

Everyday for future Youth Exchange



Infopack for Participants and
Associations

Mobility

17th June –24th June 2021 (16th and 25th travel days)
Chalandri, Greece

Associazione di promozione sociale Maghweb
& Cinergies

www.maghweb.org

partners@maghweb.org

About Everyday For future



The project envisages an 8-days-long mobility in Chalandri - Athens, Greece. During the mobility participants will take part into different activities based on non-formal methodology, these activities will aim at fostering participants' sense of initiative and awareness of their role as active actors of the society they live in.

The project will involve 20 young people aged between 18 and 28 years old, as well as two trainers. The project aims at developing with the young participants a common strategy to counter climate change, made of actions that they can replicate in their community of origin. The project is willing to encourage young people to carry out those actions simultaneously, encouraging them to self-monitor them and involve their community, multiplying the impact of the action.

Youth exchange's objectives:

- More active participation in society and increased sense of initiative;
- Increase of emancipation and self-esteem;
- Acquired capacity of problem solving and conflict resolution;
- Acquired knowledge of bottom-up processes of activism in the field of environment
- Better knowledge of the environmental crisis (earth overshooting day, lack of resources, ecological footprint etc.) and how to counter it
- Acquired knowledges in the field of communication for advocacy activities
- Bettered competencies in foreign languages
- Increased cultural awareness
- Bettered knowledge of European programmes (Erasmus+ and ESC) and of the EU values

Materials to prepare for the exchange

Presentation

Please prepare a short presentation about your sending organisation, bringing information materials like brochures, manuals, flyers, etc. (anything you'd like to share!). Not only youth leaders, if some participants want to present their own organisation or experience in the fields related to sustainability their experience in a youth exchange, they can prepare a short presentation as well. We strongly recommend you to use an interactive method to present your experience/association (powerpoint presentation, flip charts, quiz games etc.)

Intercultural Evening

During the exchange, we will organise an intercultural dinner and party. Please bring typical food, soft drinks, games and music to introduce the culture of your region/country of origin. Please organise a game or an activity to present your country in a non-formal way!

Activities

No professional equipment is required. We will carry out some activities in parks and outdoors in Chalandri. Bring with you comfortable shoes in order to face walking outdoors (sports shoes is enough, no trekking shoes). Each day, at the end of the activities, a reflection and feedback moment will be hold: brief internal meeting for each group to monitoring the implementation and logistics and then a meeting among the youth leaders and CoLab's and Maghweb's staff.

DO NOT FORGET TO BRING WITH YOU:

- Due to the unfortunate possibility of delays in baggage handling, it is strongly recommended that participants taking connecting flights **carry all valuables and medicines in their hand luggage, as well as what is needed for an overnight stay** (toothbrush, change of clothes, etc.). If the cost does not exceed the maximum reimbursement, we recommend that you buy a travel insurance to protect valuables in your luggage. Also, if it can be within the travel costs, consider a travel insurance.

- Printed copies of **ID card** or **passport** and **tickets/invoices**. Those documents are fundamental to receive the reimbursement of the travel costs: please don't forget to print the boarding passes and to print /send to us the invoices that shows price, itinerary (from-to), and name of the traveler. Screenshots are enough only if you are using an app, in this case make the screenshot **BEFORE** you take the flight!

Financial conditions

For everybody: accommodation and meals are covered **only during the youth exchange days** (including the arrival night, if it is in the travel day (the night between 16th June – 17th June). **Accommodation and meals in extra days are up to participants.**

Greek group: no refunds available for travels.

Italian, French and Lithuanian groups: refund **up to 275 euros/participant** for travels (flight, trains, buses, etc.). Up to 275 euros means that **your sending organisation will refund the exact cost if it is within the limit of 275**, if you spend more, we will refund 275 €. Print **receipts and boarding passes** in order to get the refund. Reimbursement is available **ONLY** on travel days or **exceptionally one day before/after the mobility days**. If only one flight (outbound or return) is during the days available for the refund, please give **a receipt that shows the cost only for this flight/travel**. In case of travels that last more than one day, the day that Italian Agency considers is the day of arrival/departure from Chalandri.

