

# Get In To Get Out

*An innovative method for more personal inclusion  
in your community*



*5th – 12th of October 2022*

*Serres, Greece*



Funded by the  
Erasmus+ Programme  
of the European Union



# Information Pack for our Participants

## *Get In To Get Out*

*An innovative method for more personal inclusion in your community*

Dear participant,

We are very glad and proud to announce you that we are organizing the training course “*Get in to get out*”. Our journey will take place from the 5<sup>th</sup> until the 12<sup>th</sup> of October of 2022 in Serres, Greece.

To prepare you for this intense learning adventure we are delighted to send you this Information Pack, which covers all you need to know if you are thinking of joining us.

If you have any questions or concerns, please, do not hesitate to get in touch with us.

We are looking forward to meet you all in Greece!

### **Your Training Course (TC) Coordinators are:**

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## *Background and Theme of the Project*

After the successful projects called “Inner Leadership” in (2020), and “From Now On” (2021), both about the empowering process of making changes in our lives and take responsibility over the choices we make, we organise together with our Greec partner Youthfully Yours GR a new Training Project.

In the last years Europe went through the most difficult circumstances since the Second World War. We have been confronted with assassinations and extremism, a pandemic, a war on the continent which has an economic influence on whole Europe. With this pressure there's a strong thread of competition, falling apart and exclusion. That why we need to prepare a strong and resilient new generation who is able to continue working on wealth and mental health which we are all aiming for. We deeply believe with this personal resilience as a base personal prosperity, mental health and happiness are within reach. This resilience we find back in our concept of Inner Leadership. Inner Leadership (IL) supports basic principles as stretching the comfort zone, confidence, creativity, resilience, transition and a personal empowerment. The essence of IL contains more awareness of the own identity to be able to make conscious choices and decisions that fit with the core the main goals in life. This attitude leads to more resilience - overcome obstacles in life - which leads to more mental health which is the core task of the applicant Joetz and the Greec organisator Youthfully Yours GR.

In this TC we are going to stimulate the involvement and inclusion to a stronger empowerment. In addition, young adults with a stable, mental healthy private life feel more comfortable to be proactive in society and to participate. So they can spread this sense of mental health. In this way having a solid base makes you a more constructive citizen for the society in general.

Main aim:

This TC aims youth workers to learn themselves better. This self-knowledge will serve them in helping better the youth they work with in developing their unique talents and reassuring confidence which will help those young persons to find a better future (job, mental health and social inclusion). The youth workers are in an obvious position to directly apply their gained knowledge to their work with young people after this TC.

Objectives:

- To support youth workers to become more aware of themselves, thus to enable them to make conscious choices and decisions that fit with the core of their identity and their goals in life.
- To look how you can rely on ambiguity and powerless feelings and deal constructively with them (resilience) by exploring the effect of stretching the comfort zone.
- To provide youth workers with tools to support a deep connection with young persons they work with through a similar process.
- To make a clear transition from the learning process in the TC to the daily reality back home after the TC.
- To reflect on their own learning process by using the Key Competences from the Youth Pass and give the opportunity for capacity building and future projects in the context of the Erasmus+ Program.

## **Approach and Methodology**

This training course will be based on non-formal and informal education with a self-directed learning approach. That means that the participants are responsible for their own learning and the facilitators provide activities and guide the participants through their own learning process. We, the trainers, will give the responsibility of learning back to the trainees. The trainers guide the trainees through this learning process and they learn with them. The training course will be characterised by highly participatory, interactive and experiential methods. The working methods will include case studies, working in pairs and small groups, contemplations, team building activities, discussions, and self-assessment. Some sessions will be complemented by theoretical inputs, and all of them will be followed by group reflection or self-reflection.

## **Profile of the Participants**

Participants will be youth workers, project leaders and educators involved in youth work. The participants will have a multiplier role - in other words: they will adapt what they learn in this training course to their own context of working with young people. In their future projects and daily work they can incorporate tools, methods and theories which they have learned during this Training Course. They can also use their personal learning and development in their daily work with their own target groups.

