



**HEADING  
TO  
SUSTAINABILITY**



**Erasmus+**

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**INFOPACK YOUTH EXCHANGE**

**DATE: 14/3/2024-25/3/2024**



- Please read carefully all the important information regarding the Youth Exchange “Heading to Sustainability”.
- **Place:** Nea Kallikratia, Halkidiki Region, Greece



## ABOUT THE PROJECT

- The project includes 2 activities: the APV and the Youth Exchange.
- The APV was organized in order to ensure a well-prepared Youth Exchange for all involved participants and to share duties and responsibilities among youth leaders as well as to prepare all involved local stakeholders and activists for meeting our young people during the exchange. The APV increased skills and knowledge of youth leaders regarding planning the activities and taking responsibility for the action as well as it to connect them together which will ensure better communication and collaboration during the exchange.
- The **Youth Exchange** is the main activity of the project for young people coming from **7 European countries** that share common concerns and goals. The project address the main challenges facing European youth, such as discrimination and social exclusion of marginalized groups, youth unemployment, lack of tolerance and intercultural understanding, conflicts that challenge the culture of human rights in European societies, through social networks, which young people now use in their daily life for various reasons.
- The Youth Exchange meets the objectives of the project by giving the opportunity for young people to spend time in intercultural environment, connect and act on local, national and international level as well as become more aware of different cultures, traditions and attitudes of young people coming from different countries.

# THE YOUTH EXCHANGE (14 - 25/3/2024)

## Project methodology

- Non-formal & intercultural learning
- Experiential and creative methods
- Digital methods

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The Youth Exchange will be organised *on 14 - 25/3/2024* in Nea Kallikratia, Halkidiki, Greece.

## Project's main aims and objectives

- Promote actions that enhance sustainability in our everyday life.
- Strengthen the role and capacity building of young people.
- Develop concrete tools, practices and contracts for corporation, differently, addressing social change and encouraging active participation of youth.
- Promotion of teamwork, collaboration, active participation, social skills.
- Promotion of common understanding, multicultural dialogue & activism of young people on local, regional, national and international level.

**The participants will acquire knowledge about the European Union legislations, strategies and learn more about the European opportunities that they can take advantage that focuses on personal & professional development.**

**They will develop personal skills at all stages of the project during preparation, implementation, evaluation & reflection.**



# YOUTH EXCHANGE AGENDA

#YFFJ	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
8:30-9:30	A R R I V A L S	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00-11:30		Introduction, objectives, goals & rules of the project Energizers	Energizers Presentation: What is sustainability?	Energizers Food waste: Discussion	Energizers Discussion: How to organize a trip based on sustainability	Exploring Thessaloniki and local culture	Energizers Discussion: How can we prepare ourselves for an interview regarding sustainability?	Energizers "Fast Fashion" Documentary & discussion	Energizers Discussion: Home Sustainability methods and renewable energy	Energizers Community Cleanup activity: Cleaning the beach	Evaluation/ Reflection Individual	D E P A R T U R E S
11:30-12:00		Coffee Break	Coffee Break	Coffee Break	Coffee Break		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
12:00-13:30		Name games/ Ice breakers	Treasure hunt about sustainability	Create a poster: good practices regarding food waste	Workshop: Drawing related to green travel		Role play: interviews regarding sustainability	Court game: preparation	Cross-word game about sustainability	Email to my future self	Group Evaluation-Secret Friends	
13:30-15:00		Lunch	Lunch	Lunch	Lunch		Lunch	Lunch	Lunch	Lunch	Lunch	
15:00-16:30		Energizers Fears, expectations & contributions	Energizers Discussion about sustainability	Energizers Discussion: How can we reduce food waste	Energizers Game: Green Travel Scenario		Energizers Summarize the results of the interviews	Energizers Court Game about sustainability	Energizers Sustainability City: brainstorming	Energizers Sustainability awareness: what can we do?	Follow-up activities brainstorming	
16:30-17:00		Coffee Break	Coffee Break	Coffee Break	Coffee Break		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
17:00-18:30		Open-Conversation: What is sustainability?	Movie about Sustainability	"Choose a meal" game	Types of Sustainability		Presentation: how can we respond in questions regarding sustainability in an interview?	Discussion: Art by old clothes	Sustainability City: Let's draw one	Meet a local sustainable business: Discussion, Q & A	Youth Pass Distribution + Erasmus Project	
18:30-19:00		Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	Reflection Groups	
19:00-19:30		Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	Leaders' Meeting	
19:30-20:30		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21:30-00:00		Welcome Event	Welcome Ceremony	Intercultural Night	Intercultural Night	Intercultural Night		Intercultural Night	Intercultural Night	Intercultural Night	Beach night	