We can't do refunds if we do not receive boarding passes and the details and proofs of expenses (tickets, invoice, confirmation email, everything with name, date and price. SCREENSHOTS ARE NOT ADMITTED UNLESS FOR BOARDING PASSES DONE THROUGH THE APP)

You will have to send by regular mail to the address of the office the original tickets and

boarding passes of your return journey, the address is:

**Emilia Esini presso Circolo ARCI Stato Brado
Piazzetta di Resuttano 4, 90133 Palermo (PA)**

All reimbursement will be made by bank transfer to association's bank account. Money transfer to participants or association's members **IS NOT ACCEPTED** by Italian National Agency. Each partners association will refund their participants. Refund will be made in 3 weeks from the moment Maghweb receives all documents from participants/associations

During the exchange, we will ask you to provide printed copies of:

- All original tickets (also buses or train) and receipts with the price (electronic boarding passes without price need to be provided with the invoice)
- Outbound and return boarding passes
- Printed copy of your ID card or passport

Q&A About the refunds

Q: I have a PDF boarding pass, can I send it via email?

A: **YES**, if your boarding pass looks like this:



Q: I took a picture of my train ticket/boarding pass, can I send it via email?

A: **NO**. If your boarding pass looks like this, you have to send it to the office via regular mail:



Q: Can I make a stopover on my way to/back Chalandri?

A: Travel can't last more than 48 hours, stopovers can't last more than 24 hours. If a stopover lasts more than the accepted time or your travel lasts more than 48 hours, only travels in the accepted

time will be refunded [Eg. You leave your city on 14th and you arrive in Chalandri on 16th, we consider your travel valid to obtain refund because you arrive on 16th that is a travel day, it doesn't matter that you start your journey on 14th . If your journey starts on 13th we will refund only the part of the travel on 14th and 16th].

About Chalandri and accommodation

WHERE WILL WE STAY?



The mobility will take place in our beautiful Colab House co-working /residencies space. Located in the northern suburbs of Athens, close to "Penteli" mountain, near to a river called "Rematia". Opportunities for some amazing walks around and enjoy a rare place of nature inside Athens. If you want to see some picture of the location, visit our Facebook page:

<https://www.facebook.com/colabhouse.org/>

WHAT WE WOULD EAT?

The shared meals will be cooked in the venue, based on a healthy nutritious diet, considering the information that the participants provided, about their diet or any possible allergies.

WHAT SHOULD YOU BRING?

Everything needed for your accommodation will be provided by the hosting organization. All you need to bring is your personal hygiene products (shampoos, toothpastes, towels, etc.) and a device with the ability to access the internet (laptop, tablet, smartphone etc).

COVID-19 and health issue

If anyone of participants has **allergies, food intolerance or a particular diet** must communicate it to the staff before the exchange thanks to the participant form which will be forwarded to the organisations.

COVID-19: bearing in mind that the conditions are continuously changing and that each country is managing the pandemic in a different way, here you can find some information on what to do before coming to the youth exchange. Shall this guidelines change, we will promptly contact your sending organisation to give updates. A useful link can be <https://travel.gov.gr/#/> , the official website of the greek government, where you can find all the information for travels from/to Greece:

- Every traveler coming to Greece from abroad should have a negative PCR test from a diagnostic laboratory. The test has to be conducted **no later than 72 hours** before arrival. However, **we highly recommend to get the test 48hours before** the arrival.

- If the traveler has completed his/her vaccination and is in a position to confirm it by presenting the relevant vaccination certificate, then proof of a negative test is not required.

- Every tourist must fill in the special PLF (Passenger Location Form) no later than 23:59 of the day before arriving in Greece. This can be done [here](#).

VERY IMPORTANT: All certificates must include the critical information in English and the full name must match with that of the passport or other travel document.