This Training Course will be an emotionally challenging project for trainers and trainees. That's why we expect from trainees at all times to the best of their abilities to...

... be fully committed to the process - to reflect, share, experience and participate in **all** activities

... keep a clear mind, that is neither intoxicated nor distracted

... have taken care of important personal and professional matters beforehand, so that these do not intervene with the Training Course (please, be completely present with the group the whole learning process!)

... be on time for all of the deadlines, sessions and appointments

... challenge themselves to step out of their comfort zones

... be willing to look into themselves and reflect on their professional and private life

... join us on an intensive, immersive and unforgettable journey

**(Provisional) Flow Get In To Get Out Greece, 5 – 12/10/2022**

	<b>Day 1</b> <b>05/10</b>	<b>Day 2</b> <b>06/10</b>	<b>Day 3</b> <b>07/10</b>	<b>Day 4</b> <b>08/10</b>	<b>Day 5</b> <b>09/10</b>	<b>Day 6</b> <b>10/10</b>	<b>Day 7</b> <b>11/10</b>
<b>Theme of day</b>	<b>Welcome</b>	<b>Get to know each other</b>	<b>Your Identity</b>	<b>Vulnerability</b>	<b>Curiosity</b>	<b>Resilience</b>	<b>Future</b>
<b>8.15-9.15</b>		<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
<b>9.30-11.00</b>	Arrival of participants	Introduction and framing	Identity	Caring	Curiosity	Resilience	Erasmus+
<b>11.00-11.30</b>		<b>Coffee break</b>	<b>Coffee break</b>	<b>Coffee break</b>	<b>Coffee break</b>	<b>Coffee break</b>	<b>Coffee break</b>
<b>11.30-13.00</b>	Arrival	Team building	River of life	Caring	Curiosity	Resilience	Transition
<b>13.00-15.00</b>		<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
<b>15.00-16.30</b>	Arrival	Inner Leadership	River of life	Free afternoon	Curiosity	Use your space	Accountability
<b>16.30-17.00</b>		<b>Coffee break</b>	<b>Coffee break</b>		<b>Coffee break</b>	<b>Coffee break</b>	<b>Coffee break</b>
<b>17.00-18.30</b>	Arrival	Comfort zone	River of life		Curiosity	Use your space	Evaluation
<b>18.30-19.00</b>	Welcome	Reflection	Reflection	Free afternoon	Reflection	Reflection	Reflection
<b>19.00-20.00</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>20.30-22.00</b>	Informal welcome	International evening	Free evening	Free evening	Documenting evening	Free evening	Farewell party <b>+ 12/10 : departure</b>

## [More about the Trainers](#)



**Dominique Verschuren:** Hello, my expertise is Inner leadership and non-formal learning. I believe that awareness and a practical understanding of our identity serves all of our relationships, learning experiences and talent development. I deliver high quality training courses using innovative activities and coaching methods, building real commitment with the participants, giving attention to ambiguity. Topics: vulnerability and confidence, powerless feelings and resilience, transition and accountability, curiosity and creativity.

Originally I'm Dutch. I'm living for 10 years in Paris, France. My other job is to be a personal guide and show people from all around the world the wonders, the beauty and the most romantic places of this incredible city.

During this Training Course I will be assisted by another trainer. You will know more about that person in the coming weeks. Let's keep your curiosity alive 😊

## **Practical & Travel information**

### **Venue**

Our Training Course will be hosted at the Hotel “Elpida Resort & Spa” -

<http://www.elpidahotel.eu/en/index.html>

You will be sharing room(s) with another 1 or 2 persons of the same sex & different nationality.

All rooms have either baths or showers. Towels and shampoo will be provided. Please remember to bring your personal hygiene items! There is free Wi-Fi in the hotel.



### **Meals**

There are three daily meals (breakfast, lunch and dinner & 2 coffee breaks) provided by the organizers. If there is any special nutrition need or allergy please specify in your participation form. Be prepared for typical Greek dishes, as the Mediterranean diet is one of the most famous and tasty ones. Breakfast, lunch and dinner will take place in the restaurant of the hotel.





