

ARTIVISTES In Action

2019-3-EL02-KA105-005487

Youth Exchange

Kalamata, Greece

APV: 15-16 October 2022 (Arrival: 14/10 Departure: 17/10)

Youth Exc: 14-23 November 2022 (Arrival: 13/11 Departure: 24/11)



INFOPACK



Description of the project

The circus is a special art that combines theater, acrobatics, dance, comedy and drama. It has been used for entertainment, for reflection and for education.

We believe that the circus is an art with a strong educational background that is primarily based on building the character of the person doing it. It requires very strict discipline, concentration, selfcontrol, good cooperation, team spirit, respect for the partner and respect for the public.

These are values and skills that a youth worker has as the ultimate goal for offering to young people when organizing any socio-educational activity.

This project therefore proposes an activity for young people with fewer opportunities in order to offer them the opportunity to develop life skills through the art of circus, to believe again in themselves and to experience the fundamental feelings that create happy people, something that difficult social circumstances deprived. This is a project that offers new perspectives for young people who have been disappointed or withdrawn from an active life.

The proposal for the implementation of this project comes in response to the need on the one hand to motivate young people to understand the power they have and the role they can play as active citizens in raising and motivating society on important issues (e.g. Environment, equality, tolerance, democracy, human rights, etc) and on the other, to empower, foster confidence and enhance the skills of young people who will find them useful in their future lives as individuals, members of a society let, but also as professionals.

Participants

Each team needs to send **1 youth leader** and **5 young people**

Youth Leaders: individuals who are **directly related** to organizations (members or volunteers), **have experience as team leaders** in similar activities, and **have experience in circus arts (acrobatics, dance, theatre, etc)**

No age limit

Participants: young people **aged 18-30**, who are **interested in circus arts**. Experience in circus arts, as well as dance or theatre will be considered a plus. Youth with fewer opportunities (facing educational, social, and cultural difficulties) are encouraged to participate.



OBJECTIVES

Our objectives in this project are:

- to create a framework for international cooperation of 30 young people from 5 countries based on the circus for their direct empowerment.
- to organize a socio-educational youth exchange activity, for people who face social exclusion, poverty, discrimination or are victims of racism.
- to give young people, including youth with fewer opportunities, to experiment with an art that will help them build behaviors, skills and knowledge
- the creation of a positive atmosphere that will contribute to the exchange of views, knowledge, ideas and cultural elements through cooperation and solidarity.
- the promoting an important youth work tool that can involve people with fewer opportunities in Erasmus + youth projects.
- to promote the values of Europe, the Program and the youth work to the participants themselves and to the public who will be in contact with the team and the results of the project.

How to Participate

If you are from **Greece, France, Spain, Czech Republic or the UK** and would like to participate in the project, please fill in these online forms:

As a youth leader: <https://forms.gle/ZGyLWPsFM2H3JbJr8>

As a participant: <https://forms.gle/wnuXU7qdEEskmnsM9>

We, together with the sending organisations will review all applications and announce the selected participants in due time. Please, have in mind that completion of the form does NOT mean automatic acceptance in the project.

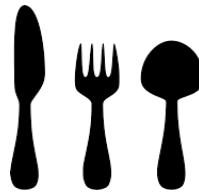


FINANCIAL

THE PROJECT COVERS DIRECTLY:



100% of accommodation costs in shared rooms (2-4 people)



3 meals per day
Breakfast
Lunch
Dinner



Activity costs
venues
facilitation costs
materials

THE PROJECT REIMBURSES (after the activity):



Travel costs from your city to Kalamata (for both the APV and the Youth Exchange), up to the amount designated by the European Commission. Namely:

