



Circular Economy Local Challenge



ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
& ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ

Erasmus+



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First of all we would like
to welcome you!

About Us

Eco Active is a Koin.s.p. (Social Enterprise) and it was founded in 2018 from a group of green dreamers who were seeking to promote sustainability in Komotini, Greece.

But what is a Social Enterprise?

Any social enterprise comprises a private social goal organisation, whose members –who equally administer it and have limited responsibility– aim at common benefit, investing in actions serving the community's interest as a whole. Profits derive from realised actions and the largest part of any such profits is re-invested with the aim of creating new jobs of similar nature.

Vision & Mission



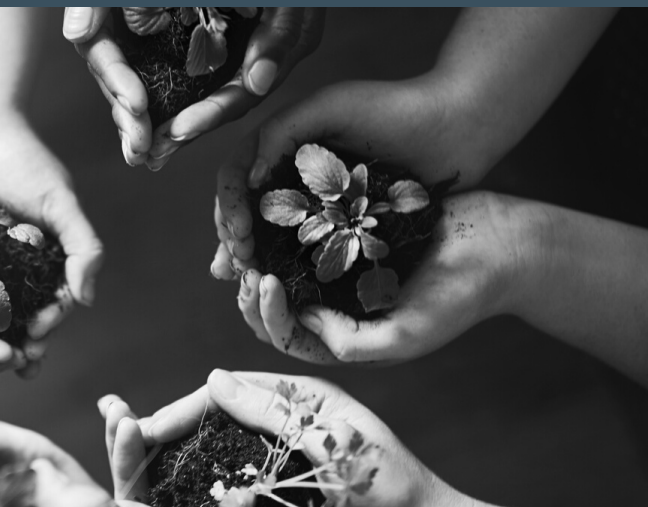
Our Vision

To inspire people to root deeper to sustainability and to become the change in their own community!



Our Mission

To promote sustainability through non formal training, seminars, youth exchanges and moreover to enhance people's well-being through a sustainable way of living.



OVERVIEW OF THE PROJECT

- Where:

Komotini, Greece

- When:

27 June–4 July

- Who:

7 Countries

Greece, Bulgaria, N.Macedonia,

Romania, Italy, Turkey, Lithuania

6 Participants + 1 Leader/ Each

This project has no Participation Fee
Accommodation, food and travel are funded by
European Union



About The Project

Main Idea

The world is changing, environmental challenges raise serious concerns for the welfare of current and future generations. Human action and green education are key elements to raise awareness, improve the life quality and create an optimistic future for humanity.

Project's idea is the incorporation of sustainable solutions in everyday activities and the adaptation of circular local economy so to promote eco-friendly behaviors and collaboration within the local society.

It is very important for young people to build the foundation of a sustainable society. Promoting circular local economy is a great way to start implementing sustainable solutions.

Through this project young participants will learn how circular local economy works and how small businesses and local structures can support each other through the application of sustainably and local practices. At the end of this program they will have the knowledge to implement and influence these practices at their local communities.



Aims of the Project

The main priority for the project is promoting, engaging, connecting and empowering young people around the circular economy as means to mitigate the effects of climate change.

Purpose of the project is to educate participants on circular economy structures and how they can implement them within their local society. Moreover to educate them and raise awareness of climate crisis, renewable and efficient energy sources and uses in order to return to their countries with the knowledge and skills to organize similar structures. Also, young people will be motivated to share ideas and influence their community and policy makers on more eco oriented lifestyle choices.

The project is based on the basic principles of Erasmus+ of equality, inclusion and diversity.

Young people will exchange opinions and practices on the issues of local economy, eco-mobility and sustainable lifestyle. They will be involved with group activities, built self-confidence and express themselves. The project will bring them together and help them learn more about climate change and how they can become climate champions communicating the issues and inspiring others and local society to take action.



Activities



Participants:

will get:

- Basic theoretical knowledge on the concept of circular economy.
- Recommendations on eco-friendly habits.
- Resources and contacts when organizing events on circular economy.
- Advice and ideas of non-formal activities on circular economy.
- participants will learn how to organize their community in eco-friendly oriented issues and develop a strategy plan. More specifically, participants

will learn how:

- to make an initial outreach
- to clarify and set goals
- to create strategy(tactics)
- to develop an action plan and set a timeline
- to recruit and motivate people/businesses/local authorities
- set a campaign and evaluate it

Participants will visit local businesses and eat at small restaurants that support local economy and suppliers that use mainly eco-friendly productive methods In order to maximize environmental awareness eco-friendly options will be held through the entire project.After the event participants are called to present their own project for their community using their new skills to increase local awareness.

Participants Profile



Participants

- Participants will have to participate throughout the project (sessions are mandatory), including online pre-activities and later in project dissemination;
- Participants must be motivated to work on the topic.
- All participants should have a good level of English;

Profile

Young people 18 –30 years old who want to learn more about the environment, climate change and discover the natural solutions that Economy provides into addressing the everyday needs of societies through re-using products in the most efficient and less energy way possible. With different backgrounds and different experience in the field of circular economy, environment and climate change, green skills, community development so that they can discuss the important environmental and social questions together and search together for more efficient solutions and action plans. At last they must be eager to spread the new knowledge, skills and ideas! It is advisable to retain a balanced ratio between women – men participants.

