

KA1 – MOBILITY OF INDIVIDUALS

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TRAINING COURSE

“Human Rights Education today, for an equal tomorrow”

Trikala, Greece

8-17 February 2020



Co-funded by the
Erasmus+ Programme
of the European Union

ABOUT THE PROJECT

The project " Human Rights Education today, for an equal tomorrow" is a residential Training Course that will take place in the city of Trikala, Greece, 8-17 February 2020, with the participation of 10 partner organizations from Greece, Bulgaria, Croatia, Hungary, North Macedonia, Serbia, Albania, Bosnia & Herzegovina, Georgia and Ukraine . The project will include 30 youth workers and youth leaders (3 participants per country), 2 trainers and 2 support staff.



SUMMARY

While in the countries of western Europe the situation with Human Rights and their protection is relatively good and not many issues arise, in the countries of Eastern Europe and Western Balkans we have countless examples of violations, especially after the start of the refugee crisis (which has also impact in the Western European countries), something that has led in the radicalization of citizens, mainly people coming from political parties and groups that are active at the edges of the political spectrum. The refugee and humanitarian crisis, has unveiled the existence of citizens, especially young people, not enough educated in the topics related to human rights. Many countries (mainly non state members of EU) do not include in their educational system the subject of Political Education at schools. Therefore, this gap has to be covered by the European NGOs, which need to work with the youngsters and educate them to the extend they can in order to eliminate the cases of exclusion, radicalization, extremism and marginalization of groups of people. As an example of youth radicalization we can look at the recent example of "Brexit" and if we want to eliminate reactions like this we need to apply more effort in increasing the capacities and effectiveness of youth workers in formal and non formal education.

We have also identified the existence of many NGOs around Europe, but they don't have enough capacity to educate the youth on human rights, how to

recognize violations, how to prevent or to stop them and how important is to educate youth in understanding human rights and how they can improve the community with respect on human rights and what impact they can have to their co citizens, participating in building a better Europe which will be united in diversity.

This is the reason why we want to do this project, in order to educate youthworkers and staff of organisations working with youth, in order to raise the capacity and knowledge so as to use them while working with youth in local, national and international level, regarding the history of human rights, the way to protect them, the recognition of violations, in order to stop the violations today and prevent them from happening in the future.

OBJECTIVES

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The main objectives of the project are:

- to raise the level of key competences and skills of youth workers and through them also the capacities of the partner organisations and also other organisations with which they cooperate, since the participants of the project will share their gained knowledge, skills and experience with them,
- to raise the number of young people as active citizens of democratic countries, that join forces towards a common goal. Reinforcement of the important role the youth can have in decision partaking in national and European level,
- to empower active participation of young people in order to promote social inclusion, tolerance, solidarity, intercultural dialogue and raise awareness about importance of protection of human rights and European values,
- to increase the emphasis on human rights and the promotion of human rights,

multiculturalism, tolerance and mutual understanding in order to have a better image of democratic Europe in the future,

- to promote Erasmus+ programme and the opportunities that it offers for youth.

In order to reach the aforementioned objectives, the training will combine different kinds of non-formal learning modules, based on games, introductory lessons, group works, professional lecturers and public dissemination events.



PARTNERS

In the project are involved 10 partner organizations from 10 European countries (EU member states, EU candidate countries and neighboring countries).

Partner Organisation	Country
Civil Education & Training Platform - Hellas	Greece
CET Platform Hrvatska	Croatia
Youth for Social Changes	Albania
Youth Center Kosmos Kljuc	Bosnia & Herzegovina
SFERA INTERNATIONAL – Bitola	North Macedonia
Compass Egyesület	Hungary
CET PLATFORMA (RS)	Serbia
AYPI	Bulgaria
Youth Association DRONI	Georgia
Development and Initiative	Ukraine

PARICIPANT'S PROFILE

The project is directed to employees, members, volunteers or external partners of the sending organisations that are actively involved in the activities of these organisations or directly working with young people. They should be highly motivated and already have (or want to gain) experience in the topic of human rights. Priority will be given to Teachers, Social Workers, Youth Workers, Trainers of non formal education, Educators, Sociologists, working with socially vulnerable groups. They will be selected by the sending organizations based on their interest in this precise topic.

