



Empowering Youth for Sustainable Futures: Building Community-Led Climate Action

Erasmus + / Youth KA153

Mobility of youth workers/ Training Course

When: 19-25 May 2024 (incl.travel)

Where: Kalamata, Greece

Organizer: KOUKOUVA Social Cooperative

Description of the project

"Empowering Youth for Sustainable Futures," is designed to empower youth workers and inspire positive change within communities. It is built upon the foundational pillars of climate action, Social Solidarity Economy (SSE), cooperativeness, and youth empowerment. It seeks to equip youth workers with knowledge, skills and tools necessary to guide and support young people effectively, while also addressing critical global challenges.



Objectives



Youth Empowerment: empower youth workers, educators, and youth leaders by providing them with experiential learning opportunities, valuable resources, and innovative educational tools to engage and inspire the next generation.

Climate Change Awareness/Community-Led Climate Action: raise awareness about the urgency of climate action and environmental sustainability. Nurture strong communities that collectively take action.

Promoting Social Solidarity Economy (SSE): introduce SSE principles and practices to youth workers, encouraging them to incorporate these ideas into their work and inspire young people to explore SSE initiatives.

Cooperation and Teamwork: promote cooperation and democratic group work among youth workers; facilitate group dynamics that emphasize respect, equality, and effective collaboration, ensuring positive outcomes in their youth programs.

Digital Transformation: facilitate the digital transformation of educational tools, enabling youth workers to harness technology for better outreach and engagement with young people.

FINANCIAL

THE PROJECT COVERS DIRECTLY:



100% of accommodation costs
in double or triple room



3 meals per day:
Breakfast
Lunch
Dinner



All activity costs
training venue
training costs materials



THE PROJECT REIMBURSES (after the activity):

Travel costs from your city to Kalamata, up to the amount designated by the European Commission. Namely:



Croatia, Czech Republic, Italy, Lithuania and Poland: 275 euros/participant

Ireland and Portugal: 360 euros/participant

Bulgaria and Romania: Eligible for Green travel: 320 euros/participant (to be counted as green travel, participants need to travel by bus, car-pooling, or other sustainable means of travel -**no planes**). In that case, accommodation during travel can also be calculated in those expenses up to the given amount. If you do not wish to use the Green travel option, then the budget is 275 euros/person.

IMPORTANT: When arranging for your travel, you need to keep in mind that you need 55 euros to get from Athens to Kalamata (see next page).

*****send us your suggestions for tickets BEFORE buying them.**

Travel costs will be **reimbursed after the end of the activity** and the reception of the following:

- original invoices or receipts for all travel tickets
- proofs of payment
- original boarding passes

Participants need to arrive at the venue on **19.05.2024** and depart on **25.05.2024**.

Please notify us before buying the tickets and **DO NOT** make any purchases before getting approval.

How to reach Kalamata



The easiest way to come to Kalamata is travel to Athens airport.

Kalamata also has an international airport that receives direct flights from multiple countries. However, usually, flights from these cities do not take place daily, which means that you will need to check if the flights are convenient. You may want to check the option of arriving at Kalamata and departing from Athens or vice-versa.

IMPORTANT! DO NOT BUY ANY TICKETS, BEFORE GETTING APPROVAL FROM US.

If you arrive at Athens airport, then make sure to **arrive before 17.00** at Athens airport and **depart after 14.00** from Athens airport, in order to be sure to catch the bus to and from Kalamata. After landing at Athens Int. Airport go right outside the building and find the urban bus station. Then find the bus X93. Behind the bus stop, there is a booth where you can also buy your ticket to the bus station. The ticket costs 6 euros.

X93 will take you to the Kifissos intercity bus station <https://goo.gl/maps/if4X4Rf2sqv> (X93 last stop is inside the bus station). It takes around 70 mins to go from the airport to the bus station and buses run every 30-40 minutes. Keep that in mind when you are making arrangements.

