

## *Info Pack for youth exchange*

**‘Ocean is our home’**

*Elafonisos, Laconia  
Greece.*

*Summer 2024*



The project will be conducted the auspices of the European Union Programme – **Erasmus+**.

*Host organisation Amazing Youth (GR)*

Dear Partners,  
We would like to inform you about the project.

### **Youth Exchange 'Ocean is our home' 2023-1-EL02-KA152-YOU-000125523**

Date of Arrival: 25<sup>th</sup> June 2024

Date of departure: 4<sup>th</sup> July 2024

Hosting and coordinating organization: Amazing Youth (Greece)

Project Manager: Maniatakos Dimitris

Contact email: [maniatakos.d@amazingyouth.gr](mailto:maniatakos.d@amazingyouth.gr)

Our project was developed so that we could address a serious problem and help young people to explore aspects of themselves that will develop them and their whole society. To develop some of their basic skills such as sustainable lifestyle skills, ecological awareness, developing their cooperation skills and practicing teamwork.

Teams from Greece, Italy, Spain, Bulgaria and Romania will participate so it is a good opportunity to meet other people working in the same field or to make new contacts.

## Aims and objectives.

Nature is constantly providing humans with opportunities for both physical nourishment and emotional enrichment. When we get close to nature, we learn to respect it and this teaches us to be kind to our fellow human beings. Unfortunately, humans have interfered with the beauty and immense importance of nature. The extent of the damage is difficult to calculate with certainty and we must do something to reverse this situation before it gets worse and affects everyone. If we learn to respect the environment, care for it and appreciate its importance, we will be better able to live in a sustainable world.

Marine plastic pollution is a visible environmental problem that is constantly spreading, affecting all oceans. Plastic pollution can cause long-term damage to both terrestrial and marine ecosystems and biodiversity. Marine animals can become entangled in or ingest plastic litter and eventually die from exhaustion and starvation. In addition, plastic waste releases chemicals that can be harmful to both ecosystems and human health, especially in a semi-enclosed sea such as the Mediterranean. Today we are surrounded by more plastic than ever before, of the 27 million tonnes of plastic waste produced each year in Europe, only a third is recycled, while the rest ends up in the natural environment, landfilled or burned in incinerators, causing incalculable consequences for the environment and, by extension, for ourselves. Worldwide, 344 species have been found trapped in plastic. In the Mediterranean, the main victims are birds (35%), fish (27%), invertebrates (20%), marine mammals (13%) and sea turtles. Through our project we want our participants to become aware of environmental needs and to become active, not only during the exchange but also in their daily life afterwards. In addition to the personal effort of the participants and of each individual, we want to draw attention to the collective effort, i.e. of authorities and entrepreneurs. Thus, the reduction of plastic pollution must become a priority, as well as following the hierarchy of plastic waste management and making the prevention of plastic waste production the highest priority. At the local level, it is also crucial to redesign waste sorting and cleaning systems. Municipal authorities in coastal areas should develop waste bins as well as recycling bins, which should be regularly emptied and kept in good condition. Regular cleaning of coastal areas is also of the utmost importance, following environmentally sound procedures in order to avoid incidents of environmental degradation and ecosystem destruction, as well as keeping visitors informed of the need to keep the landscape in good condition. Everyone, without exception, has a responsibility to contribute directly to the protection of the environment, to the extent that each of us can, with the ultimate aim of ensuring a more sustainable, safer and more conscious future in terms of our intimate relationship with nature.

## Language

The working language is English.

## Methodology

The methodology will combine theoretical and practical learning sessions. The working methods will be interactive and the active participation of the participants will be encouraged by the leaders/organisers throughout the course. The programme is based on the principles of non-formal education, i.e. small and large group work, team building exercises, problem solving tasks, simulation exercises, role playing, debriefing, presentations, round table discussions, evaluation and reflection sessions, etc.

The cultural evenings will give participants the opportunity to present their culture, music, food and will contribute to the European dimension of the project.

## *Amazing Youth (Greece)*

Amazing Youth is a non-governmental organization that focuses on building civil society and establishing the rule of law in Greece. Our NGO created to serve youth and social workers, youth policymakers, experts, and volunteers with different competency levels to create and be actively involved in civic activities. We are working on embracing diversity, and dealing with fears that can arise from ignorance or stereotypes. It founded in the year 2020, in the midst of a pandemic, as a hopeful message of unification and reconstruction of our received society.

