

# Stay Fit—Stay Calm



Thessaloniki  
Greece  
1-9/03/2015

2014-1-EL02-KA105-000527

NGO AENAO



Το σχέδιο αυτό χρηματοδοτήθηκε με την υποστήριξη της Ευρωπαϊκής Επιτροπής. Η παρούσα δημοσίευση [ανακοίνωση] δεσμεύει μόνο τον συντάκτη της και η Επιτροπή δεν ευθύνεται για τυχόν χρήση των πληροφοριών που περιέχονται σε αυτήν.

# **STAY FIT – STAY CALM**

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**"Stay Fit – Stay Calm" (FIT)**  
**2014-1-EL02-KA105-000527**  
**Youth Mobility**  
**Thessaloniki 01-09/03/2015**  
**aenao.org**

*An eight -day Youth Mobility on healthy lifestyle in the context of Erasmus+ KA1*

### ❖ Dates

Arrival	Departure
<b>01 / 03 / 2015</b>	<b>09 / 03 / 2015</b>

<b>Activity Days</b> <b>We provide accommodation for 8 nights according to the Erasmus+ program</b>	<b>starting on 01/03 (evening)</b> <b>ending on 09/03 (midday)</b>
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### ❖ Place of venue

#### **Vergina Hotel Thessaloniki**

19, Monastiriou street  
54624 Thessaloniki, GREECE

**URL** <http://www.vergina-hotel.gr>

Tel: 0030 2310 516021, 0030 2310 529372,

Fax: 0030 2310 529308

e-mail: [info@vergina-hotel.gr](mailto:info@vergina-hotel.gr)

**See the map of the hotel at:**

<http://vergina-hotel.gr/index.php/en/location-2>



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## ❖ **Transportation**

### **The itinerary is as follows:**

1. For those traveling by **plane**

**Step 1:** once you arrive at Thessaloniki airport (SKG / Macedonia Airport) you take bus **No 78** and get off at the train station (Bus stop: **Neos Sidirodromikos stathmos/Νέος σιδηροδρομικός σταθμός** ).

**Step 2:** the hotel is in walking distance from the train station (150 m). See map.

- ❖ **Note:** if you arrive at night, take bus **No 78N** and follow the same steps as above  
The bus ticket costs 2 euro.

2. For those traveling by **train**

You are lucky!!! The hotel is walking distance from the train station (150 m). See map.

3. For those traveling by **bus**

Ask your travel agent and send us the address of the bus terminal.

### ***Have you any enquiries:***

Give us a call

Catherine: 00306947202318

Natassa: 00306937396394

For further info on bus schedules visit [www.oasth.gr](http://www.oasth.gr)



## ❖ Expectations

### What should I expect during the Youth Mobility?

- Meeting and connecting with people from different cultural backgrounds.
- Expressing expectations regarding the content and the process of the programme.
- Becoming familiar with the methods and principles of non-formal education.
- Get involved with healthy behaviours.
- Elaborating on principles of physical and mental health.
- Get alternatives on overcoming psychological issues.
- Making suggestions and exchange experience.
- Educational visits.

At the end of the YM you will be provided with the  
***YouthPass Certificate***

## ❖ Requests

1. Before you arrive there is a small homework project for every group to prepare☺, so you should collect as many interesting information regarding the following task (duration: 5-10 minutes)

*A custom (cultural outdoor activity) that is/was done in your country at any period of the year and is/was directly related to your history/tradition/religion.*

You need to



- Present the custom, its origin, the reason and the time of the year that is performed.
  - Discuss the importance of this custom to your culture
  - Bring something representative in order to perform the Custom LIVE! on day 6 (i.e. a piece of clothing, a musical instrument etc)
- ❖ **Note:** this custom that you will present can be either still be performed in your country or not.

The presentation of the tasks could be in the form of presentation, video, poster or an artistic creation.