# HEADING TO SUSTAINABILITY – YOUTH EXCHANGE

The Youth Exchange will be held in Nea Kallikratia, Halkidiki Region

In this Youth Exchange will take part **49 participants** coming from **7 European Countries**.

During the Youth Exchange leaders will coordinate workshops led by participants.

The topic of the project addresses the common actions that can be taken in order to act together and make social change for water, sea and coastal protection and sustainable management. This project focuses on protection of the seas, lakes and coasts as there is a growing demand from citizens and environmental organizations for cleaner water and sustainable water management and protection plans, but there is still a lack of local, regional, and national action to support the priorities and objectives of the European Commission. The main objectives of the project is to influence participants' attitudes towards public and working group actions on water, coastal protection and to equip them with skills, knowledge and experience to be able to organize and direct a fruitful social awareness campaigns.

Participants will also develop skills and experience in social campaigning. This is relevant skill nowadays for young people since it helps to break up barriers for public performance, public speaking, group and teamwork, leading and planning, debriefing and evaluating results.

Besides this, participants will also have an international experience, get to know other cultures and traditions better, break stereotypes and promote common understanding, multicultural dialogue and activism of young people on local, regional, national and international level.

# PARTICIPANTS PER COUNTRY

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Country	Participants per country (including group leader)
North Macedonia	7
Bulgaria	7
Italy	7
Poland	7
Portugal	6
Romania	7
Greece	8



## PARTICIPANTS' PROFILE

- Motivated young people, aged between **18 – 30 years old** with different level of international experience
- Leaders **18 - no limit age**
- At least **basic English level**
- Each partner should try to ensure **gender balance** within the group (example : **3** females and **4** males)

***Participants are obligated to follow the whole schedule of the Youth Exchange***





## PARTICIPANTS' DUTIES

### YOU WILL BE PREPARING:

- Website with daily blog
- Videos & Photos
- Social-media content

### YOU WILL ORGANISE:

- Campaigns in the area with locals
- Follow-up activities



## YOU SHOULD KNOW

- ✓ There will be **49 participants** coming from **7 European Countries**
- ✓ During **the Youth Exchange** leaders will coordinate workshops led with involvement of all participants.
- ✓ Every day we will have cleaning groups for cleaning up the working room.
- ✓ Please get **prepared** for the activities discussed during the **APV** for each country to present.
- ✓ Please get **prepared** for the **intercultural evening**: please bring food, snacks, drinks, brochures, music, traditional clothes etc. Prepare a creative presentation for your country(e.g. power-point, a quiz, traditional songs, dances & games).
- ✓ Each country has to bring **at least one laptop**.
- ✓ **Shower shoes** (flipflops)
- ✓ **Personal hygiene** (shampoo etc)
- ✓ **Medicine/allergies drugs** (if you need any)



## IMPORTANT DATES

- The Youth Exchange will be held on: **14 - 25/3/2024**
- Arrival day: **14/3/2024**
- Activity days: **15 - 24/3/2024**
- Departure Day: **25/3/2024**
- Deadline for planning travel and booking trips: **23/2/2024**
- Deadline for sending the participant completed list: **29/2/2024**