New to Erasmus + programs, with a lot of appetite and will for the most effective arrangement of the programs we undertake, which overcomes our lack of experience.

Our team consists of young people with individual experiences, with a vision and ideas for the spread of the idea that each of us has incredible potential as long as he believes in himself.

Our main goal is through spiritual development to identify and address environmental habits that harm the planet, to defend the rights of citizens throughout the wave of society, to eliminate inequalities within it, as well as to give way to people with fewer opportunities in their smooth integration into society.

The objectives of the association:

- ✓ To promote diversity and inclusion values among young people;
- ✓ To strengthen the knowledge, skills, and behaviours needed to fully accept, support and promote the differences in society;
- ✓ To involve people with fewer opportunities in international projects;
- ✓ To support and promote local initiatives;
- ✓ To support and promote youth involvement and voluntary work in the benefit of the communities;
- ✓ To cooperate and fight against racism, discrimination and corruption.

### **Partner Organisations:** -

- Euroactive NGO (Romania)
- Brisa Intercultural (Spain)
- SPORTSROOM (Bulgaria)
- Amaita Intercultura APS (Italia)

## About Elafonisos, Laconia Greece.

The Elafonisos seduces everyone who visits it. No matter how many times you come, there will always be something new to discover. The unique island of Laconia, at a distance of 500 meters from the opposite coast, is one of the few islands that can be reached by road.

Elafonisos is an ideal destination for nature lovers with rare flora and fauna. High sand dunes and rare sea cedars adorn all the beaches of the island. Come and experience the twin beaches of Simos and Sarakinikos which are among the best in the Mediterranean. Discover the secrets hidden in the other beaches of the island, each with its own beauty and uniqueness. In Panagia you can enjoy an idyllic sunset as the sun sets among its islands.

Explore the sunken Bronze Age city of Pavlopetri, sleeping in the depths of the sea and time. Lake Strongyli, a protected wetland in the area, is a refuge for rare species of migratory birds including flamingos!

Immerse yourself in the turquoise waters and let the sea tell you the story of the deer island, linked to the seafarers, travellers and pirates who found shelter on the hospitable shores of the "Smigopelagos" island. Journey through the myths inspired by this beautiful place and follow Odysseus on his wanderings in the Land of Cyclops, meet the Three Graces and Aphrodite, Paris and Helen of Troy.

Cross the picturesque bridge that leads to Agios Spyridon, the trademark of Elafonisos, and stroll through the alleys of the island. Follow the suggested routes to discover the secrets of the island or play in the sea with the waves by surfing, wind surfing and kite surfing.

Accept the hospitality of the warm people of Elafonisos in one of the hotels or rooms to let. Chat with them and they will tell you wonderful stories of the unique Lafonissosian tradition. Taste the local flavours of Elafonisos in the restaurants and fish taverns or have fun gazing at the sea in one of the dozens of Café, Bar and Nightclubs.

Elafonisos is waiting for you to give you unforgettable moments and enchant you!



You can also find more information about Elafonisos here: <https://elafonisos.gov.gr/> and <https://elafonisos.inspacetime.gr/>

## The Venue

In the campsite each pitch with awning can accommodate two tents, each tent can accommodate 4 people. To be comfortable and restful, participants will share one tent for 4 people, and each shaded site will have two tents.

All the places where the participants will stay have electricity and there is also a WI-FI connection in the whole area of the campsite.

The photo shows the exact depiction



### Other Services & Facilities

- ✓ Sunbeds and umbrellas on the beach
- ✓ Lifeguard
- ✓ Free mini bus from and to the port of Elaфонisos
- ✓ 24-hour security
- ✓ Free Wi-Fi

### Utility Facilities

- ✓ Shared refrigerators
- ✓ Freezers
- ✓ Cooking areas
- ✓ Dishwashing sinks
- ✓ Washing machines

### Sanitary facilities

- ✓ Organised first aid pharmacy
- ✓ WC (separate facilities for men and women)
- ✓ Showers (separate male/female facilities)
- ✓ European-style toilets with 24-hour disinfection
- ✓ 24-hour hot water and electricity supply

### Entertainment facilities

- ✓ Giant screen for the projection of matches - films
- ✓ Satellite TV
- ✓ Video games area
- ✓ Beach courts (football and beach volleyball)

More info:

<https://simoscamping.gr/ypiresies-paroches/>

## Food

All meals will be provided in a designated area in the campsite (breakfast) or in other areas (dinner), depending on the daily schedule. Training workshops and sessions will be held in a specially designed indoor structure or on the beach.



