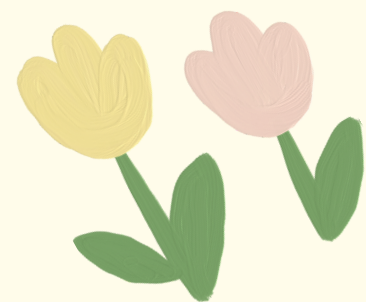
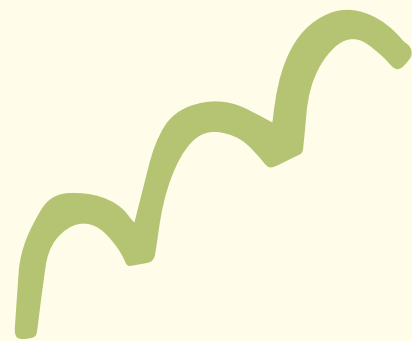




Erasmus+



RETHINK



ERASMUS PLUS KA1 PROJECT
INFO PACK



**RETHINK THE ENVIRONMENT TOWARDS A MORE
SUSTAINABLE AND GREEN FUTURE**





WHERE TO?



Greece, Chania

22-29 OCTOBER 2023

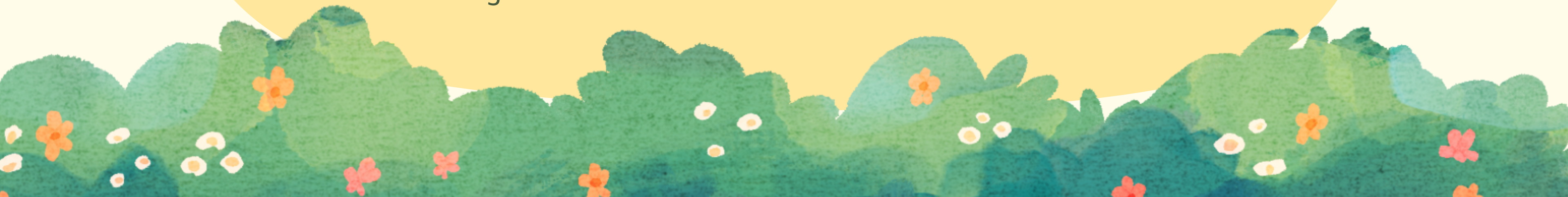
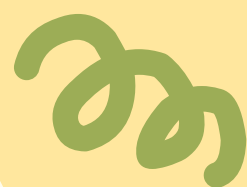




PROJECT OVERVIEW

This youth exchange gathers 44 young people from 6 EU Member States that will contribute to the structuring of the green way of thinking in our societies for the future.

The project aims to raise awareness on how to be zero waste and how to communicate this idea into local societies. During the activity we will identify the good practices that are already in use in a lot of EU cities, analyze the impact that the transition to a zero-waste city can have not only on the environment, but also on the mental health of the citizens, by having a cleaner city, and by being part of the natural procedure of recycling, reusing and rethinking.





METHODOLOGY

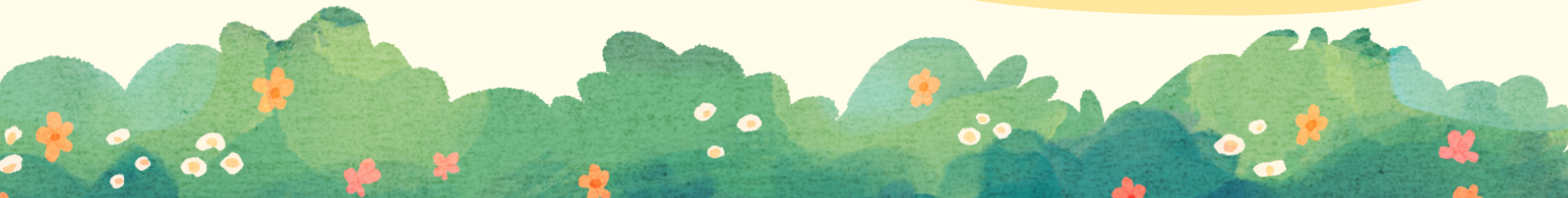
This Youth Exchange will include activities based on the pillars of non-formal learning aiming to develop the understanding, knowledge, skills and attitudes of the young participants on the topic of gender equality in our modern society in an interactive way.

