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# Information Pack

**Follow, Share, Tweet, Empower Youth Skills -  
FOSTER**

**Approved by National Agency of Greece  
2019-1-EL02-KA105-004869**

**Patras & Selianitika  
Greece**





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## Coordinating Organisation

Achaia Adult Educational Institute is a non-Governmental, non-profit Organization, founded in 2004 in Patras, in Achaia Prefecture Greece, in the general context to help Adults to set up thoughts and ideas which would foster new rights and values in our society.

### Objectives:

- To promote the European dimension of life-long learning through transnational cooperation.
- To increase the adult learners capacity to play an active role in society and develop their intercultural awareness.
- To support women in Western Greece offering them adult education courses and seminars in consulting, jewelry, drawing, dances and English language courses.
- To develop new cooperation relationships.
- To plan, promote and participate in innovative global projects which would attract the adult citizens within a lasting program of a life-long learning, aiming to the promotion of Democracy, Peace and better Education for our European Adult Society.



### Our vision:

Adult Education is based on the principle not to teach adults, but to make them able to have their own “voice” and tell their own opinion (Rogers).

### Activities and members:

- ✓ Our main work is teaching Adults, giving courses about new technologies, consulting, jewelry, drawing, dances and English language, European Union, helping disadvantaged minority groups, teaching migrants the Greek Language and ICT courses, in the frame of European Projects Socrates Grundtvig, Leonardo Da Vinci, Life Long Learning Program and participating and organising Erasmus+ Projects.
- ✓ The members are citizens from all social backgrounds from the city of Patras and all over Greece. Every European Adult citizen from age 18-98 is invited to be a new member.
- ✓ Our target groups are local community adult learners, adult volunteer learners, study circle leaders, women of all ages and social backgrounds, minorities, immigrants, refugees adults with special needs lacking basic education and qualifications, young unemployed people in order to include them in the economic and social life of our region.





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## Summary

### **Description of the project:**

“Follow me, like me, share my ideas, tweet” are often everyday words and phrases discussed and said by thousands, maybe million youngsters, not only in Europe, but all over our planet. “Are social Media so important for the youth nowadays that they cannot live without social media?” “Can the young people fall in love or know each other without social media?” “Can social media influence and enhance the private & professional life of young people?” The Youth exchange “Follow, Share, Tweet, Empower Youth Skills”, “FOSTER” answers to these questions. “FOSTER” is a practical Youth Exchange, aiming at improving the communicative, social, and intercultural skills of the youngsters as well as their digital skills through non-formal learning activities and art workshops. Therefore, our project “FOSTER” is an opportunity for 43 youngsters from 8 different European countries (Greece, Lithuania, Italy, Spain, Sweden, Hungary, Romania and Serbia) to live together and share experiences and knowledge about Social Media for 8 days in Patras and Selianitika, Greece. The participants will obtain and develop essential skills and competencies, by using social media and by participating in digital art workshops; these skills and competences are useful and necessary for their personal, social and professional life and career. This could include enhancing the potential of seeking of employment or breaking down the barriers of NEET (Not in Employment Education or Training).

### **Aim:**

To enhance young people’s communicative, social, digital skills and competencies, useful in their future personal and professional development, through the proper use of social media via non-formal learning activities and Art workshops.

### **Objectives:**

- To motivate youth in social media, art and technology workshops and activities, increasing their personal, social and professional skills.
- To foster the youngsters on the proper use of the most widespread social media and teach them how to avoid the dangers of their use.
- To empower and raise the skills of the participants by training them on the global social media, bringing them together from different European countries, promoting their social, communication skills and team spirit.
- To name, increase and develop youngsters’ basic competencies and communication skills necessary to be active European citizens.
- To share experiences, exchange ideas and best practices among participants and to establish quality partnerships with colleagues from other European countries.
- To encourage new forms of communication between local citizens, local stakeholders and participants and interconnect them through common activities.
- To use new technologies and social media to promote their future employment prospects
- To bring together youngsters with the NGOs and IT experts from the local community of Achaia region, interact and exchange ideas, experiences and proposals.



