

# Cultivating Tomorrow:



**Empowering Youth Workers for a Green Future**

A funded 12 days training

**23 October - 3 November 2024**

**📍 Megara, Greece**

Trainer: Giuseppe Sannicandro

**Countries:** Greece, France, Italy, Portugal, Spain



**APPLY NOW!**

DEADLINE: 31/7

**Erasmus +** Mobility of Youth Workers

## INFO PACK FOR APPLICANTS

### ‘Cultivating Tomorrow: Empowering Youth Workers for a Green Future’

Organized and hosted by

**Vegan Life (Greece)**

In collaboration with:

Critical Concrete - Associação de Experimentação Cultural (Portugal)

The Northern Lights - L'aurore boréale (France)

Associacio Cultural Tabala (Spain)

Polisportiva Fanano Società Sportiva Dilettantistica S.R.L. (Italy)

Free and Real (Greece)

trainer: **Giuseppe Sannicandro**

**Training dates: 23 October 2024 – 3 November 2024**

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# I. WELCOME

Dear Applicant,

Thank you for your interest in the Cultivating Tomorrow Project, an Erasmus+ initiative aimed at empowering youth workers with the knowledge, skills, and networks necessary to lead sustainable and impactful youth work in their communities. This information package will provide you with all the details you need to understand the project, its benefits, and how you can apply.

Please read it carefully until the end prior to applying!

*The Vegan Life Team*

## 2. GENERAL INFORMATION

### 2.1. Project Overview

**Title of the project:** Cultivating Tomorrow: Empowering Youth Workers for a Green Future

**Type of the activity:** Erasmus+ KA153 – Mobility of youth workers

**Venue:** Rural farm close to Megara, Greece

**Duration of mobility:** 12 days of training plus travel days

**Work Language:** English

**Working methods used:** Non-formal education (outdoor learning, hands-on activities, open space technology, continuous feedback etc.)

**Number of participants:** 30

**Project coordinator and host country:** Vegan Life, Greece

**Project partners and sending countries:**

1. Critical Concrete - Associação de Experimentação Cultural (Portugal)
2. The Northern Lights - L'aurore boréale (France)
3. Associacio Cultural Tabala (Spain)
4. Polisportiva Fanano Società Sportiva Dilettantistica S.R.L. (Italy)
5. Free and Real (Greece)

The non-profit organization “Vegan Life” is the organizer of this Erasmus+ Mobility of youth workers and has applied for funds from the European Union, therefore this training course is fully funded. The funds cover the participants’ food, lodging and travel costs, the teaching fees and the work of our cooks and team members.

### 2.2. Timeline

Application Deadline:	31 July 2024
Interviews with participants:	5 August - 15 August 2025
Confirmation of selection to participants (indicative):	18 August 2024

Travel booking deadline:	31 August 2024
Arrival day at location:	22 October 2024
12-day training course:	23 October 2024 - 3 November 2024
Departure day:	4 November 2024

### 2.3. Venue

The training course will take place at a rural farm conveniently located between the city of Megara and Alepochori, Greece, near the Saronikós Gulf, just 55km from Athens (Zip code: 19100).

For more details on the venue and the accommodation arrangements, please refer to section 3.

### 2.4. Program description

The training course is a 12-day experiential learning experience which was conceptualized to bring together youth workers with different backgrounds and equip them with the knowledge and skills necessary to improve youth work practices in Europe, while driving sustainable change towards the Green Transition.

Guided by the internationally recognized trainer Giuseppe Sannicandro, and within the welcoming setting of the rural farm, 30 participants from 5 countries will have the chance to learn and gain hands-on experience in the topics of Permaculture, Natural Successions, Composting, Soil structure, Microorganisms, Food forest, Plant based nutrition, and, of course, Veganism!

Below is a short overview of every daily schedule. Note that this schedule is indicative, and some changes might occur.

#### **Day 1 | Introductory Day**

The first day focuses on welcoming participants, introducing the team, having a safety briefing, familiarizing with the venue and the project scope. It also includes team-building exercises and goal setting.

#### **Day 2 | Introduction to Permaculture**

This day introduces the concept of permaculture and its ethics through interactive activities, focusing also on further team building dynamics.

#### **Day 3 | Permaculture Basics and Introduction to Veganism**

This day further builds on the basics of permaculture while introducing participants to veganism and food ethics, and allowing participants to discuss on widespread misconceptions about it.