Non-formal learning activities-

Interactive activities:


ice-breaking games,
team-building activities,
non-formal workshops,
reflection sessions

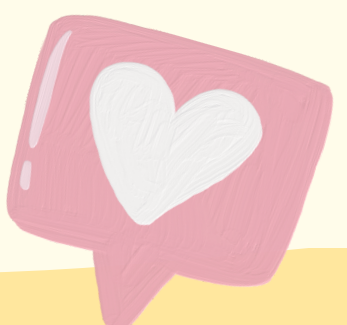
Role-playing games,
physical exercise sessions,
case studies, and study visits





ABOUT THE PARTICIPANTS

- 
- Each team will have 6 young participants & 1 group leader
 - Young people 16-28 years old
 - who face barriers, either social, geographical, or economic
 - Basic communication in English for the needs of the activities
 - Motivated to work in a multicultural, creative environment

- 
- Motivated to fully engage in the project
 - willing to contribute to the transition to zero waste thinking on their societies
 - to understand and learn waste management techniques and ways, since this is something that is fully embedded in our daily routine
 - Basic knowledge of video editing, digital design and social media managing

From
Greece, Lithuania
Poland, Portugal
Romania, Italy

COMMUNICATION DISSEMINATION

- Ahead of the Exchange, we will encourage you to join the private groups on Facebook and WhatsApp to break the ice and get to know each other! During the activities, you can share your experiences and utilize them for internal communication and other tasks.
- After the Exchange, we want to hear to you! How was this experience for you? We upload your testimonies of the Exchange posted on each partners' website.
- As the Ambassadors of the project, you will use your social channels to communicate the project during the project days as well as to promote the outputs that they will create afterwards.



BEFORE



Participate in the preparatory meeting which will be hosted in order for the participants to get to know each other. Join the communications channels



TASKS

DURING



Be present, be active and contribute your opinions, knowledge and skills to the overall activities. Contribute by organizing and leading activities in national groups

AFTER

Join the Google Drive and add all the material you have developed (audiovisual, dissemination) as well as travel documents

Contribute to the dissemination of the project by making posts on social media and sharing the word about ERASMUS+

Participate in the follow-up meeting of the project to reflect and discuss sustainability

ABOUT US



"Change Your Life Now"- CYLN, is the coordinator of the Project.

You may find more information on our website.

For any further information do not hesitate to contact us via e-mail: info@gefyradiamesolavisi.com.



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* PRACTICAL ARRANGEMENTS





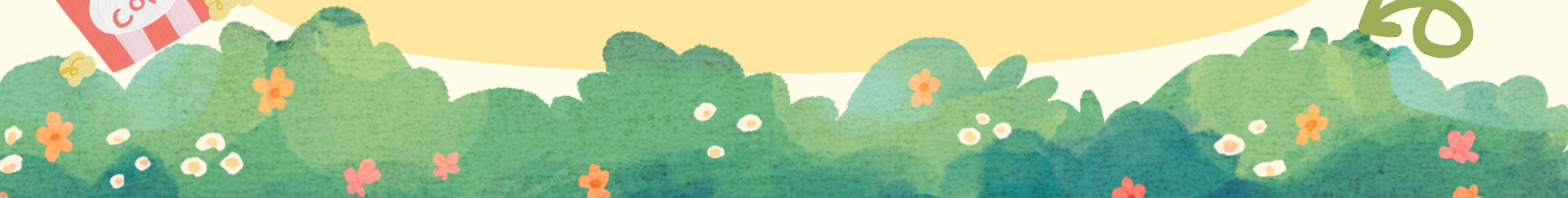
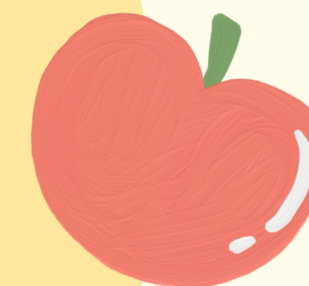
ABOUT CHANIA



Chania (Greek: **Χανιά**, [xa'ɲa]) is the second largest city of Crete and the capital of the Chania regional unit and it lies along the north coast of the island.

