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# Information Pack

**Youth Exchange**  
**Bridges of Solidarity - BridgeS**  
**08.07.2019-17.07.2019**

**Approved by National Agency of Greece**  
**2018-3-EL02-KA105-004474**

**Patras, Greece**





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## Hosting 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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## General Information

### Description of the project:

We all experience living in a new European society during a significant reformation, the influx of population. European reality consists of a “multicultural” context influenced by different cultures, resulting in a Europe rich in cultural diversity, incorporating a number of intercultural characteristics. Dialogue between cultures would therefore appear to be an essential tool in forging closer links both between European people and between their respective cultures.

Between 2010 and 2013, around 1.4 million non-EU nationals, excluding asylum seekers and refugees, immigrated in the EU each year, while in 2015 the number of asylum seekers arriving from outside Europe increased substantially during the European migrant crisis. Over the last decade, there has been an increase in negative attitudes towards immigration and a lack of solidarity towards refugees and immigrants all around Europe.

This project aims to build bridges among different cultures and thus assemble a cultural jigsaw so as to empower youth with the value of solidarity and cultural understanding through active European citizenship.

### Countries:

Greece,



Italy,



Spain,



Turkey,



Serbia,



Romania



### Participants:

**5 youngsters-participants, age 18-28 years old plus 1 leader per organization with no age limit**

**Greece: 6 youngsters-participants, age 18-28 years old plus 2 leaders with no age limit**

It is necessary that participants have very good level of English and are open-minded!

### Accommodation:

Hotel Adonis, Kapsali 9, 26223, Patras, Greece

(Opposite of Patras Terminal Bus Station and 100 meters from Patras Central Railway Station)







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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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## Accommodation

Hotel Adonis is situated in the center of the city of Patras, only 20 meters away from the Terminal Bus Station and 100 meters away from the Central Railway Station. The panoramic view of the gulf of Patras and the city of Patras is magnificent.

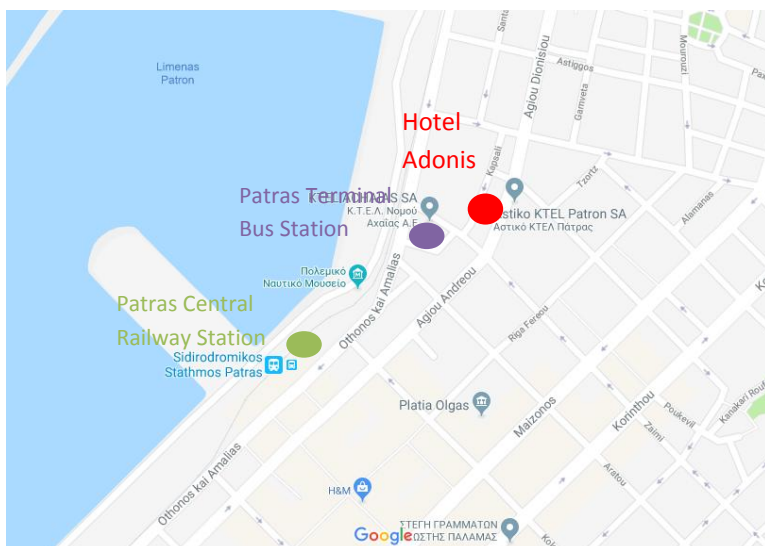


The hotel is fully air-conditioned with all the modern conveniences, wireless internet (Wi-Fi), LCD TV, refrigerator, hair dryer and very comfortable rooms.

The hotel is ideal for trips to Ancient Olympia, Epidaurus, Kalavryta and Ionian Islands.

You can find more info about the hotel in the following link:

<http://www.adoniscityhotel.gr/Special/english>



Contact Details of Hotel  
Adonis

Address: Kapsali 9, 26223,  
Patras, Greece

Tel: +30 2610 224213



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## Timetable of the Youth Exchange