Breakfast, lunch and dinner will be provided.

Meals will vary every day and we will all eat together in the open air on special tables and chairs that we will build. Some days depending on the schedule there is a specially designed area where we will have a barbecue

 Travel

***All participants will be flown to Athens airport.***

Then you have to go to Kifissos to take the bus to Elafonisos.

Important note!

ELAFONISOS IS 5 HOURS AWAY FROM ATHENS AIRPORT, SO ALL ARRIVAL FLIGHTS MUST BE BEFORE 1:30 AM IN ORDER TO REACH THE ISLAND OF ELAFONISOS BEFORE NIGHTFALL BY BUS.

THE AMAZING YOUTH TEAM WILL RENT A BUS FROM THE AIRPORT FOR ALL PARTICIPANTS IN ORDER TO ARRIVE TOGETHER AT THE SAME TIME.

SPECIFICALLY,

ON June 25, ALL FLIGHTS ARRIVALS MUST ARRIVE AT THE ATHENS AIRPORT BEFORE 2 PM, AND ON DEPARTURE ALL FLIGHTS MUST ARRIVE AFTER 5 PM FROM THE ATHENS AIRPORT.

THE COST FOR YOUR TRANSFER BY BUS IS 82 EURO WHICH WILL BE INCLUDED IN THE TOTAL COST OF YOUR TRIP.

***If you have any questions or you need any information about travel don't hesitate to contact us!***

## Travel Cost



**In line with the rules of Erasmus+ Programme, we would like you to make your travel arrangement using THE CHEAPEST TRAVEL OPTIONS. Also, before purchasing any tickets, please make sure that your travel time/cost are approved by us in advance.**

**100% of participants' travel costs from their home to Elafonisos will be reimbursed, if you are within the travel budget.** According to the rules of Erasmus+ program, and in order to comply with environmental standards, we kindly ask all participants to take the most environmentally friendly and cost effective alternative available. We **generally do not refund** individual car travel, unless there is no other possibility.

### For the reimbursement:

- 1) Keep original invoices and tickets, print out e-tickets and keep your boarding passes.
- 2) The price, currency, name of passenger, date of purchase and travel should be clearly visible on the tickets/receipts, otherwise we will be unable to reimburse the costs.

**! Note:** Reimbursement of travel costs will only be done upon presentation of **all** (including return tickets) **original tickets, receipt/invoices and boarding passes.**

Please remember to bring the original invoice – there will be no reimbursement without the original invoice and tickets. All invoices and tickets should **be in English.**

Please, pay attention and **select English language when you will be doing booking your tickets.**

**!!!! Note:** Please **make copies** of all tickets and invoices **and together with travel details form** (you can find it in attachment) **email them to before attending the project.** This will be very helpful for the organisers to begin processing the budget and reimbursement data so that all payments may be made as efficiently as possible.

**If you are travelling as a group, buy a group ticket.**

In order to receive up to 100% of your travel reimbursement, please make sure you fit into the travel budget allocated per country.

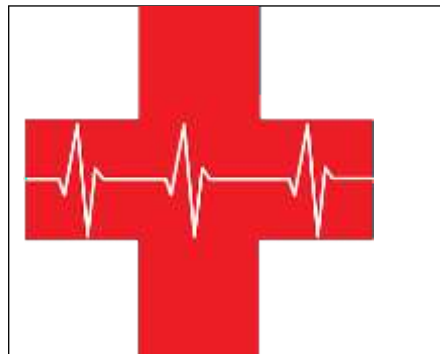
360 Euro for Spain.

275 Euro for Bulgaria, Italy.

320 Euro for Romania (Green travel)



## Health Insurance



Health insurance is not provided and will not be reimbursed by the organisers.

