

**CULTI  
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Erasmus+ Programme  
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# Inclusive Actions for Tolerance - IAT

**Programme:** Erasmus+ KA153-YOU - Mobility of youth workers

**Activity:** Training course

**Addressed to:** youth workers / youth leaders

**Organiser:** Culti Multi Social Cooperative

**Project Ref. Number:** 2023-1-EL02-KA153-YOU-000144084

**Dates:** Dates: 11th - 17th of February 2024 (excluding travel days)



## INFOPACK FOR PARTICIPANTS



# Description of the project

Cultivate tolerance and diversity in our 'Inclusive Actions for Tolerance' (IAT) training course. Aimed at enhancing the capabilities of youth workers, this TC is intricately designed to address the European Union's ongoing challenges with racism and xenophobia, especially against immigrants. Our course aligns with the EU's anti-racism action plan, providing participants with a deep understanding and practical non-formal tools for promoting immigrant inclusion and integration.

By focusing on the unique needs of immigrants and understanding the nuances of racial discrimination, this course prepares youth workers to effectively counteract xenophobic attitudes and practices. In an era marked by significant global events and migrations, it's crucial for NGOs, especially those working with migrants, to have well-trained staff. This training equips them to implement specific, impactful actions that support migrant inclusion in decision-making processes and foster community integration.

Through this course, participants will embrace and promote the European Union's core values of equality, respect for human dignity, and diversity. Understanding and accepting that there is only one race, the human race, is fundamental. Our course empowers you to be an active part of this movement, championing a more inclusive, respectful society.

## OBJECTIVES



- to increase the knowledge of the participant Youth Workers (YW) on inclusion and tolerance regarding the migrants
- to increase the abilities and the competences of the YW to better introduce migrants in their society
- to enforce the capabilities of the YW and their organizations to effectively act in order to integrate migrants in their activity, helping them in facing racism and intolerance
- to increase the capabilities of the YW to understand the specific needs of migrants
- to create a network of organizations and youth workers that will work together and create future activities towards inclusion



# 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:



**Croatia, Italy and Turkey: 275 euros/participant**

**Spain: 360 euros/participant**

**Bulgaria: Eligible for Green travel: 320 euros/participant** (to be counted as green travel, participants need to travel by bus, car-pooling, or other sustainable means of travel -no planes). If you do not wish to use the Green travel option, then the budget is 275 euros/person.

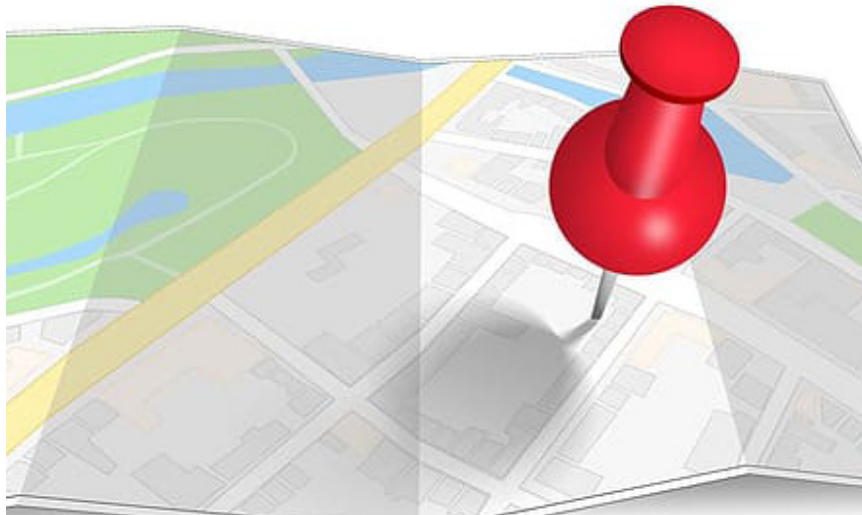
**IMPORTANT:** When arranging for your travel, you need to keep in mind that you need **55 euros** to get from Athens to Kalamata (see next page).

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

Travel costs will be reimbursed after the end of the activity and the reception of the following:

- original invoices or receipts for all travel tickets
- proofs of payment
- original boarding passes

Participants need to arrive at the venue on the **10th of February** and depart on the **18th of February**. 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.

**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 (me epistrofi). The return ticket costs 39 euros (whereas one-way costs 22,20). You can also buy a ticket online (but just one way) at [www.ktelmessinias.gr](http://www.ktelmessinias.gr). The bus is leaving from the platform with the sign “ΜΕΣΣΗΝΙΑ/MESSINIA” on top of it.