Timetable	8 <sup>th</sup> July (1 <sup>st</sup> Day)	9 <sup>th</sup> July (2 <sup>nd</sup> Day)	10 <sup>th</sup> July (3 <sup>rd</sup> Day)	11 <sup>th</sup> July (4 <sup>th</sup> Day)	12 <sup>th</sup> July (5 <sup>th</sup> Day)	13 <sup>th</sup> July (6 <sup>th</sup> Day)	14 <sup>th</sup> July (7 <sup>th</sup> Day)	15 <sup>th</sup> July (8 <sup>th</sup> Day)	16 <sup>th</sup> July (9 <sup>th</sup> Day)	17 <sup>th</sup> July (10 <sup>th</sup> Day)
<b>8.00-9.00</b>		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>9.00-11.00</b>	Arrival of the Participants in Patras	Ice-breaking activities Rules, Fears, Expectations, Contributions	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers	Energizers
		Breaking the stereotypes and prejudices	Human Rights	Refugees and Migration Wave	New Life	Cultural Visit to the Archaeological Museum of Patras	Crossing the Bridge Rio- Antirrio	Bridges of Solidarity	Cultural Expression – Round Table Discussion	Erasmus+ - Youthpass Presentation
<b>11.00-11.30</b>		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break
<b>11.30-13.00</b>	Getting to Know Each Other	Breaking the stereotypes and prejudices	Human Rights	Refugees and Migration Wave	New Life	Trip to Nafaktos seaside town	Bridges of Solidarity	Bridges of Solidarity	Sharing Solidarity –Art Workshop	Departure of the Participants from Patras
<b>13.00-15.30</b>		Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
<b>15.30-17.00</b>		Breaking the stereotypes and prejudices	Human Rights	Refugees and Migration Wave	New Life	Trip to Nafaktos seaside town	Bridges of Solidarity	Bridges of Solidarity	Sharing Solidarity –Art Workshop	
<b>17.00-17.30</b>		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	
<b>17.30-19.00</b>		Art Workshop	Art Workshop	Art Workshop	Art Workshop	Art Workshop	Art Workshop	Art Workshop	Art Workshop Presentation	
<b>19.00-19.30</b>		Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	
<b>20.00-21.00</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
<b>21.00-...</b>	Welcome Evening	Get to know the place	Intercultural Night I	Intercultural Night II	Intercultural Night III	Intercultural Night IV	Intercultural Night V	Intercultural Night VI	Final Evaluation	

\* Please note that slight changes are possible!



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## General Rules and Requirements

Each team leader declares he/she has read and agreed with the following rules and safety behaviours and is going to share them with his/her participant group before the project starts in order to make also the youngsters aware of them.

During the Youth Exchange each team leader is responsible for his/her group of youngsters for all the matters:

1. **Organisational matters** of arrival and departure to and from the venue.
2. **Punctuality** of each participant to each activity during the youth exchange.
3. To **respect the requirements and requests** of the facilitators and the Greek leaders.
4. **Allergies, disease, special diets, etc.** have to be announced to the coordinators before the project for the leader and the participants of each group. Team leaders must know about the health situation/abilities of each participant.
5. Only small quantities of **alcohol** will be allowed during International Nights for cultural purposes and in a responsible way.
6. For the **beverages/snack from the bar in the hotel**, each participant/leader has to pay by himself/herself before the departure of each delegation from the hotel.
7. In case of **any problems**, the team leaders should immediately announce it to the Greek leader or facilitators.
8. Please leave all your **precious things** at home or take a good care of them. We aren't responsible if something gets lost. The team leaders have to aware the participants.
9. Don't forget your **European Health Insurance Card**. The leaders must be sure that each participant in his/her group is insured and well prepared for going abroad.
10. **After 23.00** all the **noise** must be reduced to permit the other participants and the other residents of the hotel to sleep and rest.

**\* All the leaders signed these rules during the APV and are sent to their emails.**





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## Things to Bring

Extra towel  
for the sea

Swimsuit

Waterproof  
shoes (Flip-  
Flops)

Sunscreen  
lotion

Hat

Comfortable and soft  
clothes (T-shirts,  
Shorts because it's  
hot in Greece during  
July)

A jacket (Because in  
the evenings it may  
be a bit cold  
sometimes in July)

Comfortable  
walking  
shoes

Hygiene and  
personal  
products

**Notebook or Laptop  
or Tablet** (at least one  
per NGO) (Because  
we will use it during  
the Youth Exchange  
in some activities)

**Leaflets or/and  
Brochures of your  
NGO** in order to get  
to know you better

**Pocket  
money**

**Medicines,**  
if needed

**Visa for the  
Turkish  
leader and  
participants**

**Passport or  
ID card and  
a photocopy  
of it**

**European Health  
Insurance Card or  
Insurance Card**  
which is valid abroad  
(**Please clarify it in  
your country before  
the project**)

**Traditional food  
and drinks,  
national music** for  
the International  
Nights

**Original  
Signed  
Mandate of  
each NGO**





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## Getting to the Venue

### Before booking flights/tickets

We kindly ask you that **before booking/reserving tickets you should ask us**. Any decision without consulting us will be on your own responsibility.

