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Erasmus+ Programme
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**Youth exchange “Gender Equality in Journalism – Getting the
Balance Right”
Paralia, Katerini, Greece**



INFORMATION GUIDE

for the youth leaders and participants

**Youth exchange 15 - 22 September 2018
in Paralia, Katerini, Greece**

Dear youth leaders and participants,

Hereby we are presenting you information pack that you should read before your trip to Paralia, Katerini, Greece.

As you already know, the **Youth exchange** will take place from **15th** until **22st** of **September 2018** in Paralia, Katerini, Greece.

Following you will find a description, how to reach Paralia and all necessary information on the programme, travel costs and some more information about Greece.



1. SUMMARY OF THE PROJECT

"Gender Equality in Journalism – Getting the Balance Right" invites 36 participants from Greece, Italy, Estonia, India, Ghana and FYROM together.

This project's overall objective is to raise the standards of reporting while making them more gender sensitive and strengthen the human capacity of the NGO's and their partnership with media in the partner countries. This is part of the process of enhancing democracy, good governance and human rights in the country while promoting equality and editorial independence.

The project's main specific objective, is to provide a group "reporters" from Estonia, Greece, Italy, Ghana, India and FYRO Macedonia with an understanding that will equip them with knowledge, skills and contacts aimed at enabling them to write/report/blog on gender issues in a gender sensitive matter.

Speaking from experience a lot of information especially concerning promotion of gender equality, promotion of successful women and/or their businesses are as not as much visible as they can be and not always young people especially females and those with minority or poor background are informed about the progress or need of progress and equality that are going on in their municipalities or cities or even in Europe. Another aspect is that media are a key part in creating public opinion and therefore a wrong message can lead into creating prejudices and stereotypes but also a right one can assist into fighting discrimination. The idea for this project comes from the need to encourage young people, especially women, to exchange different points of view and experience how to use media as a tool especially when working with youth and on topics as gender based discrimination and marginalization and in promotion of gender equality.

Key element of this project is use of media as a tool to reach the goals for which youth women activists fight for – Positive change towards Gender Equality and it's promotion. The possibilities are here, but it is up to everybody according to the needs and the cultural surrounding to be able to use them.

The project will empower the participants to make their projects/activities more visible to the public but also will give them concrete tools on how to address them for promotion of gender equality and be gender sensitive towards their target group by using different media, with special aspect on online media. Part form this project will be creating of pubic opinion but also how to send the right message to the right group and guide them into gender sensitiveness and equality.

2. TARGET GROUP

Young people from Greece, Italy, Estonia, India, Ghana and FYROM on age 18 to 30 and exception can be made for the leaders to be on age older than 30 years old.

Each partner organization will send 5 participants + 1 youth leader.



3. ACCOMODATION



We will be accommodated in hotel in Paralia, Katerini, in the centre of the village, 250metres away from the beach.

The rooms will be 4 bedded. Each room has its own toilette, kitchen and TV.

Breakfast, lunch and dinner will be provided in a restaurant 100metres from the hotel. The whole hotel has free wireless coverage. Bed linen and towels are provided.



Working room is on the ground floor.

You can check the hotel on the following link:

<http://www.hotel-melbourne.gr/>

4. PREPARING FOR THE YOUTH EXCHANGE

The Youth exchange will be held from 15th of September (arrival date) until 22nd of September (departure date).

a) Each group will have to organize workshops for one day. Attached to the info pack is the programme where you can see the plan for the workshops.

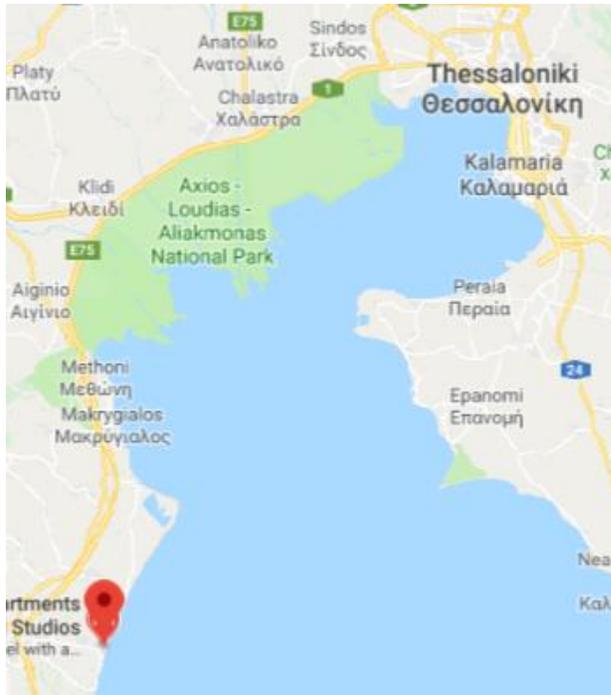
b) If possible, prepare short, but creative, funny and interesting presentation of your country for the intercultural evening. Feel free to bring any culinary specialty (food or drinks) from your country as well. You will be also able to cook if you want.