Czech republic: 275 Euros/participant

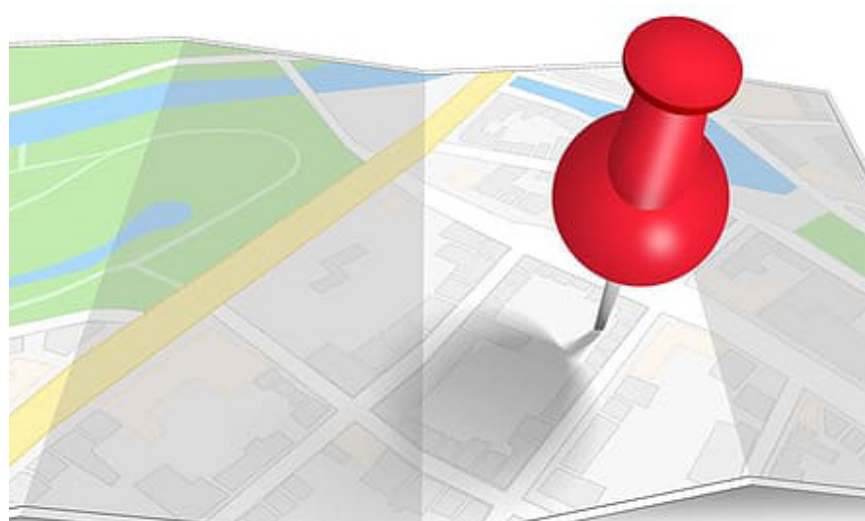
France, Spain, UK: 360 euros/participant

IMPORTANT: When arranging for your travel, you need to keep in mind that you need **55 euros** to get from Athens to Kalamata (see next page).

Notice: We cannot reimburse tickets for travel that does not take place.

Travel costs will be reimbursed to the sending organisations, after the end of the activity and the reception of the following:

- invoice by the sending organisation
- original invoices or receipts for all travel tickets
- proofs of payment
- original boarding passes



How to reach Kalamata

DATES

APV: Arrival: 14th of October
Departure: 17th of October

YE: Arrival: 13th of November
Departure: 24th of November

The easiest way to come to Kalamata is travel to **Kalamata or Athens airport.**

If you arrive at Kalamata airport, the easiest way to come to the hotel is to take a taxi. Buses are also passing, but the schedule is quite inconvenient. Taxis to the city cost around 20 euros / taxi (not per person)

If you arrive at Athens airport, then make sure to **arrive before 17.00** at Athens airport and **depart after 14.00** from Athens airport, in order to be sure to catch the bus to and from Kalamata. After landing to Athens Int. Airport go right outside the building and find the urban bus station. Then find the **bus X93**. Behind the bus stop, there is a booth where you can also buy your ticket to the bus station. The ticket costs 5.5 euros. X93 will take you to the Kifissos intercity bus station <https://goo.gl/maps/if4X4Rf2sqv> (X93 last stop is inside the bus station). It takes around 70 mins to go from the airport to the bus station and buses run every 20-30 minutes. Keep that in mind when you are making arrangements.

After finding Kifissos bus station in Athens, go to the ticket office named KALAMATA (or in Greek ΚΑΛΑΜΑΤΑ), and ask for a bus ticket to Kalamata return (me epistrofi). The return ticket costs 43 euros (whereas one-way costs 22,20 Euros). You can also buy a ticket online (but just one way) at www.ktelmessinias.gr.

The bus is leaving from the platform with the sign “ΜΕΣΣΗΝΙΑ/MESSINIA” on top of it.

When you arrive at the bus station, you can take city bus N01 from there and come to the central square. The hotel is very close to the bus stop.

How else to get to Kifissos Bus Station:

- By bus from the center of Athens: take the bus number 051 from Omonia square or Metaxourgio square.

You can find the bus schedule here: ktelmessinias.gr/en/athens/

ATTENTION: The page shows first the buses from Kalamata to Athens and then the ones from Athens to Kalamata. Last bus from Athens to Kalamata is usually at 21.00 or 21.30.

There are **NO TRAINS** from Athens to Kalamata.

Ticket prices are subject to change.



