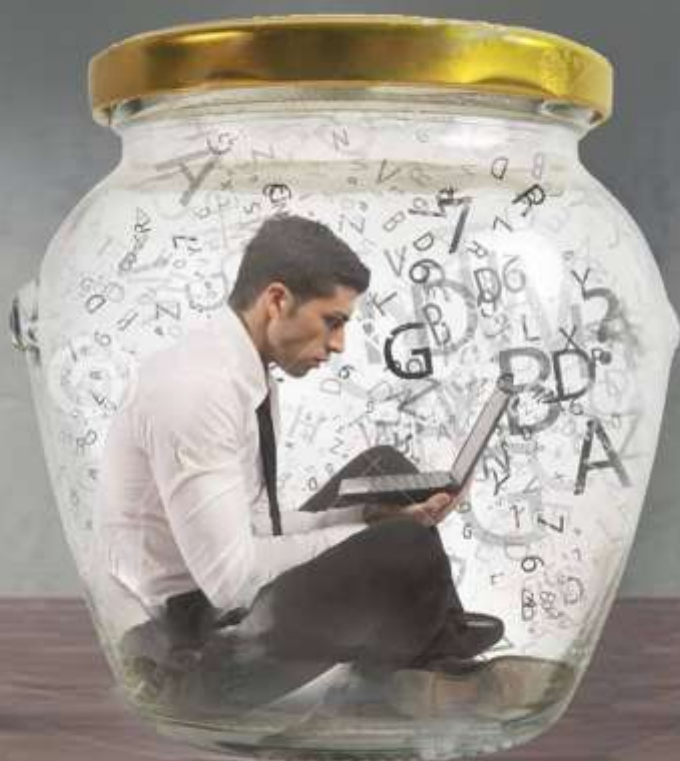


"Lost myself on Internet"

KA1 - Mobility of learners and staff / 2016-2-EL02-KA105-002461



**SHARP
MINDS**

Athens, GR
22 - 28 October, 2016

Greece
Turkey
Slovakia
Czech Republic
Netherlands
Belgium
Fyrom
Portugal
Spain
Bulgaria

Erasmus+



Erasmus+

My dear fellows, friends and associates!

I am so pleased that for once again, a huge Training Course of the Informal Youth Group “SHARP MINDS” will take place to Athens GR!

This, as a fact, is the acknowledgement of our big efforts to be one of the most active Informal Youth Groups in Greece, who has the ability, the knowledge and the maturity to organize and implement big and successful programs such as this one.

We are proud to have all of you as our partners! Some of you have already been in a steady working and friendly relationship with our Group, for many years now. Some others you will cooperate with us for the very first time. In both cases, we are ready to offer the best of us in order to thank you for your participation.

For this, I would like to welcome you all in our TC “Lost myself on Internet”, and I keep my fingers crossed expecting a great, productive and creative cooperation for all sides!

Friendly Regards

Akritidis Giannis

Legal Representative & Program Manager

of the Informal Youth Group

The logo for SHARP MINDS, with 'SHARP' in black and 'MINDS' in red, both in a bold, sans-serif font.

INFOPACK OF THE PROGRAM**“LOST MYSELF ON INTERNET”**

A few words about the program....

The Informal Youth Group, **“SHARP MINDS”**, inside the frame of the European Program Erasmus+, organizes a Mobility Program of Youth Workers – Programme Countries KA1, in Athens, Greece **during the period 22-29 of October, 2016 (7 days, arrival day October 22 – departure day October 29)**, under the title **“Lost myself on Internet”**.

It's a multilateral action in which will take part organizations from the following countries, **Greece, Belgium, Netherlands, Slovakia, Czech Republic, FYROM, Spain, Portugal, Bulgaria and Turkey**. Every team will participate with **5 participants between the ages 18 – 45 (sum of participants 50 persons)**

The main purpose of this program is the sensitization of the participants against the modern phenomenon of mental disorder of Internet Addiction, the supply of specialized knowledge, the development of “know how” and special tracing, acknowledge, psychological approach and confronting techniques against this phenomenon. The value crisis that characterizes our modern and developed society, leads young people to false behaviors, guiding them to social isolation and self-exclusion, to depress, to dangerous behaviors with uncontrolled consequences, mental disorders and many – many more hazardous paths.

