



Adventure of a Lifetime

13th December – 22th December 2018, Larissa, Greece

Info Pack



ADVENTURE OF A
LIFETIME

Erasmus+ Youth
Key Action 1: Mobility for young people
Youth Exchange

About “Adventure of a lifetime”

This project is a direct result of a great phenomenon, the Syrian Civil War that has raised to a new class of homeless and stateless people, living in a condition of constant insecurity. People who the last years sought asylum in different parts of the world, including the EU, that is now facing a great crisis, not only related to grave political and financial problems, but also strongly connected with a great number of changes and challenges inside the society.

Taking into consideration the recent data published from Eurostat and UNHCR, nearly 13 million Syrians are displaced after the seven years of conflict within their country – which amounts to about six-to-ten of Syrian pre-conflict population. From them around 6 million Syrians are internally displaced within their own country. More than 5 million, live in neighboring countries in the Middle East and North Africa (around 3.4 million living in Turkey). Finally about 1 million displaced Syrians have moved to Europe as asylum seekers or refugees since the conflict began.

As a result, in many countries reactions of fear, exclusion and xenophobic opinions within their society are becoming common especially among young people. Extreme political movements supporting oppression and violence against vulnerable groups based on their supposed inferiority, are getting more and more popular. Young people have to face a great number of changes within their society along with financial challenges (for the majority of the participating countries).

The **“Adventure of a lifetime” youth exchange (Erasmus+ KA1)** targets 25 young people (18 - 26 years old) and 5 team leaders (aged 18+) of the 5 European countries which are mainly facing now the Refugee Crisis: Greece, Turkey, Germany, Italy and FYROM (6 participants from each involved country). It is a ten-day Youth Exchange (including travel days) hosted in Larissa, Greece (a city that has received an important number of refugees mainly in the Koutsochero Refugee Camp), supported by IParticipate NGO, at **13-22 of December 2018**.

During the youth exchange, participants will get to know how they can actively involve in civil society through the participation at NGOs and entities fighting pro refugee rights and they will figure out practices so that they can raise the empathy within their local communities as individuals, as well as, teams. Participants will finally learn how to handle reactions of fear, racist and xenophobic opinions within their society and define common values of democracy and respect of human rights.



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



The **objectives** of the “Adventure of a lifetime” exchange are:

- Give participants the chance to share good practices upon the confrontation of the racism and xenophobia in a local/national and international level.
- Offer participants the possibility to experience non - formal education and experiential learning on a personal level.
- Inform youths about the Erasmus+ actions, aims and values.
- Increase the empathy towards the refugees issue and populations. Help the participants to develop a totally new mindset and ensure the impact in their whole society through follow up activities.
- Motivate youths to actively fight against discrimination and organize further actions. Provide them a practical set of non-formal education and experiential learning tools and methods in relation to the refugees issue and the respect of human rights.
- Encourage the international dialogue and the collaboration of the whole EU and especially of the five participating countries that have been mainly affected.
- Create a learning space for personal development, by exploring their personal connections in an international level, their limitations and strengths and reflecting on them.

The basic **methods** which will be used are:

Learning will be through discussions, group work, interactive workshops, exchange of experiences, creative activities and experimentation, reflection times.

Moreover, the **activities** taking place during the project will be mainly:

- Name Games - Team building activities.
- Mapping of hopes, expectations and fears.
- Sharing and reflecting on international views about the refugee crisis.
- Get to know NGOs, international, European and national entities which are actively working on the refugees’ issue.
- Meet active actors within the city of Larissa and visit a refugee camp.
- Formulate proposals for social integration of refugees.
- Create a short video and leaflet with the outcomes of the exchange.

Participants

30 participants (5 youths from each involved country aged between 18 - 26 and 1 team leader for each team without any age limit)



The participants selected should be youths who:

- Are in age between 18 and 26 (except for the team leaders for whom no age limit exists).
- Are active members of their society and do really want to do something about refugees into their local communities.
- Are committed to participate in the whole program and contribute in its activities (before, during and after the exchange).
- Are motivated to learn through non - formal education methods and creative workshops.
- Are able to work and communicate in English.
- Are willing to multiply the outcomes of the youth exchange into their local communities.

