

# What's Your Footprint

Youth Exchange  
14-21 April  
Raches, Greece

DEAR ALL,  
thank you for opening this infopack full of information  
about the upcoming youth exchange What's your  
Footprint. We believe that you will find answers to all  
of your questions here.



Erasmus+

4H

The background of the page features a stylized illustration. At the top, there are several green leaves with white outlines, arranged in a way that suggests they are part of a larger plant. Below the leaves, a portion of a globe is visible, showing continents in a darker green shade against a lighter green background. The globe is partially obscured by the text area.

## SUMMARY- WHY TO COME

The condition about climate and earth is critical, there is a lot of pollution everywhere, the oceans are filled with plastic and the majority of people, companies and governments don't care about it. The idea of this project started from the Greek team when they realized, during a Solidarity Project, travelling from Chalkida to Lamia in Greece by bicycle that many people are really not aware about the environmental crisis, as most of beaches were full of rubbish, air pollution made difficult to cycle and cities were built aiming to serve car and not alternative means of transportation . So we created this youth exchange in order to increase awareness about these crucial problems which will take place in Raches Lamias, Greece.



The background of the page features a stylized illustration. At the top, there are several green leaves with white outlines, arranged in a way that they appear to be growing from the top left and right corners. Below the leaves, a portion of a globe is visible, showing the continents of North and South America in a dark green color against a lighter green background. The globe is positioned in the lower right quadrant of the page.

## PROJECT OBJECTIVES

- To learn our environmental footprint, the effects for the future of the earth and ways to decrease it.
- To realize how many plastics we use every day and ways to avoid them.
- Collect plastic from beaches and streets around the village.
- Upcycling plastic in many ways and especially with a specific machine for direct recycling and learn ways of self-production (e.g. soaps, lip balm) Learn how to build with natural building techniques, through participating in a local project.
- Explore the benefits of the use of bicycles avoiding cars during the project.
- Interact with locals and try to change their non eco-friendly habits.
- Connect people with different cultures, work together and enjoy a week in a very beautiful place next to the sea.
- Participate in sea sports, if they want, like kite surf, sup.



# GENERAL INFORMATION

## Dates

14th April(arrival day) - 21th April(departure day)

## Venue

Nisi Glamping, Raches Lamias, Greece

## The team

Youth Active Minds, Greece

## Project Partners

-Muhoksen 4H-yhdistys ry, Finland

-TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES, Portugal

-VulcanicaMente, Italy

-MLADII NFO CR Z.S.,Czech Republic

-MITTETULUNDUSUHING NOORED UHISKONNA HEAKS, Estonia



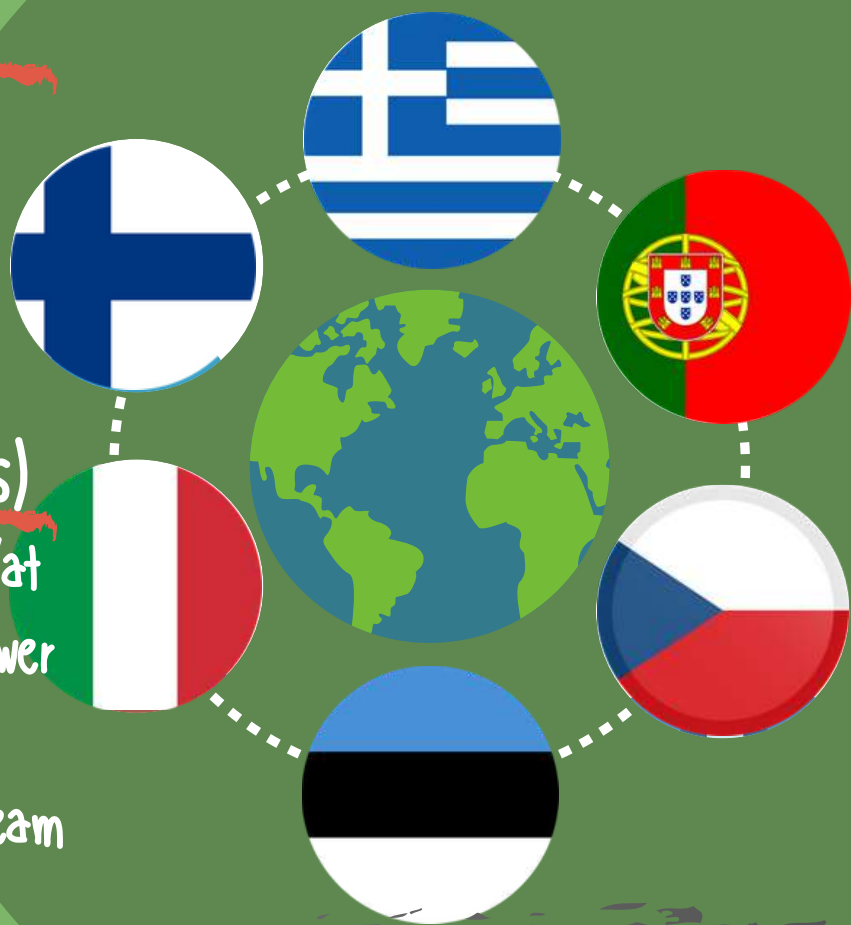
# PARTICIPANTS

## Total

- 6 youth leaders
- 24 youngsters
- 6 countries
- Group leaders 18+

## Each partner(5 participants)

- 4 participants (18-25 years old) (at least 2 of them should be with fewer opportunities)
- 1 youth leader( 18+ years old). Team has to be gender balanced.



