

Welcome Pack

‘Volunteering for ALL’

Thessaloniki, 3-7 June 2024

An international training course on how you can organise volunteering activities for inclusion in the European Solidarity Corps

Read this document carefully, as it contains:

- information about the course
- how to get to the venue
- what & how to prepare

Get into Volunteering projects for ALL

A little reminder what the course is about:

In 3 training days, we show you the possibilities that volunteering (within the European Solidarity Corps) has to offer for young people from disadvantaged or underprivileged backgrounds. A volunteering project might just be **the life-changing opportunity for the disadvantaged young people you are working with**: *e.g. those from minority backgrounds, with access needs, with socio-economic difficulties, discriminated groups, in difficult situations, with limited opportunities, geographical disadvantage, health issues...*

Why participate?

Volunteering is a rewarding methodology to **reach your organisation’s inclusion aims**.

Come and experience the benefits that **international cooperation** can have for your organisation and young people with fewer opportunities. Explore the **funding possibilities** of the European Solidarity Corps and **specific inclusion support**. Learn to design a volunteering project **step-by-step** (*sending or hosting, individual or in group, international or in-country*). Discover the various **resources** available for volunteering and inclusion. Get **inspired** by local examples and fellow participants.

At the end of the course, **you will be ready to start organising a volunteering project** with/by/for the young people with fewer opportunities in your organisation.

Let's get started: onboarding meeting – Tuesday 21 May 2024, 11.00 - 12.30 h CET

To start the process already before the course, there will be a **1.5-hour introductory meeting online** in Zoom.

That way, we already get to know each other a bit already and you get a sneak preview of the course, the organisers and the team. We will also explain a bit more the preparation tasks for the course, so that we can get the most out of our 3 days together in Thessaloniki. See you there.

This zoom session will take place on **Tuesday 21 May 2024, from 11h to 12h30 CET** (calculate your timezone: <https://www.timeanddate.com/worldclock/fixetime.html?msg=Volunteering+for+ALL+onboarding+meeting+via+Zoom&iso=20240521T11> - and feel free to bring your lunch to the meeting ;-)

Use this link to access the meeting:

<https://us02web.zoom.us/j/84475807510?pwd=QUZ0TEQzM1NWd0oxd2lrUTIBSnpGZz09>

Meeting ID: 844 7580 7510 - Passcode (if asked): hello

>> If you really cannot join the online meeting, please let the trainers know (alena.oblak@gmail.com & nagy.gabka@gmail.com) but please do try ;-)

Important - What to bring?

We want to save resources: 25 people who travel to a course have quite an ecological impact, we are aware of this. But we would like to adjust our way of working where we can to be environmentally conscious: can we ask you for instance to **bring a drinking bottle and your own pen & notebook**.

Info about your organisation: we will have a short organisational market, so you get to know the organisations at the course. For your 'organisation poster' you might want to take pictures, leaflets or other material. If you want to use video, please bring your own device to show it. Note: there will not be time to present your organisation in plenary with a powerpoint in front of everybody, only a market-style interaction.

Intercultural coffee breaks: instead of one intercultural evening when you taste yummy food and drinks from different countries, we decided to have 'intercultural coffee breaks'. Each coffee break a few participants can share sweets/snacks from their country. So please bring something small to share and give a taste to your fellow participants. Bring things that don't need refrigeration.

Comfortable clothes: there is no formal dress code for our course, so just dress comfortably. We are all youth workers ;-)

Earplugs? Thank you to all of you who volunteered to share a twin room with a future friend. But if you are a light sleeper, maybe earplugs come in handy.

How to get to the venue – Thessaloniki Centre

We will be working and sleeping in the **Holiday Inn Thessaloniki** in the centre of Thessaloniki.

- **Address:** 8 Monastiriou Street, PO 546 29 Thessaloniki, Greece
- Location: <https://maps.app.goo.gl/iaiHQSwDeFAu9Ykq8>
- Phone (Reception): +30 231 056 31 00
- **Web page:** <https://hithessaloniki.gr/>

The Greek National Agency for Erasmus+ and Solidarity Corps will provide **full board and accommodation** for the duration of the event. The programme starts at 17h on 3 June (first meal: dinner) and ends after breakfast on 7 June 2024.

