



INFOPACK

OCTOBER 2021 TO FEBRUARY 2023

TUTORIAL FOR PARTICIPANTS
RETHINKING YOUTH PROJECT

MOBILITY: 1-7 AUGUST + 2 travel days

participants: 5 young persons, 18-25 years old + 1 YOUTH LEADER (without age limit)

Infopack Tutorial for the *Erasmus* Project "Rethinking Youth THE FUTURE IN OUR HANDS",
with reference number 2021-1-EL02-KA154-YOU-000012405

Short summary of the project:

We invite you to participate in a youth mobility in AUGUST 2022. **We aim to strengthen the core of the youth majority and emphasize on activities of social inclusion.** You and your friends, growing up in varied circumstances with different priorities and perspectives will have the opportunity to meet other young people across Europe. Hereby there is given to you an opportunity to initiate, participate in a youth network of nine countries for discussing about common interests and social obstacles; in the same time, we will support you to build projects to meet up regularly your new friends. Here we are, to support you!

This mobility is a blended mobility. Where we start up meeting each other virtually from March and after, enjoying events of our friends abroad, through attending their initiations through Social Media Communities.

The project has a highly solidarity value, because the main scope is to give the opportunity to youth with less opportunities, to cooperate for a common purpose. Equal opportunities for all, respect to human rights and social justice.

TOPICS: youth complexities, democracy and equality, sexual identity, safety and protection, human rights, ideologies, religion and politics from the perspective of young people in a rapidly changing world.



Participants:18-28 years old

From each country we need 8 persons, 6 of which will also visit Greece. There shall participate 3 young decision makers with advanced social skills who will be trained accordingly to support the other young people, to be challenged as a mentor, facilitator and youth leader!. The training will be occurred before the mobility through <https://thecourses.eu> or the HOP platform, according to your preferences). At least 3 participants shall have a strong profile of socially disadvantaged youth. One accompanying person will support the group for safety and protection reasons, and if possible, for tutoring.

Non-Formal Education:Group dynamics is a system of behaviors and psychological processes occurring within a social group (intragroup dynamics), or between social groups (intergroup dynamics). The grounded rules of constructing group-dynamic activities in the virtual and physical mobilities are the following: (i) Group is defined as consisting of individuals who perceive the existence of a group and their members in it; (ii) group is defined on the basis of a common motivation or goal; (iii) there is a structure of the group - the relationships among group members bind them together into a group; (iv) the central element of a group is the interaction among its members. **Intercultural learning** refers to the acquisition of knowledge and skills that support the ability of learners to both understand culture and interact with people from cultures different from their own. It is developmental in the sense that learners advance through stages of progressively more sophisticated levels of understanding. To develop cultural awareness, it is important for a learner to have this sense of cultural self-awareness, which will form the basis for comparisons that are inevitably made by the learner. **Peer education** is an approach to health promotion, in which community members are supported to promote health-enhancing change among their peers. Peer education is the teaching or sharing of health information, values and behavior in educating others who may share similar social backgrounds or life experiences.

Workshops and Activities:

Activities

1. games,
2. presentations,
3. debates,
4. reflection,
5. self-evaluation,
6. role plays and simulations,
7. entrepreneur education,
8. workshops in work groups,
9. open space activities, educational visits,
10. exploration of new environments,
11. excursions,
12. youth meetings,



13. live life library,
14. intercultural evenings &
15. cultural activities.

Workshops

Discover Local Parks | Treasure Hunt Game for Most Adventurous and Less Tired Participants. We welcome participants to discover Karatasou, Meteora and Pavlos Melas Parks and get to know better other participants during a creative treasure hunt game. Teams of five people will be formed on the spot, and compete for an artistic prize, however it is more about having fun and nice conversations with new people. Tasks will involve orientation, finding different objects, information, solving quizzes and more.

Bistro of identity | Each participant reflects on his/her own cultural characteristics and values in relation by using music, pictures, dances, to the cultures of the others, trying to design together a "bistro" identity of the group. The primarily in awareness is the first perception, clothes, food, etc., and a lot of stereotypes. And there are the primarily out of awareness: the concept, the ideas, the notion of modesty, the belief, the nature of friendship. The primarily in awareness is the first perception, clothes, food, etc., and a lot of stereotypes. And there are the primarily out of awareness: the concept, the ideas, the notion of modesty, the belief, the nature of friendship.

