



**CULTI
MULTI
KONSEP**



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



Boost Your Skills to help the NEETs

Programme: Erasmus+ KA153-YOU - Mobility of youth workers

Activity: Training course

Addressed to: youth workers / youth leaders

Organiser: Culti Multi Social Cooperative

Project Ref. Number: 2022-1-EL02-KA153-YOU-000070102

Dates: Dates: 13th - 19th of March 2023 (excluding travel days)



INFOPACK FOR PARTICIPANTS



Description of the project

“BYSN - Boost Your Skills to help the NEETs” is designed to support youth workers to develop skills to help young NEETs (not in employment, education or training) and to provide them with tools and methods that they can use in their work with the young people.

The project will give the participants proper skills and competences to create specific activities for young NEETs, in order to help them enter the job market and/or continue their education.

The expected results of the project are:

- increased skills and competencies of the Youth Workers in the field of entrepreneurial methods
- improved personal motivation and attitude of the participants
- development of an empowered mindset able to take choices and risks in youth work
- increased capacity of the participants to create activities to share fundamental entrepreneurship knowledges to the young unemployed in their local communities
- creation of a manual on how to properly learn entrepreneurship skills and enter in the job market
- increased efficiency of the partner organizations, by training their staff and people associated to their work.

OBJECTIVES



- to equip participating youth workers with skills and abilities to create activities that can support NEETs
- to provide tools and methods to the participants that they can use to empower NEETs in their local areas
- to promote entrepreneurial mindset in youth work and, indirectly, in the NEETs
- to increase the inclusion of local NEETs of the communities of the partner organizations

After the project, the youth workers will be able to set up activities in their countries that will involve young NEETs. Those events and activities will be useful to share what the youth workers have learnt during the project, offering the young NEETs the possibility to acquire knowledge that will be useful in their job search.



FINANCIAL

THE PROJECT COVERS DIRECTLY:



100% of accommodation costs in double or triple rooms



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:

Greece: **23 euros/participant**

Bulgaria, Croatia, Italy, Romania, Spain, North Macedonia, Turkey, Albania, Montenegro, Ukraine, Cyprus: **275 euros/participant**

Portugal: **360 euros/participant**

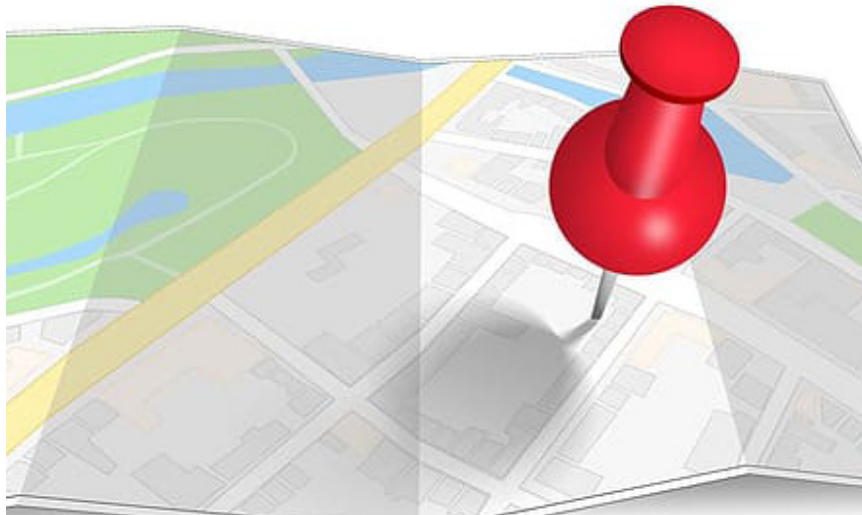
IMPORTANT: When arranging for your travel, you need to keep in mind that you need **55 euros** to get from Athens to Kalamata (see next page).

