

Plan, Prepare, Do it!
5th – 16th May 2019, Larissa, Greece

Info Pack



Erasmus+ Youth
Key Action 1: Mobility for young people
Youth Exchange



Co-funded by the
Erasmus+ Programme
of the European Union



We are very glad that you have decided to be part of this project! We are looking forward to meet you!

Please join our Facebook group! <https://www.facebook.com/groups/1790628144366439/>

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About the project

With the financial crisis plaguing a great amount of countries within EU, the unemployment rates are continuously being increased especially among young people. Unemployment has been on a rise since 2008, when the economic crisis caused bankruptcy and financial trouble for many employers, and led to a considerable job loss, decrease of job offerings, and consequently, to an unforeseen rise of the unemployment rate. It seems that there are also a lot of other reasons behind the problem: lack of soft skills, mismatches between education and needs in the job market, lack of youths self confidence and self-esteem.

Of course, there are also a lot of more different reasons behind the problem of youth unemployment, such: lack of soft skills, mismatches between education and needs in labor market, as well as lack of youths self-confidence and self-esteem.

Taking into consideration the recent statistics published, in Greece, which is the European country with the highest unemployment rate, 43,7% of the young people, who actively seeking job, are not able to find one. That percentage actually corresponds almost to one to two youngsters. In Spain and Italy (the countries which own the second and third place of the European countries with the highest unemployment rate) according to the same survey around one to three youths is unemployed (36% for Spain and 31,5% for Italy). As a result, since the youth unemployment has reached some of the highest levels recorded in the last decades, young people state to be disappointed and unable to fight for a better future.

Thus the need for actively discussing the reality of youth unemployment in Europe, the factors leading to its increase and of course ways that young people can counteract this situation, is urgent. The development of the creativity, soft skills, communication and collaboration capabilities, along with the stimulation of an entrepreneurship spirit among young people is essential, as it can lead to the creation of more SMEs (small and medium enterprises) and therefore more job opportunities. In addition the importance of guide and help youths with the correct preparation of their CV and motivation letter is essential, as it's actually their first chance they get in order to stand out to their potential employer.

“Plan, Prepare, Do it!” is a ten days YE (including travel days), that will take place on the 6th to 15th of May 2019 in Larissa, Greece, hosting by I Participate NGO. It targets 30 youths, aged between 18-24, (except for team leaders with no age limit) of five EU countries - Greece, Spain, Italy, Romania and Bulgaria (5 participants and 1 team leader from each involved country). The YE main objective is to help youths identify the most appropriate key competences needed to get a job and encourage them, to develop in common new theoretical and practical models and techniques in preparing their resume/job application and sustaining a job interview. It also aims to empower youths to discover their full potential in terms of entrepreneurship while taking advantage of their skills, knowledge and unique characteristics.

More specifically the objectives of the “Plan, Prepare, Do it!” Youth Exchange are:

- Raise awareness about the unemployment issue within the EU, specify its causes and find possible solutions.
- Support participants to form a high quality resume and motivation letter and prepare them for a possible interview through non formal education activities.
- Give youngsters the proper motivation, information and space in order to exchange ideas, thoughts, strategies and techniques, which will help them build their own business. Create concrete business start-up plans, through teamwork and collaboration of the young participants.
- Offer participants the chance to experience non – formal education in a multinational level.
- Inform youths about the Erasmus+ actions, aims and values.
- Turn participants into competitive entities in the job market, as they will gain knowledge and skills that will be useful through their further carrier.
- Encourage participants to set their own business and therefore contribute in the creation of new job opportunities into youths societies.
- Create a learning space for personal development of the participants, by exploring their limitations and strengths in an international level.
- Increase the recognition of non-formal education as a tool for personal and professional development.

Participants

30 participants (5 young people aged between 18 - 24 and 1 team leader for each team without any age limit) from the following countries: Greece, Spain, Italy, Romania and Bulgaria.

The participants selected should be:

- Are in age between 18 and 24 (except for the team leaders for whom no age limit exists).
- Are committed to participate in the whole program and contribute in its activities (before, during and after the exchange).
- Are motivated to learn through non - formal education methods and creative workshops and collaborate in an international environment
- Are able to work and communicate in English.

In order to achieve the maximum outcomes out of this exchanges three to five participants from each national team should be unemployed, while the rest should have a permanent job. According to our understanding this mix will be really beneficial, as during the exchange employed participants will share their experiences, as well as, hints and tips that helped them start and build their carrier, with the rest of the unemployed participants.