The city of Kalamata

Kalamata (Greek: Καλαμάτα Kalamáta, formerly Καλάμαι Kalámai) is the most populous city of the Peloponnese region in Southern Greece. The capital and chief port of the Messenia regional unit, it lies along the Nedon River at the head of the Messenian Gulf.

The history of Kalamata begins with Homer, who mentions Pharai, an ancient city built more or less where the castle of the town stands today.

Kalamata is renowned as the land of the Kalamatianos dance and the silk kerchief; of succulent, dark “Kalamata olives”; and of honey-eyed figs and the honey-covered sesame sweet called pasteli. The city can be reached from other Greek cities by bus. It has an international airport and an important harbor. Ferries are available during the summer to places such as the Greek islands of Kythira and Crete.

The Messenian Gulf where Kalamata is located has various long beaches. The Taygetus mountain range is about 4 km (2.5 mi) east of Kalamata and the GR-82 Kalamata–Sparta highway runs through the range.

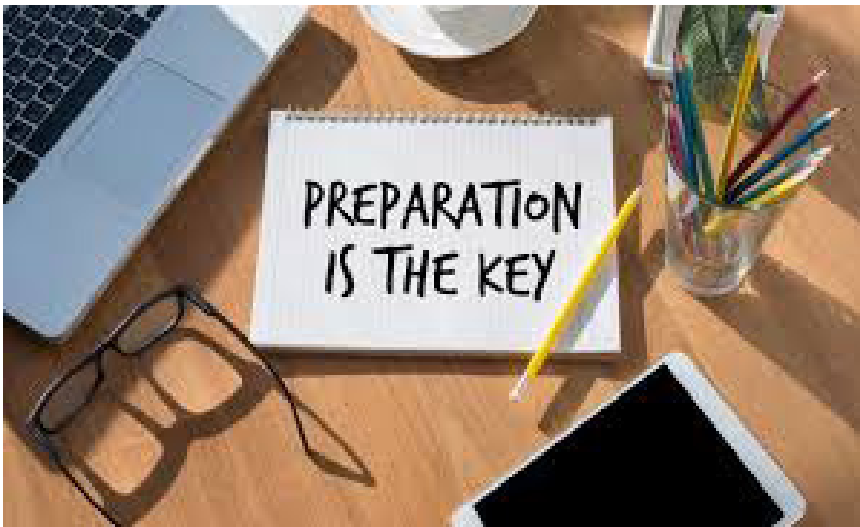
Olives and olive oil are important and famous products are exported from Kalamata. Kalamata has a Mediterranean Climate (Csa) with mild and wet winters and dry, hot summers. Kalamata receives plenty of precipitation days during winter. Summers are very hot and dry. The maximum temperature ever recorded at Kalamata was 42,6°C and the minimum ever recorded was -5°C. The weather in May is very mild and warm, but rain is always a possibility. The evenings can be chilly.

Find more about Kalamata:

<http://en.wikipedia.org/wiki/Kalamata>

<https://web-greece.gr/en/destinations/kalamata-messinia-greece/>





PREPARATION

- Prepare ice-breaking games and energizers (each day, a different country will take care of the energizers of the day!)
- Prepare for the intercultural night (see below)
- Prepare circus workshops/activities to share with the other participants

Things to bring



Please, remember to bring with you:

- A. Anorak/Umbrella (just in case it rains...)
- B. Warm clothes, as well as a coat for the evenings, as November is a rather cold month
- C. Comfortable shoes (as Kalamata is a perfect city for walking around)
- D. Your medicine, vitamins, or anything else you need
- E. Things for the intercultural coffee breaks (nice cookies, tea, sweets... improvise :-D)
- F. Things for the intercultural night (games, food, drinks, etc.). NO video presentations
- G. Your European Health Insurance Card
- H. Towels
- I. Camera/smart phone (useful for shooting photos and videos)

And, of course, your happy constitution and your smile!

*We are looking forward to
welcoming you in Kalamata!*

