



## Info-Pack

# "YOUTH AGAINST MODERN DAY ADDICTIONS"

Erasmus+ project: 2019-2-EL02-KA105-005071

### Youth Exchange

**Location:** Athens, Greece

**Dates:** 13-24 February 2019

**APV dates:** 16-18 December

2019

**Participants:** 6 participants + 1 leader

**APV participants:** 1 representative per organization (leader or young participant), who will come to the youth exchange too



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

## ★ Project Summary:

The Youth Exchange “**Youth against Modern Day Addictions**” aspires to unite 43 young people from 6 different Countries, from all corners of Europe and neighboring countries (i.e. Slovakia, Bulgaria, Romania, Lithuania, Italy and Greece). It will take place in **Athens, Greece** from **13 to 24 February 2020**.

During this project we will focus on the face of modern days’ addictions and addictive behaviors, which do not only include chemical substances, but have extended to a wide variety of different behaviors, such as work holism, smart phone/ social media/ video games over-usage, as well as behaviors related to the excessive preoccupation with appearance, such as tanning, plastic surgery or physical exercise. The vast majority of modern people engage in some of those behaviors that often develop into addictive habits that dominate lives, just like alcohol or drug abuse.

Through this Youth Exchange we will exchange knowledge, share personal experiences and explore together different local realities concerning those behaviors among the youth. We will try to identify the reasons that lie beneath this situation, its significance and ways to overcome the negative effects, as well as offer strong motivation for the youth to act locally and become socially aware, acting on a positive and proactive manner.

## ✓ Objectives:

- ∅ To exchange knowledge and valuable experiences concerning the different faces and the extent of psychological dependence and addictions
- ∅ To really understand what is addiction, which colors can it take and how it can influence our everyday life and functioning
- ∅ To create a profound and comprehensive understanding of the complex causes that can lead young people to addiction, learning new ways to recognize the early symptoms of addictive behaviors
- ∅ To highlight the significance and dynamics of non-formal education by positively influence the way youth interacts, thinks and creates, by providing social and personal empowerment, as well as raising awareness regarding social and personal responsibility

# Participating Organizations:

<b>Countr y</b>	<b>Organization</b>	<b>Number of participants</b>	<b>Number of participants (APV)</b>
<b>Greece</b>	Seize the Day (Coordinator)	6 + 1	1 representative of the IYG
Slovakia	Youthfully Yours SK	6 + 1	1 (*)
Bulgaria	Association International Initiative for Cooperation (IIC)	6 + 1	1 (*)
Italy	ASSOCIAZIONE DI PROMOZIONE SOCIALE YOUNG EFFECT	6 + 1	1 (*)
Lithuania	VšĮ Inceptus	6 + 1	1 (*)
Romania	Hybrid Sport	6 + 1	1 (*)

(\*) Only one person from each organization can participate in the APV. This can be either the team leader, or a young participant. In any case the APV representative should come to the Youth Exchange in October as well.

# APV MEETING PROGRAM

## DAY 1 (16/12/2019)

**08:00-17:00**      **ARRIVALS**

**18:00 – 20:30**      Welcome meeting & Dinner (\*)

*(\*) Meeting point: Hotel Lobby, at 18:00 / Presentation (informal) of participating organizations – Expectations, goals and objectives from the participation in this project*

## DAY 2 (17/12/2019)

**08:00-10:00**      *Breakfast (at the Hotel)*

**10:00-12:00** Project-Content discussion: Activities, methodologies, allocation of roles (facilitators of activities),  
Participants preparation

**12:00-12:30**      *Coffee break*

**12:30-14:00**      Practical Issues discussion: Logistics, Reimbursements, Participant selection criteria,  
Dissemination activities etc

**14:00-15:00** *Lunch*

**15:30-17:30**      Wrapping up open issues, Q&A

**17:30-18:30**      *Coffee break*

**18:30-19:30**      Tour in the centre of Athens

**20:00-21:00** *Dinner*

## DAY 3 (18/12/2019):    **DEPARTURES**

# Accommodation of APV

**Hotel:** The participants of APV will be hosted in the 4-star **Hotel Xenophon**.

The hotel is close to the centre 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/ Fax : +30 2102020320 E-mail: [info@xenophon-hotel.com](mailto:info@xenophon-hotel.com)

