



Erasmus+
Enriching lives, opening minds.



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INFOPACK

“Modelling Social Independence Skills for Youth”

2022-3-EL02-KA152-YOU-000098423

Modeln

13 – 17/11/2023, Greece

13 & 18/11/2023 – Travel Dates



PYLON ONE

THE PROJECT

“Modelling Social Independence Skills for Youth”

Modeln

The general aim of our project is to make it understandable to the participants of our activities that Social skills can be taught and they should be a vital element of today's youth's understanding, expression, better stand in the community, and better chances of success in many fields of their life. The reasoning behind our motivation to design and implement the Modeln project is the need to equip our youth with advanced social skills and to qualify youths with adequate competencies to be able to educate youth in this field. It must be well understood that whatever the level of education and competencies, lack of social skills may bring obstacles to further development of a person, and we need to prepare and equip our youth with all available means to succeed in their life.

In our project, we identify the following social skills that are directly linked with life obstacles and we are going to work with our participants: 1) Basic Communication Skills: these include the skills to use body language, eye contact, hand gestures, and tone of voice to color the message you are trying to convey, clarity and concision in communication and confidence, -Development of presentation and teamwork skills. 2) Empathy and EQ: is the capability of people to recognize their own emotions and those of others, discern between different feelings and label them appropriately. -Learning non-formal education as a tool for providing knowledge on topical issues and social problems -Reflection on everyone's point of view on the issues of the project, and the tolerance of different points of view, -Inclusion and Diversity Acceptance. 3) Interpersonal Skills: interpersonal skills include the abilities of sharing, joining activities, dealing with other people, planning, and organizing, initiative implementation, etc. 4) Problem-Solving Skills: Active listening, Decision making, situation analysis, conflict resolution skills, etc. 5) Accountability: Accountability is also essential because recognizing mistakes are an excellent way to indicate a conciliatory and cooperative attitude. Finally, the goals of the Erasmus + program will be strengthened through the participation of young people with fewer opportunities.



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ACTIVITY DATES: 13 – 17/11/2023

TRAVEL DATES: ARRIVAL – Check-in: 13/11/2023 - DEPARTURE – Check-out: 18/11/2023

PARTICIPATING ORGANISATIONS

| PARTNER | COUNTRY | Total Number of participants | Number of Youth Leaders without age limit (out of the total 8) | Green Travel Budget per participant in € | Travel Budget per participant in € |
|---|----------------|-------------------------------------|---|---|---|
| PYLON ONE | Greece | 7 | 1 | 23 | 18 |
| Udruga za savjetovanje MORE COACHING | Croatia | 7 | 1 | 320 | 275 |
| ASOCIACIJA AKTYVISTAI | Lithuania | 7 | 1 | 320 | 275 |
| ONDAMIND APS | Italy | 7 | 1 | 320 | 275 |
| ASOCIACION JUVENIL ALMENARAS | Spain | 7 | 1 | 320 | 275 |
| ASOCIATIA TINERILOR CU INITIATIVA CIVICA | Romania | 7 | 1 | 410 | 360 |



