

Social entrepreneurship for a fair society... for a hopeful future

Programme: Erasmus+ KA1: Mobility of Youth Workers.

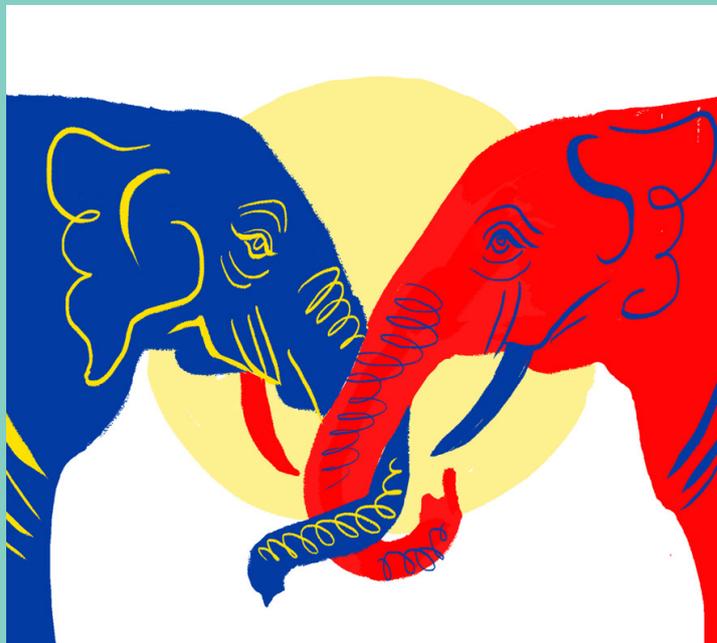
Activity: Training course

Addressed to: Active and enthusiastic youth workers or people that work in different fields of social economy, employees or volunteers of the partner organizations and active groups of the region with a direct interest in youth employability.

Organiser: Koukouva Social Cooperative Enterprise

Project Ref. Number: 2019-3-EL02-KA105-005338

Dates: 07 – 13 June 2020 (excluding travel days)



INFOPACK FOR PARTICIPANTS



Description of the project

As a cooperative, our dreams matched with the values of social economy and we found many solutions through its structures, but we also came across plenty of practices that raised a number of concerns.

Thus, recognizing the needs of the current social and economic conditions of most of European countries, as well as the different paths that could be taken due to them and being big supporters of social economy, we decided to apply for this multinational training course.

Through this training course, we intent to host youth workers and people who work in social economy in different countries so that we will together explore the field, exchange good practices and create tools that we can use to facilitate young people understand social economy and its values, find their skills and how they can use them through it.

OBJECTIVES



- create a common understanding about the social values of Social Economy and how it can bring us closer to a more fair society,
- explore the field of social economy and employability in the different countries
- create tools that could help the understanding and decision making of young people around social entrepreneurship,
- provide, exchange and create tools about planning and developing a social entrepreneurship
- enforce youth workers with knowledge and tools on social economy and social entrepreneurship
- create a network under common values for future collaboration.



FINANCIAL

THE PROJECT COVERS DIRECTLY:



100% of accommodation costs in double or triple rooms



3 meals per day
Breakfast
Lunch
Dinner



All activity costs
training venue
training costs
materials

THE PROJECT REIMBURSES (after the activity):



Travel costs from your city to Kalamata, up to the amount designated by the European Commission. Namely:

Republic of North Macedonia: 180 Euros/participant

All others: 275 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).

DEADLINE TO PURCHASE PLANE TICKETS: 30/03/2020

*****send us your suggestions for tickets BEFORE buying them.**

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

Participants need to arrive at the venue on the **06th of June** and depart on the **14th of June**. The ERASMUS+ programme allows for only 2 travel days. Travel costs outside those travel days are considered invalid. Please notify us before buying the tickets and **DO NOT** make any purchases before getting approval.



How to reach Kalamata

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

Kalamata also has an international airport that receives direct flights from multiple countries. However, usually, flights from these cities do not take place daily, which means that you will need to check if the flights are convenient. You may want to check the option of arriving to Kalamata and departing from Athens or vice-versa.

Participants from the Republic of North Macedonia, could also check for flights from Thessaloniki to Kalamata airport.

IMPORTANT! DO NOT BUY ANY TICKETS, BEFORE GETTING APPROVAL FROM US.

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 6 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 (με επιστροφή). The return ticket costs 43 euros (whereas one-way costs 24,40). 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.

After buying the ticket don't forget to send us an SMS (text message) to Fotini (+306947770078) with the time of your departure from Athens, so that we can arrange for someone to meet you at the bus station.

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.



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/>





VENUE

The training activities, accommodation and meals will take place at KANE's Training Centre, on the Marina of Kalamata, 10mins walk from the centre of Kalamata and another 10mins walk from the beach of Kalamata.

Accommodation will be done in double and triple rooms. Participants will share the rooms with participants from different countries of the same gender. Its room has en-suite bathroom. **Please, bring your own towels.**





PREPARATION

In preparing for this project, please collect and bring with you:

- A. Information about your sending organisation (including, if possible, any leaflets, posters, flyers, etc)
- B. Examples and Good Practices from Social Enterprises and initiatives in your countries that you will present to the other participants.

Things to bring



Please, remember to bring with you:

- A. Anorak/Umbrella (just in case it rains...)
- B. Light clothes, as well as a jacket for the evenings
- 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. Sunblock and hat

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

CONTACTS

e-mail: koukouva.koinsep@gmail.com

Mariliana Diamantaki
phone number: +30 6973005285



Panagiota Arapi
phone number: +30 6985087037



Fotini Arapi
phone number: +30 6947770078



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