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

**Rooms:** Participants will be hosted in 1 double-bed room (2x) and one triple-bed room (3x), 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

## € 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 are provided)

Country	Organization	Max. travel cost per Participant (Euro)
<b>Greece</b>	Seize the Day (Coordinator)	0-20 €
Slovakia	Youthfully Yours SK	275 €
Bulgaria	Association International Initiative for Cooperation (IIC)	275 €
Italy	ASSOCIAZIONE DI PROMOZIONE SOCIALE YOUNG EFFECT	275 €
Lithuania	VšĮ Inceptus	275 €
Romania	Hybrid Sport	275 €

# Travel Reimbursement Rules ➡

- 1) APV and exchange participants are expected to buy their own tickets (flights & other means of transportation to reach the airport) before the meeting.
- 2) The reimbursement for the APV will be done in an individual basis (for the Youth Exchange it will be done in a group basis) via bank transfer. For this you will need to send us your bank account details ( “Individual Bank account details” document). You may either send us this document signed and scanned before the APV meeting, or fill it in during the meeting.
- 3) Reimbursement will be done in **Euros**. If you buy your tickets in other local currency, the reimbursement in Euros will be calculated according to the exchange rates of the Official Tool from the European Commission (InforEuro: <http://ec.europa.eu/budget/graphs/inforeuro.html>) for the month of ticket purchase.
- 4) Please note that TAXI drives are NOT reimbursed (except for very special cases, such as general strike of public transportation means)
- 5) The travel of the participants must be from the country of their sending organization to Athens and back, during the **meeting`s travel dates (16.12 – morning & 18.12 – any time)**, in order to be eligible for reimbursement

# Travel Documents:

Reimbursements are made according to the travel documents submitted: **No payment will be made without a proof of your expenses!**

**Therefore KEEP ALL YOUR FLIGHT/TRAIN/BUS TICKETS, BOARDING PASSES, INVOICES ETC WITH YOU AND DO NOT THROW THEM AWAY!**

These are the documents you need to submit to us for your travel reimbursement:

Travel Document	Comment
Individual Bank Approval letter	Details of your personal bank account (with your signature)
Invoice of arrival & return flight	Has to show name, dates of flights and price
Boarding passes	<p>a. <b>Digital</b> (with a barcode, if you checked-in electronically) → email them at <a href="mailto:seizethedaylk@gmail.com">seizethedaylk@gmail.com</a></p> <p><b>OR</b></p> <p>b. <b>Printed</b>, if you checked in at the airport → send the ORIGINALS (not photos or scans) to the address <i>Piperopoulou 7A, 14575, Athens, Greece – Lydia Kakourou</i> , by post</p>
Train/bus/ship tickets	To and from the airports (digital/printed tickets – same as above)
Metro from and to Athens airport	You will need a special metro ticket (10 €) or bus ticket (6 €) (regular metro/bus tickets do not cover transportation to the airport!) – Please keep the <b>RECEIPT</b> that states the price after you purchase your ticket (we don't need the actual ticket, because it does not have a price on it)



# Participants:

## Team Composition

Each Country's team should consist of 7 participants: 6 young people (18-30 years old) + 1 leader.

The representative that will come to the APV must be one of these 7 participants. There is no age limit for the leader.

## Selection Criteria

Necessary conditions:

- Age (18-30)
- Ability to communicate fluently in English
- Citizenship or long-term residence in the respective partner country (e.g. for studies/work or long-term volunteering project), where your organization is based
- Gender – balanced teams
- *High interest in the subject and full commitment for active participation throughout the project*

**Please make sure that your participants are very well aware that this Youth Exchange is NOT a free vacation !**

Preferable characteristics:

- Active involvement in local community (e.g. volunteering, active member in an NGO)
- Social & economical obstacles (e.g. NEETs, low family income, belonging in some type of socially marginalized group etc).

However, please note that the facilities and arrangements of this exchange are **not suitable** for people with physical or mental special needs.