After finding Kifissos bus station in Athens, go to the ticket office named KALAMATA (or in Greek ΚΑΛΑΜΑΤΑ), and ask for a bus ticket to Kalamata return (me epistrofi). The return ticket costs 43 euros (whereas one-way costs 24,20). You can also buy a ticket online at www.ktelmessinias.gr. The bus is leaving from the platform with the sign "ΜΕΣΣΗΝΙΑ/MESSINIA" on top of it.



How else to get to Kifissos Bus Station:

- By bus from the center of Athens: take the bus number 051 from Omonia square or Metaxourgio square.

You can find the bus schedule here: <https://www.ktelmessinias.gr/en/routes/athens/>

ATTENTION: The page shows first the buses from Kalamata to Athens and then the ones from Athens to Kalamata. Last bus from Athens to Kalamata is usually at 21.00 or 21.30.

There are **NO TRAINS** from Athens to Kalamata. Ticket prices are subject to change.

How to arrive to the hotel:

After reaching Kalamata, you have 3 options to arrive to the hotel:

- 1: Taxi. It costs 7-10 euros per taxi. We can added to the travel costs, as long as you **have a receipt** and it is within the budget
- 2: Walking: It is a 45 minute walk from the bus station to the hotel
- 3: By bus: It costs 1,5 euro per ride. Take bus number one (1) from inside the bus station and get off at the port (Jumbo). The hotel is a 1-minute walk from the bus stop. **Buses run until 22.00.**

The city of Kalamata



Kalamata (Greek: Καλαμάτα Kalamáta, formerly Καλάμαι Kalámai) is the most populous city of the Peloponnese region in Southern Greece. The capital and chief port of the Messenia regional unit, it lies along the Nedon River at the head of the Messenian Gulf.

The history of Kalamata begins with Homer, who mentions Pharai, an ancient city built more or less where the castle of the town stands today.

Kalamata is renowned as the land of the Kalamatianos dance and the silk kerchief; of succulent, dark "Kalamata olives"; and of honey-eyed figs and the honey-covered sesame sweet called pasteli. The city can be reached from other Greek cities by bus. It has an international airport and an important harbor. Ferries are available during the summer to places such as the Greek islands of Kythira and Crete.

The Messenian Gulf where Kalamata is located has various long beaches. The Taygetus mountain range is about 4 km (2.5 mi) east of Kalamata and the GR-82 Kalamata-Sparta highway runs through the range.

Olives and olive oil are important and famous products are exported from Kalamata. Kalamata has a Mediterranean Climate (Csa) with mild and wet winters and dry, hot summers. Kalamata receives plenty of precipitation days during winter. Summers are very hot and dry. The maximum temperature ever recorded at Kalamata was 42,6°C and the minimum ever recorded was -5°C. The weather in May is very mild and warm, but rain is always a possibility. The evenings can be chilly.

Find more about Kalamata:

<http://en.wikipedia.org/wiki/Kalamata>

<https://web-greece.gr/en/destinations/kalamata-messinia-greece/>

Interesting app about the area: <https://messinia.mobi/en>

ACCOMMODATION



During the Training Course, participants will be accommodated in Vista Marina Hotel, right in the marina of Kalamata.

Accommodation will be done in double and triple rooms. Participants will share the rooms with participants from different countries of the same gender. Each room has an ensuite bathroom.

FOOD

Food will be served at the hotel.

The food is mostly based on the real traditional local cuisine and is prepared daily by specialized cooks, using fresh, locally sourced ingredients that are in season to ensure maximum flavor and nutrition.

We believe in providing meals that are not only delicious and healthy, but also sustainable and responsible. This means we carefully plan and prepare our meals to minimize any unnecessary waste.

Our meals are based on the principles of the Mediterranean diet, as well as the traditions of Greek cuisine, which emphasizes fresh fruits and vegetables, whole grains, lean proteins, and healthy fats.

This means that while we do include meat in our meals, it is only included in one meal per day. Additionally, to minimize food waste, the meals provided are set (not buffet - except for the breakfast), respecting any specific dietary needs of the participants (eg. Vegetarians, vegan etc).



This approach allows us to reduce our environmental impact, while still providing a varied and nutritious diet. It is our philosophy that good food should be delicious, healthy and responsible.

