

Softmate

Competence and personal
development

INFOPACK

Erasmus+ Training Course “Softmate”

Gritsa, Litochoro, Greece

21 - 28/05/2024



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



ABOUT US

Youthfully Yours GR - Hosting organization

Youthfully Yours GR was born in 2011 by a company of friends interested in Non-formal Education, Youth Work & European Mobilities. YYGR is a Non-profit Organization (NGO) from Thessaloniki, Greece, being active on local, national & European Level, interested in Arts, Environment, Democracy, Unemployment, Sustainability, Creativity and Entrepreneurship, Volunteering, European and Balkan culture as well as urban and regional activities. YYGR promotes friendship, peace and respect for human rights while battling racism and xenophobia. Voluntary mutual help on the above matters is the subject of our meetings and also of our activities.

YYGR aims to encourage young people to participate in European/International training/exchanges etc. programs, in order to build a stronger future for our country, acquaint ourselves with the versatile colorful world we are living , free of xenophobic attitudes, with hope for friendships that will last for a lifetime. Therefore, the Organization is composed of young volunteers that promote, organize, manage and support projects and ideas that can have a positive impact on the youth and also society as a whole.

Main activities of our organization :

- Hosting Erasmus+ projects on topics of soft skills and personal development
- Sending organization in projects all around Europe and the world
- Partnering in KA2 projects in topics of podcasts, active citizenship and youth entrepreneurship
- Presentations of European opportunities
- Workshops in person and online in various topics



Like us on Facebook

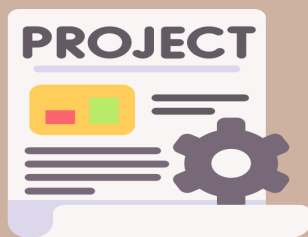


[Youthfully Yours Gr](#)

or visit our website

<http://youthfullyyours.gr/>





PROJECT DESCRIPTION

The project aims to gather youth workers from Europe and create a multicultural environment of learning through experience. Learning will take place in various dimensions and will foster the personal and professional development of youth workers competencies. Firstly, the intercultural aspect will bring different ideas and facets to trigger the enlightenment through peer to peer interaction. Therefore, the project is striving to give participants the chance to engage in different types of simulations and study cases so they can practice their skills on the spot. On a more holistic approach, the needs this project is attempting to respond to are self exploration and self esteem, active listening and prioritizing, communicating efficiently on teamwork, being in the present moment and inner leadership. The inner evolution human mankind is encountering aspires the motivation for this project to dissolve any issues of insecurity, ambiguity and uncertainty. This project will be the inner stimulus for youth workers to regain their confidence through empowerment, internal exploration and active experiential learning. And with those skills acquired they would be able to work with the young people in their associations and practice the skills and methods into focus groups. Youth workers during the pandemic and even after had to face many difficult situations with young people and they need to regain their strengths and capacities to be able to support youth. And as youth workers themselves have been affected by all the societal and political issues, they need to work on their personal and professional development in order to be the best possible aid for young people. And as European year of skills just passed we believe we can inspire youth workers into the importance of competence development and how essential it is to develop skills that are not only related with technical terms but are connected with people and management of teams.



OBJECTIVES:

- To improve the international competences of participants by working in an international context and environment;
- Support learners in the investment of skills and competences with a view to improving their personal development, their involvement as considerate and active citizens in society and their employability in the European labor market and beyond;
- Strengthen the links between youth field and labor market through the youth workers capacities;
- Enhance the international dimension of youth activities and the capacity of youth workers and organizations;
- Promote non-formal learning and cooperation in the field of youth between youth workers from Europe;
- Build a community of trust and a space for sharing good practises for more quality and engagement in youth work;
- Foster the mutual understanding of soft skills and give the chance to participants to experience and access a course for their personal and professional development.



The participants, 4 per country will be:

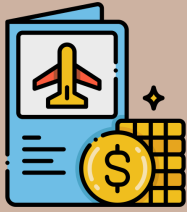
- between 18-35 years old;
- youth workers active in youth work and connected with young people;
- educators and teachers;
- willing to broaden their perspective on their european citizenship;
- youth workers from rural areas;
- youth workers, leaders and educators with limited access to educational resources;
- Able to communicate in English at a moderate level (Participants with limited knowledge are also welcome if they are willing to try to improve themselves before and during the activity dates).



PARTICIPATING ORGANIZATIONS

| Country | Legal Name |
|----------|---|
| Greece | NEOI ELLADOS SE EUROPAIKI DRASI - YOUTHFULLY YOURS GR |
| Slovakia | YOUTHFULLY YOURS SK |
| Italy | TRACCE NASCOSTE/ORME RADIO |
| Portugal | ASSOCIAÇÃO CHECK-IN - COOPERAÇÃO E DESENVOLVIMENTO |
| Romania | ASOCIATIA DEAR FUTURE SELF |
| Spain | ASOCIACIÓN PROMESAS |
| Latvia | MIHI Latvia |
| Poland | STOWARZYSZENIE EUROPEJSKI INSTYTUT ROZWOJU |





TRAVEL BUDGET

| | |
|--------------------------------|--|
| 360 EUR per participant | Portugal, Spain |
| 275 EUR per participant | Italy, Slovakia, Latvia, Poland, Romania |
| 20 EUR per participant | Greece |