Before The Project



-Participants are expected to familiarize themselves with the youth exchange agenda and objectives and to prepare for the mobility by carefully reading the info-pack and any materials that have been provided in advance. It is also important to Join the fb group in order to be deeper involved in the project, get all the necessary information's, be prepared for the next activity, get all the necessary information directly.

-Research: Participants are expected to research for best practices and the legislation framework regarding Circular Economy adaptation in their country and how people react to these practices within their communities, in order to contribute to the group discussions and activities during the youth exchange. A presentation will take place about circular economy policies in their country and how is being implemented in their countries.

-Preparation: Participants are expected to prepare for the exchange by obtaining any necessary travel documents, planning for transportation, participate in any preparatory session organized by the sending or host organizations. If participants are not familiar with the English language, they should be prepared to learn some basic phrases and try to communicate as best as they can.

Insurance and health: Participants should have their own health insurance (European health card) and should inform the organizers about any health issues & allergies they may have. They also should bring their own medicine and prescriptions if they need any.

Before The Project

-Completing pre-mobility assessments: Participants are expected to complete any pre-mobility assessments that will be provided, in order to provide a baseline for evaluating the project objectives.

-Cultural sharing: Participants are expected to bring something from their culture, whether it will be traditional clothing, food, music, or other cultural items. The culture sharing can be expressed through a non-formal language lesson or any other out of the box way. Choose one day of the program and lead us to the culture of your country! Please let us know!



A special what's up group will be created for your communication.

Become member of our social media team:
<https://www.facebook.com/groups/1464343614097827> by promoting daily content.

During The Project



-Each morning the team leader of each partner country will be showing a teambuilding activity. Ice breakers, activities focusing on strengthening bonds and cooperation among participants, reinforcing the team spirit and awakening participants' mood. Additionally, participants are requested to suggest their preferred morning exercises, icebreakers. The goal is to motivate participants, make them positive, energized, social and creative.

-Each group of participants is expected to prepare a short presentation about their sending organization and express their expectations from the project. The presentation might have different formats, power-point, video or any other format your group might feel comfortable to present. The presentation shouldn't be more than 20 min.

-For the final event each team will present they're proposed action plans for their local communities and their experience of the youth exchange – outcomes and experiences of being part of the youth exchange.

All the produced files in all stages of the project should be uploaded to the google drive link that we have send you.



After The Project



- The participants should carry out their proposed action plans in their local communities.
- Feedback to evaluate the project
 - Write an individual evaluation of the whole youth exchange experience
 - Write as a group a 1-page article
 - The article will be posted on the webpage and social media of each partner (please send us the link)
 - An exchange video will be created
- Finalizing the project outputs
- Taking part in dissemination activities
- Sharing the project results and their experiences digitally and face to face



Travel



Dear participants,

- Consult the sending organization to learn more about the travel budget;
- Always choose the most ecological route;
- Don't purchase any tickets without approval from your organization;

Keep all receipts, itineraries, boarding passes and paper tickets. Give all these documents to your sending organization. Without these documents we won't be able to make the reimbursement.

Reimbursement of travel expenses for the participants will be carried out through bank transfers to the account of the sending organization, after the main activity, upon collecting all relevant documentation.

Arrival and Departure for the Activity:

The activity will start on the 27th early in the evening and will finish on the 3rd of July in the noon.

COVID: At the moment, there are no travel restrictions for participants coming from partner countries But stay informed!

***This project has no Participation Fee**

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Welcome to Komotini

Komotini is a unique cultural entity in Greece a patchwork of different cultures, co-existing peacefully over the years.

The city with 10 thousand students has small beauties that everyone has appreciated.



Our favourite things in Komotini

- Agias Paraskevis Park – I perfect spot to hung out during breaks
- Eirini's Square – lots of coffee shops, bars and students



Must Try

- Cheekpis & taxini
- Kavourma and pastourmas from patnopolio sto roloi
- Eat malebi in the coffee shop
- Soutzouk loukoum from Nedim pastry shop
- Drink greek coffee (a special workshop is degined for you)

More things to do?

5 klm from the city is the forest of Nymfaia – by taxi or on foot
30 klm from the city center is fanari beach – by bus



Want to stay more? Near by cities

Distance Kavala – Komotini: 96

Distance Athens – Komotini: 746 kilometers, driving time on average 8 hours

Distance Thessaloniki – Komotini: 246 kilometers, driving time approximately 2.5 hours





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Must DO and Don't while in Komotini

Dogs: they are everywhere but they are harmless...in any case try to avoid them! Super carefull when you see 2-5 dogs walking as a pack – STAY AWAY!

Useful Numbers

Emergency Services: 112

Hellenic Police / Department of Komotini:
2531081000

Bus Station (Ktel Komotinis): 2531022912

City Lines (Astiko Ktel Komotinis) : 2531027309

Hellenic Railways: 2531022650

Taxi: Pegasus Taxi: 2531022800

Radio Taxi Komotini: 2531037777



In case of emergency

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Thank you for being our partners!

- 1.Eco Active, Greece
- 2.EuroActive, Romania
- 3.Ahi Youth Group, Turkey
- 4.M.Y.Culture, Italy
- 5.Champions Factory, Bulgaria
- 6.Tarptautinis bendradarbiavimo centras, Lithuania
- 7.Scientia Nova, Republic of North Macedonia