The city has an airport and the port of Souda, the largest natural port of the Mediterranean.

The Venetian port provides pleasant promenades through picturesque streets and attracts many visitors throughout the year. The districts of the city outside the walls still preserve their Venetian nobility. Narrow passages surrounded by elegant houses built in different historical periods offer visitors pleasant routes to discover.



ACCOMMODATION



The project activities will be held in Chania, Crete. The participants will be accommodated in the “Camping Chania”, in fully equipped bungalows that host 4 participants. The activities will be held there as well.

Camping Chania is situated in a local beauty spot known as Ag. Apostoli. There are four small sandy beaches all within walking distance, the closest one being 100m away and the most far 300m away from the camping.

You may find out more details about the camping in its [website](#)





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TRAVELLING

TRAVEL DAYS

The participants need to arrive at Chania on Sunday, 22nd of October 2023 and depart on Sunday, 29th of October 2023.



TRAINING

The activities of the Project will be held from Monday 23rd, to Saturday, 28th of October 2023.

ITINERARY

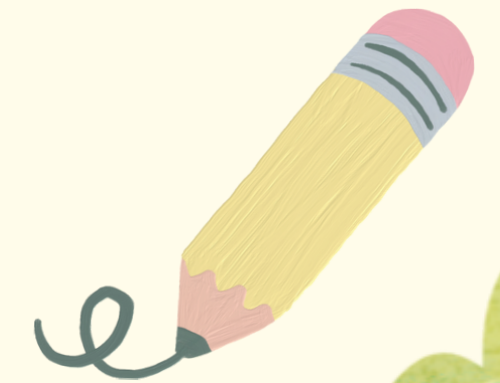
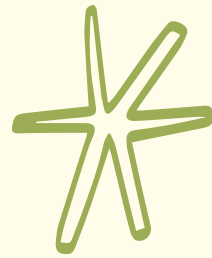
The participants and the group leader will arrange individually their transportation to and from Chania within the travel days (we would like to remind you that the flight tickets need to be economy class).

The ticket costs will be refunded to the participant as soon as you arrive at your country and send us all the boarding passes. If the ticket cost exceeds the maximum travel budget (see below) the participant should cover the difference.

Please note that the group leader will have to ask for approval of your travel itinerary, before booking your tickets to the host organization.

BUDGET PER TEAM

COUNTRY	BUDGET LINE
GREECE	210 EUROS (GREEN TRAVEL)
ROMANIA	275 EUROS
POLAND	275 EUROS
PORTUGAL	360 EUROS
LITHUANIA	360 EUROS
ITALY	275 EUROS





ATTENTION



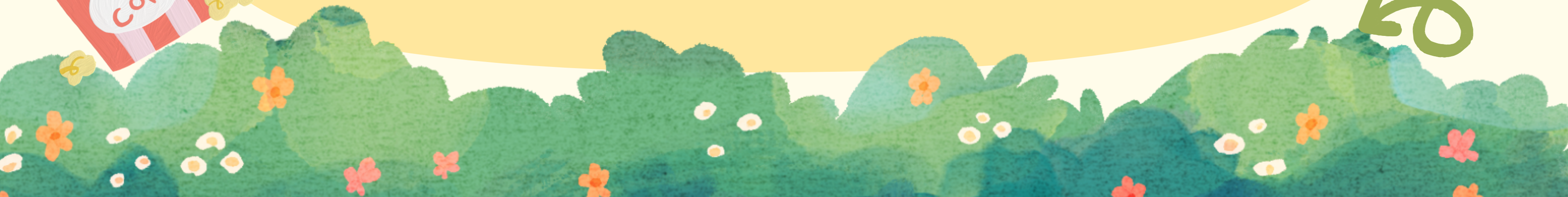
ATTENTION!