The participants need to be interested in the topic of this youth exchange. They should be motivated in learning about nature and its procedures. This project will be about peer to peer learning.



## THE VENUE

NISI (<https://nisi.com.gr/>) provides tents, but also unique types of accommodation that will satisfy all tastes for couples, families, friends! Our tents are made out of canvas and natural materials. Glamping (Glamorous Camping) is a new trend in the world of Camping and our NISI has already managed to be one of the first places in Greece that it combines Nature and comfort. Think of spacious tents, mattress and beds in ethnic style decoration. All our accommodation options include power, heating, fan, personal lounge and much more.

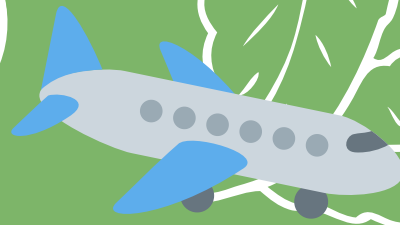




## SCHEDULE

1. Day: Getting know each other and arrivals (before 18:00).
2. Day: Check our footprint
3. Day 3: Collect plastic from beaches and upcycle.
4. Day 4: Build with natural materials.
5. Day 5: Village game and trip to small islands around.
6. Hiking on the mountains, Traditional Easter party, free evening.
7. Day 7: Evaluation of the project, conclusion, youthpass, departures (after 18:00).
8. Departures

# TRAVEL DETAILS



## First Option:



1. Flight to Athens
2. Suburban to Stathmos Larisis (every hour xx:09)
3. Train from Athens to Stylista (change to Lianokladi)  
<https://tickets.trainose.gr/dromologia/>
4. From there we are going to collect you.



## Second Option:

1. Flight to Thessaloniki
2. Bus X1 to Main train station (every hour)
3. Train from Thessaloniki to Stylista (every 3 hours)  
<https://tickets.trainose.gr/dromologia/>
4. From there we are going to collect you.

If you have a better solution and more eco-friendly (without airplanes) let us know, we will prefer it. (<https://www.rome2rio.com/>)



## TRAVEL BUDGET

The maximum amount that each participant can spend for travel, for each country is:

- Finland, 360euro
- Italy, 180euro
- Estonia 360euro
- Czech Republic, 275euro
- Portugal, 530 euro
- Greece, 180 euro

The amounts that get over the maximum budget for each participant will NOT be reimbursed. So please book your tickets as soon as possible, BUT BEFORE ASK OUR CONFIRMATION PLEASE. If you would like to stay longer in Greece, you can book flights up to 3 days before and after arrival/departure of the dates of the EXCHANGE. Tickets with the dates longer than 3 days before or after the dates of the exchange will NOT be reimbursed. For the extra days food and accommodation will NOT be provided. If your representatives have booked their tickets, please, send us the following details as soon as possible:

- Name of the Traveller (Participant)
- Date and Time of the Arrival and Departure
- Price of the tickets
- Ticket copies with the price visible (Invoices)



# TRAVEL REIMBURSEMENT

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In accordance with the rules of the Erasmus + Program, we will reimburse 100% of traveling costs from home to the project venue as long as you use the cheapest means and fares (low cost flights, 2nd class train tickets) and respecting the maximum amount per country.

1. Bring the organization bank account details (IBAN and BIC SWIFT CODE) or your group leader bank account because we will do just one bank transfer for all the group;
  2. KEEP ALL YOUR TRAVEL DOCUMENTS: invoices, electronic tickets, train tickets, original boarding pass (very important), we need them! If you lose them we cannot reimburse you! Please bring your electronic travel confirmation already PRINTED.
  3. TAXI OR GASOLINE ARE NOT REIMBURSABLE we will send you the money of the reimbursement AFTER you have sent to us also the travel documents of the way back, after your return to your countries of residence, in at least 2 months from the exchange as soon as we get the money from our National Agency.
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## WHAT TO BRING ?

1. European Health Card.
2. At least one laptop/tablet per country, for video editing.
3. Something representing your country (food, drink, music, etc.) and think how to share/perform in a creative way (no touristic materials!) during the Intercultural Night.
4. Comfortable shoes and clothes, because we will use dynamic methods.
5. Clothes for hiking and outdoor activities and a raincoat( just in case).
6. A swimming suit for the sea.
7. Flip-flops or sandals for indoor and sea.
8. A backbag for the hiking and a refillable bottle
9. A towel, shampoo and other hygienic products.