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## Preparation Phase

Each organization should find the leaders and the young participants that will participate in the Youth Exchange till the 31<sup>st</sup> October 2019. The young participants will be actively involved in all phases of the project, from preparatory phase to dissemination phase.

### **Participants selection:**

During the preparatory phase the participants will be selected by each organization till the end of October.

### **Social media accounts:**

Accounts and pages about the project will be created by the coordinating Greek participants in 5 different social media (Facebook, Instagram, Twitter, LinkedIn and Wordpress). 5 groups of international mixed participants will keep the accounts up to date since the preparation phase. As a result, each young participant will be asked to select one social media they want to contribute to.

Maximum number of participants in each group: 9.

Maximum number of participants from the same country in the same group: 2.

### **Application form:**

An online application form will be completed by the young participants till the 31<sup>st</sup> October 2019. Some personal details (name, surname, date of birth, e-mail and facebook profile) will be asked in the application form, level of English language, level of IT skills and in which social media group they want to participate (Facebook, Instagram, Twitter, LinkedIn, Wordpress).

### **Preparatory meetings:**

Each partner organization will organize preparatory meetings with their leader and their young participants once a month.



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## Activities

### 1) APV



#### Participating Countries:

Greece, Lithuania, Sweden, Spain, Italy, Romania, Serbia, Hungary



#### Participants:

Youth leaders.

1 leader per organisation with no age limit

Greece: 1 leader with no age limit + 1 young participant age 18-30 years old

It is necessary that leaders have very good level of English and will be present also in the Youth Exchange!

#### Aim of the APV:

To organize the Youth Exchange in the best way!

#### Objectives of the APV:

- To get know the leaders with each other.
- To discover the venue of the Youth Exchange.
- To set the rules of the Youth Exchange.
- To learn all important info about the project.
- To plan the activities of the Youth Exchange.
- To start brainstorming about the “digital” art workshops.



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## 2) Youth Exchange



### Participating Countries:

Greece, Lithuania, Sweden, Spain, Italy, Romania, Serbia, Hungary



### Participants:

Youth leaders and young participants.

1 leader per organisation with no age limit + 4 young participants 18-30 years old

Greece: 2 leaders with no age limit + 6 young participants 18-30 years old

It is necessary that leaders have very good level of English and will be the same leaders as in APV.

### Activities of the Youth Exchange:

- Ice-breaking activities
- Energizers
- Simulation games
- World café
- Role-playing games
- Theatre play
- Learning to learn activities
- Team discussions
- Creative activities
- “Digital” Art Workshops
- Reflection
- Intercultural Nights



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## Patras

Patras is the third-largest city in Greece and the regional capital of Western Greece, in the northern Peloponnese, 215 km (134 mi) west of Athens. The city is built at the foothills of Mount Panachaiko, overlooking the Gulf of Patras. Patras has a population of 213,984 (in 2011) and extends over an area of 738.87 km<sup>2</sup>.



Dubbed as Greece's Gate to the West, Patras is a commercial hub, while its busy port is a nodal point for trade and communication with Italy and the rest of Western Europe. The city has two public universities and one Technological Institute, hosting a large student population and rendering Patras a major scientific centre with a field of excellence in technological education. The Rio-Antirio bridge connects Patras' suburb of Rio to the town of Antirrio, connecting the Peloponnese peninsula with mainland Greece.

Patras and its region is home to various Ancient Greek, Roman and Byzantine Monuments. More specifically, the main sights of the city are: The Roman Odeon, The medieval Patras Castle, The Roman Amphitheatre, The church of Saint Andrew of Patras, The municipal Theatre Apollon, The Achaia Clauss, The Patras Archaeological Museum, The Roman aqueduct, The Roman bridge over the river Milichos, The Turkish baths, The Patras Lighthouse, The Agiou Nikolaou Stairs, Gerokostopoulou Stairs, Patreos Stairs and Trion Navarchon Stairs, outdoor grand staircases all over the centre of the city dividing the upper town from downtown. There are also a couple of picturesque parks and squares spread all over the city such as Georgiou I Square (the central square), Olga's Square, Trion Symmahon Square, Psilalonia Square, the Spinney of Patras.