Financial Conditions

This activity is financed by the Erasmus+ Youth program of European Union and it is supported by the Youth and Lifelong Learning Foundation (Greece).

Travel costs and accommodation are **covered 100%** by the program. We will cover your travel costs, according to the European Commission travel reimbursement, to a maximum per country of:

- **Greece:** 20€ (for distance 10-99 km) and 180 € (for distance 100-499 km)
- **Turkey:** 275 €
- **Germany:** 275 €
- **Italy:** 275 €
- **FYROM:** 180 €

Please **DO NOT BUY any tickets** before the final approval of the organizers!

If you cannot provide your original tickets, receipts, insurance and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

Make sure you:



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



- **keep all** the receipts with prices (bus tickets, train tickets, electronic flight ticket, travel agency reservations, etc.)
- **keep all** your flight boarding passes (outward and return).

Accommodation & Activity's venue

You will stay at Dionissos (ΔΙΟΝΥΣΟΣ) Hotel Larissa in the center of the city of Larissa. Dionissos hotel is situated within the pedestrian precinct in the center of Larissa. Participants will share three-bed rooms. Rooms have a private bathroom. The activity will take place in the same hotel, in a full equipment seminar room. During the activity, you will be provided with coffee breaks (coffee, tea, juices, cookies, fruits) and meals at hotel's restaurant.

Website: <http://dionissoshotel.gr/en/index.php>

Address: L. Katsoni & 23th October, Larissa 41222 (Λ. ΚΩΤΣΟΝΗ & 23ΗΣ ΟΚΤΩΒΡΙΟΥ)

How to get to Larissa?

Larissa doesn't have an International airport and the closest one is Thessaloniki's airport. However, you can also choose a flight to Athens "Eleftherios Venizelos" airport in which flights might be cheaper.

From Thessaloniki's Airport

The distance between Larissa and Thessaloniki is about 160km. From Thessaloniki airport you have to take the bus number (X1) to go to the bus or train station. Whether you go to the bus or train station you will take the same bus (X1) from the airport but you will stop to different stops.

*** As bus routes, bus lines and ticket fares might change from time to time, It would be useful to confirm them in the info points of the airport after your arrival ***

*** Please make sure that you buy the special ticket **from** and **to** the airport before entering public transport, as it is a specific ticket with higher price than the normal fares. ***



By Train

The easiest way to go to Larissa from Thessaloniki is by train.

It takes around 1 and a half hour to arrive to Larissa's train station from Thessaloniki.

The train ticket costs 14 Euros and you have discount if you show your student identity card.

You can also see the train timetable online. You cannot buy your ticket online, but there are more than 15 trains everyday coming from Thessaloniki to Larissa and you can easily buy your ticket at the train station. Important: you must print your e-ticket and have it with you during the trip.

In the following link there are displayed the available routes, the timetables and prices:

<https://tickets.trainose.gr/dromologia/>

By Bus

In the following link there are displayed the available routes, the timetables and prices:

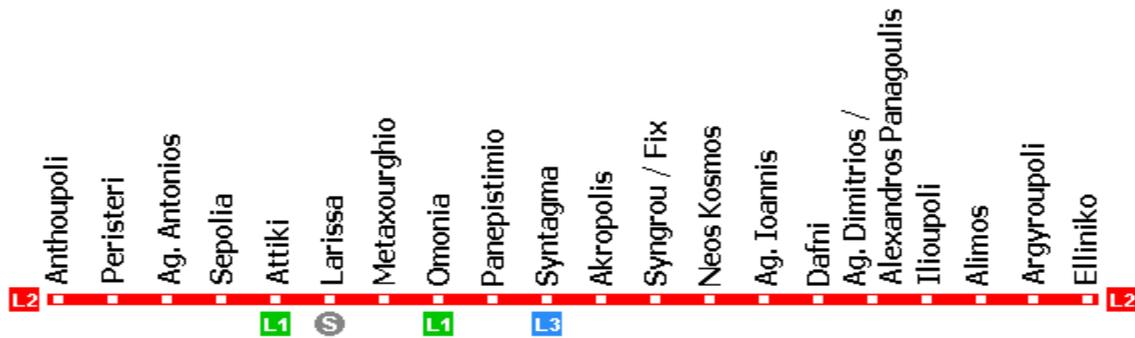
<http://ktelmacedonia.gr/en/routes/list/tid=24>

Student discount is provided on all routes (Higher/Technical Education students). It is necessary to display student ID upon ticket issue as well as in case of inspection during the journey.

