



Youth Exchange  
**THINKATHON**  
**OUR GREEN FUTURE**

**Kalamata, Greece**

**APV: 23-26 April 2023**

**(including travel days)**

**Youth Exchange: 17-26 May 2023**

**(including travel days)**

**BE IT BIG OR SMALL, YOUR ACTIONS MATTER!**



# Description of the project

In recent years, our organization has been working intensively to find solutions to the burning issue of reusing existing plastic on the planet. In every action we take, we try to find the best ideas and solutions for the best possible use of materials and the improvement of processes.

We often reject ideas and actions, due to the unclear relationship between the reduction of new material produced for the market and the production of excuses for not changing the mentality around the issue (greenwashing).

Therefore, the present plan aims to create the appropriate environment for cooperation, between young people with a common interest in the environment, in order to discover new solutions, mainly in the technological field, that will improve the efforts the civil society organizations are making in order to reduce single use plastic consumption.





# OBJECTIVES

- To bring together young people from different countries in order to find solutions to reduce production and use of plastic
- To create a learning environment that will allow the active participation of all young people in the development of ideas and solutions on the topic.
- To introduce in youth work the methodology of Thinkathon for the brainstorming of new ideas for actions taken directly by young people but also for the development of digital youth working.
- To create a mobile application based on the ideas that young people will generate during the activity.
- Create a guide for organizing a Thinkathon within a youth project.
- To have a strong impact and follow-up actions so the activity continues in the future in the countries of the participating organizations.

## Participants

**Youth Leaders:** individuals who are related to organizations (members or volunteers), have experience as team leaders in similar activities. **No age limit**

**Participants:** young people **aged 18-30**, who are interested in the environment. Youth with fewer opportunities (facing educational, social, and cultural difficulties) are encouraged to participate.

**To apply, please fill in the participant form:**

<https://forms.gle/VdQAR7nAS4s8wfV88>

# What is covered



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 each 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.

**Bulgaria, Croatia, Poland:** 275 Euros/participant

**Lithuania:** 360 euros/participant

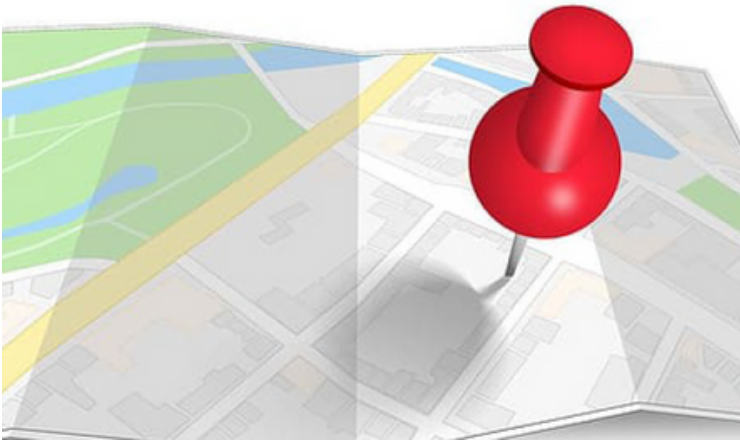
**IMPORTANT:** When arranging for your travel, you need to keep in mind that you need 55 euros to get from Athens to Kalamata (see next page).

**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



**APV: 23-26 April 2023**  
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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 (X93 last stop is inside the bus station). It takes around 60 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 22,20 Euros).

You can also buy a ticket online (but just one way) at [www.ktelmessini-as.gr](http://www.ktelmessini-as.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/](http://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 second largest city of the Peloponnese in Southern Greece. The capital and chief port of Messinia, it lies along the Nedon River at the head of the Messenian Gulf. Kalamata and the region around have great historical and cultural value as well as natural beauty, being surrounded by both sea and the mountain of Taygetos.

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.

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.

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.

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.





# Accommodation

During the Youth Exchange, participants will be accommodated in **City Center Hotel**, right in the centre 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.

Each room has en-suite bathroom. Please, **bring your own towels**.

# Food

Food will be served at the hotel.

The food is mostly based on the real traditional Greek cuisine and is prepared daily by specialized cooks, using fresh, locally sourced ingredients that are in season to ensure maximum flavor and nutrition.

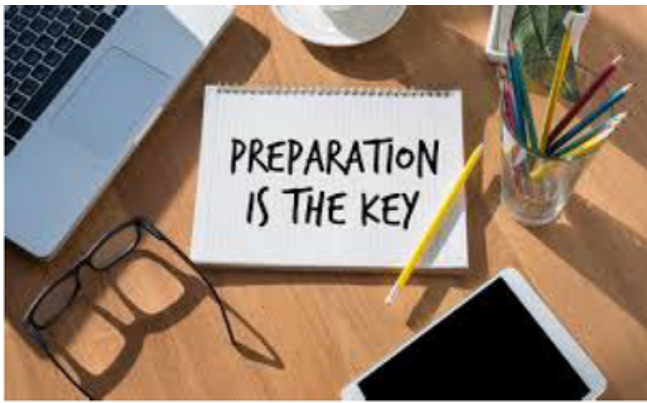
We believe in providing meals that are not only delicious and healthy, but also sustainable and re-sponsible. This means we carefully plan and prepare our meals to minimize any unnecessary waste.

Our meals are based on the principles of the Mediterranean diet, as well as the traditions of Greek cuisine, which emphasizes fresh fruits and vegetables, whole grains, lean proteins, and healthy fats.

This means that while we do include meat in our meals, it is only included in one meal per day. Additionally, to minimize food waste, the meals provided are set (not buffet, except for the breakfast), respecting any specific dietary needs of the participants (eg. vegetarians, vegan etc).

This approach allows us to reduce our environmental impact, while still providing a varied and nutritious diet. It is our philosophy that good food should be delicious, healthy, and responsible.

By being conscious of the amount of meat we serve, and also by taking measures to minimize food waste, we are able to provide a meal plan that is in line with these principles while still providing a balanced, nutritious diet.



# Preparation

In preparation about this project, please prepare and bring with you:

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



# Things to bring

Please, remember to bring with you:

- A. Light clothes, as well as a jacket for the evenings
- B. Comfortable shoes (as Kalamata is a perfect city for walking around)
- C. Swimming suit
- D. Your medicine, vitamins, or anything else you need
- E. Sun cream, hat
- F. Things for the intercultural coffee breaks (nice cookies, tea, sweets... improvise :-D). These are to be shared during our coffee breaks to make them "sweeter" :-D
- G. Things for the intercultural night (games, food, drinks, etc.). NO video presentations
- H. Your European Health Insurance Card
- I. **Towels**
- J. Laptop or tablet



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