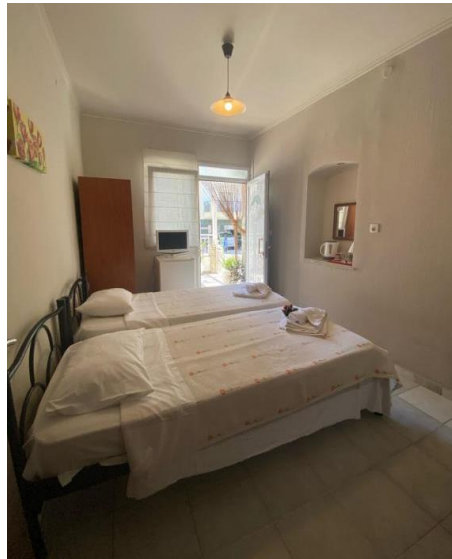
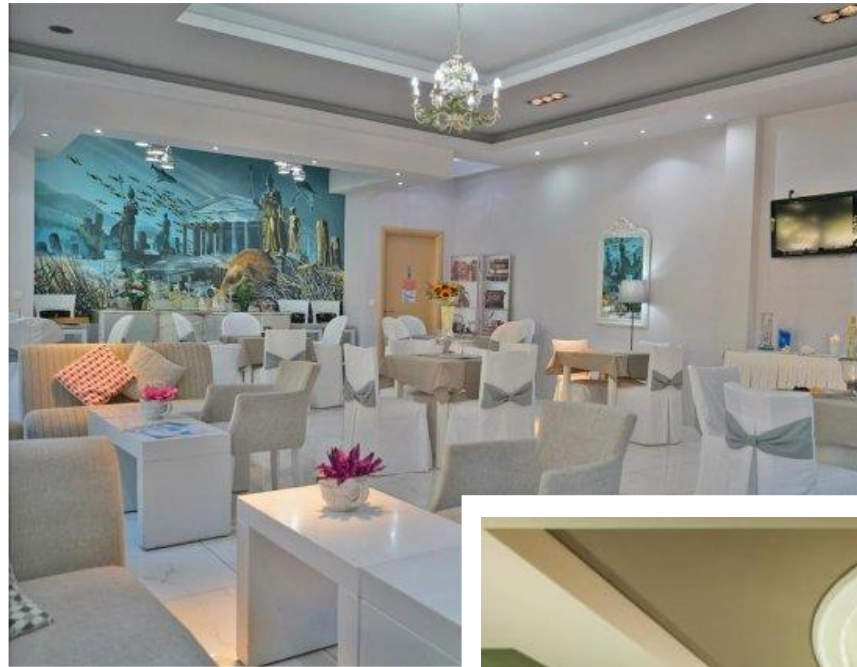
**Complete your participants details at this link >> [HERE](#)**

# THE HOTEL

The project will take place in Nea Kallikratia, Halkidiki. The participants will be accommodated at:

## Hotel Atlantis

Ioanni Avgeridi 35,  
Néa Kallikrátia, Thessaloniki,  
Greece





## TRAVEL DETAILS

In order to participate in the Youth Exchange activity of the project TRAVELLING DIGITALIZATION you need to arrive in Thessaloniki, Greece on 14/3/2024.

To arrive in Nea Kallikratia, first you must come to Thessaloniki city by using **plane or bus** :

### By plane

**Thessaloniki airport Makedonia (SKG)**

### By bus

**To Thessaloniki's bus station (Macedonia Intercity Bus City)**

- Nea Kallikratia is about **30 - 40 minutes** away from Thessaloniki by bus or car.
- Either you arrive by plane or by bus, we will arrange ONE bus to pick you up from Thessaloniki (Makedonia) airport.
- PLEASE try to arrive together with your national group in Thessaloniki and arrive the latest at 6 pm.
- Before buying your tickets, please confirm with your leaders' group! **Group Leaders** please confirm all your participants tickets with us if you need help.
- All online tickets, boarding passes and invoices have to be sent to us by email at: [bluegreendevlopment@gmail.com](mailto:bluegreendevlopment@gmail.com)
- All original hardcopies and paper tickets, cards, boarding passes, invoices and bills have to be given to us once you arrive to Greece – so **please buy all tickets you need for the way back in advance.**