All participants are advised to purchase health insurance individually. The copy should be sent to the organisers to the following email [maniatakos.d@amazingyouth.gr](mailto:maniatakos.d@amazingyouth.gr)

The participants should have EHIC (European health Insurance Card) or GHIC (Global health Insurance card).

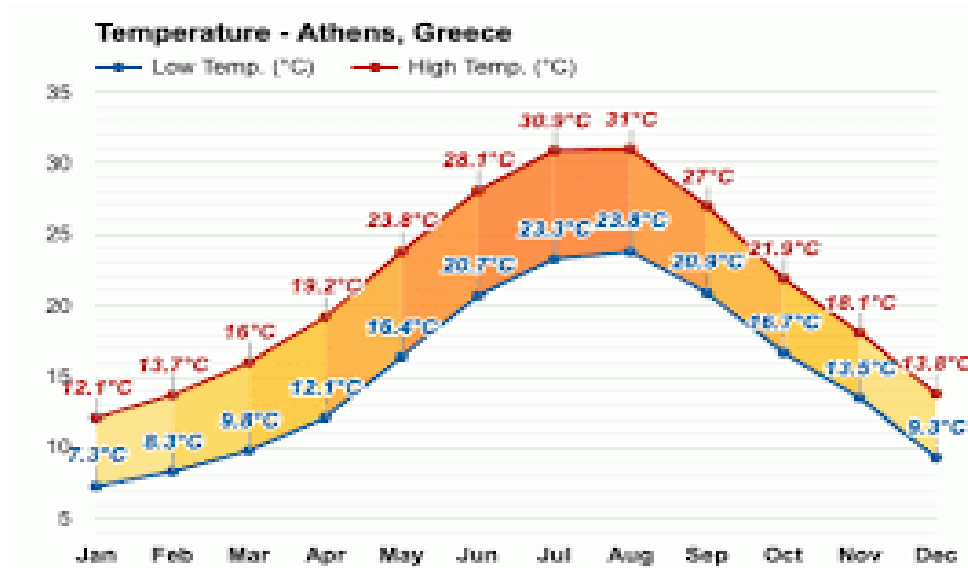
## Proper equipment that participants must have.

As far as accommodation is concerned everything will be under the responsibility of the Amazing Youth team such as tents, sleeping mats, electricity supply machines in each tent.

What the participants will need to have is:

- ✓ sunscreen
- ✓ swimwear
- ✓ light clothing
- ✓ hat
- ✓ towel for the sea
- ✓ towel for after shower
- ✓ sandals

## Weather



## Programme

The actions that will take part in the programme will be:

- Awareness-raising on marine pollution, recycling and the consequences of wasteful use of plastics and discussion on environmental awareness.
- Yoga and meditation practice in nature.
- Camping and overnight in nature.
- Call for beach cleaning with tourists and informing them.
- Hiking and exploring treeless areas.
- Creating voting boxes with butts for the purpose of beach cleaning.
- Visit to a caretta caretta crossing point
- Reference to the history and culture of the island.
- Who will fill the glass the fastest (non-formal education)
- Creation of bins specially adapted for plastics
- Two-dimensional tree by the participants (non-formal education)
- Musical towels (non-formal education)
- Painting on sand. (non-formal education)
- Creation of information posters to be displayed around the island
- Game with the spit (non-formal education)
- Group discussions to complete the Youth pass
- Intercultural food nights (non-formal education)
- Group fun on the beach (non-formal education)
- Tiktok video creation in groups for environmental awareness

The learning methods used, the objectives of the activities, the place where they will take place and all the details for each individual activity are clearly reflected in the attached timetable.

In total, the project will be made up of young participants aged 18-30 with an equal gender ratio, team leaders from the partner organisations and a coordinator from the project implementation team. The participants will come from different social backgrounds and different social groups. They will be young people who may have little or no experience of exchange programmes and others who have attended an exchange programme before. There will be no restrictions on selection other than those of age and gender equality between participants.

 Contact

***For all questions please contact:***

Maniatakos Dimitris

E-mail: [maniatakos.d@amazingyouth.gr](mailto:maniatakos.d@amazingyouth.gr)