ALL PARTICIPANTS NEED TO BRING AND SUBMIT THE ORIGINAL TICKETS, INVOICES WHERE THE PRICE IS SHOWN AS WELL AS THE BOARDING PASSES IN ORDER TO GET THEIR REFUND.

The reimbursement procedure is followed on the basis of original documents that will be requested to the participants, according to the financial regulations of Erasmus+ programme.



Invoices should be in EUR and your names should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be refundable.





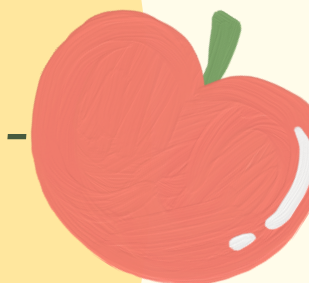
TO THE CAMPING



- For those who arrive at Chania airport, you take the KTEL bus outside of the airport to the city centre of Chania. The ticket costs 2,30 EUR. Next to the final stop there is square called 1866 and from there you have to take the bus 21 and ask the driver to get off at the camping Chania.

- For those who arrive at Heraklion airport, you need to take a 2,5-3 hour bus to Chania city centre. Next to the final stop there is square 1866 and from there you have to take the bus 21 and ask the driver get off at the camping Chania.

P.S.: For any question you may have you may ask the bus drivers, other passengers or people that work at the airport in order to help you out



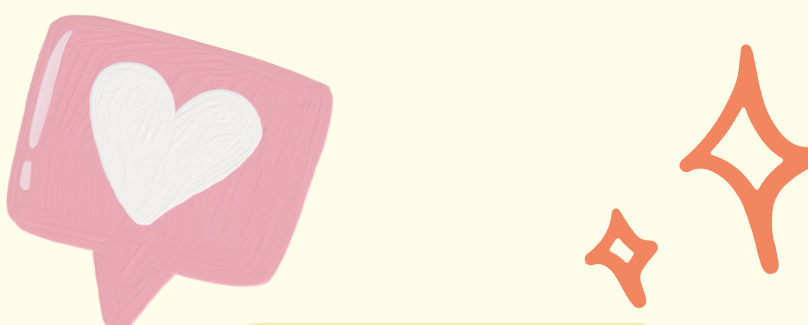


NUTRITION & INSURANCE

As far as your nutrition is concerned, it is 100% covered by the Programme. Breakfast, lunch and dinner will be served in the camping.

In Greece you do as Greeks do, so exceptionally traditional Greek food is on the menu).

The participants that have any specific nutrition needs (e.g. allergies, intolerance) need to notify their leader in order to make the necessary arrangements.



The participants that are citizens of EU member states are obligated to have their European Health Card. As far as the non-EU member states' citizens, the receiving organization will provide them private insurance.

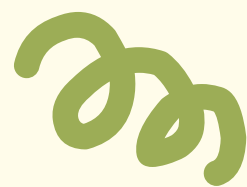


INTERCULTURAL EVENINGS



A special evening will be dedicated in presenting each participating country to the other participants.

Please prepare a short presentation about your country focused on culture and bring along traditional music, food or anything else you would like to show and share with the other participants. Each delegation will have 5 minutes in total.

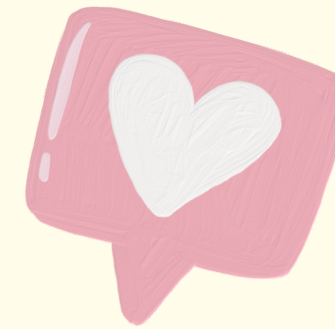




WEATHER & USEFUL CONTACTS

The average temperature, during the days of the Project in Crete, it will be between 14°C and 23°C degrees, while the weather is also quite changing from sunny days to lots of rain. You can check the weather forecast before your arrival.

Do not forget to take warm jackets for the evenings as well as your swimming suit as a marvelous beach will be waiting for us if the weather allows us to visit!



National Emergency Number:
100

National Hospital number:
166

European Emergency Number:
112





LOOKING FORWARD
TO WELCOME YOU ALL
TO RETHINK PROJECT