**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.**

#### **INVOICE DETAILS:**

Name: **Achaia Adult Education Institute**

Profession: **NGO**

Address: **Voriou Ipirou 58, Patras, 26224, Greece**

VAT number: **998834353**

Tax Office: **3rd DOY of PATRAS**

#### **Attention:**

The flight on arrival date **should not be** in the late afternoon, so that you can catch an appropriate train or bus to Patras because the last bus for Patras is at 22:30. Patras is about a 3hour way from Athens.



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## How do you get to Patras from Athens International Airport?

**Variant I: Going directly by train  
from Athens International Airport  
Railway Station (Αεροδρόμιο-Airport)  
to Patras Central Railway Station**

Athens International Airport	Arrival at Kiato	Departure from Kiato	Patras Central Railway Station
06:15	07:55	08:05	09:35
08:15	09:55	10:05	11:45
10:15	11:55	12:05	13:35
12:15	13:55	14:05	15:35
14:15	15:55	16:05	17:45
15:15	16:55	17:05	18:35
16:15	17:55	18:05	19:35
17:15	18:55	19:05	20:45
18:15	19:55	20:05	21:35
19:15	20:55	21:05	22:35

After entering the Arrivals hall from the baggage claim area, go out from the Terminal Building, cross the road and use the elevator or the escalators to move to the upper level. There you cross the bridge over the Highway and you reach **Athens Airport Railway Station ticket area**. Ask for tickets for the **Patras Central Railway Station**. The cost of the one-way ticket is around 20€, but if you buy tickets with return the total cost is around 32€. Ask at the ticket desk for special prices for students under the age of 26!

After you buy the train tickets look the signs for the **suburban train** with direction **KIATO or KATO ACHARNAI**. Do not confuse the metro with the suburban train as they use the same train track.

At **KATO ACHARNAI** Station you must change train and take the one coming from Athens with direction **KIATO**.

From Kiato to Patras Central Railway Station the train track is under construction. So, at Kiato Railway Station you get off the train and you get on the Bus that is provided by the Railway Company and its cost is included in the train ticket that you will have bought. This Bus terminates at Patras Central Railway Station. The Accommodation Facility is very close to the Patras Central Railway Station.

Here you can search for the possible connections (From: Athens International Airport, To: Patra): <https://tickets.trainose.gr/dromologia/>.



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**Variant II: Going by bus from Athens International Airport (Αεροδρόμιο-Airport) to Patras Terminal Bus Station**

From Athens International Airport to KTEL Kifisou Terminal Bus Station you take the bus line X93. The bus stop is between the Exit 4 and 5 at the arrivals level. The ticket price is around 6€ for one-way trip. There is no special price for tickets with return and it is about 45 minute way to KTEL Kifisou Terminal Bus Station

The timetable for Bus Line X93 follows:

00:10	07:05	11:25	15:50	20:35
00:55	07:30	11:55	16:15	21:05
01:45	08:00	12:25	16:45	21:40
02:35	08:30	12:50	17:15	22:15
03:35	09:00	13:20	17:50	22:50
04:15	09:30	13:50	18:25	23:30
05:15	09:55	14:20	19:00	
06:05	10:25	14:50	19:35	
06:35	10:55	15:20	20:05	

For more information about this bus line you can visit the website:

<http://www.athensairportbus.com/en/timetable/x93airporttokifisos.html>

From KTEL Kifisou Terminal Bus Station (Athens Bus Station on Kifisou Avenue) you can buy a ticket for the Shuttle Bus. The trip to Patras lasts about 3 hours. You can ask a ticket for **PATRAS (ΠΑΤΡΑ)**. As you reach Patras Terminal Bus Station the Accommodation Facility is very close.

The ticket price from Athens to Patras is 20,70€ for one-way trip and 32€ with return.

You can find more information for the timetable of the buses at the website of KTEL Achaias:

[http://www.ktelachaias.gr/?module=default&pages\\_id=24&lang=el](http://www.ktelachaias.gr/?module=default&pages_id=24&lang=el)

**\* The Express Buses stop only in Patras Bus Station, while the other Buses have intermediate stops.**

**Timetable of the buses from Athens (KTEL Kifisou Terminal Bus Station) to Patras (Terminal Bus Station) for Monday 8<sup>th</sup> July 2019.**

05:30	11:00	15:00 (Express)	19:00 (Express)
06:30	11:30 (Express)	15:30	19:30
07:15	12:00	16:00 (Express)	20:00 (Express)
08:00	12:30 (Express)	16:30	20:30
08:30 (Express)	13:00	17:00 (Express)	21:30
09:00	13:30	17:30	22:30
09:45	14:00 (Express)	18:00 (Express)	
10:30 (Express)	14:30	18:30	



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## **How do you get to Athens International Airport from Patras?**

For your return trip you can follow the same two variants. We suggest you to buy the tickets for your return from the first day so as to buy them in a cheaper price.

