



INFOPACK TUTORIAL

Infopack Tutorial for the *European Solidarity Corps* Project "KAIZEN Youth for Health", with reference number 2020-2-EL02-ESC11-005955.

Measures for COVID-19 prevention and Health Protection in GR:

Visit the website of Ministry of Health that refers to the last updates of COVID-19 (English version)Q
<https://eody.gov.gr/en/>

Short summary of the project:

PARTNERSHIP's MOTIVATION

The current project aims not only to serve the volunteer but also the society. The NGOs are medians between different populations with different needs & desires. From the one-side, there are young people that would like to experience youth work as a process of being engaged in non formal educational activities; different varieties of youth work include centrebased work, detached work, school-based work & religion based work. From the other side, a NGO is challenged to support the needs of local community, which are usually not economically affordable, thus, there arises the need of social work. Our volunteers will experience social activism; through voluntarism, social workers' personal development is inevitable. We believe that the societal and personal benefits exceed the expectations of all of us if every implicated person or organization participates to the project with a goodwill & mood; being supportive instead of distractive throughout the social work challenges. The deeper meaning of that ESC project concerns a solidarity activity where we try to strengthen healthy-profiles of volunteers & the will of disabled population to enjoy their life in a more social context, smt that without support is not so easy to be managed. Self-management and a sense of freedom are major priorities; personal and professional development of volunteers is also of high priority. The establishment of safe-spaces with neutral and multipartial discussions & dialogues are also prioritized.

The European Solidarity Corps brings together young people to build a more inclusive society, to support vulnerable people and to respond to societal challenges. It offers an inspiring and empowering experience for young people who want to "go forward in sake of all" & provides a single entry point for such solidarity activities throughout the Union. ESC fits perfectly to our goals & expectations for European Union, European Citizenship, our NGO & our local society, but most of all, ESC engages new generation to work on its potentials & develop moralism & humanitarians' identities. Our organization is interested in developing activities that support inclusive society, as for instance, implicating vulnerable population to create, initiate and innovate and indirectly to respond to social challenges. We are also interested in implicating young people with fewer opportunities as to give them a chance to those that want to help others, learn more and develop their personal and professional skills.

PROJECT'S OBJECTIVES

Taking part in a European Solidarity Corps project is a significant achievement for any young person. It is an asset when applying for a job and helps in applications for higher education. The European Solidarity Corps could be a new opportunity for a young person to engage in a meaningful activity which could prove to be a stepping stone into employment. The deeper meaning of that ESC project concerns a solidarity activity where we try to strengthen personal beliefs & the will of disabled population to enjoy their life in a more



social context, smt that without support is not so easy to be managed. Self-management and a sense of freedom are major priorities; personal and professional development of volunteers is also of high priority. The establishment of safe-space with neutral and multipartial discussions and dialogues are also prioritized. The main activity of the volunteer will be to involve people with disadvantages (lower income background, cultural minorities), to his/her project (empowering citizenship) and to include them to (i) entertainment through sports and arts; (ii) participation to several public events of ecological content, (iii) learn more about first aids, self management of diet and physical exercise, (iv) interaction with other peers for practicing their sociability skills and (v) other familiar activities that support quality of life and promote healthy lifestyles.

RESULTS & IMPACTS

As it has been already stated, the project is running in benefit of disabled communities with benefactors, the ESC Volunteers and indirectly the implicated NGOs and the Erasmus+ funding scheme. ESC Volunteers are the direct beneficiaries of the ESC fund and indirectly are supported the NGOs as to accomplish the purpose of their existence. Local community is also a beneficiary, gaining services without being charged, especially those families that are connected to disadvantaged & disabled individuals that will be supported by our ESC volunteers. The reputation of those solidarity activities is expected to influence positively the local community, in the sense of receiving a kind of social services that derive because of the "European Citizenship", a concept and "praxis" of the European Union.

What to prepare & regular support services:

The quality of ESC will be guaranteed through a short-term training and preparation period that the volunteer will attend in cooperation with **supporting organization's** contact person, EERcomt mentor & EERcomt project supervisor and if available, by

- Being introduced to ESC program and basic information by the supporting organization
- attending a related introductory seminar that is organized by GR N/A
- participating in regular self-reflection & evaluation EER activities
- participating in a final ESC event expressing personal opinions and sharing thoughts and opinions about **KAIZEN Youth for Health** project.

Accommodation:

The address, map, phone number and website if available of the place of venue will be described in detail in the individualized info-pack, at least 10 weeks before arrival. The place of venue will be in Thessaloniki. Check a video available of the room as it has been captured in 2018:

<https://www.youtube.com/watch?v=FYhXueOvQIY&list=PL8SFpa4Xvw2uX7MebW05PHTt4SyO-JTGn&index=353>

Important Notice: Two separate beds in the same room. 5 to 15 days front maybe sharing with a volunteer of the same sex. 30-45 days alone. Possibility of 5-15 days sharing the room with the next volunteer near to the end of the mobility.

Main Activities' Location:



Most of the activities will take place in the nearest park (Karatassou Park), but also to other parks of the Pavlos Melas Municipality and the wider region of Thessaloniki. The basis of the volunteer will be in the office of EERcomt, where will be PC, wifi and phone availability..

Transport:

The volunteer(s) will get support concerning travel arrangements by email & telephone communication. There is proposed the economic flight as not to over-limit the allowed budget according to ESC Guide 2020. Important information about the eligible dates (within project period) of booking the tickets & reimbursement processing will be provided at least 10 weeks before the mobility. Volunteer's travel costs shall not exceed the 275 euro.

Local transport and airport transfer:

Within country travel costs related to the project are covered by the program. Personal travel costs are not covered by the program. Pocket money could be used for extra costs of the volunteer. Related information will be mentioned within the agreement between the volunteer & our organization. More details about transportation will be available in the Individualized Infopack, available at least 10 weeks before the mobility.

Reimbursement:

Travel costs from the country of residence to the hosting country are reimbursed after assuring the papers' validity (invoice with the name of the volunteer; boarding cards). The tickets for returning to the country of residence are booked and paid by EER usually 20 to 40 days before the departure.

Good to know / DOs / DON'Ts:

We suggest you to learn more about EER by visiting our websites <https://esai.gr/eer>;

<https://karatasoupark.org>; <https://artivia.gr> and joining our facebook [#esai en roi](#)

Weather details at: <https://www.bbc.com/weather/734077>

For Sightseeings and Local customs, get feedback from: <https://thessaloniki.travel/en/>

For pocket money we should open for you an account. We will send you all the information necessary for this process. We could also manage to send you money to a card you already hold within EU program countries.

Contacts of the staff:

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Mr. Savvas: newcomer, Youth Worker, available regularly in the office (Turkish, Arabic, Italian, English, few German, Greek)
