



info pack "HEARTS"

Erasmus + project Key Action 1 Project: Youth Mobility

Travel days: 13th September (arrival) & 24th September (departure)

Dates of the project: 14 - 23 September, 2021

Location: Athens, Greece

Participants: 9 young people (18-30 YERS) & 1 leader

Project Summary:

The project "**HEARTS**" is a transnational initiative for young people aged 18-30. The participants will come from 5 different countries (Netherlands, Greece, Italy, Germany, Cyprus). 45 young people aged 18-30, plus their group leader will participate in the project, organized and coordinated by yEUth in Athens Greece from September 14 - 23, 2021.



The main aim of the project is to promote equality and human rights in an engaging and interactive way. Project activities include:

- The historical journey of Human rights
- Creative exploration of human rights
- Journalist Work
- Comics creation
- Cultural visits and international activities

Project objectives:

- Deepen the participants' understanding with respect to the dual nature of human rights;
- Encourage intercultural dialogue for the common exploration of local realities;
- Initiate a reflection process on the influence privilege vs. disadvantage has on people's lives;
- Sensitize youth to the challenges faced by various disadvantaged groups;
- Foster an active participation mentality among the youth and trigger a strong commitment to getting actively engaged in transforming our societies into "societies for all";



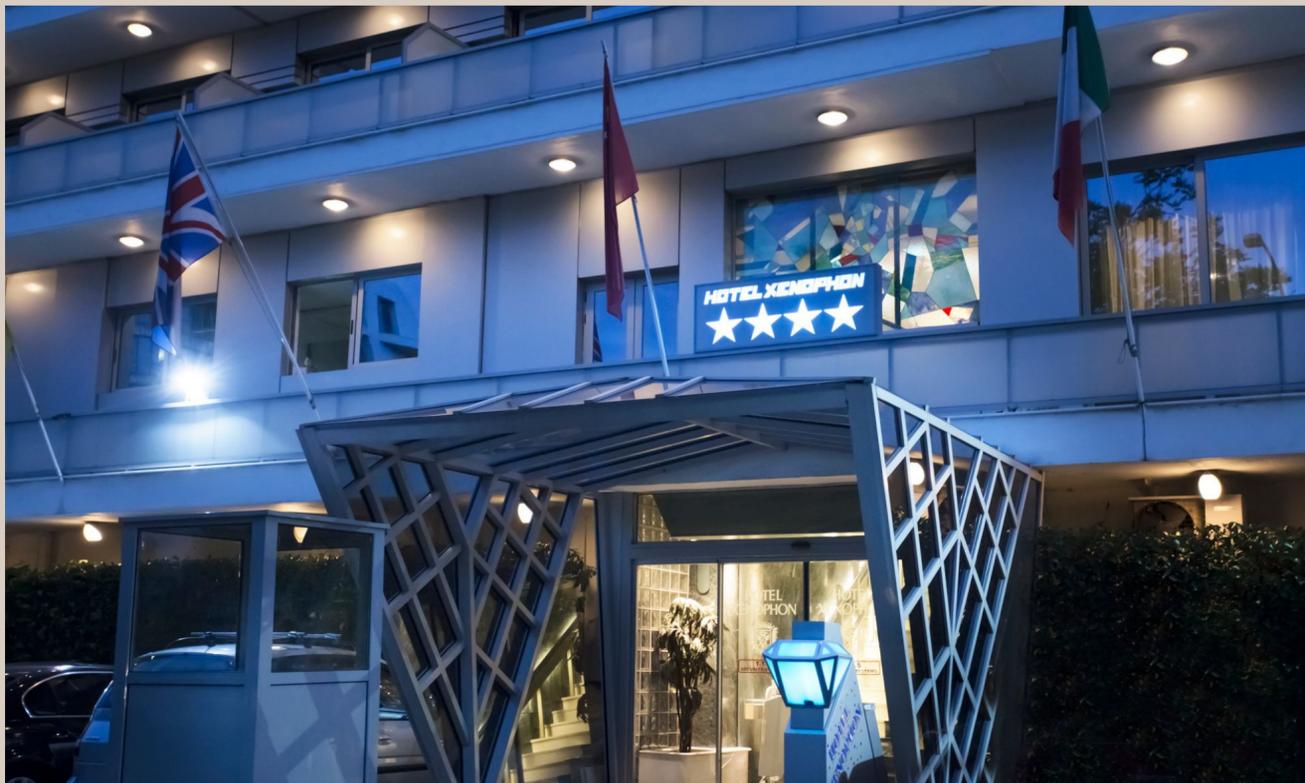
Participating Organizations:

A/A	Country	Organization	Number of participants
1	Netherlands	yEUth (Coordinating)	9 + 1 team leader
2	Italy	Associazione Viaggi Senza Frontiere Onlus	9 + 1 team leader
3	Cyprus	Youth for Exchange and Understanding (YEU Cyprus)	9 + 1 team leader
4	Germany	NGO Nest Berlin	9 + 1 team leader
5	Greece	Entrepreneurship and Social Economy Group (E.K.O) (hosting organization)	9 + 1 team leader
Total number of participants			50



Venue & Accommodation:

Hotel: The participants of the Youth Exchange will be hosted in the 4-star Hotel Xenophon. The hotel is close to the center of Athens and has easy access to public means of transportation (150 meters from the metro station Kato Patisia – green line).



Address: 340, Acharnon str. 11145, Athens/ Greece

Tel: +30 2102020310

E-mail: info@xenophon-hotel.com

Web-site: <https://xenophon-hotel.com/>

Rooms: Participants will be hosted in three or four-bedrooms, with same gender participants. The room facilities include: air condition & central heating, hair dryer, telephone, television, free Wi-Fi

Facilities: 24h reception, Room service until 3 p.m., Bar, Safety deposit box, Luggage storage room.

ADDITIONAL VENUE

Athens University of Economics and Business (AUEB) will host some of the project activities.

☪ Lunch and Dinner will be served for you at the AUEB student canteen.



Address: 76, Patission str. 10434, Athens / Greece

In order to reach AUEB you need to take the train (green line) from Kato Patissia station (near hotel) direction to Pireus, and get off at Viktoria station.

How to get from the airport to the venue:

You have to take the Metro from the airport (**the blue line with direction to Aghia Marina**) and stop in **Monastiraki**. From there you have to change line and take the **green line (with direction to Kifisia)** to go to **Kato Patissia** where the hotel is. And from Kato Patissia the hotel is far 150 meters.

You will need a special metro ticket (10 euros full ticket or 5 euros reduced for students). Please **KEEP the RECEIPT** that states the price after you purchase your ticket (we do not need the actual ticket, because it does not have a price on it) so that we can reimburse it.

ATTENTION! Be aware of the pickpockets in the metro (especially in the green line)!

Please take care of your personal belongings, don't carry more than you can afford to lose, and take a picture of your passport/ID before traveling. Athens is very safe, but there are many pickpockets, especially in the metro and crowded areas.



Financial Conditions:



The Project covers 100% of:

- Accommodation costs (hotel and meals)
- Travel costs (up to a certain limit, according to Erasmus+ Distance Calculator – see table below)
- Transportation cost with public means within Athens (tickets that cover your whole stay in Athens is provided)

A/A	Country	Organization	Max. travel cost per participant (Euros)
1	Netherlands	yEUth (Coordinating)	360 Eur
2	Italy	Associazione Viaggi Senza Frontiere Onlus	275 Eur
3	Cyprus	Youth for Exchange and Understanding	275 Eur
4	Germany	NGO Nest Berlin	360 Eur
5	Greece	Entrepreneurship and Social Economy Group (Hosting)	0 Eur

Travel Reimbursement Rules:

- The participants (or the partners) are expected to purchase their own travel tickets, and the actual costs will be reimbursed by yEUth after the project through bank transfer, on the basis of the relevant justifying documents handed in to yEUth.
- Transport cost coverage and reimbursement includes transport from and to the airport in Athens, in addition to the transportation from your city of residence to the nearest airport within your country and back.
- Taxi drives are not reimbursed. It is preferable that flights are not late in the night as the Athens metro (between the airport and the city center) does not function after 23:30 or before 06:30 in the morning. If you arrive very late or leave very early you would need to take a taxi at around 50 Euros (during night shifts) which is not reimbursed by the program or travel by airport shuttle bus from the Airport to Syntagma and then by taxi to the hotel (a cheaper choice).