## 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:** <https://www.ktelmessinias.gr/en/routes/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.

## How to arrive to the hotel:

After reaching Kalamata, you have 3 options to arrive to the hotel:

- 1: Taxi. It costs 7-10 euros per taxi. We can add to the travel costs, as long as you have a receipt and it is within the budget
- 2: Walking: It is a 45 minute walk from the bus station to the hotel
- 3: By bus: Take bus number one from inside the bus station and get off at the port (Jumbo). The hotel is a 1-minute walk from the bus stop. Buses run until 22.00.



# 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/>





## ACCOMODATION

During the Training Course, participants will be accomodated in Vista Marina Hotel, right in the marina 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.

## 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 **responsible**. 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. Information about your sending organisation (including, if possible, any leaflets, posters, flyers, etc)
- B. Presentation about the young people in your communities and the challenges that they are facing.
- C. Collection of tools and methods that you and/or your organization uses to support young migrants and refugees (if any)

## Things to bring



February can be a pretty volatile month in Greece.

Please, remember to bring with you:

- A. Anorak/Umbrella (just in case it rains...)
- B. Warm clothes, as well as a coat/winter 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). These are to be shared during our coffee breaks to make them “sweeter” :-D
- F. Things for the intercultural night (games, food, drinks, etc.). NO video presentations
- G. Your European Health Insurance Card

## After the project

After the project all participants, in collaboration with the sending organizations need to:

- A. Contribute to the dissemination of the project, by making posts on social media. Participants from each country also need to write a story/article to be shared by the sending organisations on their website and social media.

Hashtags: #IAT #inclusive\_actions\_for\_tolerance #inclusion #supporting\_youth #youthwork #Erasmusplus #kalamata #trainingcourse @cultimulti

- B. Make a meeting with the sending organisation in order to pass on the results and knowledge from this project.

# Participants

## 5 participants / country

The project will involve **30 participants** from Greece, Bulgaria, Croatia, Italy, Turkey and Spain

**Profile:** The profile of the Youth Workers who will participate in the project is:

- age over 18 years
- youth workers who are part of the network of the sending partners
- interested in creating local activities to boost the inclusion of the migrants in their communities
- interested in finding new ways to fight racism and to prepare youngsters of their community in activities that can be more inclusive and respectful of all the diversities and culture
- with at least a basic level of English (at least B1)
- with a positive mindset and the will to cooperate in team working
- with a strong motivation in being an active part of the project for its whole duration, from the preparation to the follow-up
- with ideas and a concrete plan on how to use the skills and the knowledge they will acquire during the training course in order to transform the theory in practice

Every group of participants from each country should have a group leader (a more experienced youth workers) with the following characteristics:

- age over 25
- with a solid experience as in previous projects
- with experience working with vulnerable young people
- with a strong motivation and leadership ability
- able to create a concrete connection between the participants and the coordinator of the project
- with a proficiency use of english (at least C1)
- with a concrete desire to learn new competences on how to include people with cultural obstacles and migrants in their local communities
- with a strong motivation in leading activities that can increase the tolerance against racism in his/her local communities

## Participant's form

If you are from Greece, Bulgaria, Croatia, Italy, Turkey and Spain, you are welcome to apply for this project. To do so, please contact the sending organisation in your country (see next page) and fill in this form:

<https://forms.gle/qiZLv1zrPKuGXtgt7>

*We, together with the sending organisations will review all applications and announce the selected participants in due time. Please, have in mind that completion of the form does NOT mean automatic acceptance in the project.*

## Sending organisations

**Greece:** Culti Multi [infocultimulti@gmail.com](mailto:infocultimulti@gmail.com)

**Bulgaria:** INTERNATIONAL INITIATIVES FOR COOPERATION [tkostadinka@gmail.com](mailto:tkostadinka@gmail.com)

**Croatia:** Europski dom Slavonski Brod [Iva.sedlic@gmail.com](mailto:Iva.sedlic@gmail.com)

**Italy:** ORIEL [orielassociation@gmail.com](mailto:orielassociation@gmail.com)

**Turkey:** BOLU GENCLIK DERNEGI [Emredemirer92@gmail.com](mailto:Emredemirer92@gmail.com)

**Spain:** XERACION VALENCIA [xeracionvalencia@gmail.com](mailto:xeracionvalencia@gmail.com)





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

If you have any questions, please do not hesitate to contact us at:

**Culti Multi Koinsep**

**Address:** Salaminos 8, 24100, Kalamata, Greece

**Contact E-mail:** [infocultimulti@gmail.com](mailto:infocultimulti@gmail.com)