

my
Purpose project



DATES: DECEMBER 9 - 18, 2022 (INCLUDING TRAVEL DAYS)

LOCATION: GREECE

PARTICIPANTS: 24 PEOPLE FROM 8 DIFFERENT COUNTRIES, AGED 18+

COUNTRIES: GREECE, GERMANY, POLAND, CYPRUS, TURKEY, SLOVENIA,
NORTH MACEDONIA, SPAIN

TRAINING CONCEPT

The reality in Europe is that students must decide at a young age, usually when they are only 16 or 17, what career path they want to take. After they select their desired field of study for University, it is extremely difficult to change it and follow a different path in the future. Should a student recognize during their time at University that they are *not* fulfilled by the field they chose, their options are usually to re-do the year and take another entrance exam (a huge financial and time burden), graduate anyway without a clear path forward, or drop out of school. This results in a large majority of European students graduating University with **no direction into what career path could fulfill them or what to do next.**

European youth are generally not equipped with the competences (knowledge, attitudes, and skills) to find their sense of purpose and job fulfillment and connect their passions and skill sets to employability. Moreover, European youth workers are not equipped with the competences to support young people to **find a sense of purpose and life fulfillment and connect their passions, and skills to employability.** This training aims to address these issues, using evidence-based research on life purpose as well as the Japanese concept of **IKIGAI** (see diagram on the next page).

THE AIM OF THE TRAINING

MAIN AIM:

The main aim of this training course is to develop the competencies of 24 youth workers from 8 countries to help them better support themselves and others to identify and pursue their **life purpose.**

THE TRAINING OBJECTIVES:

- to increase knowledge on what purpose is, why it is important, and how to better discover it
- to develop skills to support others to identify their life purpose and unlock their potential;
- to increase awareness of the importance of discovering and following your life purpose for personal and professional fulfillment.

PLANNED SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
9:00 – 10:00	Arrival	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 – 11:30		Getting to know each other	Intro to Purpose	Breaking Free from the Cocoon	Human Library	Free Day	Leading from Purpose	Workshop Presentations	Reflecting on my Learning	Departure
11:30 – 12:00		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
12:00 – 13:30		Getting to know the program	The Voice of Purpose	My Community	Human Library	Free Day	Open Space Technology	Workshop Presentations	Next Steps	
13:30 – 15:30		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
15:30 – 17:00		Team Building + Psychological Safety	Passions...?	Super Hero Solutions	Creative Circles	Free Day	Workshop Design Time	Reflections and Feedback	Evaluation/ Feedback	
17:00 – 17:30		Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	Coffee break	
17:30-19:00		Team Building + Psychological Safety	Test Your Skills	The Noise	Connecting the...Dots	Free Day	Workshop Design Time	Celebrations	Youthpass Ceremony/ Farewell party	
19:00 – 19:30		Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	
19:30		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
21.00 +	Welcome Evening							Farewell Party		

* This schedule is subject to change, according to the needs and expectations of participants as well as the schedule requirements of the venue *

PARTICIPANT PROFILE

You are a good fit for this training if you are:

- 18 years or older. We welcome *all ages* at the training as it is never too late to discover your purpose!
- An intermediate to advanced English language level to engage fully in discussions and activities
- Regularly working with young people focused on developing their personal and professional lives
- Able to attend all working days and sessions
- Motivated and interested in the topics of the training
- Someone with a positive attitude and motivation to cooperate in international and multicultural teams
- Committed to implementing dissemination activities and share learning outcomes back home after

If you identify as having fewer opportunities (social, geographic, economic, cultural, etc.) and/or are unemployed, you are encouraged to apply!

WHAT TO EXPECT

This training course is designed with the foundational principles of Experiential Learning Theory and Experiential Critical Pedagogy in mind. Participants should come prepared to:

- Learn from and with each other
- Engage actively in learning experiences
- Contribute meaningfully to the team dynamic and reflections
- Step outside of their comfort zones
- Share from their own personal life experience and perspective

In order to best understand how to bring these exercises to youth, we will take an approach throughout the training to help YOU first discover your purpose. Because we believe that participants learn the most when they teach others, participants of this training course will also have the opportunity to create their own purpose methods and workshops which they will implement in Greece and then replicate when they return home to their host country.