The participants should be:

- Actively involved, volunteering, working or cooperating with the partner organizations;
- Able to communicate fluently in English;
- Aged over 18 years old;
- Highly motivated and committed to be actively involved during all the phases of the project (preparation, implementation and follow up and dissemination). To attend and actively participate in the full duration of the training, promote visibility of the project during the TC week and do follow up and dissemination activities afterwards in order to multiply the results of the project.

Anyone interested to apply for the project, please contact the partner organizations in order to follow their selection process.

VENUE

The Training Course will take place in the city of Trikala, in the Region of Thessaly in Greece. The municipality of Trikala is a very safe and historically and touristically interesting provincial area in Central Greece.



The City

The city of Trikala has been recognized as the first digital city in Greece, had been awarded with the EUROPEAN MOBILITY WEEK 2015 award and many European actions and projects have taken place there, such as CITY MOBIL 2, sport events etc and has been also awarded in the Tourism Awards 2016 as the best destination within the borders of Greece for families' visits.



This is the [official website](#) of the municipality of Trikala where you can find some more information and [here](#) you can read 5 reasons why you should visit us anyway! And be sure that there is more to explore and discover!

Accomodation

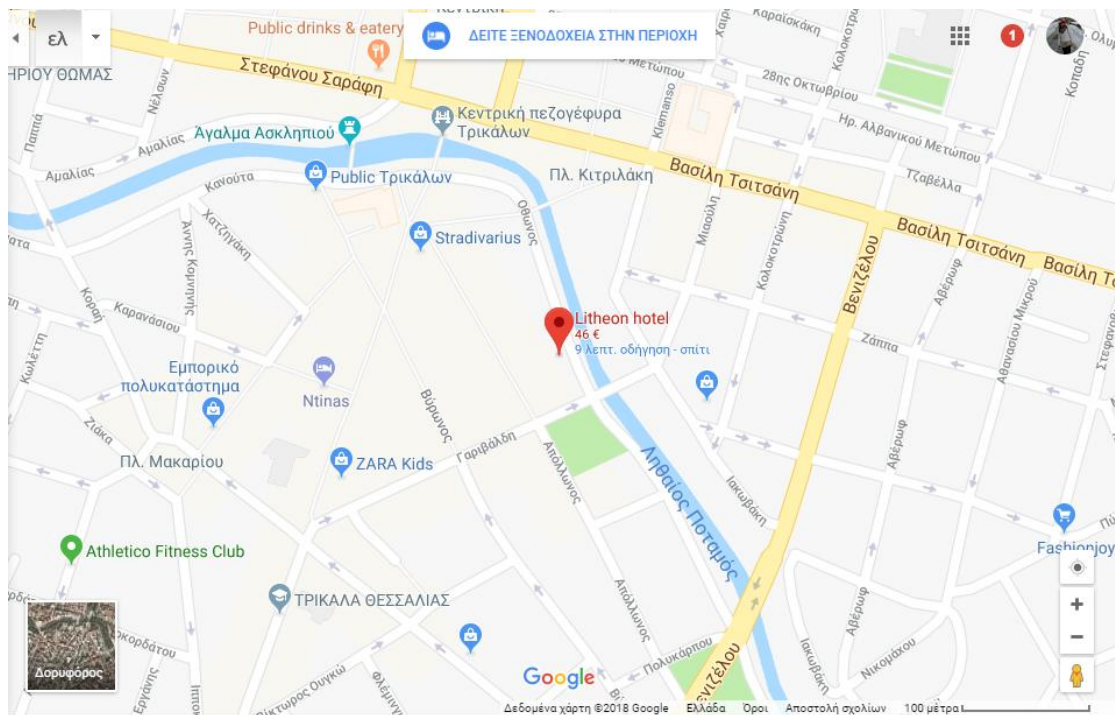
The participants will be hosted in [Hotel Litheon](#), in the city center, in double or triple rooms.