Cook-Telling Story-Lab | Participants explore how combining creative cooking and storytelling it is possible to work on group dynamics, group building, and focus on topics such as unlocking creativity, change, innovation, self-development, community development and intercultural learning. Using food, simple ingredients participants will be stimulated to create stories about a specific topic, and share them in the group.

Creative Writing as Tool for Intercultural Learning | The workshop includes creative writing activities related to various aspects of intercultural learning & communication. Through the exercises the participants will reflect on the elements of their own identity, on the way how stereotypes and prejudices are being created and how we can break them. Besides improving their own intercultural learning competencies, the participants will explore the ways of applying these activities at work with various target groups.

Basics of FlipchART | The overall aim of this workshop is to deconstruct the myth that youth have to be artistically talented for creative and eye-catching flipchart design.

Constructing Solutions | In this workshop YOUTH experiences a creative approach for finding solutions, based on the theories of classic systemic constellation work. They literally construct a "solution scene" and find out concrete steps towards solution. Also, they receive feedback and new points of view from other participants. All they have to bring is a situation they want to change and the willingness to share issues with others to benefit from others' wisdom.



Youth Debates | The aim of the Youth debates is to give Youth the opportunity to dive deeply in to various societal, environmental and economic topics and to introduce them to the art of debating. All participants will receive a guide about first aids' basics & Personal Hygiene, will be suggested to download to their mobiles apps as "vyber" and "what's up" (giving basic instructions of use) and will be informed about the health-insurance they must arrange before their trip. Support will be provided by the coordinator with all partners' contribution. Each partner group is going to prepare a lunch or dinner traditional cuisine & an event or an object/souvenir related to national culture and local customs (e.g. traditional performance / game / custom, a traditional puppet, etc). From the 1st day of the Youth Mobility regular leader meetings will be set, for preparing task-related needs, risk-prevention and linguistic support, etc.. All the participants will have a good knowledge of the program flow o& their obligations per day or per activity, eg.: presentation of their customs and culture, or teaching basic linguistic skills (salute, self-introduction, counting from 1 to 10, etc). Moreover, they will be informed about the chance to acquire several new skills through attendance of short duration seminars concerning briefing of sustainable environment, hygiene, first aids & copyright royalty basics [not obligatory] during their free time, after relevant expression of interest. Every partner in a particular date

Accommodation:

The address, map, phone number and website if available of the place of venue will be described in detail in the individualized info-pack, at least 10 weeks before arrival.

Main Activities' Location:

Most of the activities will take place in the nearest park (Karatassou Park), but also to other parks of the Pavlos Melas Municipality and the wider region of Thessaloniki.

Transport:

Travel costs of arrival and departure are covered by the program. The youth group will get support by the NGO that it represents. There is proposed the most economic flight as not to over-limit the allowed budget according to Erasmus+ Guide. The dates of travelling

Local transport and airport transfer:

Prefixed transportation within the program's framework is covered by the program. Personal travel costs are not covered by the program. Below you can check the amount of travel costs that are covered:

Bosnia Herzegovina	Green Travel	320
Bulgaria	Airplane	180
Hungary	Green Travel	320
Italy	Green Travel	320
Slovakia	Airplane	275
?? partner search	Airplane	???



Romania	Green Travel	210
Spain	Airplane	360

Reimbursement:

Travel costs from the country of residence to the hosting country are reimbursed after assuring the papers' validity (original invoice with the name of the traveller; boarding cards). The reimbursement is completed after the verification of the documents from the Greek N/A.

Good to know / DOs / DON'Ts:

We suggest you to learn more about EER by visiting our websites <https://esai.gr/eer>; <https://karatasoupark.org>; <https://artivia.gr> and joining our facebook [#esai en roi](#)

Weather details at: <https://www.bbc.com/weather/734077>

For Sightseeings and Local customs, get feedback from: <https://thessaloniki.travel/en/>

For pocket money, we should open for you an account. We will send you all the information necessary for this process. We could also manage to send you money to a card you already hold within EU program countries.

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