All participants will be accommodated in **twin rooms** (unless we told you otherwise), towels and soap are provided. Bring your own personal toiletries.

Additional days and meals are at your own expense and need to be organised by yourself (unless agreed differently).

- The hotel is accessible to wheelchair users and adapted for visitors with physical disabilities.
- But please contact tony@salto-youth.net to discuss specific accessibility issues.

From the railway/bus station to the hotel

There are long-distance buses from Sofia, Bucharest, Albania, Serbia, Turkey ...

From the **Central Bus Station** of Thessaloniki, there are a lot of local buses (eg 09, 02K, 52, 12, 31) to the Central Railway Station of Thessaloniki and from there you continue on foot for 500 meters (around 7 minutes) to the hotel.

From the **Central Railway Station of Thessaloniki** the distance is 500 meters (around 7 minutes on foot).

> Your friend Google will show you the way: <https://maps.app.goo.gl/iaiHQSwDeFAu9Ykq8>

From the airport to Thessaloniki centre

Please make sure that you fly to the airport of Thessaloniki "Makedonia" (airport code SKG).

The only way to reach the centre of Thessaloniki by public transportation is by bus. The bus stop is outside the Departures area and the buses also stop at the Arrivals. Exit the terminal and you will find the bus stop on your right-hand side.

- **Bus 01X:** The 01X bus line connects the airport directly with the city centre, the central railway station, and the Intercity Bus Station. It is available from 06:10 am to 10:40 pm, every 20-25 minutes, and takes approximately 30-60 minutes to reach the city centre depending on traffic).
- **Bus 01N:** This bus is available from 10:40 pm to 6:10 am.

Get off at stop “Kolomvou” (14th stop).

- Walk 350 meter (6 min) to the hotel
- Your friend Google will show you the way: <https://maps.app.goo.gl/iaiHQSwDeFAu9Ykq8>

How to get a bus ticket? Bring exact change!

The bus ticket from the airport to the centre of the city costs 1,80 Euro. You can buy your ticket from the automatic machine on the bus. Note, however, that the machine only accepts coins (Euro) and doesn't give change. So, you should try to have the exact amount.

It may happen that the small ticket kiosk by the bus stop is open. You can buy your ticket there and debit & credit cards are also accepted.

Once you've bought your ticket, you will need to validate it on the bus.

Other ways of transportation? Taxi

There are taxis from the airport. The cost will be normally around 25-35 Euros. However, usually NAs don't reimburse taxis, unless agreed otherwise. Check with your NA.

Having difficulties in getting to the venue?

Check it on maps.google.com or call the venue (+30 231 056 31 00). The staff will be ready to provide you with information.

The host (Apostolos) is available via phone or Whatsapp on +30 6972755339.

About Thessaloniki - general information

Thessaloniki, as the second largest city in Greece, offers a rich tapestry of experiences, from its storied past to its bustling present-day life.



Founded in 315 BC by Cassander of Macedon, Thessaloniki has a history that spans over two millennia. Named after Alexander the Great's half-sister, Thessaloniki has been a coveted prize for many empires, including the Romans, Byzantines, Ottomans, and more. This diverse historical heritage is evident in the city's architecture, with Roman ruins, Byzantine churches, Ottoman mosques, and modern structures coexisting harmoniously. Key landmarks such as the White Tower, Rotunda, and Arch of Galerius stand as testaments to the city's illustrious past, inviting visitors to delve into its fascinating history.

Thessaloniki is a city that pulsates with cultural energy. It is a hub of artistic expression, hosting numerous festivals, exhibitions, and performances throughout the year. Thessaloniki's designation as the European Youth Capital in 2014 was a significant milestone that highlighted the city's commitment to fostering youth engagement, innovation, and cultural exchange.