All the rooms have private balcony, mini bar, TV, air-conditioning and free WiFi. Linens, towels and toiletries will be provided.



Location of the hotel

Click on the picture



Training venue

The sessions of the training course will be held in [“Tsitsani’s Museum”](#) (old prison), just 150m from the hotel.



Tip: Read [here](#) the history of the museum

TRAVEL DIRECTIONS

For the most of the participants the best option to reach Greece is via flight route, landing in Athens (Airport “Eleftherios Venizelos”, ATH) or Thessaloniki (Airport “Makedonia”, SKG).

The city of Trikala is located about 327 km and 214 km away from Athens and Thessaloniki respectively.

NOTE: Keep in mind that you have to be at Trikala on 8th of February the latest at 19.00 (local time), so as to book your tickets accordingly. Please consult with us to help you find the best possible itinerary in order to reach the destination, as Trikala is a provincial city and the train/bus connections might be tricky.

How to reach Trikala?

- **From Athens:**

If you land in Athens you can come to Trikala either by bus or by train.

By Bus from Athens:

From Athens International Airport you can take the bus No X93 to the Bus Terminal KTEL LIOSSION. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (6,00 €) in the ticket kiosk at the exact point. From bus terminal KTEL LIOSSION there you can take a bus to Trikala. You can buy the ticket on the

spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#)

By Train from Athens:

From Athens International Airport you can take the Suburban train (Proastiakos) to the train station STATHMOS LARISIS (or LARISA STATION). Another way to reach the train station STATHMOS LARISIS is via Metro (Line 3 from the airport to the stop SYNTAGMA and there you change to Line 2 and get out in STATHMOS LARISIS). The cost of the ticket in both cases is 10,00 €. From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

- **From Thessaloniki:**

If you land in Thessaloniki you can come to Trikala either by bus or by train.

By Bus from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Bus Terminal KTEL MAKEDONIA. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the ticket kiosk at the exact point. The bus terminal is the last stop, you cannot miss it (18 stops after the airport). From bus terminal KTEL MAKEDONIA you can take a bus to Trikala. You can buy the ticket on the spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#).

By Train from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Train Station NEOS SIDIRODROMIKOS STATHMOS (or OSE). It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the ticket kiosk at the exact point. Your stop is just 2 stops before the bus station (16 stops after the airport). From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

LOGISTICS (BOARD AND TRAVEL EXPENSES)

Board

Full board will be provided, 3 meals plus 2 coffee breaks per day. The food will be mainly according to Mediterranean diet and typical Greek cuisine. **Vegetarian** and **vegan** options can also be arranged, since Greek cuisine is rich in vegetarian and vegan dishes and this will not be a problem. Breakfast will be served in the hotel's restaurant, while lunch and dinner will be arranged in a traditional tavern very close to the hotel. The coffee breaks, 1 between morning sessions and one between afternoon sessions will take place in the training venue.

Travel Expenses

The travel expenses will be reimbursed, according to the general rules of the Erasmus+ programme and the distance calculator, at **maximum** travel costs as following:

180 Euros – Albania, Bulgaria, North Macedonia

275 Euros – Croatia, Hungary, Serbia, Bosnia Herzegovina, Ukraine, Georgia

There will be no travel reimbursement for Greek participants coming from Trikala, while for participants coming from other parts of the region (over 10 km away from the city) or other parts of Greece there will be reimbursement of their travel expenses.

The purpose of the travel is the participation in the project, therefore the participants need to travel from and to return to the country their sending organisation is based. Flights (or combo of flights) that do not depart or return to the country of their sending organisation cannot be accepted and therefore cannot be reimbursed.

The reimbursement will be done **on real travel costs**, meaning that you will have to provide us with **all** the original tickets (including boarding passes for flights, as the booking confirmations are not enough), receipts, invoices, etc. **Taxi fares** cannot be reimbursed.