About the Erasmus+ programme

Erasmus+ is the EU Programme for Education, Training, Youth and Sport for 2014-2020. The aim of Erasmus+ is to improve the key competences and employability as well as the modernization of education, training and youth.

Regarding Youth sector, Erasmus + gives the opportunity to young people, informal groups, youth workers and youth organisations to travel abroad and participate in Youth Exchange projects, implement Volunteering Projects and participate in seminars and meetings in European level. The aim of these projects is to allow young people to be part of the European Union, learn about its institutions, be active citizens and contribute to the improvement of the quality of youth work.

More information: <http://erasmusplusyouth.gr/> & https://ec.europa.eu/programmes/erasmus-plus/about_en

Financial Conditions

This activity is financed by the Erasmus+ Youth program of the European Union and is supported by the Youth and Lifelong Learning Foundation (Greece).

Accommodation (meals and hotel) is covered 100% by the program.

We will cover your travel costs according to the European Commission travel reimbursement to a maximum amount per country of:

Greece: 180€ (for distance 100-499km) and 20€ (for distance 10-99km)

Bulgaria: 180€

Spain: 360€

Italy, Romania: 275€

Erasmus+ program distance calculator website:

https://ec.europa.eu/programmes/erasmus-plus/resources/distance-calculator_en

What we need in order to be able to transfer your money after the mobility:

- **All your tickets** (bus tickets, train tickets, electronic flight ticket, travel agency reservations, local bus tickets, local train tickets, booking reservation etc.)
- **Keep all the receipts/invoices** (you should ask for a receipt with your train/bus tickets and for an invoice for your flight tickets)
- **All your flight boarding passes** (outward and return for all your flights).

Therefore, if you cannot provide your original tickets, receipts, boarding passes and invoices clearly stating the travel agency, your name and the exact costs of the tickets, we will not be able to reimburse you.

We can accept a **taxi receipt ONLY** if you can prove (written) that the time you travel there isn't any public transportation.

We can cover **gas and tolls** only in very special cases. You need to receive our written approval before the mobility.

Please DO NOT BUY any tickets before the final approval from the organizers!

How to get to Larissa?

- **From Thessaloniki's Airport**

Larissa doesn't have an International airport and the closest one to Larissa is Thessaloniki's airport. The distance between Larissa and Thessaloniki is about 160km.

From Thessaloniki's airport you have to take the bus number **X1** to go to the bus or train station for a bus or a train to Larissa. Whether you go to the bus or train station you will take the same bus (X1) from the airport but you will stop to different stops. The bus ticket costs 2.00€.

By Train

The easiest way to go to Larissa from Thessaloniki is by train. It takes around one hour and a half to arrive to Larissa's train station from Thessaloniki. If you show your student identity card or if you are younger than 24 years old you can have a discount.

You can also see the train timetable online. You cannot buy your ticket online, but there are more than 15 trains everyday coming from Thessaloniki to Larissa and you can easily buy your ticket at the train station. <https://tickets.trainose.gr/dromologia/>

Below you can find the timetable regarding the train itineraries from Thessaloniki to Larissa and vice versa.

From	To	Departure time	Arrival time	Full Cost (EUR)
Thessaloniki	Larissa	05:13	06:33	21.60€
Thessaloniki	Larissa	05:37	07:12	14.00€
Thessaloniki	Larissa	06:40	08:15	14.00€
Thessaloniki	Larissa	07:04	08:26	21.60€
Thessaloniki	Larissa	08:00	09:35	14.00€
Thessaloniki	Larissa	10:04	11:26	24.60€
Thessaloniki	Larissa	10:22	11:59	14.00€
Thessaloniki	Larissa	12:58	14:33	14.00€
Thessaloniki	Larissa	14:25	16:00	14.00€
Thessaloniki	Larissa	15:04	16:26	21.60€
Thessaloniki	Larissa	16:17	18:01	14.00€
Thessaloniki	Larissa	17:14	18:49	14.00€
Thessaloniki	Larissa	18:04	19:26	21.60€
Thessaloniki	Larissa	18:37	20:12	14.00€
Thessaloniki	Larissa	21:47	23:22	14.00€
Thessaloniki	Larissa	23:00	00:43	11.70€