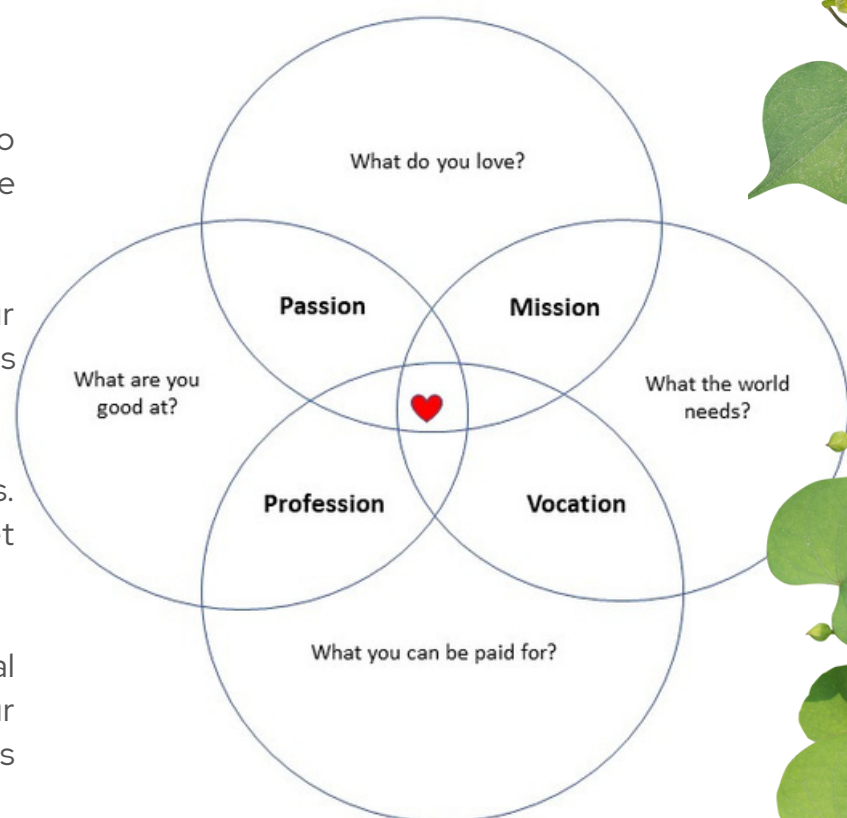
IKIGAI

While we will take a multi-faceted approach to purpose, this training heavily relies on the concept of Ikigai.

Ikigai is a Japanese term that means your 'reason for being.' 'Iki' in Japanese means 'life,' and 'gai' describes value or worth.

Your ikigai is your life purpose or your bliss. It's what brings you joy and inspires you to get out of bed every day.

It's important to mention that while traditional Japanese philosophy focuses on finding your bliss, western interpretation has used Ikigai as a method of finding your dream career.



TRAINING TEAM

Romy Alexandra was born and raised in New York City but has lived in Europe over the past 10+ years, working as a trainer and learning experience designer. Romy holds multiple certifications in Experiential Learning from the Institute of Experiential Learning in the U.S. as well as the International Experiential Learning Network in Europe. She has developed trainings for youth workers, trainers, professionals, and youth in 25+ countries across 4 continents. Romy has found her life purpose as an Experiential Learning Trainer and she is passionate and motivated to support others to find their life purpose, too.



Aleksandra Szmurlik-Dominguez has been involved in international work since 2010. She started her work as a facilitator while volunteering in Belgrade. For the past 10 years, she has been working in NGOs as a project coordinator and trainer, including for EVS and ESC volunteers. She coordinates long-term projects and designed and facilitated the learning process for participants. As a volunteer coordinator, her main task was to plan the volunteers' learning process. She prepared and then provided them with the workshops and training they needed for personal and professional development. She currently works as a project manager at a university and also serves as vice president at the Step by Step Foundation.



PROJECT MANAGEMENT / LOGISTICS

Filaretos Vourkos is the founder and CEO of Social Youth Development (K.A.NE.). He is an expert in the management of small and large-scale international projects, under programmes like the Europe for Citizens, ERASMUS+ (in the sectors of adult education, youth and vocational education and training), ENPI CBC MED, COSME, Lifelong Learning/Sectoral Programme Grundtvig, and others. Mr. Vourkos is also a board member of the Hellenic Youth Workers Association, a founding member of the European ALTIUS Network for the promotion of Volunteerism and Active Citizenship and an experiential learning trainer since 2007.



THINGS TO KNOW ABOUT THE LOCAL AREA

Kalamata (Greek: Καλαμάτα Kalamáta, formerly Καλάμαι Kalámai) is the second largest city of the Peloponnese in Southern Greece. The capital and chief port of Messinia, it lies along the Nedon River at the head of the Messenian Gulf. Kalamata and the region around have great historical and cultural value as well as natural beauty, being surrounded by both sea and the mountain of Taygetos.

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.

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.

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.

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.