By being conscious of the amount of meat we serve, and also by taking measures to minimize food waste, we are able to provide a meal plan that is in line with these principles while still providing a balanced, nutritious diet.

Preparation

In preparation about this project, please prepare and bring with you:

- Information about your sending organisation (not a power point, just the info)
- Collection of tools and methods that you and/or your organisation use to support youth regarding sustainability (if any).

Things to bring

May can be a pretty volatile month in Kalamata. Please, remember to bring with you:

- Anorak/Umbrella (just in case it rains...)
- Hat, sunscreen and reusable water bottle (as we will also have outside activities). If you are courageous enough, you may also bring swimming suits (as Kalamata is by the beach you maybe want to swim during your free time)
- Light jacket for the evenings
- Comfortable shoes (as Kalamata is a perfect city for walking around)
- Your medicine, vitamins, or anything else you need.
- Things for the intercultural coffee breaks (nice cookies, herbs from your areas, sweets... improvise :-D). These are to be shared during our coffee breaks to make them "sweeter" :-D
- Things for the intercultural night (games, food, drinks, etc.). NO ppt/video presentations
- Your European Health Insurance Card



After the project

After the project all participants, in collaboration with the sending organisations need to:

- a. Contribute to the dissemination of the project, by making posts on social media. Participants from each country also need to write a story/article to be shared by the sending organisations on their website and social media.
- b. Hashtags: #Youth_for_Sustainable_Futures #supporting_youth #youthwork #Erasmusplus #kalamata #trainingcourse @koukouvakinsep
- c. Make a meeting with the sending organisation in order to pass on the results and knowledge from this project.

Participants

3 participants / country

The project will involve 30 participants from Greece, Croatia, Poland, Bulgaria, Czech Republic, Lithuania, Romania, Ireland, Italy and Portugal.

Profile:

The profile of the Youth Workers who will participate in the project is:

- age over 18 years
- youth workers who are part of the network of the sending partners
- interested in creating local activities to become catalysts for change within their communities
- interested in finding new ways to raise awareness about the urgency of climate action and environmental sustainability
- with at least a basic level of English (at least B1)
- with a positive mindset and the will to cooperate in team working
- with a strong motivation in being an active part of the project for its whole duration, from the preparation to the follow-up
- with ideas and a concrete plan on how to use the skills and the knowledge they will acquire during the training course in order to transform the theory in practice

Participant's form

If you are from Greece, Croatia, Poland, Bulgaria, Czech Republic, Lithuania, Romania, Ireland, Italy and Portugal, you are welcome to apply for this project. To do so, please contact the sending organisation in your country (see next page) and fill in this form:

<https://forms.gle/fNC4vhJvdj63Y3eN9>

We, together with the sending organisations will review all applications and announce the selected participants in due time. Please, have in mind that completion of the form does NOT mean automatic acceptance in the project.

Sending organisations

Greece: KOUKOUVA Social Cooperative koukouva.koinsep@gmail.com

Poland: Fundacja Europejskich Inicjatyw na Slasku (FEIS) wiktor.oles@feis.org.pl

Croatia: Udruga srednjoškolaca Hrvatske ured@usred.hr

Bulgaria: SDRUZHENIE WALK TOGETHER walktogetherbulgaria@gmail.com

Czech Republic: BRNO FOR YOU ZS katka@brnoforyou.cz

Lithuania: VSI INOVACIJU BIURAS projects@inovacijubiuras.lt

Romania: Asociatia Comunitatilor Interculturale as.comunitatilor.interculturale@gmail.com

Ireland: Teach Solais Community Development CLG clare.teachsolais@gmail.com

Italy: Amaita Intercultura APS info@amaita.it

Portugal: Casa d' Abóbora - Associação Juvenil geral@casadabobora.pt

If you have any questions, please do not hesitate to contact us at:

KOUKOUVA Social Cooperative

koukouva.koinsep@gmail.com

Koutsomitopoulou 9, 24100, Kalamata



*We are looking
forward to
welcoming you to
Kalamata!*