

# ECOPRINT!

ERASMUS+ YOUTH EXCHANGE

7-14.11.22 TRIKALA, GREECE



Erasmus+

Enriching lives, opening minds.



Youthood  
Universe



YOUTH  
AND LIFELONG  
LEARNING  
FOUNDATION

# PROJECT'S DESCRIPTION

The main topic and objective of our Youth Exchange is the environmental awareness and eco sustainability. Our country is serving as a model in the environmental approach in Europe. For this, we thought it would be nice to organize a YE about this topic. Human beings and the environment are two things that are codependent on each other. The problem today is that many people are ignorant and oblivious of their responsibility to the environment and have thus continued to unknowingly or knowingly carry out activities that are harmful to the environment. In order to counter this, great focus is being pointed at youth as agents of change to sustain the environment and create awareness among the whole human population.

The main points gained by the participants of this YE:

will learn new and useful skills;

-will gain practical experience in the field or environmental volunteerism;

-will witness the Greek attitude towards the environmental awareness;

-will get to know eco sustainability in numbers;

-will have a general idea of European environmental reality;

-will have the opportunity to develop leadership and teamwork skills;

-will have the opportunity to explore a career, or develop a career by finding a volunteer position in their field of study

Volunteer work experience will impress future employers.

--will get to know 8 key competences of YOUTHPASS.



# PROJECT ACTIVITIES

## Short description about the project's activities

The activities:

- encourage participants to reflect on European topics and to involve them in the active volunteerism in favour of environmental protection;
- offer participants the opportunity to identify common values with persons from different countries inspite of their cultural differences;
- challenge viewpoints that perpetuate inequality, discrimination; promote the respect of cultural diversity and fight against environmental destruction
- offer space for interaction of participants, sharing of ideas, avoiding passive listening;
- allow participants to contribute to the activities with their own knowledge and skills.



# PROJECT'S PARTNERS



**Cyprus**

PLANBE PLAN  
IT BE IT



**Germany**

EFFECTIVE  
YOUTH



**Serbia**

YOUTH POWER MAD



**Lithuania**

Tarptautinis  
bendradarbiavim  
o centras



**France**

OFCI



**Portugal**

Adamastor





# PROFILE OF PARTICIPANTS

## National Teams

5 participants + 1 group leader per national group. Teams have to be gender balanced (3 girls, 3 boys).

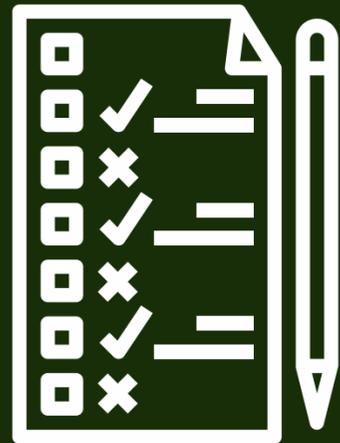
In total, 42 participants will take part in this Youth Exchange

## Participants

- Aged between 18-30 y.o.
- Interested in the project's topic
- At least B1 fluency in English
- Responsibility and commitment
- ALL teams need to be gender balanced



# WHAT TO DO NEXT



- Fill in the application form
- Join the FB group
- Join the WhatsApp group
- Plan your trip
- Book your tickets after you get our confirmation



Before booking your tickets, the **GROUP LEADER** needs to email us the desired tickets for confirmation at: [youthooduniverse@gmail.com](mailto:youthooduniverse@gmail.com) with the following subject: COUNTRY\_YE\_ECOPRINT  
**Deadline** for sharing your trip proposal: **07.10.2022**

# TRAVEL PLAN

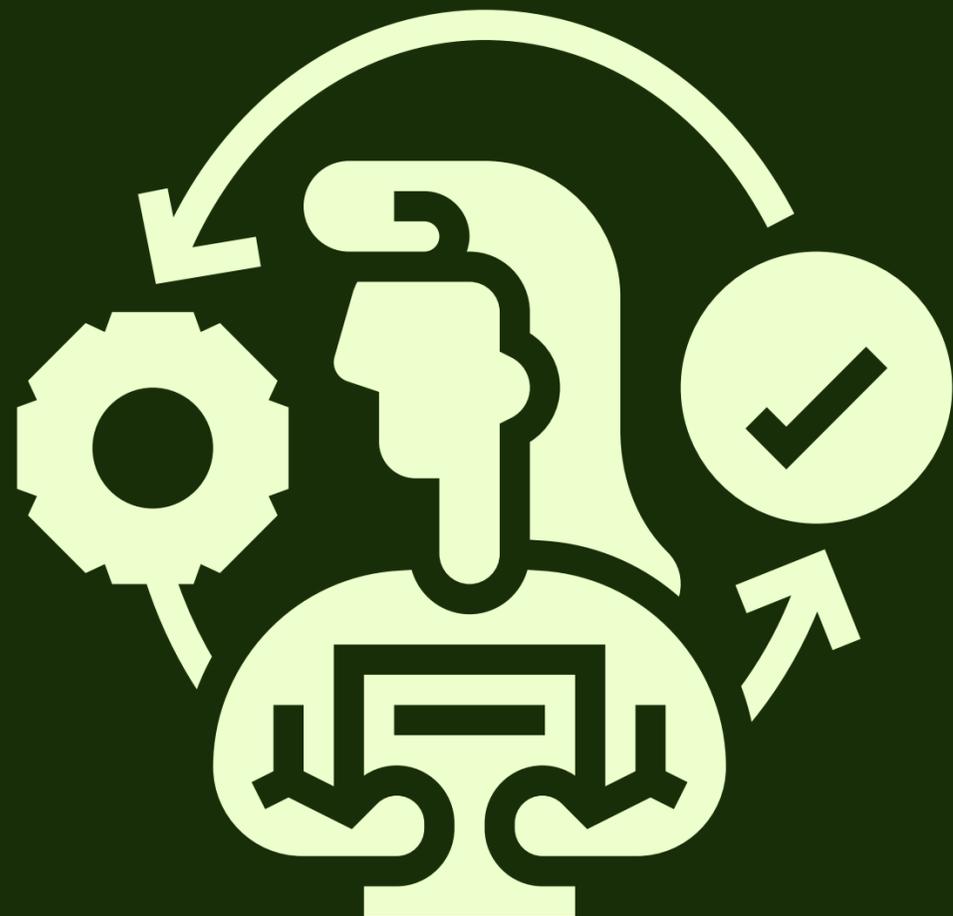
Following your indicated budget limit, please choose your flight tickets departing from your country with destination the El. Venizenos airport of Athens or the Thessaloniki airport. You can extend your stay in Greece up to 2 days before or by the end of project dates (07-16.11.22 or 05-14.09.22 or 06-15.11.22). Our team members will assist you in the purchase of your tickets.