- This activity will be carried out thanks to the co-financing received from the Erasmus+ programme. We have received a certain amount of money for travel reimbursement, which depends on the amount of kilometers it will take you to travel from your home to Litochoro. Keep in mind that if the tickets cost more than the allocated amount, we will not be able to cover the difference and it will be your own financial contribution.
- Reimbursement will be given only on the basis of an existing ticket. No advance reimbursement for future tickets will be given. If participants pay for their ticket with a credit card, they are requested to bring along the confirmation of payment (i.e. credit card slip and/or bank statement).
- Reimbursement of travel costs will only be done upon full attendance of the program and presentation of all original (+return tickets) tickets, receipts, invoices and boarding passes.
- The travel costs will be reimbursed in the partner organization account after the mobility and dissemination (local actions) made by participants, based on the documents provided by participants.
- All participants must **receive verification** from the organizers before buying any tickets. **Participants should choose the cheapest means for their traveling. No taxi or first class and business class tickets can be reimbursed.**
- Reimbursement will be done in EURO. Your local currency will be calculated according to the exchange rates on the day of the purchase and you will be reimbursed to that exact amount.



ACCOMODATION

Our Training Course will be hosted at the Hotel “Naysika Hotel”

You will be sharing room(s) with another 1-2 person(s) of the same sex & different nationality. All rooms have either baths or showers. Towels, sheets and shampoo will be provided. Please remember to bring your personal hygiene items!



SESSION ROOM

Sessions will take place inside the hotel and, depending on the weather, outdoors.



INTERCULTURAL NIGHT

Please bring typical food and drinks from your countries! We will allocate some nights to intercultural exchange and performances. Unfortunately we don't have the budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, leaflets, posters, flyers, food, sweets, alcoholic and non-alcoholic drinks etc. There is no possibility to cook or heat food, so try to keep it simple. Also, you can show videos, photos, sing music and dance traditional dances from your countries!



FOOD

There are three daily meals (breakfast, lunch and dinner & 2 coffee breaks) provided by the organizers. If there is any special nutrition need or allergy please specify in your Participation form. Be prepared for typical Greek dishes, as the Mediterranean diet is one of the most famous and tasty ones. Breakfast, lunch and dinner will take place in the restaurant of the hotel.



HEALTH INSURANCE

Health insurance will **NOT** be provided or reimbursed by the organizers. All participants are required to purchase health insurance individually, or get the free of charge formulary E-111 from your national social security that covers medical costs around EU member states ([European Health Insurance Card](#)).





TRANSPORTATION TO ACCOMODATION

- The Project will take place in [Litochoro Pierias](#) about 1:30 h away from Thessaloniki to the West - South. The program provides accommodation and food (3 meals) during the project.

-The organizers will reimburse 100% of your travel costs from your home city to the venue and back, according to the rules of Erasmus+ program, as mentioned in details above.

-The airport is International Macedonia Airport (SKG) that has a lot of connections to many European cities, so it shall be easy for you to find a flight from and to your country

- Specific guidelines on how to reach the venue and the hotel will be given in a separate post in our Facebook group.

- Those of you who are planning to stay in Greece outside project dates **you need Youthfully Yours's approval first**. We kindly ask you to email us with the travel options as soon as possible. Please keep the guidelines below when booking your flights:

Arrival day and time at SKG airport: 21st of May before 17:00 PM

Departure day: 28th of May after 12 PM

Tickets for travel outside the official travel dates purchased **without** Youthfully Yours's approval may not be reimbursed.

- In case you arrive early and you want to go visit the city, get the bus No 01N which is right outside the arrivals gate and it will take you to the city center. The cost is 2€ for one route(have exact money for the machine in the bus as it does not give change and you can buy only 1 ticket at a time) or buy it before entering from the nearby ticket kiosk. The bus runs every 30 minutes and it usually takes more or less 35 minutes to get to the center depending on traffic.

- We suggest you get off at Aristotelous square (name of the bus stop Plateia Aristotelous). For your way back, you take the same bus (01N) from the same street (Egnatia) only on the other direction but just to be safe you should check the bus stops (as it doesn't stop on all of them) or ask any of the polite youngsters that are filling the streets of Thessaloniki.

Please keep in mind to look for the cheapest transportation means possible! In the case that your travel costs exceed the amount allocated for you, you will have to pay it on your own to the full.

WEATHER



We recommend you to bring clothes which you consider as the most comfortable for you, for the temperature from 10 to 30 Celsius. Sometimes it's raining in the region of Litochoro, so please bring umbrellas/raincoats.

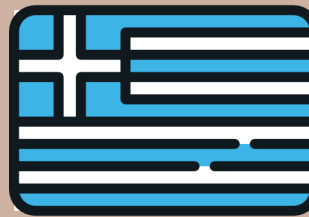
We will update you with more information about what to bring with you in our Facebook group.

Once you are officially selected join our Facebook group:

<https://web.facebook.com/groups/921503146176230>



ABOUT GREECE



If you want to know more about our country here are some useful links:

<http://www.visitgreece.gr/>

And for Thessaloniki:

<http://www.thessaloniki.travel/index.php/en/>

<http://www.greecetravel.com/thessaloniki/>

Covid regulations: Always check a week prior to your flight the regulations applied for traveling to and from Greece.

<https://travel.gov.gr/#/>

Please contact us if you have any queries in the meantime.

Youthfully Yours GR team,

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