All the program activities are specially designed to serve in the highest level, the desired result of this program. They are based in methods of formal and mostly non formal education. All the activities have the supervision and guidance of special scientists, which are awarded in their work space, with huge experience, either professional either educational, especially in the field of Life Long Learning and Adult Education. We will use techniques such as role playing games, simulation games, questionnaires, team building activities, presentations, videos by the use of modern technology. The program will be implemented exclusively in English, having already as precondition the advanced knowledge of English language, in written and oral level.

Finally, we must emphasize the contribution of **“Smile of the Child”** to our program, which continues to actively support us, through successive and multilevel cooperation. Their contributions, either with special staff either with facilities, are priceless and for us is the strong prove that our work gives an additional value to the thing that E.U. calls **“Active Citizenship”**. Their contribution will also be in the diffusion of the program results, via their internet television and radio. We must express our special thanks to a very special unit of the **Greek Police Headquarters “Prosecution of Electronic Crime Directorate”** that will help by showing to us their 24/7 monitoring of internet and their special services that offers to our co-civilians and especially kids, by protecting them from any “evil path” of internet. Finally, special thanks to the **Kapodistrian University of Athens** and especially to my teacher of **“Applied Calculating Linguistics”**, **Dr. George Mikros (PhD)** who has been my guide and mentor from the beginning of this project!

Title of the Project: “LOST MYSELF ON INTERNET” / 2016-2-EL02-KA105-002461 / SHARP MINDS ATHENS, GR

Number of Participants: 5 pax per participating country / Gender Balance as possible

Age of participants: No age limit but it's better to keep as a "roof" the age of 45 – 47 years.

About tickets: You can start buying your tickets after September 20, 2016. Any travel expenses before this date will not be reimbursed by our Organization.

Program period: 22 – 29 October, 2016 (arrival 22 – departure 29, 7 days of activities)

Special Features of the Program / Participants

The program is going to be in English language, therefore all participants must speak and write English very well. After all it is one of the basic preconditions of this program and you must insist finding participants that they speak very well the English language.

Many activities will take place away from the Hotel that we are going to stay and we will use the Public Transportation.

Weekly tickets for all means of transportation will be bought by the organizers.

As you already know by the Erasmus+ regulations, the Full Board Accommodation is our obligation to offer to you. Even when we have activities outside the hotel, every participant will be provided with a full packet lunch by the organizers of the program.

Also, hot coffee (filter coffee, instant coffee) will be served during the session breaks.

Whoever of the participants has special dietary needs or problems like allergies or diabetes must report it to the organizers before their arrival, in the special Sheet that we are going to send to the Legal Representative of every organization. If you don't report it on time, it will be like you never said it to us and we will accept any changes to the menu. Please, try not to be "too strange" about your dietary habits cause it's not that easy to satisfy everyone.

PLEASE PAY ATTENTION: This program is based in the cooperation between "***Sharp Minds***", the "***Smile of the Child***" that it's a very famous and high skilled Greek NGO that is specialized in children problems, not only inside Greek territory but also in Balkans, the ***Kapodistrian University of Athens***, that is the biggest University of Greece, the ***1st Lyceum of Agioi Anargiri*** in Athens and the ***Greek Police Headquarters "Prosecution of Electronic Crime Directorate"***.

This practically means that the program is full of important cooperation and activities. We will have to deal with important people and we need to have participants that must be very active and responsible, during the program. It means a lot for our group this big cooperation, soooo please be very careful in your selections cause it is very important for us!!!!

Finally, every each one of your participants must be fully informed about all the details of the program (type of accommodation, type of food, transportation, activities, importance and nature of the program) cause we don't want to face any problems during the program!!! **This is clearly your responsibility to make them understand exactly the way that these programs work!! There is no way that this program will be vacation time so please explain to your participants the importance of the program.**

IMPORTANT NOTIFICATION: The participant/s who will not be able to cooperate with us during the program (we mean no active participants or participants who don't care about the program etc.) will not get ticket reimbursement.