# 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, group discussions, role-play games, storytelling evenings, creative activities, short-movie-making workshop, cultural visits and intercultural nights

➔ **One of the main objectives of the project is to promote a sense of individual responsibility, empowerment and participatory approach!**

To achieve that a special working method will be applied during the project:

Each team will take up the **role of the facilitator** 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)

➔ **During the APV we will discuss about the allocation of activities, for which each team will be the responsible facilitator**

## Dissemination:

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

Therefore, you are kindly requested to publicize the project's summary, which we sent you along with the required logos (EU flag,

Greek NA etc), on your organization's website and distribute information about the project on social media.

**After the project, the same process should be repeated** for the project's press release, outcomes, photos and any other audiovisual material.



## Communication:

For any further clarification & query please contact us at:

E: [seizethedaylk@gmail.com](mailto:seizethedaylk@gmail.com)

T: +30 6945.831.143, +30 6984.655.575

**Postal address:** Marni 56 & Karolou str, Metaxourghio, Athens  
10437, Greece



## 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 travelling. **Athens is safe, but there are many pickpockets**, especially in the metro and crowded areas. No one of our team members will be responsible for your own belongings, as well as any procedure regarding loss or theft.

Please consult the link below:

<https://drive.google.com/file/d/1IC2bxjXRTWCQzZFAPmQiXH9Oj4e6KAB/view?usp=sharing>

2. **Health Insurance:** all partners have the responsibility in assisting the participants for obtaining the EHIC (European Health Insurance Card) which is free, or the participants will take care of this aspect by themselves. In Greece the Emergency services in Hospitals are free but let's hope it doesn't come to this

3. **Clothing and weather:** as the weather can change from one day to another, we suggest you to have comfortable clothes and shoes for all situations, but be prepared for raining (and snowing? Why not!). In general, the weather in December is usually wintery!!

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

# Things to do for preparation:

## Prior to the APV

- ✓ Buy your tickets as soon as possible and keep all necessary travel documents
- ✓ Send us your Bank account details (“**Individual Bank account details**” document)
- ✓ Fill in your communication details in the following link:  
<https://docs.google.com/spreadsheets/d/1IaE6CUvwjJabbb9ksCqwmS6LNwNFpYCy2u0QPghVdpo/edit?usp=sharing>
- ✓ Start the participant selection process! For each participant selected, please fill-in their personal details and travel information in the following link:  
[https://docs.google.com/spreadsheets/d/1SYyn7vZcLTrAVZFogo\\_9lStajzeqGGqG1Gkh5ljlAYM/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1SYyn7vZcLTrAVZFogo_9lStajzeqGGqG1Gkh5ljlAYM/edit?usp=sharing)
- ✓ Check the “**Transportation Directions**” document with guidelines on how to reach the Hotel from the Airport and back

## Prior to the Youth Exchange

- ✓ Send us the filled “**Application\_Form\_YMDA**” document for each participant
- ✓ Facilitate your participants in booking their tickets. **Please, always consult us before buying the tickets!**
- ✓ Organize **preparatory meetings** with the participants, in which you can introduce them to the philosophy of Erasmus+ Mobility programs and the objectives of this Youth Exchange. During these meetings the team members will also get to know each other, collaborate for the preparatory tasks and design the activities they will be facilitating. Then fill in the **Facilitator\_sheet**.
- ✓ Send us the links of your dissemination activities.

# Useful contacts:

**Seize the Day E-Mail:** [seizethedaylk@gmail.com](mailto:seizethedaylk@gmail.com)

## **Seize the Day – Contact Persons:**

Eliana: +30 6945.831.143

Lydia: +30 6985.896.897

Mary: +30 6981.084.785 ([Maroulita.Vlass@gmail.com](mailto:Maroulita.Vlass@gmail.com))

Konstantina: +30 6984.655.575

## **Embassies**

Embassy of Bulgaria: (+30) 210 674 8106

Embassy of Slovakia: (+30) 210 677 7033/37

Embassy of Italy: (+30) 2103617260/263

Embassy of Lithuania: (+30) 210 72 94 356 /7

Embassy of Romania: (+30) 210 677 4035

## **Emergency Contacts**

Police: 100 / Tourist Police: 171

First Aid Center-Ambulance Service (EKAB): 166

Emergency Call: 112

Poison Treatment Center: (+30) 2107793777

Fire Department: 199