5. THE VENUE: PARALIA

Paralia is a tourist seaside settlement and a former municipality in the eastern part of the Pieria regional unit, Greece.

Paralia Riviera, is a place with golden beaches and clear blue sea, suitable for children and adults as well. Paralia is also a town which combines relaxation and fun at the same time, without one affecting the other. It is a proper destination for family vacations offering all kinds of activities.





<https://paralia.gr/endless-beaches/>
https://en.wikipedia.org/wiki/Paralia,_Pieria

6. TRAVEL ARRANGEMENTS

Please book your tickets as soon as possible and inform us about the dates and time of arrivals and departures. **DO NOT BUY THE TICKETS BEFORE YOU INFORM US ABOUT THE DETAILS AND THE PRICE.** Once we get this information we will immediately confirm you to buy the tickets.

Take a flight to Thessaloniki Airport or Athens Airport. There are direct flights from many cities in Europe. Or take a plane to Skopje and then take a bus/train to Thessaloniki.

□ Once you're at Thessaloniki airport, take a bus No. 45, 78, 78A or 78N to Thessaloniki Makedonia Regional Coach terminal (KTEL). One way ticket is 2 EUR. The journey to Thessaloniki is around 40 minutes. There is bus on every 30 minutes. Tickets can be purchased by vending machines on board the service. On-board vending machines accept exact change only.

□ From Thessaloniki KTEL Bus Station, take a bus to Katerini - <http://ktelmacedonia.gr/en/routes/&tid=30> One way ticket costs 6,9 EUR. The trip lasts 50 minutes.

□ At Katerini bus station take a bus to Paralia. It costs 1 EUR, or take a taxi.

From Athens, take a bus to Katerini.

□ Or if you are coming from different directions, whereby bus or train schedules should be checked individually, please consult travel arrangement with partner organizations or hosting organization.



There is possibility to be picked up from the Airport/Thessaloniki bus station and taken directly in the hotel in Paralia. Price per car (price is the same if you are 1 person or 4) is 85 euros. For 5 persons is 100 EUR. This amount will be deducted from your travel budget.

For late arrivals, please inform the host organization in advance, so they can arrange a pick up for you from there.

7. TRAVEL COSTS AND REIMBURSEMENTS

There is NO participation fee. We will reimburse **100% of the travel costs for the youth exchange on the basis of the cheapest travel possibilities, eg. Second class railway ticket, APEX – flights, etc.** via bank transfer after we will receive all the travel documents/boarding passes/invoices. **PLEASE KEEP YOUR TICKETS AND ESPECIALLY BOARDING PASSES!!!**

Following the guidelines of the Erasmus+ programme the travel back must be realised by the participants on direct way within maximum 2 days. In case of longer stays or indirect travelling (holiday travel etc.) there is no chance of reimbursement of travel costs. Missing tickets will not be reimbursed.

Maximum travel costs for Youth Exchange per participant/leader per organisation from home town to Paralia and back:

Travel costs (young people and group leaders)					
<i>Travel costs from home to the venue of the project and return. Please note: only cheapest means of transport/fares are subject to reimbursement.</i>					
Promoting country	No. of persons	From	To	Means of transport	Total costs (100%) per person
Estonia	5	Tallinn	Paralia	Plane/bus	275
India	5	Aurangabad	Paralia	Plane/bus	820
Ghana	5	Accra	Paralia	Plane/bus	820
Italy	5	Rome	Paralia	Plane/bus	275
Greece	5	Athens	Paralia	Bus/train	50

The travel amounts given in the tables are including the whole transport from your cities to Paralia.

8. VISAS, TRAVEL DOCUMENTS AND INSURANCE

- Participants from India and Ghana need visa to enter Greece.



-☐Official invitation letter and other necessary documents will be provided from hosting organization.

☐-We strongly recommend obtaining travel insurance, even though it is non-refundable (except for representatives of Ghana and India). Participants from the EU countries should have their European Health Insurance Card.

9. WEATHER, CURRENCY, TECHNICALITIES

It's still warm in September in Greece. But in the nights it might be windy, so please take a jacket or sweater with you.

Local currency is EURO. Payment is made in EURO only. You can exchange GBP, USD in exchange office near by,

Pharmacies, shops, bars, clubs, restaurants and other facilities are located near by and also in the centre. But please bring your medicines with you, since if there is something specific you are taking, maybe you won't be able to find it in the local pharmacy.

10. CONTACT:

Please send us Confirmation of participation on:

lom_skopje@yahoo.com

Until 15th of July 2018 latest

For additional information, questions and dilemmas do not hesitate to contact us.

Participants will be added to the projects e-mailing list and Facebook group so as to provide quicker information flow.

Looking forward to the Youth Exchange and finishing the work!!! ☺

P.S. Timetable/programme of the youth exchange is attached to the email.