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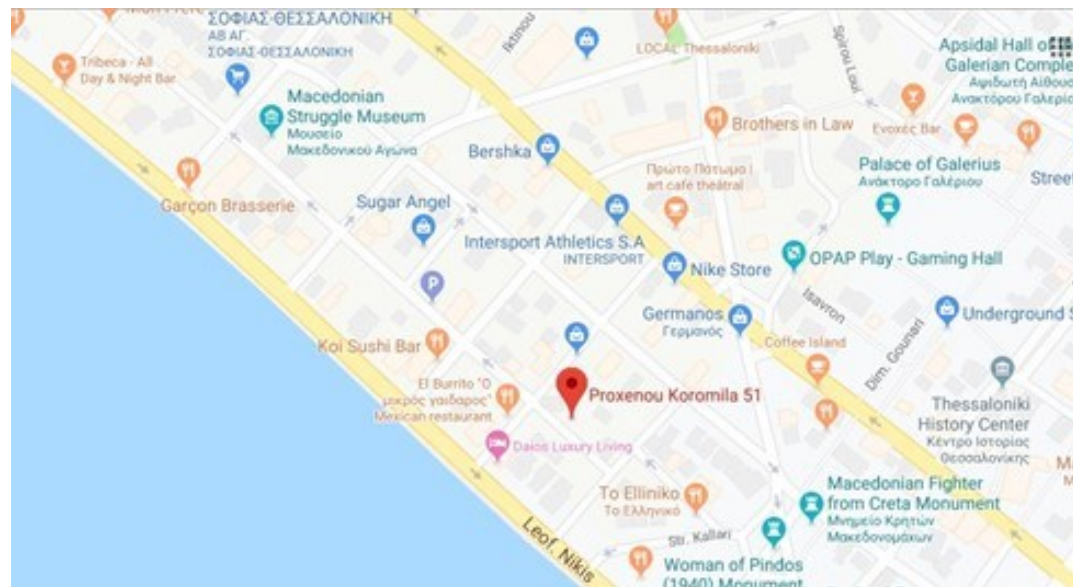
ACTIVITY PROGRAMME

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 |
|--|--|--|--|---------------------------------------|--|
| | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Arrival of the participants and Check-in at the Venue | Introduction to the topic of the project | Social Skills in the workplace: study visit to an enterprise | Energizers Game | Erasmus+ | Departure of the participants – Check out |
| | Empowering Youth towards Social Independence | Youth Social Skills into Lifetime | Cultural visit to Thessaloniki | Creating your own Erasmus+ project | |
| Lunch | Lunch | Lunch | Lunch | Lunch | |
| Getting Know Each Other - Fear and Expectations | Play a game in the city | YouthPass PORT | Simulation Game: we are colleagues in the same workplace | Self-Evaluation - General Evaluation | |
| Ice Breakers – Game of Identity / Roommates in the same life | Meeting with the leaders of the groups | Meeting with the leaders of the groups | Meeting with the leaders of the groups | YouthPass Last Destination / Ceremony | |
| Social Skills: you have it or not? | | | | | |
| Dinner | Dinner | Dinner | Dinner | Dinner Cultural Night | |

LOCATION, TRAINING FACILITIES AND ACCOMMODATION

Training Venue: Proxenou Koromila str. 51, 1st Floor, GR-546 22, Thessaloniki

The activity will take place in Thessaloniki which is the second largest city of Greece, a unique city of different cultures and civilizations; it will offer you a wonderful experience. There is a large, fully equipped Meeting Room along with all necessary facilities to host this Activity.



Accommodation: Stay Hybrid Hostel, Ionos Dragoumi str. 69, GR- 546 30, Thessaloniki (<https://www.thestay.gr/>)

A booking has been done to **Stay Hybrid Youth Hostel**, in 4-bed or 8-bed rooms with shared bathrooms, respecting gender balance. Breakfast, Lunch and Dinner are also provided by the project.

Check in: 13/11/2023 at 14:00

Check out: 18/11/2023 at 11:00

Participants can arrive **two days before** or/and **depart two days after** the end of the project, however **they must cover accommodation and meals by their own budget.**

TRAVEL

In line with the Erasmus+ Programme, travel costs will be refunded according to the distances calculated using the European Commission distance calculator. The participants themselves should cover any extra costs overcoming the budget limits. **To ensure the best connection and management of participants, flight tickets should be bought by the participants/sending organization.**

Travel tickets should be economy class and before buying tickets inform PYLON ONE (send an email to pylon.one.org@gmail.com for approval) of your travel itinerary, when you will arrive and when you will departure from training. **1st class or other upper class flight tickets, taxi costs (in country of origin) and travel agencies fees are not eligible and will not be refunded.**



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Airport: THESSALONIKI MAKEDONIA AIRPOT

You fly to and from **Thessaloniki Makedonia Airport** (<https://www.skg-airport.gr/en>)

To reach the city center you have to take the bus **No 01X** just outside **Arrivals**. The ticket costs approx. **2 EUR** and you can either buy it from the kiosk near the bus stop or from the ticket machine inside the bus (please have with you a 2 EUR coin as the machine does not take notes or gives change). This bus (**No 01X**) goes straight to the city center with few stops during its route.