From Athens Airport

Also you can reach Larissa from Athens' airport. The distance between Athens and Larissa is about 350 km. From the airport you have to take the bus X95 and arrive to Syntagma (city center). From there by using the **red metro line** you can either go to Stathmo Larisis station and take the train to Larissa, or to Attiki station and take the bus to Larissa.





*** Please make sure that you buy the special ticket **from** and **to** the airport before entering public transport, as it is a specific ticket with higher price than the normal fares. ***

By Train

Athens train station is at Stathmos Larissis metro station (red line).

You can book your train tickets online here: <https://tickets.trainose.gr/dromologia/>

Ticket price from Athens to Larissa starts from 19 Euros, it depends how early you book your ticket. It takes around 4 hours from Athens to Larissa by train.

However keep in mind that as soon as you buy your ticket online you cannot change the date and the time of your trip especially if you buy a special offer ticket. Also to have access to the cheapest tickets to need to sign up, it is not difficult. Important: you must print your e-ticket and have it with you during the trip.

By Bus

The bus ticket costs approximately 64€ round trip. You have to go to Liossion bus station (go to Attiki metro stop red line, and from there a bus to Liossion bus station, around 5 stops). It takes around 4 hours from Athens to Larissa by bus.

Both bus or train stations in Larissa are within 10 to 20 minutes' walk to the activity's hotel and venue.



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



About Larissa

Larissa is located in the center of Greece and it is the fourth biggest city in Greece (approximately 170.000 residents, while the regional unit of Larissa reaches a population of around 290.000 in total). It is a principal agricultural center and a national transportation hub, linked by road and rail with the port of Volos, the city of



Thessaloniki and Athens. Also, Larissa is a major commercial and industrial center in Greece. Legend has it that Achilles was born there, and that Hippocrates, the Father of Medicine, died there.

- The river Pinios runs through the north part of the city and it is a meeting point for people who enjoy nature, walking, hiking and biking.
- Larissa is a very youthful and live city, with many cafés, restaurants and taverns, situated by the most part in the pedestrian center.
- Larissa has two large squares (two of the largest in Greece), Kentriki and Tahidromiou Avenue two very popular meeting points for the locals.
- The city of Larissa has a history of 8.000 years, with one ancient theater within its city center (address: Venizelou 80).
- The Archaeological & Byzantine Museum of Larissa contains important collections, from Paleolithic fossils to Byzantine times, Hellenistic and Roman sculptures (address: 31st Avgoustou 1).
- The Municipal Art Gallery of Larissa - G.I. Katsigras Museum has a significant art collection (address: Georgiou Papandreou 2).
- The city is in close proximity of many interesting destinations in the region, mount Olympus, mount Kissavos, Meteora etc.
- The coastline of Larissa's beaches reaches 50 km and it is around 40 km from the city.



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



Useful Information

- 1. Currency:** The currency in Greece is Euro (EUR). Make sure that you check the current exchange rates, before you exchange money in the local exchange centers. In the most of the cases cards are accepted but we kindly recommend you to have some cash with you.
- 2. Weather:** The weather in Larissa in December is around 10-14C and during the night significantly lower, at 5-8C. In any case, we advise you to bring some warm clothes with you in order not to feel cold at any time.

Whatever the case, you will know in advance how the weather will look like before you start your trip, if you visit this [website](#), which has really accurate forecast. Don't worry if it is in Greek, it still makes sense with the drawings and the temperatures!

- 3. In case of Emergency:** Emergency number in Greece is 100 and it can be called for free from any telephone line! Please take care of your personal belongings during your travel, especially when using public transportation.
- 4. Health Insurance:** All the participants should have a European health insurance card. <http://ec.europa.eu/social/main.jsp?catId=559>
- 5. Medical Issues / Special Diet:** For special diet requirements (vegetarian / vegan e.t.c), allergies or any possible medical issue (for which you will need support during your stay), please inform the organizers prior your arrival.

6. Some Useful Phrases