From	To	Departure time	Arrival time	Full Cost (EUR)
Larissa	Thessaloniki	04:18	06:55	11.70€
Larissa	Thessaloniki	06:00	07:36	14.00€
Larissa	Thessaloniki	07:23	08:59	14.00€
Larissa	Thessaloniki	08:27	10:03	14.00€
Larissa	Thessaloniki	09:41	11:24	14.00€
Larissa	Thessaloniki	10:43	12:19	14.00€
Larissa	Thessaloniki	11:20	12:41	21.60€
Larissa	Thessaloniki	12:52	14:28	14.00€
Larissa	Thessaloniki	14:20	15:41	21.60€
Larissa	Thessaloniki	14:50	16:26	14.00€
Larissa	Thessaloniki	16:45	18:21	14.00€
Larissa	Thessaloniki	18:24	19:46	21.60€
Larissa	Thessaloniki	19:00	20:36	14.00€
Larissa	Thessaloniki	20:17	21:39	21.60€
Larissa	Thessaloniki	21:09	22:45	14.00€
Larissa	Thessaloniki	22:19	23:41	21.60€

By Bus

Below you can find the bus ticket costs and the timetable information. It usually takes 1hour and a half to travel by bus from Thessaloniki to Larissa and vice versa.

Student discount is provided on all routes. It is necessary to display student ID upon ticket issue as well as in case of inspection during the journey.

If you are planning to return to Thessaloniki, we suggest that you buy a return ticket as it will be cheaper.

Even if you cannot book your ticket online, you can check the timetable and the departure times in the following link: <http://ktelmacedonia.gr/en/routes/list/tid=24>

Below you can find the timetable regarding the bus itineraries from Thessaloniki to Larissa and vice versa.

From	To	Departure time	Full Cost (EUR)
Thessaloniki	Larissa	07:30**	14.00€
Thessaloniki	Larissa	09:30	14.00€
Thessaloniki	Larissa	11:30	14.00€
Thessaloniki	Larissa	13:00	14.00€
Thessaloniki	Larissa	15:00	14.00€
Thessaloniki	Larissa	17:00	14.00€
Thessaloniki	Larissa	19:00	14.00€
Thessaloniki	Larissa	20:30	14.00€
Thessaloniki	Larissa	22:00	14.00€

**Except Saturday & Sunday

From	To	Departure time	Full Cost (EUR)
Larissa	Thessaloniki	05:30**	14.00€
Larissa	Thessaloniki	07:00	14.00€
Larissa	Thessaloniki	09:00	14.00€
Larissa	Thessaloniki	10:30	14.00€
Larissa	Thessaloniki	12:30	14.00€
Larissa	Thessaloniki	14:30	14.00€
Larissa	Thessaloniki	16:30	14.00€
Larissa	Thessaloniki	18:00	14.00€
Larissa	Thessaloniki	20:00	14.00€

**Except Saturday & Sunday

- **From Athens Airport**

Also you can reach Larissa from Athens' international airport. The distance between Athens and Larissa is about 350km. It takes around 4 hours from Athens to Larissa by train or by bus.

By Train

To get from Athens airport to the train station you can take the metro or a bus.

- From the airport you can get local bus X95 to “Syntagma” (city center). Then, you will take Metro Line 2 (red line) with destination to “Anthoupoli”. The stop for the train station is “Larissa Station”.

Bus ticket from the airport to “Syntagma” costs 6.00€

Metro ticket costs 1.40€

- Or you can get on the Metro Line 3 (blue line) with destination to “Agia Marina”. At the stop “Syntagma” you will change to Metro Line 2 (red line) with destination to “Anthoupoli”. The stop for the train station is “Larissa Station”.

Metro ticket from the airport to your final destination costs 10.00€

Athens train station is at “Stathmos Larissis” (Larissa Station). There is only one train station in Athens.

You can book your train tickets online here: <https://tickets.trainose.gr/dromologia/>

It is better to buy your ticket online, as it is cheaper and usually it is very hard to find a last moment ticket. If you are planning to return to Athens, it is cheaper to buy a return ticket. If you show your student identity card or if you are younger than 24 years old you can have a discount.

Below you can find the timetable regarding the train itineraries from Athens to Larissa and vice versa.

