

MOBILITY FOR YOUTH WORKERS

LifeComp for youth work

22 - 28.01.2023

AIANI | KOZANI | GREECE



Erasmus+



ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
& ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ

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Welcome

Exciting that all the roads led you here!
It happened for a reason.

To ensure that this is a place you desire to be at, let's look at some practicalities.

Our meeting

"LifeComp for youth work" is an Erasmus+ mobility for youth workers that will bring together 40 youth workers from all over Europe in Aiani Kozanis, Greece. We aim to spend 5 days together contributing for each other's personal growth with the help of non-formal education and group learning.

Our main target is to explore **LifeComp framework** and to empower youth workers through the development of personal, social and learning to learn competences, and especially those working with young people with fewer opportunities.

Working language is English. Every participant is individually entitled to receive a Youthpass Certificate. Youthpass is a part of the European Commission's strategy to foster the recognition of non-formal learning. It is available for projects funded by Erasmus+.

In our team, we believe that mindful living is the first step towards wellbeing. To feel comfortable, we encourage you to check in with yourself that you are passionate about the topic and ready to spend a week in a peaceful venue, with no intoxicants, emerging into yourself, group connection and non-formal learning.

KIND NOTE: This is an **alcohol-free** event.



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Our objectives

The Objectives of the Mobility "LifeComp for youth work" are for the Youth Workers to:

1. Get familiar with the framework of LifeComp, the European Framework for Personal, Social and Learning to Learn Key Competence
2. Embody mindfulness and mindful communication and learn how to observe and be aware both of their environment and emotions - theirs and others'.
3. Develop themselves physically, mentally, and socially, as, according to the World Health Organization, health is defined as the condition of a full physical, mental and social well-being in a person and not just the absence of disease or condition.
4. Learn how to create and facilitate workshops enhancing Self-regulation, Flexibility, Wellbeing, Empathy, Communication, Collaboration, Growth mindset, Critical Thinking and Managing Learning
5. Develop their digital skills, both in terms of digital literacy and digital wellbeing through mindfulness.

Profile of participants

- No age limit
- Gender balance is preferred
- Willing to learn about LifeComp Framework and motivated to use it in their youth-work
- Minimum level of English B2
- Youth workers, members of NGOs, board members of different organisations, educators, volunteers
- Being closely connected with the sending organisation
- Experience of at least 2 international or local youth projects
- Preferably familiar with mindfulness culture

All participants need to fill in the following form before 30th December 2022: <https://forms.gle/tuXYU7U34PSpyBZh7>

Join our Facebook group: <https://www.facebook.com/groups/5591749534193396/>



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LifeComp framework



Dissemination

Dissemination is a crucial part of any Erasmus+ funded project. The European Commission is investing in You, as a community leader, as a change maker, thus each of us is responsible to give back and share the positive experience among our network with the goal that at least one newcomer discovers the opportunities of Erasmus+.

Each participant is responsible to perform:

1) **Visibility on social media:** share at least one post/story on your personal/NGOs social media about your experience during the exchange, tag GO Alive: (<https://www.facebook.com/GOAliveNGO>, instagram: go.alive)

2) **Dissemination workshop:** each national group has to organize one workshop with 10 local people about their experience. Pictures and report from workshop shall be sent to info@goalive.eu

MINDFULNESS

The PAST is History,
The FUTURE is a Mystery,
AND this MOMENT is a GIFT,
THAT is WHY
THIS MOMENT is CALLED

THE PRESENT.

-DEEPAK CHOPRA



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The dates

Arrival day: Sunday 22.01.23

Working days: 23-27.01.23

Departure day: Saturday 28.01.23

The place

Elimeia 3 Hotel

Aiani, Kozani

Region of Western Macedonia, Greece

https://maps.app.goo.gl/1RUtroe6eQpY83rt8?g_st=ic

The project will take place in hotel "Elimeia 3". Participants will be accommodated in double rooms with bathroom (towels included). Accommodation and full board meals (breakfast, lunch and dinner) are covered by the organizers. Bring your favourite snacks to share during coffee breaks.

Aiani is small historical town in Kozani Regional Unit, Greece. It is located in a mountainous remote area, near Polyfyto Lake, an artificial lake of Aliakmonas River. The Archaeological Museum of Aiani has priceless archaeological findings found in the ancient city of Aiani.

The weather

January is usually the coldest month, with an average high-temperature of 5°C and an average low-temperature of -1.4°C. It generally feels really cold and humid in Aiani in January and there's a 26% chance of rain or snow on an average day.



