

# EQUALITEAM

Play, Learn, Educate

ERASMUS+ KA1 Project  
Info Pack



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# WHERE TO?



Greece, Chania

**31 OCTOBER -  
7 NOVEMBER 2023**



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# PROJECT OVERVIEW

This Youth Exchange will gather 44 participants 16-28 years old from 6 participating countries (Greece, Poland, Portugal, Italy, Lithuania and Romania) who will discuss and address the gender discriminations that take place in our society and the efforts of creating a gender equal world.

The project aspires to fulfill the aforementioned objectives through the scheduled non-formal learning activities which will include workshops, team sports, roundtable discussions and presentations of information and newly acquired knowledge.



# METHODOLOGY

For example, the activities will include:

- energizers, icebreakers and team building activities
- roundtable discussions,
- internet research,
- sports tournament,
- social media campaigns
- workshops etc.

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.

Additionally, sport and active engagement will also serve as important points in our activities.



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# ABOUT THE PARTICIPANTS

Each team: 6  
young  
participants and  
1 group leader

Age: 16 - 28  
years old

Participants need to  
be from:

- Greece
- Poland
- Lithuania
- Romania
- Italy
- Portugal



willing to learn  
more about gender  
inequalities and  
injustices

&

be fully engaged

be able to  
communicate in  
English at a basic  
level

motivated to work  
in an intercultural  
environment and to  
be active



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# **COMMUNICATION - DISSEMINATION**

## ***WEBSITES***

After the Exchange, the participants will contribute to the testimonial of the Exchange posted on each partners' website.

## ***AMBASSADORS***

After the Exchange, the participants will contribute to the testimonial of the Exchange posted on each partners' website.

## ***SOCIAL MEDIA***

Ahead of the Exchange, the participants are encouraged to join the private groups on Facebook and WhatsApp to break the ice and get to know each other! During the activities, they will share their experiences and utilize them for internal communication and other tasks.

# **PARTICIPANTS' TASKS**

## ***BEFORE THE EXCHANGE***

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

Join the communications channels

## ***DURING THE EXCHANGE***

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 THE EXCHANGE***

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 discuss sustainability

# ABOUT US

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

You may find more information on <https://change-your-life-now.gr>.  
For any further information do not hesitate to contact us via e-mail: [info@gefyradiamesolavisi.com](mailto:info@gefyradiamesolavisi.com).



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# PRACTICAL ARRANGEMENTS



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# ABOUT CHANIA



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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 visitor pleasant routes to discover.



# ACCOMMODATION



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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: <http://www.camping-chania.g>



# TRAVELLING



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**Travel Days:** The participants need to arrive at Chania on Tuesday, 31st of October 2023 and depart on Tuesday, 7th of November 2023.

**Training:** The activities of the Project will be held from Wednesday, 1st of November 2023 to Monday, 6th of November 2023.

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.



# TRAVEL BUDGET PER TEAM



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



# TRAVELLING



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## 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**

**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



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- 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



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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.

# INSURANCE

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.

After all presentations we will hold a small party.



# WEATHER



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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 a warm jacket for the evenings as well as your swimming suit as a marvelous beach will be waiting for us!



## USEFUL CONTACTS

National Emergency Number: 100

National Hospital number: 166

European Emergency Number: 112