From	To	Departure time	Arrival time	Full Cost (EUR)
Athens	Larissa	07:18	11:20	41.40 €
Athens	Larissa	10:18	14:20	41.40€
Athens	Larissa	14:18	18:24	41.40€
Athens	Larissa	16:16	20:17	41.40€
Athens	Larissa	18:18	22:19	41.40€
Athens	Larissa	23:55	04:18	24.90€

From	To	Departure time	Arrival time	Full Cost (EUR)
Larissa	Athens	00:43	05:01	24.90€
Larissa	Athens	06:33	10:23	41.40€
Larissa	Athens	08:26	12:24	41.40€
Larissa	Athens	11:26	15:24	41.40€
Larissa	Athens	16:26	20:24	41.40€
Larissa	Athens	19:26	23:24	41.40€

By Bus

You can also travel from Athens to Larissa by bus. The bus station is called "Ktel Liossion". Be careful, there are two bus stations in Athens! If you are planning to return to Athens, it is cheaper to buy a return ticket.

- To get from Athens airport to the bus station, you can get the local bus X93 from the airport and get off at the station "Ktel Liossion".
Bus ticket from airport to bus station costs 6.00€

Below you can find the timetable regarding the bus itineraries from Athens to Larissa and vice versa.

From	To	Departure time	Full Cost (EUR)
Athens	Larissa	07:30	34.00€
Athens	Larissa	10:00	34.00€
Athens	Larissa	13:00	34.00€
Athens	Larissa	15:30	34.00€
Athens	Larissa	17:30	34.00€
Athens	Larissa	20:00	34.00€
Athens	Larissa	22:00	34.00€

From	To	Departure time	Full Cost (EUR)
Athens	Larissa	00:30	34.00€
Athens	Larissa	04:00 **	34.00€
Athens	Larissa	08:00	34.00€
Athens	Larissa	10:00	34.00€
Athens	Larissa	12:00	34.00€
Athens	Larissa	15:00	34.00€
Athens	Larissa	17:00 *	34.00€
Athens	Larissa	18:00	34.00€

*Itinerary available only on every Friday & Sunday / **Except Saturday & Sunday

Both bus or train stations are within 10 to 20 minutes' walk to the activity's hotel and venue.

Accommodation & Activity's venue

You will stay at Dionissos (ΔΙΟΝΥΣΟΣ) Hotel Larissa in the center of the city of Larissa. Dionissos hotel is situated within the pedestrian precinct in the center of Larissa. Participants will share three-bed rooms. Rooms have a private bathroom.

The activity will take place in the same hotel, in a fully equipped seminar room. During the activity, you will be provided with coffee breaks (coffee, tea, juices, cookies, fruits) and meals at hotel's restaurant.

Website: <http://dionissoshotel.gr/>

Address: Lamprou Katsoni & 23th October, Larissa 41222 (ΛΑΜΠΡΟΥ ΚΑΤΣΩΝΗ & 23^{ΗΣ} ΟΚΤΩΒΡΙΟΥ)

About Larissa

Larissa is located in the center of Greece and it is the fourth biggest city in Greece (approximately 170.000 residents, while the regional unit of Larissa reaches a population of around 290.000 in total). It is a principal agricultural center and a national transportation hub, linked by road and rail with the port of Volos, the city of Thessaloniki and Athens. Also, Larissa is a major commercial and industrial center in Greece. Legend has it that Achilles was born there, and that Hippocrates, the Father of Medicine, died there.



- The river Pinios runs through the north part of the city and it is a meeting point for people who enjoy nature, walking, hiking and biking.
- Larissa is a very youthful and live city, with many cafés, restaurants and taverns, situated by the most part in the pedestrian center.
- Larissa has two large squares (two of the largest in Greece), Kentriki and Tahidromiou Avenue two very popular meeting points for the locals.
- The city of Larissa has a history of 8.000 years, with one ancient theater within its city center (address: Venizelou 80).
- The Archaeological & Byzantine Museum of Larissa contains important collections, from Paleolithic fossils to Byzantine times, Hellenistic and Roman sculptures (address: 31st Avgoustou 1).
- The Municipal Art Gallery of Larissa - G.I. Katsigras Museum has a significant art collection (address: Georgiou Papandreou 2).

- The city is in close proximity of many interesting destinations in the region, mount Olympus, mount Kissavos, Meteora etc.
- The coastline of Larissa's beaches reaches 50km and it is around 40km from the city

Useful Information

Currency

Greece's currency is the Euro. No other currency is accepted and it is best to exchange other currency at a bank. The exchange rates are all the same throughout the country and you can exchange money at a bank or official exchange shop where you will get the best rates. Banks are open from 8:00 until 14:30 (14:00 on Friday).

Weather

The weather in Larissa in May is around 18-24C and during the night significantly lower, at 11-15C. In any case, we advise you to bring some warm clothes with you in order not to feel cold at any time.