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The journey

Participants will need to prepare their travel to Aiani, in order to attend the mobility of Youth Workers. Board, lodging and programme costs will be provided and paid 100% by grant from the Erasmus+. Travel costs will be reimbursed after following the requested steps. Taxis are not reimbursable.

NOTE: based on Erasmus+ rules, project workshops are compulsory to attend. Eligibility to cost reimbursement are only in case of active participation.

Please, send us your preferable travel details as soon as possible. You will receive a confirmation from our team and then **you will have to book your tickets until Friday 30th of December 2022.** Always use public transports in order to ensure their eligibility of the travels by Erasmus+ programme and the Greek National Agency.

You should keep all invoices and proof of travel, including boarding passes, tickets, etc. and submit them to our organization in original format as requested in a timely fashion.

All the travel documents should be uploaded in each participant's personal folder in **google drive**:

<https://drive.google.com/drive/folders/1eAW8bx4acAmN4m4i2alk95lowX94WvF?usp=sharing>

According to the guidelines of Erasmus+ Programme we can only refund travel costs, if following points are fulfilled:

- 1)** You have timely provided tickets, invoices, boarding passes & filled reimbursement form
- 2)** Your travel route is from the country of sending NGO to the venue and back
- 3)** You have chosen the cheapest means of transportation (no taxi, no excess luggage, etc.);
- 4)** Your travel dates are according to the programme –arrival 22nd Jan, departure 28th Jan. You can have max 3 days prior OR after the event at your own expenses
- 5)** You have received sending NGOs approval before purchasing the tickets
- 6)** You, right after the event, have submitted Youthpass form, EC survey form and performed dissemination tasks;
- 7)** You have participated in all the workshops during the event and respected the culture.

The amounts that get over the maximum budget can NOT be reimbursed.

Participating countries & travel budget



Bulgaria
travel budget 180€



Cyprus
travel budget 275€



Germany
travel budget 275€



Greece
travel budget 23€



Estonia
travel budget 360€



Italy
travel budget 180€



Poland
travel budget 275€



Romania
travel budget 275€



Slovenia
travel budget 275€



Spain
travel budget 360€



Sweden
travel budget 360€



Turkey
travel budget 275€

Check your budget according to **distance calculator** to **Kozani**:
<https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator>
0-99km → 23€
100-499km → 180€
500-1999km → 275€
2000-2999km → 360€

In case it is possible, we suggest to choose **green travel**:
travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

There is an increase in the **budget** for **green travel**:
180€ → 210€
275€ → 320€
360€ → 410€



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We will reimburse your travel costs from your home city to Aiani, Greece and back, according to Erasmus+ funding rules. Reimbursement will be done to the bank account of each partner organization, who will forward you the reimbursement once we collect all your original tickets, boarding passes and reports from dissemination activities.

If you bought your ticket in your local currency, different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site:

www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en

Please DO NOT BUY any tickets before our approval!



How to get to Aiani



“Hope that your journey is a long one, full of adventures, full of discovery.”
K.P Kavafis

No matter where your journey starts from, your destination is **Aiani**! The nearest city, Kozani is approximately 20Km away and Thessaloniki, the second latest city of Greece, is 150Km away. **You will need to arrive to Kozani city and we will manage your transportation from Kozani to Aiani.**

Arriving to **Thessaloniki** International Airport

From Thessaloniki airport you need to take the bus Number 1X which passes every 15-25 minutes (<http://oasth.gr/en/>) and get off at **T.S. KTEL** Thessaloniki's bus station. The route takes around 50 minutes and the ticket costs 2 euros (1 euro for students).

Then, you will need to take a **bus from Thessaloniki KTEL to Kozani**, departing at 09.15, 12.00, 15.00, 16.00, 17.30, 18.00, 19.30, 20.00 or 22.00. It is an 1,5 hours trip. You can buy tickets online here: <https://eticket.ktelkozanis.gr/>
Full price ticket: 11,60 euros for one way, discounts for students

OR

Arriving to **Athens** International Airport

From Athens International Airport, you can reach Kozani by bus or by airplane:

OPTION 1 If you want to reach Kozani by **bus** from Athens, you need to take bus number X93 from the airport and arrive at the last stop: Kifisos Intercity Bus Station. The bus from airport is running 24 hours all week, every 28 minutes. The ride is around 1 hour long and the price is 5,50 euros. From Kifisos Athens Bus Station there are busses to Kozani everyday at 07.45 and 21.00 (except for Saturday night). You can buy tickets online here: <https://eticket.ktelkozanis.gr/>
Price ticket: 43,40 euros one way

OPTION 2 There are **flights** three times per week from Athens to Kozani. On 21st of January (one day before the arrival day) there is only one flight from Athens to Kozani at 06.45 with sky express. If it is convenient for you, you can book your flight here: <https://www.skyexpress.gr/en>



How to return back home

Departing from **Thessaloniki** International Airport

Bus from Kozani to Thessaloniki at 7.30, 10.00, 12.00, 14.00, 16.00, 18.00 and 20.00. It is a 1,5 hours trip. You can buy tickets online here: <https://eticket.ktelkozanis.gr/>
Price ticket: 11,60 euros one way

From T.S. KTEL Thessaloniki's bus station to Thessaloniki airport you need to take the bus Number 1X which passes every 15-25 minutes (<http://oasth.gr/en/>). The route takes around 50 minutes and the ticket costs 2 euros (1 euro for students).