For the first variant, by using the direct train from Patras Central Railway Station, you will follow the vice versa direction that is explained before. At first you get on the bus to KIATO and then from KIATO you get on the train. At KATO ACHARNAI station you should change to the train that goes to the airport.

The timetable for the Train from Patras Central Railway Station to Athens International Airport is presented afterwards.

<b>Patras Central Railway Station</b>	<b>Arrival at Kiato</b>	<b>Departure from Kiato</b>	<b>Athens International Airport</b>
<b>06:25</b>	07:50	07:59	<b>09:47</b>
<b>08:05</b>	09:40	09:59	<b>11:47</b>
<b>10:15</b>	11:40	11:59	<b>13:47</b>
<b>12:25</b>	13:45	13:59	<b>15:47</b>
<b>14:25</b>	15:45	15:59	<b>17:47</b>
<b>15:25</b>	16:45	16:59	<b>18:47</b>
<b>16:15</b>	17:40	17:59	<b>19:47</b>
<b>17:25</b>	18:45	18:59	<b>20:47</b>
<b>18:25</b>	19:45	19:59	<b>21:47</b>





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For the second variant you will take the Shuttle Bus from Patras Terminal Bus Station to KTEL Kifisou Terminal Bus Station (Athens).

**Timetable of the buses from Patras (Terminal Bus Station) to Athens (KTEL Kifisou Terminal Bus Station) for Wednesday 17<sup>th</sup> July 2019.**

02:30	09:30 (Express)	14:00	17:30 (Express)
05:00	10:00	14:30 (Express)	18:15
06:00 (Express)	11:00 (Express)	15:00	19:00 (Express)
06:30	11:30	15:30 (Express)	19:30
07:15	12:00 (Express)	16:00	20:30
07:45 (Express)	12:45	16:30 (Express)	21:45
08:30	13:15 (Express)	17:00	

From there you should take the X93 Bus line, which takes you from Athens Terminal Bus Station on Kifisou Avenue to Athens International Airport.

The timetable for Bus Line X93 follows:

00:40	05:55	09:10	12:35	16:05	19:55
01:35	06:20	09:40	13:05	16:40	20:30
02:25	06:50	10:10	13:35	17:15	21:10
03:15	07:15	10:40	14:05	17:50	21:45
04:15	07:45	11:10	14:35	18:25	22:25
04:55	08:15	11:35	15:05	18:55	23:05
05:25	08:40	12:05	15:35	19:25	23:50



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## Budget and Reimbursement Rules

### Maximum Travel Reimbursement to/from Ancient Olympia:

NGO	Country	Number of Participants	Distance Band to Ancient Olympia, Greece	Maximum Travel Grant per participant
ΑΧΑΪΚΟ ΙΝΣΤΙΤΟΥΤΟ ΕΚΠΕΔΕΦΣΙΣ ΕΝΙΛΙΚΩΝ	Greece	8	0-9km	0€
Fondazione Toscana Sostenibile Onlus	Italy	6	500-1999km	275€
Asociación K'MON	Spain	6	2000-2999km	360€
AVRUPANIN GELECEGI GENCLIK DERNEGI	Turkey	6	500-1999km	275€
Udruzenje EmPower	Serbia	6	500-1999km	275€
REPERE ASSOCIATION - BACAU BRANCH	Romania	6	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 Turkish partner the travel costs from Trabzon, Turkey to Patras, Greece. According to the European Distance Calculator this distance is 1574.95km 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 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.

A 10€ participation fee (non-refundable) will be asked from all participants and leaders in order to cover the day-trip in Nafpaktos and cultural visit to the Archaeological Museum.



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## Contact Details

**Vamvaka – Christodouloupoulou Kyriaki (Sandy)**

**Chairwoman**

Achaia Adult Education Institute  
Voriou Ipirou 58 Patras, 26224, Greece  
Email: sandyvamvaka@gmail.com  
Facebook: Achaia Adult Education Institute  
tel. 0030 697 3020166  
0030 2610 321687

**Lykouras Michail**

**Administrative Officer – Contact Person**

Achaia Adult Education Institute  
Email: michalislyk@gmail.com  
tel. 0030 697 2119953

**Facebook Group Page:**

<https://www.facebook.com/groups/787350944959907/>

**Please complete the Application Form for the Youth Exchange till 15<sup>th</sup> May 2019 using the following link:**

We are looking forward to meeting you,

**Achaia Adult Education Institute**