#### **Day 4 | Permaculture Design and Animal Agriculture**

Participants delve deeper into permaculture design principles, including methods of 3D design. They also explore the impact of animal agriculture on the climate.

#### **Day 5 | Natural Successions**

This day offers two slots of Open Space Technology, where participants themselves lead workshops and discussions, thereby further increasing their personal contributions. It also delves into understanding natural successions in ecosystems.

#### **Day 6 | Mid-Term Evaluation**

This day is designed to evaluate the implementation so far and collect feedback in a structured manner, allowing to take any needed measures so as to meet needs of participants that may have arisen in the first half of the training. The day also offers an activity in a nearby forest to observe and jointly analyse a natural ecosystem.

#### **Day 7 | Soil (I)**

Participants learn about soil composition and composting methods, followed by hands-on compost making.

#### **Day 8 | Soil (II)**

This day further explores soil structure, microorganisms, and practical activities like making biofertilizers.

#### **Day 9 | Sustainable Food Systems and Biodiversity**

This day covers topics related to sustainable food systems, wheat consumption, and the role of animals in ecosystems.

#### **Day 10 | Food Forest and Plant-based Nutrition**

Participants engage in discussions about food forests, plant-based nutrition, and a practical cooking workshop with a nutritionist.

#### **Day 11 | Eco-Projects Incubator**

This day encourages participants to read social systems under the prism of biodiversity, and with this knowledge to reflect on eco-projects they would like to implement.

#### **Day 12 | Wrap-up Day**

In summary, after the training course, you are expected to have enhanced your skills and knowledge, have broadened your network and gained access to a wide range of resources, tools, and materials to facilitate both your endeavors as a youth worker as well as a steward of sustainability and environmentally-conscious decisions and practices in your community.

### **3. TRAVEL INFORMATION**

#### **¡IMPORTANT!**

Make sure to have received confirmation that you have been selected as a participant for the training **before** purchasing any travel tickets!

#### **3.1. How to get to the training venue**

##### **Arrival via plane**

The closest airport is Eleftherios Venizelos Athens international airport - 85 km distance. If you arrive at Athens airport, you can take the Metro to Thiseio station (you take the blue line from the airport, then in Monastiraki station you change to the green line towards Pireaus, and Thiseio is the next station). Right outside the station is the starting point for the bus headed to Alepochori, which leaves you one km away from the farm. If you use this route inform us of the time of your arrival and we'll come pick you up by car.

Here you can find the timetable for the busses: <http://ktelattikis.gr/en/Megara>

The busses depart 4 times a day:

On weekdays: 06:10, 10:15, 14:15 and 17:15.

On weekends: 07:15, 10:15, 15:15 and 17:15.

### **Arrival via ship**

The closest port connecting with Italy through Ancona or Bari is Patras port – 200km distance. If you arrive at Patras port, you need to go to KTEL Patras bus station (approx. 4km), where you find bus connections to Athens and you get off at Megara station.

Here you can find the timetable for the busses: <https://www.ktelachaias.gr/> . Since a big part of the site does not support English, note that there are different time schedules for each day. The routes going from Patras to Athens (with a stop in Megara) are the ones on the top left box marked as ΠΑΤΡΑ-ΑΘΗΝΑ. Note: some busses run an Express route, marked “EX”, which does not stop at Megara station, so skip these ones. In any case, we will be providing support to facilitate your travel arrangements when time comes for you to book.

**For other possible means of arriving** please take a look on the internet and contact us for more support.

### Travel durations / Costs

From **Athens airport** to **Thisio station** via Metro (Victoria station)

Duration: approx. 55 minutes

Cost: approx. €10

From **Thisio** to **the Venue** via bus

Duration: approx. 1 hour 15 minutes

Cost: approx. €6

From **Patras** to **Megara** via bus

Duration: approx. 3 hours 30 minutes

Cost: approx. €17

After arriving in Megara it's a 20 minutes ride and we can pick you up from there by car.

