rooms with participants from different countries of the same gender*




# Reach the venue

There are 2 ways to reach Megara:

## 1. By Train

From Athens Airport El.Venizelos you can take the Suburban Railway 'Proastiakos'. The route is direct to Megara (every hour XX:44). Its duration is about 1hour. The cost per passenger is 10€. Below you can see the full timetable:

 <b>ΑΕΡΟΔΡΟΜΙΟ - ΚΙΑΤΟ</b> <b>AIRPORT - ΚΙΑΤΟ</b>															
Αεροδρόμιο	Κορωπί	Παιανία-Κάντζα	Παλλήνη	Δουκ. Πλακεντίας	Πεντέλης	Κηφισίας	Νερατζιώτισσα	Ηράκλειο	Μεταμόρφωση	ΣΚΑ *	Α. Λιόσια **	Ασπρόπυργος	Μαρούλα	Νεα Πέραμος	Μέγαρα
Airport	Koropi	Paiania-Kantz	Pallini	Douk. Plakentias	Pentelis	Kifisias	Neratziotissa	Irakleio	Metamorfofi	SKA *	A. Liosia **	Aspropyrgos	Maroula	Nea Peramos	Megara
5:26	5:31	5:37	5:39	5:43	5:45	5:47	5:49	5:51	5:53	5:55	5:58				
5:44	5:49	5:55	5:57	6:01	6:03	6:05	6:07	6:09	6:11	6:13	6:17	6:24	6:29	6:37	6:41
6:44	6:49	6:55	6:57	7:01	7:03	7:05	7:07	7:09	7:11	7:13	7:17	7:24	7:29	7:37	7:41
7:44	7:49	7:55	7:57	8:01	8:03	8:05	8:07	8:09	8:11	8:13	8:17	8:24	8:29	8:37	8:41
8:44	8:49	8:55	8:57	9:01	9:03	9:05	9:07	9:09	9:11	9:13	9:17	9:24	9:29	9:37	9:41
9:44	9:49	9:55	9:57	10:01	10:03	10:05	10:07	10:09	10:11	10:13	10:17	10:24	10:29	10:37	10:41
10:44	10:49	10:55	10:57	11:01	11:03	11:05	11:07	11:09	11:11	11:13	11:17	11:24	11:29	11:37	11:41
11:44	11:49	11:55	11:57	12:01	12:03	12:05	12:07	12:09	12:11	12:13	12:17	12:24	12:29	12:37	12:41
12:44	12:49	12:55	12:57	13:01	13:03	13:05	13:07	13:09	13:11	13:13	13:17	13:24	13:29	13:37	13:41
13:44	13:49	13:55	13:57	14:01	14:03	14:05	14:07	14:09	14:11	14:13	14:17	14:24	14:29	14:37	14:41
14:44	14:49	14:55	14:57	15:01	15:03	15:05	15:07	15:09	15:11	15:13	15:17	15:24	15:29	15:37	15:41
15:44	15:49	15:55	15:57	16:01	16:03	16:05	16:07	16:09	16:11	16:13	16:17	16:24	16:29	16:37	16:41
16:44	16:49	16:55	16:57	17:01	17:03	17:05	17:07	17:09	17:11	17:13	17:17	17:24	17:29	17:37	17:41
17:44	17:49	17:55	17:57	18:01	18:03	18:05	18:07	18:09	18:11	18:13	18:17	18:24	18:29	18:37	18:41
18:44	18:49	18:55	18:57	19:01	19:03	19:05	19:07	19:09	19:11	19:13	19:17	19:24	19:29	19:37	19:41
19:44	19:49	19:55	19:57	20:01	20:03	20:05	20:07	20:09	20:11	20:13	20:17	20:24	20:29	20:37	20:41
20:44	20:49	20:55	20:57	21:01	21:03	21:05	21:07	21:09	21:11	21:13	21:17	21:24	21:29	21:37	21:41
21:44	21:49	21:55	21:57	22:01	22:03	22:05	22:07	22:09	22:11	22:13	22:17	22:24	22:29	22:37	22:41

## 2. By Metro & Bus

From Athens Airport El.Venizelos you can take the Metro **Blue** Line and drop off to 'Monastiraki' station in the heart of Athens. Then you can take the Urban Metro **Green** Line and drop off to the right next station 'Thisseio' (otherwise you can take a 7' walk through Ermou Street). In Thisseio (Asomaton Square) you can find the buses. The routes are almost every half hour. Its duration is about 75'.

Costs:

The metro ticket per passenger is 10€.

The bus ticket per passenger is 4.10€.

Aside you can see the buses timetable:

**We strongly suggest the first way of transport as it is faster, cheaper and more comfortable.** We will pick you up from Megara Suburban Railway Station or Megara Bus Station to the project venue.

Αθήνα - Μέγαρα								
Δευτέρα - Παρασκευή			Σάββατο			Κυριακή		
Ώρα	Λεπτά		Ώρα	Λεπτά		Ώρα	Λεπτά	
06	05	40	06	05		06	05	
07	15		07	15		07	15	
08	00	45	08	15		08	15	
09	30		09	15		09	30	
10	00	30	10	00	45	10	30	
11	15		11	30		11	30	
12	00	30	12	15		12	30	
13	00	30	13	00	30	13	30	
14	00	30	14	00	30	14	30	
15	00	30	15	15		15	30	
16	00	30	16	00	45	16	00	30
17	00	30	17	30		17	30	
18	00	30	18	15		18	30	
19	00	30	19	15		19	30	
20	15		20	15		20	15	
21	00	30	21	15		21	15	
22	15		22	15		22	15	
23	00		23	00		23	00	



## What to bring

- ✓ Intercultural Evening: please remember to bring whatever you think is representative of your country, community and culture – including food, drinks, music, traditional costumes etc.
- ✓ Please bring materials about your organizations and their activities (fliers, videos etc.)
- ✓ Representative Board Games of your country
- ✓ Comfortable clothes and sport shoes suitable for some free movement
- ✓ Swimming suits (accommodation is near the sea so we suggest it for the brave and daring ones!)
- ✓ Bring your smile, energy, creativity and joy!!!

## What to prepare

Each of the participating countries should:

- ✓ Prepare a presentation for their country about the intercultural night. Feel free to be creative! We encourage you to think out of the box preparing: role-playing theaters, quizzes, energizers, games, dances, audiovisual presentations etc.
- ✓ Prepare a presentation about the organization you represent (initiatives they have previously participated in, non-formal learning methods used, etc.)
- ✓ Share good practices of previous experiences in european programs

## Useful Greek words & phrases

Hello ... Gia

Yes ... Ne

No ... Oxi

Good morning ... Kalimera

Good evening ... Kalispera

Good night ... Kalinichta

My name is \_\_\_ ... Me lene \_\_\_

How are you? ... Ti kanis?

I'm fine... Eimai kala

I feel bad ... Den eimai kala

I come from \_\_\_ ... Eimai apo tin \_\_\_

How much is it? ... Poso kani?

Thank you ... Efaristo

Excuse me ... Sygnomi

See you ... Ta leme

Can you help me please ... Borite na me voithisete parakalo

I don't understand ... Den katalavaino

I don't speak Greek ... De milao ellinika

Where is the \_\_\_ ... Pou einai to \_\_\_

Help! ... Voithia

The bill, please ... To logariasmo parakalo

I would like a bottle of water ... Tha ithela ena boukali nero

# Contact

Email: [youthhorizonsgr@gmail.com](mailto:youthhorizonsgr@gmail.com)

Fb page: [Youth Horizons](#)

## Contact People:

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



**Youth Horizons Team**