# WHAT TO PACK

- comfortable clothes
- one laptop per national team
- a flag
- snacks, foods & drinks\*
- good to have: DSLR camera



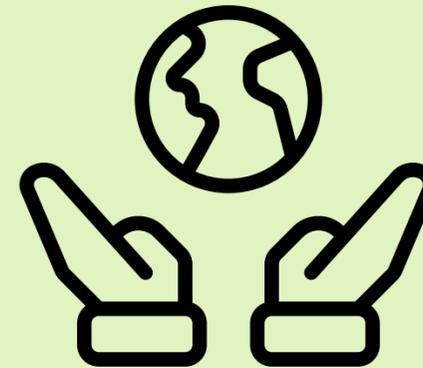


## ● WHAT TO PREPARE

- Bring with you one paper bag and put inside three things that characterise you the most
- Your cultural night (Check the next slide to learn more about your cultural night)
- Three energizers (per national team)
- **FOR THE GROUP LEADERS ONLY:**  
You will be responsible for collecting all travel documentation concerning your national team. A relevant 'how to' guide will be shared with you after the selection process from your sending organisations.

# CULTURAL NIGHT

A cultural night is an activity in which participants present their own Country, their own cities, their own traditions, but also a way to have a chance to sample different local flavor and to get more information about places and cities, costumes, music and dancing!



- National flag
- Typical and traditional food & drinks
- Mini-presentation (creative games, quizzes, videos)
- Music and dances



# PRACTICAL ARRANGEMENTS



## Hotel

**NTINAS hotel**, an ideal residence destination in **Trikala**, is expecting you in its recently renovated spaces. Its preferential location in the heart of the city, offers an easy access to the sights that are located in only a few minutes distance on foot and it is the most convenient place for all your getaways to the natural and cultural beauties of the surrounding area.

More info at :

<http://www.ntinashotel.gr/en>



## MEALS

Breakfast-Lunch-Dinner and snacks during coffee breaks will be covered by the project.

## TRAVEL COSTS

Respecting the Erasmus+ Programme distance calculator rules indicated by the Erasmus+ Programme guide, the maximum amount of travel costs will be reimbursed to each participant as it follows:

- Cyprus, Germany & Serbia: **275 €**
- France, Portugal & Lithuania: **360 €**

## YOUTHPASS

Youthpass is the recognition instrument developed for the projects realised in the European youth programmes. Through the Youthpass certificate, participation in such projects can be recognised as an educational experience and a period of non-formal and informal learning. Youthpass foresees a process applied throughout the project life-cycle to support the learning of participants. It also serves as a strategy that improves the recognition of non-formal learning in Europe

**Please note that in order to be fully reimbursed, you need to present your travel documentation as requested and indicated by the logistic team during all stages of the project.**



# TRIKALA IN A NUTSHELL

Trikala is a city in northwestern Thessaly, Greece, and the capital of the Trikala regional unit. The city straddles the Lithaios river, which is a tributary of Pineios. According to the Greek National Statistical Service, Trikala is populated by about 85,000 inhabitants, while in total the Trikala regional unit is populated by 131,085 inhabitants (2011).

Trikala is a lively Greek city with picturesque monuments and old neighborhoods with traditional architecture. The city is near Meteora and also near the mountain range of south Pindus.



**Trikala has the reputation of being a frontrunner as a smart city, being labelled in 2004 as Greece's "first digital city". Today under the name "Smart Trikala", public authorities have developed a wide range of digital solutions to help improve the lives of citizens.**

# OUR TEAM

ECOPRINT!



Contact us at: [youthooduniverse@gmail.com](mailto:youthooduniverse@gmail.com)



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