

ERASMUS+ YOUTH
KEY ACTION 1
TRAINING COURSE

ToDAY: Developing digitAl Youth work

LARISSA - GREECE

29 November - 6 December 2019

INFO PACK



Erasmus+

About the project

Social media sites, online games, video-sharing sites and gadgets such as iPods, iPads and mobile phones are now part of the culture of young people. They have permeated young lives in such a degree, that it is hard to believe that these technologies hardly existed less than a decade ago.

Today, young people may come of age and struggle for autonomy and identity, as their predecessors did. However, they do so in the midst of new worlds of communication, friendship and self-expression and it is based on the use of digital media. Digital Media and Technology has transformed how we teach and learn. The learning and self-development process do not always begin with teachers, they are also initiated by the learner, or supported by a youth worker. Digital media and technology it can't be anything but part of youth workers' training and capacity.

Young people in Europe spend an increasing amount of their time consuming digital media and (video streaming, messaging, networking, blogging, gaming, etc.). Some of the problems that young people are facing today are directly connected to digital media and especially social media, such as pressures of 24/7 social networking, hate speech online, cyber-bullying, internet and online games addiction. Unfortunately in almost all European countries, there are cases that young people were even led to suicide because of cyber-bullying or hate speech online or various, serious internet addictions. All young people today need technological skills, social media literacy and an agile attitude towards technology in their future work and daily life, and this should be encouraged by youth workers.



Aim

"ToDAY: Developing digital Youth work" project aims to promote quality youth work through supporting open and innovative practices and by helping youth workers understand digital youth work and develop their capacity on digital youth work. It will support digital youth work in a local, national, regional and European level.

Objectives

- To familiarise with and better understand digital youth work approaches and to be prepared to introduce digital approaches to their youth work practice. Youth workers will be able to support young people to develop the skills, competences and courage to actively shape digital technologies
- To identify innovative practices in both delivering digital youth work and upskilling youth workers' digital competences and to exchange good examples of how digital tools are used in youth work in Europe
- To develop youth workers' skills, competences and knowledge on digitalization through training that meets their needs and the needs of their communities and young people they work with
- To create a network of youth workers from several European countries and support participating organisations to provide youth workers with tools, methods and practices for understanding digital youth work
- To practice and be able to use in their daily work with young people the Erasmus+ Virtual Exchange project of the EU
- To create space for making new contacts, creating new networks and exploring Erasmus+ Youth opportunities to develop digital youth work in future

Hosting & partner organizations

I Participate - Greece (hosting organization)

PVN: Projekte Vullnetare Nderkombetare - Albania

YAN: Youth Alliance via Networking - Armenia

ABS: Active Bulgarian Society - Bulgaria

Planbe Plan It Be It - Cyprus

YSRN: Youth Social Rights Network - Denmark

Youth Workers' Association of Georgia - Georgia

Elios - Italy

Pozitiva Doma - Latvia

Youthopolis - Romania

Opportunity Global - UK

A.D.E.L: Association for Development, Education and Labour - Slovakia

Monitores Para El Tiempo Libre Mar Antiguo - Spain

Stichting CAAT Projects - The Netherlands

Main activity

The main activity of this project is the Training Course, which will take place in Larissa, Greece on the 29/11-6/12/2019.

30 participants from 14 countries (Albania, Armenia, Bulgaria, Cyprus, Denmark, Georgia, Greece, Italy, Latvia, Romania, UK, Slovakia, Spain, and The Netherlands) will participate at the TC.



Participants

The partners' consortium designed this training course for youth workers and leaders, trainers, NGO members, legal representatives of organizations, youth mentors, project managers and coordinators, educators and facilitators, who:

- are at least 18 years old
- want to deepen their understanding on the topic of digital youth work
- want to stimulate active citizenship and digital youth work
- are ready to explore and reflect in an experiential training course and in a community setting
- are able and ready to work in English
- are motivated and willing to commit to work on the objectives of the training
- are able to act as multipliers after the end of the educational activity and transfer the obtained knowledge back to their organizations and young people

2 participants per partner organization & 4 participants from Greece

Financial conditions

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

Erasmus+ is the EU Programme for Education, Training, Youth and Sport for 2014-2020. The aim of Erasmus+ is to improve the key competences and employability as well as the modernization of education, training and youth.



Accommodation (meals and hotel) is covered 100% by the program.

We will cover your travel costs according to the European Commission travel reimbursement to a maximum amount per country of:

**180
EURO**

Bulgaria, Greece, Albania

**275
EURO**

Italy, Slovakia, Cyprus, Armenia, Georgia, Latvia,
Netherlands, Romania

**360
EURO**

Spain, United Kingdom, Denmark

What we need in order to be able to transfer your money after the mobility:

- All your tickets (bus tickets, train tickets, electronic flight ticket, travel agency reservations, local bus tickets, local train tickets, booking reservations etc.)
- Keep all the receipts/invoices (you should ask for a receipt with your train/bus tickets and for an invoice for your flight tickets)
- All your flight boarding passes (outward and return for all your flights).