## When & How to Get There

Participants are responsible for booking their own travel – it's up to the partner organizations to support them in the process.

Depending on where you're travelling from, the closest airport is Thessaloniki. We will hire private buses that will bring the participants from Thessaloniki's Airport to the venue and back.

- The project will take place in Serres 1h20 away from Thessaloniki more up to the North. The program provides accommodation and food (3 meals) during the project.
- The airport is **International Macedonia Airport (SKG)** that has a lot of connections to many European cities, so it shall be easy for you to find a flight from and to your country.
- A private bus will be hired for the transportation of the participants from the airport to the venue. More information on the meeting time and place will be announced soon. The private bus costs for each participant will be calculated along with the rest of transportation cost (approx. 30-35 € for the bus (2 ways)). Keep in mind that you should arrive at the airport **before 18:00 (5<sup>th</sup> of October)** and have departure flight **NOT before 12:00 (12<sup>th</sup> of September)**

The organizers will reimburse 100% of your travel costs from your home city to the venue and back, according to the rules of Erasmus+ program, as mentioned in details below.

- Those of you who are planning to stay in Greece outside project dates you need organizers' approval first. Tickets for travel outside the official travel dates purchased without organizers' approval may not be reimbursed.
- In case you arrive early and you want to go visit the city get the bus No 01N which is right outside the arrivals gate and it will take you to the city centre. The cost is 2€ for one route (have exact money for the machine in the bus as it does not give change and you can buy only 1 ticket at a time) or buy it before entering from the nearby ticket kiosk. The bus runs every 30 minutes and it usually takes more or less 35 minutes to get to the centre depending on traffic.
- We suggest you get off at Aristotelous square (name of the bus stop Plateia Aristotelous). For your way back, you take the same bus (01N) from the same street (Egnatia) only on the other direction but just to be safe you should check the bus stops (as it doesn't stop on all of them) or ask any of the polite youngsters that are filling the streets of Thessaloniki.

**Please make sure to book your travel so that you arrive at the venue before 18h00 on Wednesday 5<sup>th</sup> of October and depart after 12h00 on Wednesday 12<sup>th</sup> of October. We request you to pay attention to this because of the group experience. So we can start on Wednesday at 18h30 *all together*. Thank you for respecting this request. 😊**

## COVID-19

Participants must have travel insurance for the duration of the mobility including travel days and have their European Health Insurance Card (EHIC - <https://ec.europa.eu/social/main.jsp?catId=559>) or another equivalent health insurance with them. Usually if you purchased your flight tickets with a VISA or MasterCard you are also covered automatically but please check. Travel insurance is considered as your own contribution because, although obligatory, it cannot be reimbursed. Health & travel insurance must be kept by the participants at all times.

As the situation with Covid-19 in Greece is still shaky and restrictions are changing month by month, we'll share with you detailed informaton in September and when we'll be closer to the project.

### Few conditions that are valid now:

Wearing a mask is mandatory in flights, airports, public transport and in personal services. This measure is also strongly recommended in enclosed spaces and where physical distance cannot be respected. See also <https://eody.gov.gr/en/novel-coronavirus-covid-19-advice-for-travellers/>.

Hand sanitizer and soap will be provided at the hotel but please bring your masks and other personal antibacterial and disinfectants or any other personal Covid 19-related essentials that you need.

Travelers are requested to follow the situation in the local media, follow the instructions carefully and comply with all preventive measures imposed by the local authorities

We draw your attention to the fact that only the Greek authorities and their embassies and consulates abroad are authorized to provide official information about the conditions of access to Greek territory. You can consult the website of the Greek Ministry of Foreign Affairs <https://www.mfa.gr/en/coronavirus-covid-19-useful-information.html> for practical links and consult the website of the National Public Health Service (EODY) <https://eody.gov.gr/en/covid-19/>.