2. All groups will present their organizations (duration 5 minutes) during the 2<sup>nd</sup> day of the project.
3. All participants and NGO/informal group leaders are required to participate in the follow-up activities after the completion of the Youth Mobility. These activities will be discussed at the end of the project.
4. Four intercultural nights will be held at the hotel during the Youth Mobility. Therefore, all participants are requested to bring representative food from their countries (nothing fancy, just 2-3 finger foods and a bottle of a traditional drink or anything else you would like to share within the group). Also, you can bring anything that is related to your country (i.e. flag, music, posters, etc).
5. A list with the names and e-mails of all the participants from each organization is required.
6. Arrival and departure times and dates.



## ❖ Important Notes

- Each organisation is required to send to Youth Mobility 4 participants (ages >18 years old).
- Remember to bring your European Health Insurance Card or to make a health insurance.
- Average temperatures in the area for this time of year (5-18 °C). So do not forget to bring with you casual clothes (you will find them very convenient for the day sessions).
- For unforeseen medical conditions, AENAO will be equipped with a pharmacy to provide first aids.

## ❖ Financial Conditions

The project is funded by the Erasmus+ programme.

## **Travel Reimbursement**

Participants will get a travel reimbursement that is according to the rules of the Erasmus+ Program, of the European Commission. Participants are required to arrange their journeys in the most economical manner. Irrespective of the means of transportation, participants will be reimbursed according to the kilometric distance between their place of residence and the city in which the YM is held. We will reimburse your travel expenses according to the rules given below, on the condition that the participants will be present for the entire YM and can deliver valid and original travel tickets. Expenses will be calculated in Euro.



## **Supportive Documents**

Reimbursement will be done after the Youth Mobility. (You should provide your organization's bank account in Euro). Therefore, we will need **all your travel documents—including an invoice / receipt as proof of payment.** **PLEASE MAKE SURE YOU HAVE THE INVOICE AND ALL YOUR TICKETS / BOARDING PASSES BOTH WAYS, WHICH WILL BE SENT TO US AFTER THE project.** If we don't have them, we cannot reimburse you.

### ***Travel documents (we need original and copies):***

- boarding passes , e-ticket, invoice
- local tickets (the price to be stated on it, otherwise an extra invoice for them)  
(Taxi is not reimbursed)

***Health insurance up to 10 euro is totally covered.***

## **Accommodation dates**

Erasmus+ offers 8 accommodation nights, according to the activity dates. Any extra accommodation dates will be charged to you. So please make sure that your arrival / departure is according to the YM dates (01/03 – 09/03 2015).

## **Participation fee**

In this project there will be a **participation fee** of **30 euros.**





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## ❖ Travel Costs Limits per Country

Country	Organisation	Upper cost limit for travel (euro)
<b>Lithuania</b>	Asociacija "Aktyvus Jaunimas"	275
<b>Croatia</b>	Volim Volontirati - "VoVo"	275
<b>Romania</b>	Asociația pentru Educație Non-Formală	275
<b>Cyprus</b>	ANDREAS SKOUROUPATIS	275
<b>Latvia</b>	Biedriba "Solis Tuvak"	275
<b>Poland</b>	Foundation "Good will"	275
<b>Bulgaria</b>	Community Council for Education	275
<b>Italy</b>	Associazione III Millennio	275
<b>Spain</b>	ASOCIACION CULTURAL INTEGRA	360

❖ The costs limits stated above include flight tickets and local transportation (*i.e.* bus or train) according to the rules of Erasmus+ programme.

## ❖ Trainers' Team

<b>Natassa Timologou</b>	Food Chemistry
<b>Nataliya Nikolova</b>	Sociology
<b>Rafaela Hilário Pascoal</b>	Human Rights

## ❖ Contact Information

In case you have questions, you can always contact us:

### **NGO AENAO**

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 546 55  
 Thessaloniki, Greece

**Tel.** 0030 2310 420489  
 Mobile : 0030 6947202318

**Fax** 0030 2310 998143

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**E-mail** [amoutzia@auth.gr](mailto:amoutzia@auth.gr)