IMPORTANT: For those who arrive after 22:00 in the night, the bus number is 01N, again just outside Arrivals (the same bus, just with fewer stops)
Keep your tickets for reimbursement!

Buses: Organisation of Public Transport of Thessaloniki – OASTH (<http://oasth.gr/>). Buses are coloured red, blue and white (with colour strips on their sides). Ticket costs 1 euro/route.

TAXI: we will be moving in the City Center, so you don't need to use a TAXI. However, in case you want to use a TAXI have in mind that the minimum price is 3, 50 EUR. TAXIS are colored blue with a white roof top.

Police Number: Call the number 100 or 112 which is the European emergency number. But please be sure you will not call the Police. Thessaloniki is a very safe city, and you will always see people walking around any time of the day and night. However, protect yourself and do not put yourself into risk.

Medical Emergency Number: 166 or 112 which is the European emergency number. In case of a health emergency call also one of our team members to help you. Keep your European Health Insurance Card always with you, along with your ID/Passport.



REIMBURSEMENT OF TRAVEL TICKETS

Reimbursement will be made upon **full attendance** of the activity, **submission of Participants' Report (this is MANDATORY)** via the Beneficiary Module and upon **providing original evidence** of participants' travel:

1. Travel Itinerary
2. All original payment receipts of ticket purchasing and Visa where required
3. All original Bus/Train tickets to/from the airport (**use of TAXI or private car for use in the country of origin will NOT be covered**).
4. Boarding passes (**in case of electronic boarding passes, you should keep a screen shot and email them to PYLON ONE before flying**)
5. Copy of ID/Passport
6. Submission of Participants' Report

People who are coming late or leaving early at the Activity will not have their travel costs refunded.

Note that if you buy your tickets in a currency different to EURO, calculation of travel reimbursement will be calculated according to the exchange rates given on the official European Commission website for the month of the ticket purchase.

All travel reimbursements will be done to the Sending Partner Organizations' Bank Accounts and not to each participant individually.



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PARTICIPANTS PROFILE

Participants of the **Modeln** project have the following profile:

- ✓ 48 participants (8 per partner),
- ✓ 40 out of 48 participants youth aged 18 – 30 years old (7 per partner),
- ✓ 8 out of 48 participants youth leaders without age limit (1 per partner),
- ✓ involved in working preferably with disadvantaged youth categories,
- ✓ communicative level of English,
- ✓ motivated to take active part in all workshops during the activity,

The selection criteria of participants are:

- ✓ In equally well-evaluated applications, then consideration will be given to:
 - if they are youth with fewer opportunities, as a first selection criterion,
 - the previous experience in such projects – participants who have **never participated in an Erasmus+ project** will be given priority over those who have already participated in similar programs in the past, to be introduced to European values and to develop a sense of Europeanness citizenship and identity and also have the opportunity to increase their awareness of other countries and cultures.



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PREPARATION OF PARTICIPANTS

The mobility will be in **English** and therefore participants should be able to communicate in English.

Intercultural Night: Participants are requested to present their home country and its culture to the group (no use of presentations, etc.) by telling a short story about it, bringing some traditional food, perform a dance, or some other tradition.

Youth pass Certificates: All participants will receive a Youth pass certificate at the end of the mobility.

CONTACTS IN THESSALONIKI

Information during the activity

Maria Evangelidou

maria@pylon-one.gr

Tel.: +30 6976725647

Maria Symeonidou

Tel.: +30 6970869336

General Information

Konstantinos Symeonidis

konstantinos@pylon-one.gr

Travel Confirmation & Reimbursements

pylon.one.org@gmail.com



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