Travel Rules :

- The travel of the participants must be from the country of their sending organization to Greece and back, in order to be eligible for reimbursement.
- It is essential that the participants' arrival time at the hotel is before the start of the project's activities and their departure after the end of the project's activities!
- !You may want to travel 1 or 2 days earlier/later than the Youth Exchange's dates: **In this case your tickets are eligible for reimbursement but you will have to cover your accommodation expenses yourself for the extra days!**

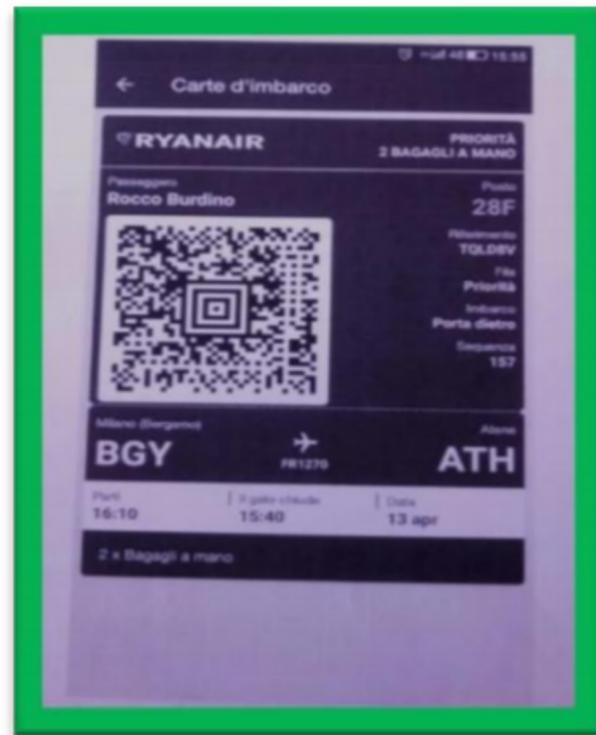


Travel Rules:

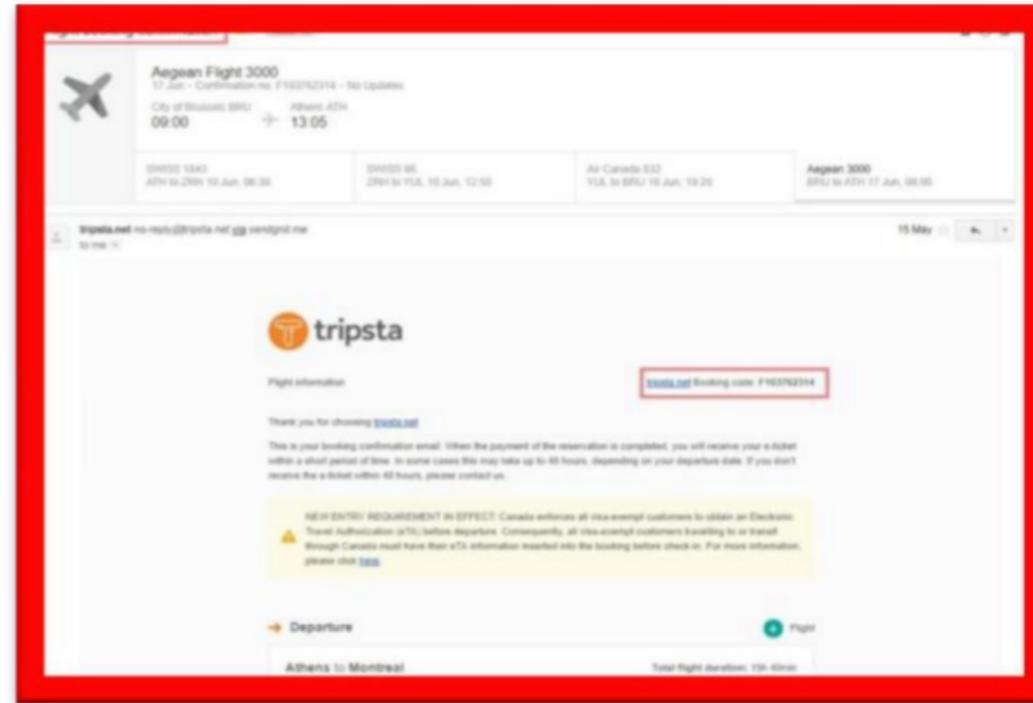
These documents are obligatory for the reimbursement of travel costs:

- **A fiscal invoice** of the flight showing (i) the name of the participant (ii) the dates and times of travel and (iii) the amount paid.
- **Boarding passes.** It is essential that the boarding are electronic and sent to us by email Electronic boarding passes are the documents received AFTER on-line check in, which have a barcode (not the booking confirmation mails).
- **Reimbursements are made according to the travel documents submitted: No payment will be made without proof of your expenses!**

✓ **OK e-boarding passes received after online check-in, with a barcode**



✗ **No booking confirmation, received after booking your flight**

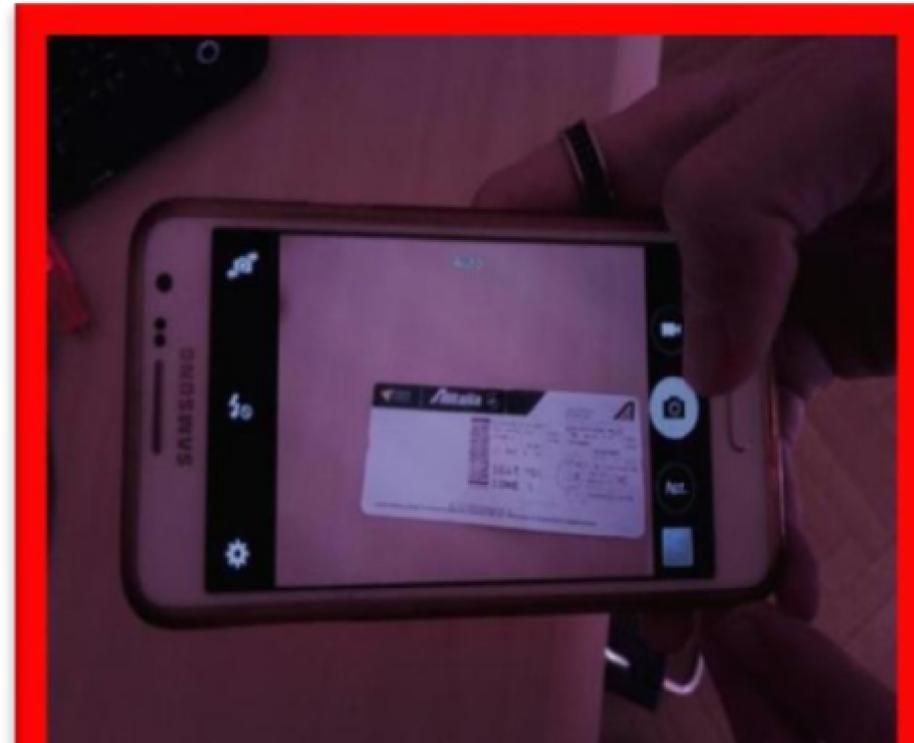


On the occasion your airline does not offer the possibility of online check in, and you have your boarding passes printed at the airport, we need the original boarding passes (no photos or scans).

✓ OK Originals



⊘ No photos or scans of printed tickets



Electronic or printed bus/train tickets from and to the Airport of your country of origin (including transportation to the city, where the Airport is located, if applicable).

Working Methods:

The main methods we will use during the program will be based on non-formal education activities such as: ice-breaking and team-building activities, brainstorming, presentations, group discussions, role-play games, reflection, creative contemporary round tables, cooperative world café, dialogue & self-expression through art, media dissemination, cultural visits and intercultural nights (so do not forget to bring some specialties from your country and be ready to present your culture!) 😊



The main principle of this project is active and equal participation for all! Young participants will take up key roles and actively contribute to the activities of the project.

Each team will take up the role of the moderators for a number of activities. This role includes responsibility for:

- **Design of the activity prior to the project** (basic structure, objectives and outcomes)
- **Organization of the activity prior to the project** (separation in groups, rules, deliverables, preparation of materials needed etc.)
- **Coordination/Facilitation of the activity during the project** (assuming active role as facilitators, explaining the activity to the rest of participants, time-management, troubleshooting etc.)