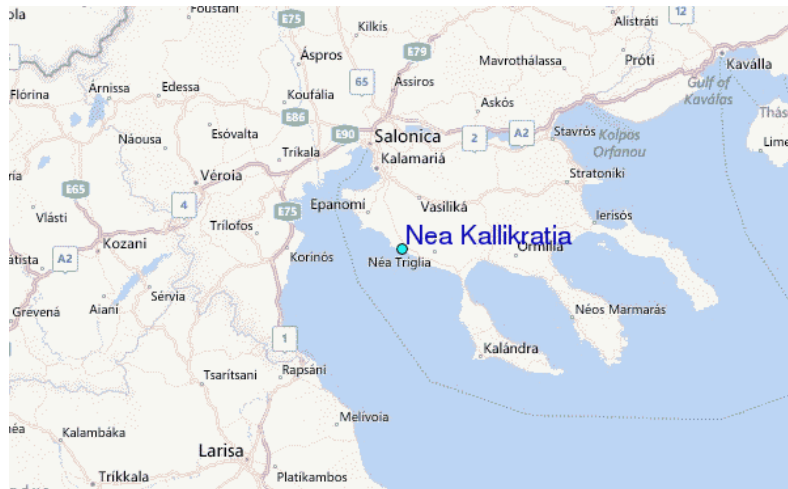


# ABOUT NEA KALLIKRATIA AND HALKIDIKI

Nea Kallikratia is a small town of Halkidiki and it has more than 6000 inhabitants. It is located only 30 km away from Thessaloniki and it is the first major holiday village a traveler meets on the road to Halkidiki.

Learn more about Halkidiki and Nea Kallikratia at:


- <https://www.visit-halkidiki.gr>
- <https://www.halkidikitravel.com>



# GENERAL NOTICE

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- It is strongly suggested for every leader coming to the APV meeting to issue an [European Health Insurance Card \(EHIC\)](#). 
- There are no restrictions concerning the Covid-19 pandemic currently in Greece.

# REIMBURSEMENT RULES

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Reimbursement will be done in EUR on a bank account of your sending organization.

We will try to reimburse your travel costs up to one month after your participation in the activity.

We will reimburse your travel costs only if you attend the whole duration of the activity and provide for us all original tickets, boarding passes and invoices.

Country	Amount
North Macedonia	180€
Bulgaria	180€
Italy	275€
Poland	275€
Portugal	360€
Romania	275€
Greece	23€





# HOSTING ORGANISATION: BLUE GREEN DEVELOPMENT

Blue Green Development is a nonprofit organization established in 2016 and its objective is to promote and strengthen sustainable development. It aims to inspire and assist all those involved in the field of “blue” and “green” growth and especially young people. Blue Green Development brings innovative ideas and practices related to sustainable development, introduces promising business opportunities with a view to protecting environment.

The basic objectives of the organization are:

- Study the prospects and problems faced by maritime transport both environmentally and economically.
- The support and coordination of partnerships and cooperatives between agencies involved in environmental areas and the marine ecosystem.
- Information actions to protect education and awareness, sustainable management and exploitation of the natural environment of all ages, especially young people.
- The contribution and ensuring a high-quality living environment, through a clear and integrated vision of the three dimensions of life, economy, society, environment.
- Systematic promotion of a standard "sustainable rural development" through informing farmers of gentle agricultural practices, environmentally friendly, preserve the quality of agricultural products and the preservation of traditional rural landscapes of great ecological value.

# CONTACT US

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If you have any questions, we will be more than happy to help you.

**BLUE GREEN DEVELOPMENT** [www.bluegreen-org.eu](http://www.bluegreen-org.eu)

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**We are looking forward to meeting you!**