- You should use **public transportation**. We can cover gas and tolls (private transportation) **ONLY** in very very special cases. You need to receive our **written approval before the mobility booking your tickets and before the mobility**.
- We can accept a taxi receipt **ONLY** if you can prove (written) that the time you travel there isn't any public transportation.

- If you cannot provide your original tickets, receipts, boarding passes and invoices clearly stating the travel company, your name and the exact costs of the tickets, we will not be able to reimburse you.
- If you don't have our written approval before for your booked tickets, we will not be able to reimburse you.

Please DO NOT BUY any tickets before the final, written approval from the organizers!

*You can take two extra days before or after the training

Reimbursement will be done **via bank transfer** to the account of partner organization, after the training and as soon as we receive all original documents

How to get to Larissa?

From Thessaloniki's Airport

Larissa doesn't have an International airport and the closest one to Larissa is Thessaloniki's airport. The distance between Larissa and Thessaloniki is about 160km.

From Thessaloniki's airport you have to take the bus number X1 to go to the bus or train station for a bus or a train to Larissa. 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. The bus ticket costs 2.00€.

By Train

The easiest way to go to Larissa from Thessaloniki is by train. It takes around one hour and a half to arrive to Larissa's train station from Thessaloniki. If you show your student identity card or if you are younger than 24 years old you can have a discount.

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.

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

By Bus

It usually takes 1hour and a half to travel by bus from Thessaloniki to Larissa and vice versa.

Student discount is provided on all routes. It is necessary to display student ID upon ticket issue as well as in case of inspection during the journey.

If you are planning to return to Thessaloniki, we suggest that you buy a return ticket as it will be cheaper.

Even if you cannot book your ticket online, you can check the timetable and the departure times in the following link:

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

How to get to Larissa?

From Athens Airport

Also you can reach Larissa from Athens' international airport. The distance between Athens and Larissa is about 350km. It takes around 3 hours from Athens to Larissa by train or by bus.

By Train

To get from Athens airport to the train station you can take the metro or a bus.

- From the airport you can get local bus X95 to "Syntagma" (city center). Then, you will take Metro Line 2 (red line) with destination to "Anthoupoli". The stop for the train station is "Larissa Station". Bus ticket from the airport to "Syntagma" costs 6.00€. Metro ticket costs 1.40€
- Or you can get on the Metro Line 3 (blue line) with destination to "Agia Marina". At the stop "Syntagma" you will change to Metro Line 2 (red line) with destination to "Anthoupoli". The stop for the train station is "Larissa Station". Metro ticket from the airport to your final destination costs 10.00€

Athens train station is at "Stathmos Larissis" (Larissa Station). There is only one train station in Athens.

You can book your train tickets online here:

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

We recommend you to buy your ticket online, as it is cheaper and usually it is very hard to find a last moment ticket. If you are planning to return to Athens, it is cheaper to buy a return ticket. If you show your student identity card or if you are younger than 24 years old you can have a discount.

How to get to Larissa?

By Bus

You can also travel from Athens to Larissa by bus. The bus station is called "Ktel Liossion". Be careful, there are two bus stations in Athens! If you are planning to return to Athens, it is cheaper to buy a return ticket.

- To get from Athens airport to the bus station, you can get the local bus X93 from the airport and get off at the station "Ktel Liossion". Bus ticket from airport to bus station costs 6.00€

You can book your ticket online here: <https://ktellarisas.e-ticketing.gr/>

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

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 two-bed rooms. Rooms have a private bathroom.

The activity will take place in the same hotel, in a fully equipped 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/>

Address: Lamprou Katsoni & 23th October, Larissa 41222 (ΛΑΜΠΡΟΥ ΚΑΤΣΩΝΗ & 23ΗΣ ΟΚΤΩΒΡΙΟΥ)



About Larissa

Larissa is located in the center of Greece and it is the fifth biggest city in Greece (approximately 150.000 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 50km and it is around 40km from the city.

Useful information

- **Currency**

Greece's currency is the Euro. No other currency is accepted and it is best to exchange other currency at a bank.

- **In case of Emergency**

Emergency number in Greece is 100 and it can be called for free from any telephone line!

- **Health Insurance**

All the participants should have a European health insurance card.

<http://ec.europa.eu/social/main.jsp?catId=559>

In case you are not able to have a European health insurance card, you should have a private or public insurance valid in Greece.

- **Medical Issues / Special Diet**

For special diet requirements (vegetarian / vegan / no pork etc.), allergies or any possible medical issue (for which you will need support during your stay), please inform the organizers prior your arrival.

- **Drugs**

All kind of drugs (both use and sell) are prohibited in Greece.

- **Quiet Hours**

You should avoid parties (especially in hotel's rooms) and to be loud during "common quiet hours" as it is illegal:

- Summer Period (April 1st through September 30th): 15:00 - 17:30 & 23:00 - 07:00
- Winter Period (October 1st through March 31st): 15:30 - 17:30 & 22:30 - 07:30

Contacts

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I-PARTICIPATE TEAM

We are looking forward to work with you soon!

JOIN US!

Website: <http://iparticipate.gr/>

Facebook: <https://www.facebook.com/iparticipatengo/>

Twitter: <https://twitter.com/IParticipate2>

Instagram: https://www.instagram.com/i_participate/