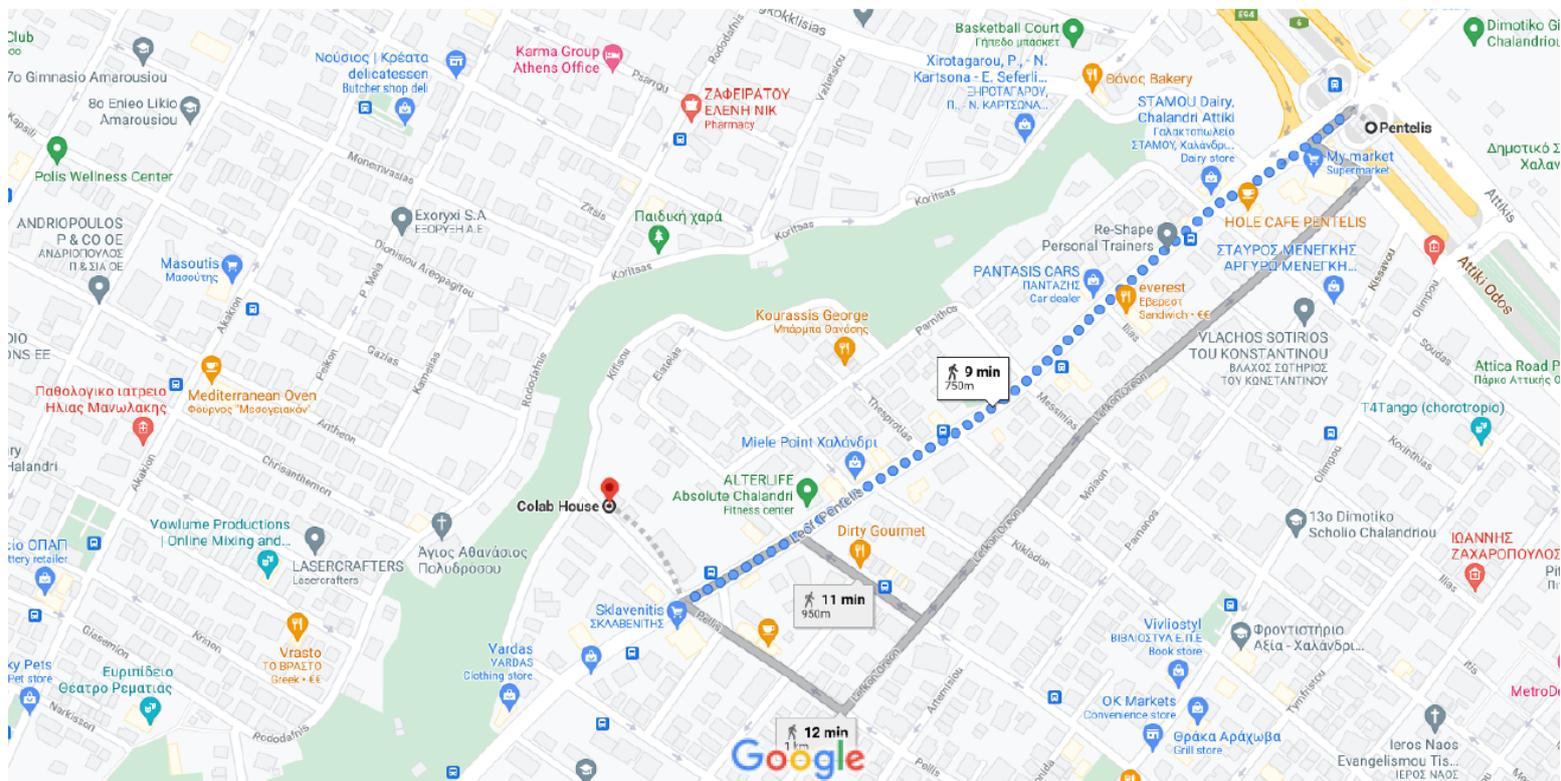
Prescriptions: A prescription delivered by a doctor in an EU country is valid in all EU countries. However, medicine prescribed in one country might not be available in another, or it may have another name. Since 25th October 2013, EU citizens are able to ask for a **cross-border prescription** which is intended for use in another EU country: these are designed to help the pharmacist understand the prescription easily, the ingredients of the medicine and their dosage. To avoid problem, Maghweb highly recommend to participants, if they have an ongoing therapy, to provide from themselves, bringing from his own country, for all of medications they need during the exchange. Participants should bring their own European Health Insurance Card in order to avoid any medical expenses in case of illness or accident.

Phone calls: The calling code for Greece is 0030 . If you call from abroad dial +30(...) or 0030(...)

Emergency calls: 112 Emergency /// 166 Hospitals

Transportation from and to the airport

To reach the venue after your arrival to Athens' airport you will need to take the "Proastiakos" Suburban train and get off at "Pentelisi" station. It costs 10euros per person. (don't forget to keep your ticket for reimbursement) Then it's 11' walk till you reach the venue. The address is "Pellis 1, Halandri" Post code: 15234.



IMPORTANT: For people arriving at the airport before 5:00 or after 22:00 please contact the CoLab team, in advance, to create an alternative solution possible.

Address

Pellis 1, <https://goo.gl/maps/XBC6bD5h9YpfJjga8> (Use this point)
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Greece +302106811141

CoLab Staff Contacts

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