**IMPORTANT: It is necessary that you attend the event from the beginning to the end, so you will have to arrange your travel accordingly. Please apply to participate in the training **only** if you can respect the below travel dates. Your travel can last longer than one day but you **HAVE TO BE AT THE VENUE** when the course starts!**

### **Arrival date: 22/10/2024**

The last public bus leaves at 17.15 from the Athens center (Thisio), which means you will have to plan your arrival to Athens accordingly, not to arrive there later than 16.45. In case there are a lot of people arriving later that day, an organized bus could be arranged to depart from Athens at 21.00, so if that will

be the case for you, you will need to inform us. Otherwise, you will need to arrange for your accommodation in Athens and take the first public bus the next day at 6.15.

**Departure date:** 4/11/2024

If there are more than 20 participants interested in an organized bus, it will be leaving from the training venue at 6am in the morning and will be arriving at the Athens airport at the latest at 10am (unexpected traffic excluded). Consider flights leaving Athens airport not earlier than 13:00 (departure time).

Should you be travelling to any other destination, we will be happy to support you with more information.

### 3.2. Travel Refund

You will be reimbursed for the costs linked to your travel to and from the venue of the training. There are several rules and requirements that need to be met in order for us to be able to proceed with the reimbursement of your travel costs, therefore please read carefully the below to have an initial understanding of the process. Upon your selection as a participant, we will share with you all needed guidance in order for you to proceed with booking your travel in accordance with the requirements.

A needed clarification is the distinction between Standard Travel and Green Travel, for which different reimbursement amounts are foreseen as presented below.

- ✓ **Standard travel** is all means of transport with high or standard emissions, which are not covered in Green travel. Airplane and ferry boats fall under the category of standard travel.
- ✓ **Green travel** is defined as travel that uses low emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

**Important!** Green travel has been foreseen **only** for participants travelling from Italy, France and Greece.

- For the participants residing in Greece we cover up to **€28 in case of Standard travel** OR up to **€56 in case of Green travel**
- For the participants residing in **France** we cover up to **€309 in case of Standard travel** OR up to **€417 in case of Green travel**
- For the participants residing in **Italy** we cover up to **€309 in case of Standard travel** OR up to **€417 in case of Green travel**
- For the participants residing in **Portugal** we cover up to **€395 for Standard travel** [Green travel is not foreseen for Portugal]
- For the participants residing in **Spain** we cover up to **€395 for Standard travel** [Green travel is not foreseen for Spain]

Participants should be traveling from the countries of their residence. If you are traveling from a country other than your residence, you should clarify that in your application to explain why. However, be aware that even if you are traveling from another country that is not your stated residence, your travel reimbursement will still be the one for your country of residence.

Example: a participant with Italian residence traveling from Portugal will only be reimbursed to the maximum of 309€ for standard travel, as per the provisions foreseen for participants residing in Italy.

Once again, be reminded that it's not possible to participate as a funded participant if you don't participate **in the whole training**.

We can refund your travel on the last day of the training, preferably via bank transfer, but ideally, we refund you both ways after you arrive back at your home destination with one bank transfer. For that you will need to have submitted all **necessary documents** (tickets or other proofs of booking, ..) but we will give you more details once you are selected as a participant of the training.

### 3.3. Health Insurance

Before arriving in Greece, you will be obliged and responsible for acquiring your own EU Health Card (or to renew it in case the date has expired), which allows you to receive basic health care across the European Union. If you wish to be covered by insurance, you will need to make sure to book it yourself before leaving your country.

## 4. ACCOMODATION

### 4.1. Overview

The farm covers approx. 3 acres of land which are currently utilized for the production of olives, grapes and pistachios, and it aims to transition into a food forest. It has been mainly cultivated with conventional practices and it is time to start showing some love to the land, starting with this training course!

For the duration of your stay you will be accommodated in your own tent directly on site, although someone with discomfort or with special needs can sleep in the indoor facility which is located just at the entrance of the farm. The venue provides ecological compost toilets and showers, as well as a normal flush toilet/bathroom and indoor shower, and several outdoor spaces – both covered and not - that can be utilized for the implementation of the activities but also for participants to socialize and spend time with one another during breaks.

During your stay, you will be sleeping in your tent inside the farm. It is necessary that you bring your own tent and outside sleeping material. Please bring what you need to be comfortable sleeping outdoors. Compost toilets and outdoor showers will serve our needs, and the farm provides many spaces for daily activities.

As we strive to live in harmony with our surrounding ecosystem and the farm, we use water consciously and, thus, moderately. For your toiletries we kindly suggest to bring plant-based fully biodegradable shampoo, soaps, toothpaste, etc., so the water of the shower and the sink does not harm nature.