Whatever the case, you will know in advance how the weather will look like before you start your trip, if you visit this [website](#), which has really accurate forecast. Don't worry if it is in Greek, it still makes sense with the drawings and the temperatures!

Some Useful Phrases

Hello	Ya (ΓΕΙΑ)
Excuse me/Sorry	Signomi (ΣΥΓΝΩΜΗ)
My name is	Me lene (ΜΕ ΛΕΝΕ)
Good morning	Kalimera (ΚΑΛΗΜΕΡΑ)
Good evening	Kalispera (ΚΑΛΗΣΠΕΡΑ)
Thank you	Efcharisto (ΕΥΧΑΡΙΣΤΩ)
I need help	Chriazome voithia (ΧΡΕΙΑΖΟΜΑΙ ΒΟΗΘΕΙΑ)
I'm looking for...	Psachno ya... (ΨΑΧΝΩ ΓΙΑ...)
Do you speak English?	Milate Agglika? (ΜΙΛΑΤΕ ΑΓΓΛΙΚΑ;)
I don't speak Greek	Den ksero ellinika (ΔΕΝ ΞΕΡΩ ΕΛΛΗΝΙΚΑ)
How are you?	Pos ise? (ΠΩΣ ΕΙΣΑΙ;)
I'm fine	Ime kala (ΕΙΜΑΙ ΚΑΛΑ)
DEPARTURES	Apochorisis (ΑΠΟΧΩΡΗΣΕΙΣ)

In case of Emergency

Emergency number in Greece is 100 and it can be called for free from any telephone line!

Health Insurance

All the participants should have a European health insurance card.

<http://ec.europa.eu/social/main.jsp?catId=559>

In case you are not able to have a European health insurance card, you should have a private or public insurance valid in Greece.

Medical Issues / Special Diet

For special diet requirements (vegetarian / vegan / no pork etc.), allergies or any possible medical issue (for which you will need support during your stay), please inform the organizers prior your arrival.

Please, have on mind that meals are very specific and it is important to inform the kitchen in advance!

Intercultural night

During the mobility, an intercultural night will be organized. You can bring something typical from your country for the intercultural night.

Alcohol and drugs

Please, have on mind alcohol is prohibited for people under 18 years old in Greece. If you want to purchase alcohol and drink in public, you must be at least 18 years old.

Also, all kind of drugs (both use and sell) are prohibited in Greece.

Quiet Hours

You should avoid parties (especially in hotel's rooms) and to be loud during "common quiet hours" as it is illegal:

- **Summer Period** (April 1st through September 30th): 15:00 - 17:30 & 23:00 - 07:00
- **Winter Period** (October 1st through March 31st): 15:30 - 17:30 & 22:30 - 07:30

Hosting and Partners Organizations

I PARTICIPATE (Greece)

I- PARTICIPATE (ΣΥΜΜΕΤΕΧΩ) is a non-profit organization based in Greece. It was established in March 2018. I-PARTICIPATE organization aims to strengthen active citizenship, to support active participation among citizens, to promote European values, ideas, identity and culture and to highlight lifelong learning as a means for strengthening citizenship.

Career Development and Training Association CDTA (Bulgaria)

CDTA is an NGO operating in the field of education and training in the country and abroad. We develop and implement training programs and courses in the field of vocational and adult education.

Youthopolis (Romania)

Youthopolis organization's aim is to support and promote youth interests on local, national and international level for an efficient integration in the nowadays European dynamic society.

Building Bridges Cultural Association (Spain)

Building Bridges is presented at local level as a tool to assist and support the implementation of non-formal education courses and improving knowledge of European labour system practices. We organise courses, visits and meetings, European events for public agencies on policies concerning youth mobility, sports, local economic development, culture and cooperation with developing countries.

Foundation Istituto Morcelliano (Italy)

Foundation Istituto Morcelliano was reestablished in 2001, though its origins are to be established in 1817. As a non-profit organisation, our mission is to educate, help and support individuals, groups and the whole society, promoting initiatives in sector of training/development of minors and youngsters with a particular attention to individuals with social and material problems.

Contact Information

I PARTICIPATE team

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You can also find us here:

Website: <http://iparticipate.gr/>



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Facebook: <https://www.facebook.com/iparticipatengo/>

Twitter: <https://twitter.com/IParticipate2>

Instagram: https://www.instagram.com/i_participate/

LinkedIn: <https://www.linkedin.com/company/i-participate/>

YouTube: <https://www.youtube.com/channel/UC72BHvAZKuP9JenNjQRnFYQ>

