



BE ACTIVE, BE ALIVE

KA1 youth workers mobility

1-10 August 2016

Grevena ,Greece

Dates:

Arrival: 1st of August, preferable before 18:00.

Program starts: On 1st of August, in the evening.

Program ends: On 10th of August, in the evening.

Departure: 11th of August

Introduction :

Through the training course we wish to enhance participants' understanding of the concepts of active citizenship. Therefore, the activity aims to empower the youth from all over Europe to take active part in the local communities !Our goal is to equip them with necessary tools and skills to promote active citizenship among a larger number of young people in our home countries. So the project is seen as an excellent opportunity to develop skills and to share good practices across Europe! Furthermore we aim to develop strong relationships between partners and thus to multiply the effects of the course by increasing the cooperation between partners through the development of future projects and initiatives.

As such the main project **objectives** are:

- To raise awareness of creative and responsible active citizens and their role in strengthening of the civil society.
- To discuss the idea of active citizenship and explore common understanding among the youth from different EU & Eastern Partnership countries.
- To strengthen participants' understanding of the key concepts of active citizenship;
- To get familiar with various concepts and methodologies for developing youth initiatives;
- To work on Future Action Plan, project proposal development and follow-up activities.
- To develop the participants' understanding of the key principles of youth active participation.

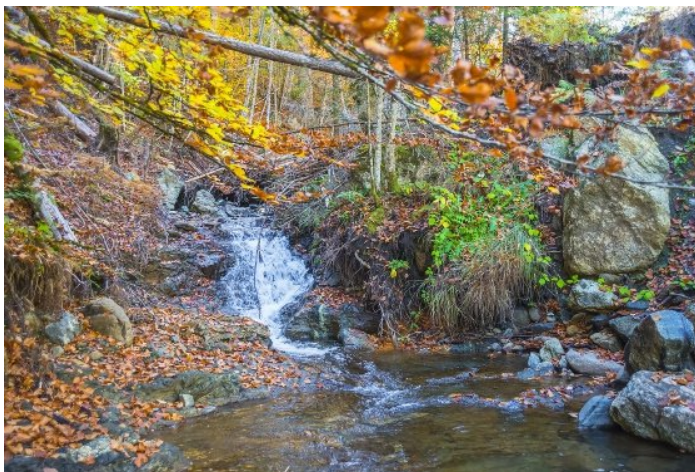
Venue:

Grevena (is a town in Western Macedonia, Northern Greece, capital of the Grevena regional unit. The town's current population is 13,374 citizens (2011).. The municipality's population is 25,905

There you can get a taste of traditions and culture, long history and modernity in the narrow streets of Grevena! Town which is becoming more and more attractive for tourists has great deals for the nature lovers, delicious and traditional food served in the tavernas , outstanding views from mostly every part of the city! At Eleftherias Square the stone clock tower dominates, this is known as Plateia Rologiou meaning Clock Square and Aimilianou Square is where the city's heart pulsates.



It's time for excursion. Get ready to encounter the nature's wild beauty. It is estimated that more than 1,300 different species of mushrooms grow in Grevena; it is therefore logically referred to as the country of mushrooms! Extremely rare European species of mushrooms have been found here. We will have the opportunity to visit these beautiful places during our youth exchange.



We will be accommodated in Valia Nostra Escape Hotel



Participants :

It is planned to have 30 persons present during this Youth Exchange (4 participants + 1 leader per country) coming from Erasmus+ countries.

Youth people between 16 and 30 years old will take place at the youth exchange. During the mobility participants will have the opportunity to share, experiment, create, learn from activities using non formal and adventure methods like: role play, discussion, simulation, artistic session, intercultural activity, low and high rope course, compass orientation, etc. This will lead to forming groups of youth people who will go back in their communities and will have initiatives, will attract more

youth people to be active participating in their community, will find a job easier and, not the last, will create a better collaboration between partners of the project.

Meals:

There will be 3 meals provided for you per day. So please let us (or your leader) know if you are allergic, if you are vegetarian or vegan, or if you are requiring a special diet due to religious reasons. Only when we know about this beforehand we can provide you your meals in a proper way!

How to get there?

It lies about 400 kilometres (249 miles) from [Athens](#) and about 180 km (112 miles) from [Thessaloniki](#) . From those cities you can reach the town of Grevena by bus.

Reimbursement of travel costs :

In order to receive money for your travel costs, please keep your original invoices, receipts, tickets, boarding-passes or any other transport document.

Be careful, since without these documents, we could not reimburse your travel costs!

After the project, you should send all your tickets and boarding passes via traditional post to our address (but scan it before in case your envelope would get lost). The reimbursement will be done as soon as we will get your original tickets and money will be sent to bank account of your sending organization or group leader who will forward money to each participant.

Contact :

For any question or doubt don't hesitate to contact with us. We will answer and help you as soon as possible.

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