Who and what are we going to visit during the program

- 1) ***Professor George Mikros (PhD), specialized in internet safety.***
- 2) ***Prosecution of Electronic Crime Directorate and the Sector of Judicial Graphology of the Greek Police Headquarters in Athens***
- 3) ***Psychologist of the NGO "Smile of the Child", Mr Stefanos Alevizos***
- 4) ***The 1st Lyceum of Agioi Anargiri for presentations, diffusion of the program and a seminar under the supervision of the head Psychologist of the Smile of the Child, Mr. Stefanos Alevizos.***
- 5) ***Lawyer George Tantis (MsC), specialized in cyber crime***
- 4) ***The center of Athens and the Historical center, for a city rally tour.***

What you must prepare for the program

Every Organization must define an **“Informal Group Leader”** of the group that is going to be responsible about the communication, the cooperation and the coordination of his/her team. The participants, ***in case for us to gain the highest level of active participation***, must prepare for the program the following things:

- **Name games, Ice – Breaking games, Team Building Activities that they are going to imply during the program.** (during the first day of the program we will decide the days that every team will imply its games)
- **One presentation (in Power Point), about Internet Addiction in your country.** Every Power Point presentation must be at least 10 – 15 minutes and the whole presentation, including the conversation between the participants, will last 45 – 60 minutes. **The Presentation must include general presentation of the problem, Social and Personal Impact, State policy against Internet Addiction, Social Services or NGO’s who takes action.**
- **One presentation (video or PowerPoint) about your Organization and your activities.** (*this one is going to be presented by your participants during our visit to the 1st Lyceum of Agioi Anargiri*).

One presentation (video or PowerPoint) about your Country (*this one is going to be presented by your participants during our visit to the 1st Lyceum of Agioi Anargiri*).

- During the visit to 1st Lyceum of Agioi Anargiri, every “Informal Group Leader” must have ready a small speech, as an introduction to their presentation.
- Every team must carry a flag that it will be used in every visit, also in the cultural night. Every team could think if they are willing to make a small souvenir gift to the heads of the organizations that we are going to visit (the Principal of the School, the Head Psychologist of the Smile of the Child, the Professor etc). It can be something small like traditional candies, traditional drink, a flag, etc. This is definitely up to your decision!!
- **Every team must have at least one laptop, a digital camera, flash-disks and the proper cables (u.s.b.), that they are going to use in their activities. We will provide you video projector, and printer.**

About Cultural Nights...

The participants must carry, under the guidance of the “Leaders”, traditional food, traditional candies and traditional drinks (alcohol or alcohol free) for their cultural nights. The things that they are going to carry with them must be enough for 50 people to have a taste.

Inside the hotel there is a kitchen but it’s better to bring stuff that it’s already cooked, baked or ready to eat. Every apartment will have a fridge that the participants can use.

The participants must also prepare a presentation of traditional dances and music.

In Cultural nights, the participants can use the Power Point or video presentations of their countries or their organizations, that they are going to use during their visit at the school.

Information about the Hotel...

The accommodation will take place in a very nice Hotel of Athens. We are not ready to send you any information about the Hotel right now, cause we are in the middle of our selection period. We will send you further information about the Hotel and how you can reach it by public transportation when we will be ready. For now we are sending you only a small map of Metro stations in Athens.



About Reimbursement...

According to the rules of the Erasmus+, the destination between the participating countries and the location of the hosting organization, defines the amount of the tickets reimbursement.

According the Distance Calculator the reimbursement for each participant country (per participant) is the following:

- **Belgium: 360 € (per participant)**
- **Slovakia: 275 € (per participant)**
- **Turkey: 180 € (per participant)**
- **FYROM: 180 € (per participant)**
- **Czech Republic: 275 € (per participant)**
- **Portugal: 360 € (per participant)**
- **Netherlands: 360 € (per participant)**
- **Spain: 360 € (per participant)**
- **Bulgaria: 180 € (per participant)**

The Tickets Reimbursement will be made via Bank Transfer to the Bank Account of each organization or of each “Informal Group Leader” and not to the Bank Account of each participant.

Please carry with you the following bank details:

- **Name of the Bank**
- **Details of the Bank Holder**
- **Address of the Bank**
- **Address of the bank Holder**
- **BIC / SWIFT Code of the Bank**
- **Bank Account Number**
- **IBAN of the Bank Account**
-

We will not proceed to any ticket reimbursement if we don't receive the proper documents (tickets, invoices, boarding passes etc.) of all participants, including also those of their return under the responsibility of the “Informal Group Leaders”.

All documents must be send via Registered Letter to the following address:

To: AKRITIDIS IOANNIS

ALEXIOU DIAKOU 29

GR – 13561

MYKONIATIKA, AGIOI ANARGIROI

ATHENS, GREECE

For any kind of information, please don't hesitate to contact me on Facebook (*Giannis Akritidis Giovanni*), or by email: vicemanag@hotmail.com

***Mobile phones:* 0030 6948 82 65 60 (Giannis) / 0030 6977 62 04 47 (Dimitris)**