Role of moderators: The role of the moderator refers to national teams and not to individuals. There are **TWO TYPES** of moderators:

Moderator of the Day (MoD)

The moderator of the day ensures that the daily program runs smoothly for a particular day

Responsibilities:

- Choose and coordinate icebreaking activities & Energizers of the day
- Take up the “link” between sessions
- Coordination and methodology specification for the daily evaluation



Moderator of the Activity (MoA)

MoA's take up the design and coordination of the activities they are in charge of

Responsibilities:

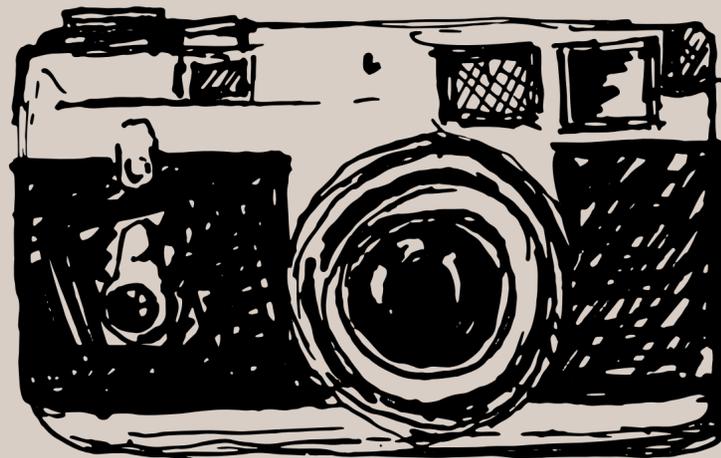
- They design the activity: e.g. defining the methodologies, structure, working groups, rules, deliverables etc
- They coordinate the activity during its implementation



Dissemination:

In order to receive the grant for the reimbursements, there is a need to publicize the program beforehand and disseminate the outcomes afterwards.

Every day of the project, a different team will be responsible for the dissemination and reporting of the activities by writing a summary and preparing the visual material for publicity. Are you ready for your career in journalism? :)



Other Information:

1. **SAFETY:** Please guard your personal belongings, don't carry more than you can afford to lose, and take a picture of your passport/ID before traveling. Athens is safe, but there are **many pickpockets, especially in the metro and crowded areas.**



2. **Health insurance:** all participants have the responsibility to obtain the EHIC (European Health Insurance Card) which is for free. In Greece, the Emergency services in Hospitals are also free but let's hope it doesn't come to this! Please keep in mind, even if you have an EU Insurance card, this would not cover any travel incident. It is your own responsibility to arrange your own travel and health insurance.

3. **Clothing and weather:** We suggest you to have comfortable clothes and shoes for both situations (warm and cold). Even the weather should be nice and sunny, but there is a possibility of rain and you might need the jacket during the evenings/nights.

Other Information:

4. If you have any allergies, or specific medical conditions please take the appropriate **medicine** with you!!

5. **Youth exchange is not a personal vacation or excursion.** Be prepared to learn a lot of new things. Though, you should be prepared to have tons of fun :)

6. At the end of a project you will get **Youthpass**. It will confirm your participation in the project and will reflect which skills you learned during the project. More about Youthpass you can read on the official website www.youthpass.eu

7. It is strongly recommended that participants, in the project, are holders of a **European Health Insurance Card!**



Things to Do for Preparation:

- Please, always consult us before buying the tickets in yeuth.nl@gmail.com
- Pack all your good mood and positive energy, take a camera to catch the moments, and save them forever!
- Remember to prepare your team activities (according to the final program's timetable, based on teamwork).
- Get ready to give your best and get informed in advance, in order to be active and participate effectively!
- During the Youth Exchange, we will have Intercultural nights. So do not forget to bring some specialties from your country and be ready to present your culture!



Useful Contacts:

E-Mail: yeuth.nl@gmail.com

Contact People:

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George: +30 693 157 26 00



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Embassy of Cyprus (+30) 21 0373 4800

Embassy of Germany: (+30) 210 728 51 11