*****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 the **12h of March** and depart on the **20th of March**. The ERASMUS+ programme allows for only 2 travel days. 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 to 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 to 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 20-30 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 39 euros (whereas one-way costs 22,20). You can also buy a ticket online (but just one way) 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: ktelmessinias.gr/en/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 5-6 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 15-20 minute walk from the bus station to the hotel
- 3: By bus: Take bus number one from inside the bus station and get off at the central square. 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/>





ACCOMODATION

During the Training Course, participants will be accomodated in City Center Hotel, right in the centre of Kalamata. <https://hotelcitycenter.gr/>

Accommodation will be done in double and triple rooms. Participants will share the rooms with participants from different countries of the same gender. Its room has en-suite bathroom. **Please, bring your own towels.**

FOOD

Food will be served at the hotel.

The food is mostly based on the real **traditional Greek 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. Ad-ditionally, 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:

- A. Information about your sending organisation (including, if possible, any leaflets, posters, flyers, etc)
- B. Presentation about the young people in your communities and the challenges that they are facing.
- C. Collection of tools and methods that you and/or your organization uses to support young NEETs (if any)

Things to bring



March can be a pretty volatile month in Greece.

Please, remember to bring with you:

- A. Anorak/Umbrella (just in case it rains...)
- B. Warm clothes, as well as a coat/winter jacket for the evenings
- C. Comfortable shoes (as Kalamata is a perfect city for walking around)
- D. Your medicine, vitamins, or anything else you need
- E. Things for the intercultural coffee breaks (nice cookies, tea, sweets... improvise :-D). These are to be shared during our coffee breaks to make them “sweeter” :-D
- F. Things for the intercultural night (games, food, drinks, etc.). NO video presentations
- G. Your European Health Insurance Card
- H. Towels

After the project

After the project all participants, in collaboration with the sending organizations 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.

Hashtags: #boostyourskills #supporting_youth #youthwork #Erasmusplus #kalamata #trainingcourse @culti-multi

- B. 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 **39 participants** from Greece, Bulgaria, Croatia, Italy, Romania, Spain, North Macedonia, Turkey, Albania, Montenegro, Ukraine, Cyprus and Portugal

Profile: youth workers or staff of the partner organizations. The programme is designed so that both people with experience as well as people with little experience can gain from it.

It is important that the participants do have a connection with the sending organization, in order to be able to share the tools and methods that they will learn with the partners to the benefit of our local communities.

Participant's form

If you are from Greece, Bulgaria, Croatia, Italy, Romania, Spain, North Macedonia, Turkey, Albania, Montenegro, Ukraine, Cyprus 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/vaJbwxcUFKqJF4xeA>

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.

Project partners / Sending organizations

Greece: Culti Multi

Email: infocultimulti@gmail.com

Spain: Asociacio Cultural Meet and Map

Email: hello@meetandmap.org

Croatia: EUROPSKI DOM SLAVONSKI BROD

Email: iva.sedlic@gmail.com

Ukraine: JCI YOUTH

Email: jciyouth.ukraine@gmail.com

Montenegro: Training Center Taraba

Email: tctaraba@gmail.com

Italy: SCAMBIEUROPEI

Email: infosve@scambieuropei.com

Albania: ORGANIZATA RINIA STUDENTORE

Email: andishkira@hotmail.com

Bulgaria: SDRUZHENIE WALK TOGETHER

Email: walktogetherbulgaria@gmail.com

Cyprus: Social Development for Youth

Email: kanecyprus@gmail.com

North Macedonia: Sredno elektrotehnicko uciliste na Grad Skopje Mihajlo Pupin

Email: angelka_n@yahoo.com

Turkey: TUNA

Email: emregurmantr@gmail.com

Portugal: TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES

Email: tmetaphora@gmail.com

Romania: VIP - VALUES IN PEOPLE

Email: valuesinpeople@yahoo.com



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

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

Culti Multi Koinsep

Address: Salaminos 8, 24100, Kalamata, Greece

Contact E-mail: infocultimulti@gmail.com