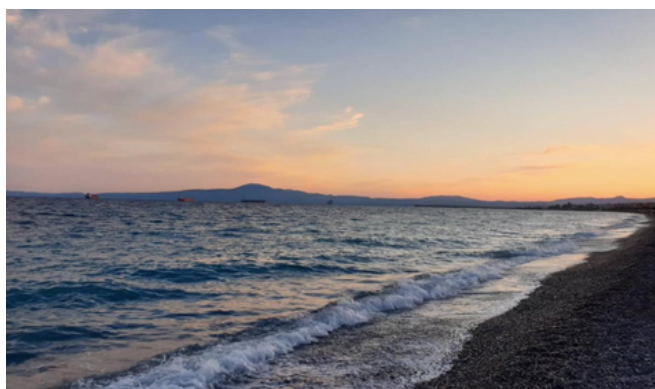
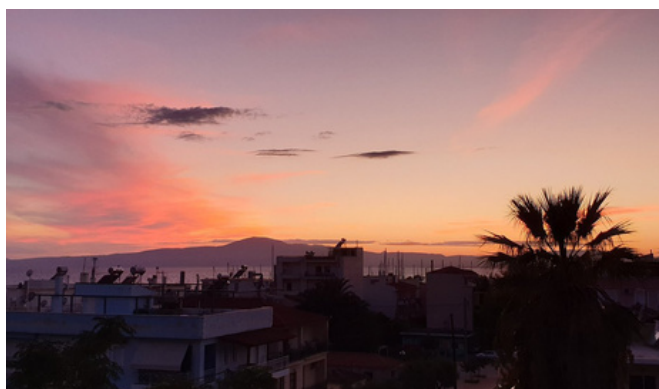
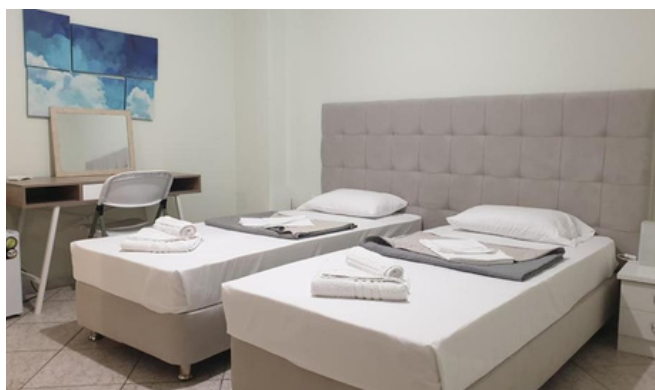
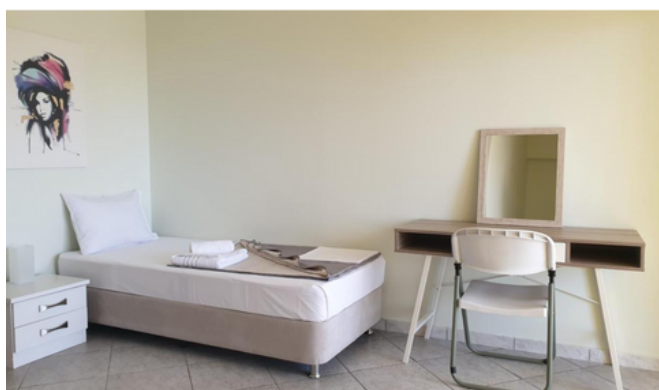


ACCOMMODATIONS AND VENUE

The project will take place at the **Vista Marina Hotel** in the **Marina of Kalamata**, 1,5km walk from the centre of Kalamata and 1km walk from the beach of Kalamata. The training will take place in KANE's training center, which is located on the ground floor of the hotel.

Expect to stay in double rooms, where you will have a roommate from another country. That is a great way to dive deeper into intercultural learning!

The best option to reach **Vista Marina Salaminos 8** from the Kalamata bus station is by taxi. It will be faster and cheaper than taking the bus if you travel with colleagues (cost is approx. 5 euro). Taxis can be found right outside the bus station. We will reimburse this taxi as part of your travel budget allowance.



TRAVEL ARRANGEMENTS

As this project is fully funded by the Erasmus+ programme, the flight and travel arrangements will all be covered up to the limits set by the grant below:

GREECE: 0 Euro

SPAIN: 360 Euro

POLAND: 275 Euro

GERMANY: 275 Euro

SLOVENIA: 275 Euro

CYPRUS: 275 Euro

TURKEY: 275 Euro

NORTH MACEDONIA: 275 Euro

IMPORTANT NOTES:

- The cost given is a limit in total, for both ways (round trip)
- Travel will be reimbursed according to the real cost you paid for your tickets, up to the amount given per country, but not more. Which means that if you spend less - you will be reimbursed just the money you actually spent or if you spend more - you will get receive up to this limit).
- Before buying your ticket, please remember your cost limits and get travel approval from us! Arrival is December 9 and departure is December 18.
- You may stay up to 2 days extra (before or after the project), however any other costs (food, accommodation, etc.) those days are at your own expense.
- For European Union members, a visa is not requested for entering Greece. Only Turkish participants may need to request an invitation letter for a visa.