### Other Practical Details:

- There is a wireless **internet** connection available at the venue.
- The **weather** in October in Greece is around 15-25 degrees. We recommend you to bring clothes which you consider as the most comfortable for you, for these temperatures. You can follow the weather forecast here: <http://weather-finder.com/Greece/Serres/>
- The **currency** is Euro. If you need to change money: Please use the Airport Exchange Office.
- **Insurance:** insurance is each participant's responsibility. We strongly suggest you to have travel insurance and the European Health Card. And an insurance that covers covid health situations.
- **Working language:** working language of this training course is English. For the quality of the project it's important that you are able to **express in good English**. It doesn't have to be excellent, we all make grammar mistakes. But to avoid disappointments in the group it's important that you are able to express your feelings in English. Please, take this in consideration. There will be vocal sharing in all the sessions!
- **Contact details in case of emergency:** if you are ever in any trouble, you can call Apostolis: +306934590475.

### International evening:

Please bring typical food and drinks from your countries! We will have 1 traditional evening. Unfortunately we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costume, leaflets, posters, flyers, food, sweets, drinks etc. There is no possibility to cook, to heat food, so try to keep it simple. Also, you can show videos, photos, sing music and dance traditional dances from your countries!

### Financial Considerations:

1. The food and accommodation will be completely provided and paid by Erasmus+.
2. Visa costs (if needed) will be reimbursed by the organisers after the Training Course, once receipts are received.
3. Travel costs include plane, train or bus costs from your home country to Serres.
4. ALL costs must be receipted.
5. There is no participation fee as we want to keep the TC accessible to everyone.

### **Reimbursement of travel costs:**

Travels costs (plane, train and bus) will be counted by distance calculator provided by European Commission and reimbursed up to the maximums hereafter.

The reimbursement will be made by bank transfer directly to the participant or partner organization after the training course once:

- JOETZ vzw has received the travel tickets and related documents
- the online final evaluation was filled in and the dissemination part was done and sent to the trainers

Greece	max 23€
Slovenia	max 275€
Belgium	max 275€
Spain	max 360€
Albania	max 180€
Italy	max 275€
Portugal	max 360€

### **Communications**

Contact us anytime if you have any questions, concerns or feedback.

Let us know of any changes that are relevant to the running of the Training Course as soon as you can, such as:

- Your (non) participation in the course
- All travel related issues, including costs and the exact itinerary
- Your contact details
- Anything else we need to know for a smooth functioning of the training course – all information will be treated confidentially

***Remember, we're here to help you out in any way that we can, and to ensure that you enjoy your time in Greece. We want you, your organisation, and most importantly the young people you work with, to get a significant benefit from attending the Training Course, so if there's anything we can help you with or any question that we can answer, just ring [Apostolis](#) or [Laurence](#).***

We are all looking forward to meet you in Serres, Greece! 

# Coronavirus: Don't fear - Protect yourself

## Knowledge is your shield



**Wash your hands frequently and thoroughly** using soap or alcohol-based hand sanitizer. Avoid touching your nose, mouth and eyes.



**Cover your mouth and nose** with a tissue or in a bent elbow when you cough or sneeze. Immediately wash your hands.



**Throw used tissues** in a closed lined trash can.



**Avoid close contacts** if you are sick (cough, fever, runny nose, sore throat) or with people exhibiting these symptoms, especially the elderly or chronically ill.



GENERAL SECRETARIAT  
FOR CIVIL PROTECTION



HELLENIC REPUBLIC  
Ministry of Citizen Protection



If you develop a fever, cough or shortness of breath after traveling to an affected area, **call your doctor or the National Public Health Organization (210-521-2054)** and stay home.



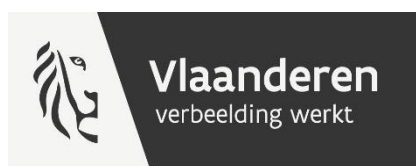
If you become sick while traveling, **tell a crew member immediately and seek medical help.**



**Wash your hands** before cooking, before and after caring for sick people and after contacting live animals.



Trust the information given by **experts and scientists.**



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