All eligible travel costs will be reimbursed via bank transfer in each partner organisation's bank account after the end of the training course (for which is required full attendance) and after the participants:

- Provide all their original tickets (digital and paper)
- Fill their personal report from European Commission
- Send us the follow up and dissemination activities reports
- Send dissemination articles to their sending organizations.

Do not buy any travel tickets before consulting for your itinerary and fares with the project coordinators of the partner organizations or with us. Tickets that have been purchased without approval cannot be accepted. As a rule all the tickets must be bought in **Economy Class** and the most reasonable travel option should be chosen.

If you need to travel out of official travel dates (2 days before or after the project) you need to take approval first. Tickets out of the official dates, purchased without approval from the organizers will not be reimbursed.

NOTE: The organizers cannot provide food or accommodation before or after the project dates. We will be willing though to provide you with information and suggestions regarding the city and the surrounding area.

HEALTH INSURANCE

Please make sure that coming to the project you have a valid health insurance!

Please make sure that your health insurance makes it eligible to have a medical treatment abroad. This is absolute **must** in order to join the project.

You can obtain [European Health Insurance Card](#) for free (only for EU citizens) or buy a travel insurance of your choice, covering potential medical needs.

Costs regarding health insurance **are not** reimbursed by the hosting organisation.

VISA INFORMATION

Entrance Visa to Greece is not required by any of the citizens of the countries participating in the project. The participants coming from all the EU countries (Bulgaria, Croatia, Hungary) can enter the country using a valid identity document (Identity Card or Passport), while the participants coming from non EU

countries (Albania, North Macedonia, Serbia, Bosnia & Herzegovina, Georgia, Ukraine) can enter Greece using Biometric Passport, without the requirement of a Visa.**

(*the visa requirement exemption is not applied to holders of Serbian passports issued by the Serbian coordination directorate (in Serbian: koordinaciona uprava))

(**residents of all the above countries, not holding a passport or ID of those countries mentioned, will have to follow visa policy that applies in the [countries](#) that they hold passports from)

OTHER INFORMATION

Currency

The currency used in Greece is Euro (€). For residents of countries not using Euro, please exchange the amount of money that you estimate that you will need for personal expenses before coming to Greece, because exchanging offices that you could use DO NOT exist. Or you can withdraw the money the amount you think you will need from an ATM, there are many in the center of the city.

What to bring?

- Warm winter clothes and shoes, as the usual temperature in February in Trikala is between 0-10°C.
- All the original tickets of the entire trip, invoices/receipts, boarding passes.
- Promotion materials, brochures, etc. from your organization.
- Something typical from your country (or personal culture) such as food, drinks, music, traditional objects, flags, fliers, promotion materials etc., or whatever else you want to share with all of us during the intercultural events.
- Your motivation, inspiration, good energy and will for work and cooperation.

Language and Useful Expressions

The language spoken is Greek and we use our very own Greek alphabet. But this shouldn't scare you, because you will not use the expression "It's all Greek to me!" very often. Most of the people speak English and since we are a

touristic country you will meet speakers of more other languages like Italian, German, Spanish, Russian etc.

Useful words and expressions in Greek are:

Ευχαριστώ! (Efcharistó) – Thank you!

Παρακαλώ (Parakaló) – Please / You are welcome

Καλημέρα (Kaliméra) – Good morning

Καλησπέρα (Kalispéra) – Good afternoon

Καληνύχτα (Kaliníhta) – Good night

Συγγνώμη (Signómi) – I am sorry

CONTACTS

For any questions you can contact us in the following emails:

Organisations's mail: greece@cetplatform.org

Email for volunteers/applicants: cetgrvolunteers@gmail.com

There will also be another email especially for the project and emergency phone contacts for the selected participants, along with a Facebook group where more information will be launched and we can be introduced to each other before the activity.

We are looking forward to hear from you!

The team of CET Platform - Hellas