TRAVEL REIMBURSEMENTS

Reimbursements will be done by bank transfer, 2 months after the training, when we receive all documents needed to make the reimbursement, including dissemination materials. **PLEASE KEEP ALL ORIGINAL:**

- CONFIRMATION OF RESERVATION
- TICKETS (flight, bus, train, etc.)
- BILLS, INVOICES, RECEIPTS
- BOARDING PASSES etc.

For flight confirmations, please forward us the emails instead of sending screenshots. Missing documents (or not original version) documents will not be reimbursed.



HEALTH AND TRAVEL INSURANCE

You will need to have with you the **European Health Insurance card** or similar document indicating you are insured in case of an accident or sickness. EU citizens can acquire that through their national health system organization. Non EU citizens should check with their country's health insurance system and act accordingly.

Travel insurance is your responsibility, it is not obligatory for your participation but it is strongly suggested; You need to obtain health and travel insurance to cover you for travel and the duration of your trip. This should be covering wherever relevant, travel insurance (including damage or loss of luggage); third party liability (including, wherever appropriate, professional indemnity or insurance for responsibility); accident and serious illness (including permanent or temporary incapacity); death (including repatriation in case of projects overseas).

HOW TO TRAVEL TO KALAMATA

If you are arriving in Athens airport, you have to take the bus to Kalamata.

- From the airport you will take bus **X93**, the last stop is **Kifissos intercity bus station**.
- These buses leave every half an hour. When you go out of the airport, the bus stops are just in front, and X93 will be probably on your right side.
- You can buy the ticket at the airport, on the small kiosk next to the bus stop.
- The cost is 6 euro and the travel duration is approximately 60 minutes.
- Information about the airport line and the schedule you can visit the below link:

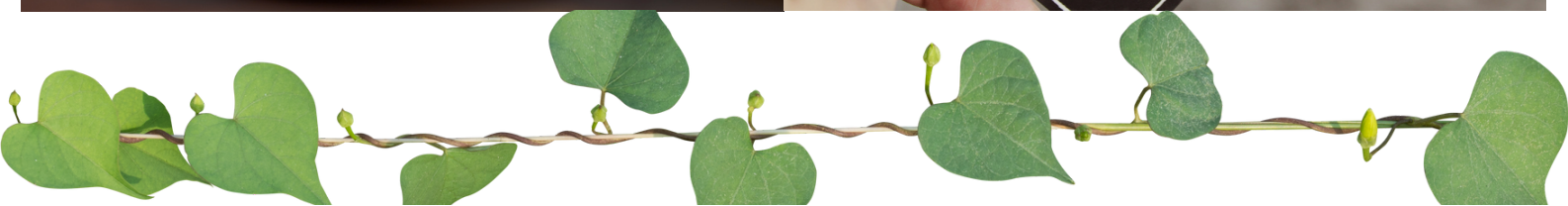
<https://www.athensairportbus.com/en/timetable/x93airporttokifisos.html>

If you wish to take a taxi from the airport to Kifissos bus station, the cost should be around 35euro but please arrange the price with the driver before entering the taxi.

When you arrive to the Kifissos bus station, go inside and find ticket office KALAMATA (Greek ΚΑΛΑΜΑΤΑ).

- The ticket costs approximately 25 euro in one direction. We suggest you to buy a roundtrip ticket as that way you will have a 5% discount. We encourage you to book your tickets *online*.
- The trip to Kalamata is around **3 hours**, depending on which bus you take (the best option is to choose *Express buses* since it takes less time to reach Kalamata).
- After purchasing your tickets please ask for directions to reach the correct bus platform. Here is the website of the buses from Athens to Kalamata (and Kalamata to Athens): <https://www.ktelmessinias.gr/>

Once you get approval for your flight combinations, please wait for us to let you know how might be best to arrive in Kalamata - there could be a chance we organize a bus to take the whole group together, however it would mean waiting until the last participant arrives in Athens. Stay tuned for more details...



HOW TO APPLY

if you read through this infopack and are interested to participate, we encourage you to apply!

Please be sure to fill in this application form no later than **Thursday, November 24** and expect to hear back from us immediately.

Given the nature of the increase in flight prices recently and the time of year, **we ask that you be available to purchase your flights no later than Monday, November 28.**

APPLICATION FORM HERE: <https://forms.gle/SdSY9WHZQZG36vvG8>

QUESTIONS? CONTACT US!

K.A.NE. Social Youth Development

Address: Salaminos 8, 24100 Kalamata, Greece

e-mail: mobility@ngokane.org

Tel: +30 2721081882

Website: www.ngokane.org