A team of amazing cooks will be preparing our daily meals, which will be healthy, mostly organic and self-grown, and vegan. If you have any allergies or intolerances, please inform us about them, so we can plan accordingly.

Because we follow a healthy lifestyle getting in balance with ourselves and nature, drinking alcohol on the project site is not allowed. Smoking is only permitted in the designated area.

There is some internet access on the farm, close to the house, but don't forget to connect with nature, rather than with the internet!

## 4.2. What to bring

For a comfortable stay we suggest you bring the following:

- TENT
- SLEEPING BAG
- Camping mattress, plastic cover for the ground (humidity stopper) and pillow (or/and anything you need for being comfortable sleeping on the ground in a tent)
- Warm clothes for evening and light clothes for the day (check the weather)
- Clothes for getting dirty
- Good shoes for land work
- Working gloves, if you prefer to work with such
- Notebook and pen
- Shower towel
- Water bottle
- Toiletries: please bring eco-friendly, 100% biodegradable and not tested on animal soaps and shampoos!
- Mosquito spray or protection if you need it (we usually have mosquitos)
- Musical instruments, if you like
- Bring any material you need in order to implement the activities you want to share during the course, e.g. some games, dances, songs and stories to share

## 5. CONFIRMATION AND CONTRIBUTION

If you are selected to participate in this course, you will be informed via email indicatively by 18 August 2024 and you will have to share with us your travel tickets on **31 August 2024** the latest!

For participating in this course, we suggest a contribution of 40€ for the solidarity pot. The solidarity pot allows us to run activities for which no funding yet exists. A higher contribution is very welcome of course and we can provide a donation receipt, if you wish to receive one.

## 6. FAQ

### **What proof do I need to show to indicate my country of residence?**

If you don't have a nationality or residency card from this country, then you need any legal document that proves you are temporarily living there (water/utility bill from rental home, letter from organization you work for, letter from organization you are volunteering with).

### **Can I travel from/to a country that is not my country of residence?**

Yes, but you need to provide reasonable proof of why that is (volunteering, work deployment, visiting close relatives). In that case, we will request you to prepare a Word Document with a statement mentioning why.

### **Can I travel on days that are not the selected travel days?**

Yes, you can. However:

1. You need to have a valid reason (for example an inconvenient arrival time on the standard travel day or significant price difference that goes outside of the travel budget)  
AND
2. You need to be able to provide evidence of that (screenshot showing that other options on the right travel day are not viable)

In this case, we will request you to prepare a Word Document with a statement explaining why you had to book on different days, given the valid reason stated above.

### **What is not included in the travel reimbursement?**

- Taxi and first-class tickets cannot be reimbursed.
- We can only reimburse your car journey if it's in the format of carpooling (as per the green travel provisions).
- Accommodation costs related to the travel (e.g. overnight stay because of long travel) cannot be reimbursed.

### **What is the typical day of training? I will need to work for some hours during the training.**

The usual day at the training starts at 8:30 and runs until 19:00. Lunch break is around 2 hours and throughout the day there are activities such as reflection time and energizers. During evenings a variety of co-organized activities are proposed with participants.

We recognize that each individual needs to have the space to be conscious of their needs and use of time. With that being said, and while considering that you are taking a funded opportunity and therefore your participation in the training is mandatory, you can integrate your time management the way you see fit.

We do need to point out to you that our internet service is not the strongest and if many people use it tends to become slow. You might want to bring your own data service or be available to work at times when others will not be using the wi-fi, like early in the morning.

**Do you have internet and electricity at the site?**

Yes, however, the internet drastically slows down when many people use it and we ask that you minimize your need for it as much as possible.

There is an electricity station with several outlets where you can charge your devices, taking in mind that it is shared with all participants.

**Is there a washing machine for clothes?**

Yes, there is. Please note that we will facilitate a few collective washing cycles for the pieces that you can't wash by hand. Clean buckets will be available so that you can wash your clothes on a needed basis by hand.

**Whom can I contact if I need more information?**

For any further questions you can contact the partner organization of your country (see section 5. PARTNER ORGANIZATIONS) or send an email to: [claudia@veganlife.gr](mailto:claudia@veganlife.gr).