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## Selianitika

Selianitika (Greek: Σελιανίτικα) is a coastal village in northern Achaea, Peloponnese, Greece. It is part of the municipal unit of Sympoliteia. It is located 6 km northwest of Aigio and 26 km east of Patras, at about 30m above sea level. The villages Selianitika and Longos (adjacent to the northwest) share a beautiful beach of fine gravel on the Gulf of Corinth which is approximately 1.5 km long. Both villages are among the most popular summer destinations of Achaea. The Greek Highway 8A (Athens - Corinth - Patras) passes south of the village.

The village had a population of 902 in 2011 and it covers an area of 2,8km<sup>2</sup>.



### History

The name Selianitika is derived from the name of the village of Seliana. The descent of inhabitants of Seliana from the mountains to the coastal region of "Kryovrysi" near Aigio (where the village of Selianitika lies today) started to happen during the Ottoman period. Initially the residents of Seliana were spending the winter in Selianitika and the summer in their village of Seliana but later they settled permanently.

### Tourism

Selianitika has also mineral springs and a very small balneological bath spa. These sulphurous baths are recommended for diseases like arthritis and rheumatisms. It is located by the sea and the beach is picturesque and overcrowded during the summer months.





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## Budget and Reimbursement Rules

### Maximum Travel Reimbursement to/from Patras or Selianitika:

NGO	Country	Distance Band to Patras or Selianitika, Greece	Maximum Travel Grant per participant
ACHAIKO INSTITUTO EKPEDEFSIS ENILIKON	Greece	0-9km	0€
VšĮ “Tarptautinis bendradarbiavimo centras”	Lithuania	500-1999km	275€
Nordic European Mobility	Sweden	2000-2999km	360€
Asociación K’MON	Spain	2000-2999km	360€
I.P.S.S.E.C. “Olivetti”	Italy	500-1999km	275€
REPERE ASSOCIATION for EUROPEAN INTEGRATION	Romania	500-1999km	275€
Udruzenje EmPower	Serbia	500-1999km	275€
SZÁMALK-Szalézi Szakgimnázium	Hungary	500-1999km	275€

The coordinator will reimburse the travel costs indicated in the table above, from the home city/town from which you started your trip to Patras, Greece, e.g. for the Lithuanian partner the travel costs from Kaunas to Patras, Greece. According to the European Distance Calculator this distance is 1858.8km and the maximum reimbursement for this distance is 275€ per participant.

If your travel costs exceed the amount budgeted in the project, we will be able to reimburse only the specific amount of money (for example if you spend 285€ and your maximum reimbursement is 275€ you will be in charge of 10€).

In case your travel costs are less than the amount of money indicated in the table we will be able to cover the entire amount you spent and the rest of the money will be sent back to the National Agency (for example if you spend 250€ and your maximum reimbursement is 275€, you will receive only the 250€ that you spent).

Reimbursement of travel costs will be done **upon full attendance of the APV or Youth Exchange and presentation of all the original invoices, tickets, boarding passes and receipts (even if you reached the maximum amount of reimbursement with a flight, we still need ALL the tickets you bought like train tickets, bus, tram, etc.).**

If you buy your tickets in another currency, we will convert the amount to euros (€) according to the average currency rate of the month you bought the tickets as it is calculated by European Central Bank and this will be the amount we will reimburse to you.

Please ask for an **invoice in the name of our Institute** while booking your airticket, because since we have taken the EU funding, we need invoices for the money we will reimburse to you due to the Greek taxes’ legislation.

**The accommodation and food are organized by the coordinating organization and their costs are totally covered by the coordinator from the EU fund.**



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## Contact Details

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**Chairwoman**

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**Please tell your participants to add themselves in the project's Facebook Group Page:**

<https://www.facebook.com/groups/2410841579163872/>

**Please tell all participants and leaders to complete the Application Form till 31<sup>st</sup> October 2019 using the following link:**

<https://forms.gle/WsixxvozVT3RJKe7>

We are looking forward to meeting you,

**Achaia Adult Education Institute**