OR

Departing from **Athens** International Airport

OPTION 1 There is a Bus from Kozani to Athens at 08.45 . It is a 7 hours trip. You can buy tickets online here: <https://eticket.ktelkozanis.gr/>
Price ticket: 43,40 euros one way

Once you arrive at Kifisos Intercity Bus Station, you need to take bus number X93 and arrive at the airport. The bus to the airport is running 24 hours all week, every 28 minutes. The ride is around 1 hour long and the price is 5,50 euros.

OPTION 2 There are flights three times per week from Kozani to Athens. On 28th of January (departure day) there is only one flight from Kozani to Athens at 08.20 with sky express. If it is convenient for you, you can book your flight here: <https://www.skyexpress.gr/en>

In case it is possible, we suggest to choose **green travel**: travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Especially when travelling from **Italy** you can come with the ferry from Brindisi, Bari, Venice or Ancona to Igoumenitsa. When travelling from **Bulgaria** or **Turkey**, you can arrive to Thessaloniki by bus.



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Topics

MONDAY 23.1.23

DAY 1

Getting to know each other



Introduction to LifeComp

TUESDAY 24.1.23

DAY 2

Personal Competences



WEDNESDAY 25.1.23

DAY 3

Social Competences



THURSDAY 26.1.23

DAY 4

Learning to Learn Competences



Cultural excursion

FRIDAY 27.1.23

DAY 5

Working on Outputs



Closing

Daily timetable

08.00
morning
routines
(optional)

08.15-09.15
breakfast

09.30-11.00
workshop 1

11.00-11.30
coffee break

11.30-13.00
workshop 2

13.30
lunch

16.00-17.30
workshop 3

17.30-18.00
coffee break

18.00-19.00
evening
routines /
reflection

20.00
dinner

21.00
night events
(optional)



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WHAT TO BRING



readiness to learn and contribute to learning of others



your favourite snacks from home to share during the coffee breaks



health insurance (we suggest European Health Insurance Card)



warm cloths, including hat, gloves, scarf, boots



your coffee cup and/or a bottle for water



ticket receipts, boarding passes, bus tickets etc

The Trainers



MARIA STEFANIDOU

GO Alive Co-Founder and HR manager, Health and Mindfulness Coach, Bachelor in Medicine, Resident doctor in General Practise/ Family Medicine, Board Member of HIPPOCRATES - Society of General Practice / Family Medicine Greece, Currently attending YOCOMO ToT by SALTO Training and Cooperation

NEFELI PINAKA

Youth Worker and Junior trainer, Bachelor in Psychology, MSc candidate in Criminal Law and Addictions, Hobbyist Photographer



MARKOS CHIONOS

GO Alive Co-Founder and L. R., Accredited Project Manager, Adult Educator, Bachelor in Finance, LLM in Dispute Resolution, PhD candidate/researcher on the Effects of Mindfulness on Innovation



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About GO Alive NGO

"GO Alive - European Initiative for Youth Empowerment, Mindfulness and Well-being" is a youth organisation established in January 2020, located in the city centre of Kozani, Western Macedonia, Greece.

Our aims are:

- The educational, professional, cultural and mental empowerment and development of young people (especially those with fewer opportunities due to social, economic or geographical obstacles) and the improvement of their skills and competences, by facilitating their active citizenship, employment and transition to the job market.
- The support of the mobility of young volunteers, trainees and employees by promoting youth work and youth initiatives.
- The promotion of mindfulness, self-awareness, wellbeing, a healthy and a balanced lifestyle, with an emphasis on prevention and active / healthy ageing.
- The promotion of the mobility of young people outside and outside the borders, organising local actions and interventions, as well as the use of new media.
- The promotion of the values of non-formal learning and education, which contributes to the socio-educational development of individuals, but also to education at all levels, especially to people who have dropped out.



CONTACTS

 goalive.eu  [GO Alive](https://www.facebook.com/GOAlive)  [go.alive](https://www.instagram.com/go.alive)  info@goalive.eu