Enjoy a city tour with some Greek music: <https://www.youtube.com/watch?v=Gy30WHhYMjA>

Practical information about Greece (in case it's your first time)

- **Time Zone:** Thessaloniki is in the Eastern European time zone (CET+1, GMT+2).
- **Weather expectations:** June is the beginning of summer, which means the days are getting warmer and warmer. Check the weather on weather.com or similar and bring sunny clothes.
- **Currency:** Greece uses the Euro. In case you need to get local money, there are ATM machines and exchanges offices at the airport and in the city. Remember you need exact change for the airport bus..

- **Electricity sockets:** Greece has the 230 V 2 pin electricity plugs (like in mainland Europe) - bring adaptors if needed (and your chargers for mobile phones, cameras etc.).
- **Insurance:** You are required to have your own health insurance (E111, EuroCross etc). You might want to think about taking out travel insurance, for specific risks linked to travelling (damage to luggage, cancellations etc). Please contact your health insurance provider or travel agency for more details. And please get in touch with your National Agency to find out if they can cover your insurance costs.
- **Emergency number in Greece is 112.** If you are late from the venue, or cannot find your way, contact the reception directly at +30 231 056 31 00.
The host (Apostolos) is available via phone or Whatsapp on +30 6972755339.

Short introduction to your team

- **Alenka Oblak** (she/her)

Alenka Oblak hosts change processes, supporting the creativity and participation of everybody involved to release the potential of co-creation. She feels at home in nature and likes moving around. She is an Art of Hosting practitioner and uses approaches that are based on embodiment, inclusion, graphic facilitation, adventure education, non-violent communication, learning-in-nature, and Systems Scribing. She volunteered internationally several times during the last 20 years and has supported ESC volunteering organisations since 2008.

- **Gabriella Nagy** (she/her)

Gabi is a freelance trainer and consultant, active in international youth work and training for more than 20 years. She was an EVS volunteer at Xena Association, Italy in 2001. After the voluntary service abroad, she started to work in Artemisszió Foundation, Hungary coordinating international youth mobility projects and realising related training activities. In 2010-2011 she lived in Torri Superiore ecovillage, Italy. Since 2010 she has been freelancing, realising training activities on EU funding opportunities, project management, volunteer management, mentoring, intercultural learning, inclusion, global education and sustainability.

- **Apostolos Alexiadis** (he/him) – Greek National Agency

Apostolos works as a TCA/NET Officer at the Hellenic National Agency for Erasmus+/Youth & Sports and European Solidarity Corps. With a passion for fostering solidarity and community engagement, he is deeply committed to promoting the values of volunteerism and youth empowerment. In his role, he has the privilege of hosting the Volunteering for All Greek edition within the European Solidarity Corps

framework. He is the one to turn to in case you have any questions regarding the logistics and practicalities of the programme.

- **Tony Geudens** (he/him) – www.SALTO-YOUTH.net/inclusion

Tony has been working for SALTO-YOUTH Inclusion and Diversity since it was founded in 2000. Over the years he has organised different training courses about working with a wide variety of target groups. He has also coordinated several inclusion and diversity publications, some of which you will see at the course. Contact Tony for any questions regarding the course and participant management. Looking forward to seeing you in Thessaloniki.

'Volunteering for ALL'

Thessaloniki, 3-7 June 2024

Provisional programme

	day 0	day 1	day 2	day 3	day 4	
	ARRIVAL	OPENING	EXPERIENCE	HARVESTING	DEPARTURE	
9.30 – 11.00	arrivals	Official opening Introduction	Intro to the Q-LAB experience	Learned, learnt, will learn Unpacking learning needs	departures	
11.00		coffee break				
11.30 – 13.00		Team experience with a twist	Q-LAB Group work on Quality Label	Parallel workshops		
13.00		Lunch				
14.30 – 16.00		Facts & Figures Basics of ESC	Q-LAB & Feedback	Back to your reality How to step forward?		
16.00		coffee break				
16.30 – 18.00		Welcome and connecting	Connecting to your reality	Glimpse at the local reality		Evaluation & Closing
19.00		dinner				
20.30 -	Organisation fair	Movie night	Dinner in town	Goodbye party		