

Erasmus+ Programme

Youth Exchange

POSITIVE PULSE

Athens, Greece

(to promote project please use *#ErasmusPlus #Positive Pulse*)

Hosting organization: E.O. SHARP MINDS

Partner organizations: Aktif Genclik ve Spor Kulubu Dernegi from Turkey, Maek A.P.S. from Italy and Asociatia Obstesca ARTENA from Moldova

APV Dates: 5-6 September (2 Nights covered by project)

APV Place: Apartments per group in Dafne Athens

APV Participants: 1 Participant+1 Leader from each country

Youth Exchange Dates: 05-13 October 2022

YE Place: Oasis Hotel – Apartments in Glyfada Athens (<https://oasishotelapartments.com/en/>)

Partner countries: Greece, Turkey, Moldova and Italy

Youth Exchange participant No: 7 participants + 1 group leader

Age of group: 16-30, no age limit for group leaders

Language: English.

ABOUT Youth Exchange

The aim of the “Positive Pulse” project is to learn how to improve physical and mental health conditions and promote pro-health techniques among youngsters in Greece, Turkey, Moldova and Italy to reduce bad habits and negative physical and mental conditions caused by COVID-19. To achieve project aim, participants and team leaders from mentioned 4 countries will meet each-other in Athens, Greece and implement 8 days creative activities.

Objectives of our project are:

- To understand life-shortening consequences that our daily bad habits lead.
- to change habits towards physically, mentally, and socially healthier life.
- To promote healthy habits among young people and in communities for greater physical & mental well-being.
- To explore and promote awareness about Erasmus+ opportunities and understanding of other cultures.

To implement project activities, we will use different and creative methods such as role playing, presentations, small and big group discussions, workshops, etc. that will lead participants not only understanding better connections related to eco-conscious thinking and acting, but also opening towards "different" people and cultures

The project will also promote youth interactions, networks and partnership through creating life-long friendships and through improving their competencies in project management, in ICT, in talent self-realization etc.

The whole project will be based on non-formal and informal methods and **will be run by participating youth itself, group leaders will support participants in implementing activities independently.**

ABOUT ADVANCE PLANNING MEETING (APV)

On APV meeting one participant + group leader will be presented from each country in total 8 people attending the meeting. Please note, that **APV participant and leader should also come for Youth exchange with group in October 2022.**

During APV we will go through every part of our project proposal. We will closely discuss the preparation of the activities, will divide the responsibilities, will agree on the technical and logistical issues and etc.

The deadline for choosing all participant for Youth Exchange is September 15th, 2022 (the earlier the better)

Once APV participant + Leader is selected please inform us on email addresses: projects.sharpminds@gmail.com (Giannis Akritidis) and send him possible travel itinerary

PARTICIPANTS:

In this Youth Exchange we will include 7 participants and 1 team leader from each partner organizations. Participants aged 16 to 30, no age limit for group leader.

Team leaders will be responsible for their group and their needs, and help facilitate whole project by giving advices, coordinating communication between us, project organizers and participants. Before departure to the venue team leader will be responsible to ensure proper thematic, cultural etc. preparation of participants.

Each national team (participants) will be responsible for preparing several games and lead few thematic sessions during the project. During the APV meeting group leaders split tasks/sessions between national teams. Based on task division group leaders will prepare participants before departure. If needed, we can recommend each national team for each session NFE methodology to lead the session (daily schedule to be shared shortly after the info-pack).

Please note, each national team responsible to organization one or few sessions, means that these group does everything to make sure that conference room is clean and free, they have all equipments and training materials for sessions, coordinates that all other participants are on time for their session – So you take 100% responsibility to organize successfully your sessions.

Why do we do this? Because youth active participation and engagement into leading the project is a best way for exploring new competencies, taking responsibilities and for learning and personal growth. We hope to see you in the project well-prepared, positive and motivated to learn and inspire each-others.

SELECTION OF PARTICIPANTS

Please select participants interested into project topic. It would be nice if your participants (some or all of them) have skills in Yoga, Tai Chi, or in another training or meditation method because in a large scale we will use these kind of methods. Please make sure that many of the participants face fewer opportunities, such as **representing ethnic or religious minorities, unemployed or low income youth, migrants or internally displaced youth and etc.**

If you have any troubles in finding suitable participants, please contact us as soon as possible in order to help in the process. Keeping the deadline is important, because the participants will have to prepare some workshops for the YE and they will need some time in order to be ready.

PRACTICALITIES

INSURANCE

Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.

EXTRA DAYS

Participants can take 2 extra days before or after the APV/Youth Exchange if tickets are not more expensive than in project dates (Participants should cover all expenses related to their stay in Greece during extra days).

ARRIVALS AND DEPARTURES

Please travel via Athens.

TRAVELING

During your travels, please keep all receipts, confirmation emails, and invoices of your booking confirmations, tickets and boarding passes. YOU should give all these documents to group leader, who will later pass it to Giannis (representative of hosting organization).

Please note: only cheapest means of transport/fares are subject to reimbursement. All amounts are expressed in Euros. **Any reimbursement will be done via transfer to the Sending Organization's official Bank account, exactly as the Erasmus+ regulations predict.**

Please note: Sending organizations are responsible to collect all participants travel documents and present it well organized to Hosting Organization.

BUDGET FOR TRAVEL

The maximum amount of reimbursement per country can be found in the table below. Keep in mind that the reimbursement will be made for the real costs for travelling.

COUNTRY	AMOUNT
Greece	0
Italy	275 Euro
Turkey	180 Euro
Moldova	275 Euro

ACCOMODATION and TRAINING VENUE Oasis Hotel – Apartments in Glyfada Athens
(<https://oasishotelapartments.com/en/>)

If Any questions:

Please post in common Facebook group: [Erasmus+ Youth Exchange "Positive Pulse"](#)

Or send email to: projects.sharpminds@gmail.com and info@eosharpminds.com

Looking forward to seeing you soon in Greece!