

# "Medi(a)tation"

Training Course

19-30 August, 2024

Stratoni, Chalkidiki, Greece

**BREAKING  
NEWS**



24 Participants

Participants per country:

Greece 4, Romania 4, Türkiye 4,  
Italy 4, Portugal 4, Cyprus 4



Co-funded by  
the European Union

# WELCOME!

We are happy to host you for the training course, which will take place in Stratoni, Greece between 19-30 of August. We aim to provide you all the info needed and a warm welcome with this info pack!

Moreover, the info pack contains information about your travel and accommodation as well as some info about the area it will take place.

Feel free to contact us if you have any questions:

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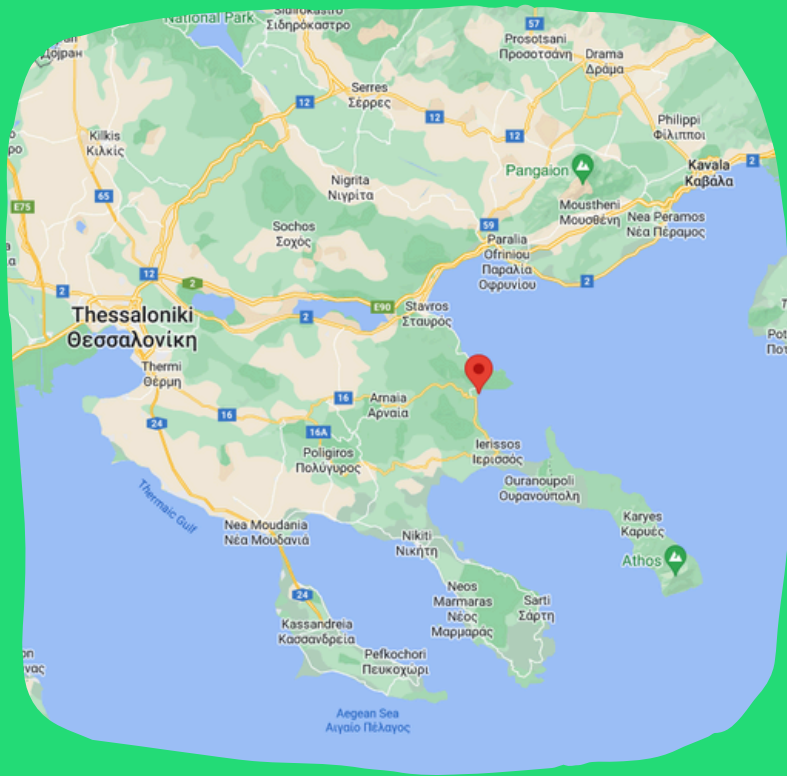
We are happy to see you soon!



# Welcome to Stratoni!



Stratoni is a large coastal village in northern Halkidiki which is 66 km away from Polygyros and 100km from Thessaloniki. The village is an alternative destination with great interest for exploration, The central area has beautiful beaches and gorgeous landscapes.



Stratoni is located close to famous destinations of Chalkidiki, such as "Mount Athos", "Amouliani Island" and Polygyros. Close to Stratoni, a beautiful village called "Olympiada" is located, which belongs to the Municipality of Aristotle.



In the settlement there is a medical office, a kindergarten, a primary school, a high school, a pharmacy and supermarket.

# About us



**United Societies  
of Balkans (U.S.B.)**

United Societies of Balkans (U.S.B.) is a non-profit, non-governmental organization based in Thessaloniki, Greece working in the field of youth mobility, participation and facilitating youth awareness about social issues. It was founded in 2008 by the inception of a group of active young people who wanted to address the social issues which affect the youngsters in the Balkans and Eastern Europe.

# The objectives of the Training course



## We aim to:

- Learn how to approach news sources
- Expand our critical thinking
- Find out more fake news and how to distinguish them better
- Learn how to organise online and offline campaigns
- Learn how to work in teams for a common purpose
- Create a nice and inclusive atmosphere for all participating
- Get to know how social media impacts our daily lives

## Participants' Profile:

Young people, educators, youth workers, human rights activists, Aged 18+



# Travel Arrangements

Travel days are included, 19/08 arrival day & 30/08 departure day!



The trip from Thessaloniki to Stratoni will be organised by us, on the afternoon of the day of arrival, depending on the time of arrival of all participants. The same bus will take you from Stratoni to Thessaloniki in the morning of departure day.

**Do not forget about your travel insurance! For european citizens at least have the European Health Insurance Card!**

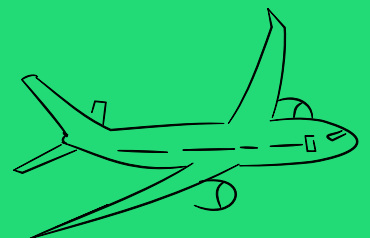


Participants are expected to make the most cost-effective travel arrangements available to Thessaloniki.

We encourage the use of sustainable travel when possible!  
(Bus, Train, carpool)

Travel costs will be reimbursed by bank transfer only after all participants send their original boarding passes, receipts, invoices and tickets to the organizers by post and via e-mail (original & scanned versions) to [finance@usbngo.gr](mailto:finance@usbngo.gr).

All reimbursements will be done in one bank account per national team, after consultation with all partners



# Travel Reimbursement

(based on Erasmus+ 2023 guidelines)

All travel costs are calculated according to the Erasmus+ distance calculator and so the **maximum travel cost reimbursement** for each participant per country is:

## Country

Greece 100€  
Romania 180€  
Türkiye 180€  
Italy 275€  
Romania 275€  
Cyprus 275€  
Portugal 360€

## Safety and travel

20 EUR will be deducted from the reimbursement of the participant which will offer : a) travel (bus) between Thessaloniki and Stratoni, b) liability insurance for all participants, c) excursion during the activity to other villages and islands.

## Note:

To ensure you get the correct reimbursement, calculate the distance between your home and Stratoni, Greece with this calculator : [here](#)

- For travel distances between 100 and 499 KM: 180 EUR per participant
- For travel distances between 500 and 1999 KM: 275 EUR per participant
- For travel distances between 2000 and 2999 KM: 360 EUR per participant

# Accommodation

Accommodation will take place in big rooms of 8 - 10 people. All rooms have an air conditioner, and single or bunk beds.



The building is quite sensitive to noise coming from the inside (echoing), meaning that silence during quiet hours will be necessary to respect sleeping time. The beach is right across the accommodation.

Bathrooms will be shared.

You will need to bring/buy your own personal towels and shampoo, and to have in mind that there is no washing machine.

NOTE : Accommodation is provided from the arrival day until the morning of the departure day. You cannot stay on any other dates in the dormitory, so plan accordingly.





# Useful information

Participants are going to receive 3 meals per day. Moreover, participants are kindly requested to inform us in advance of any dietary needs or allergies they have so that we can accommodate their requirements appropriately.

## Food



Participants will be accommodated in a dormitory at the community centre of Stratoni, 50 meters from the sea. They will be also responsible for cleaning their space. **Reminder** the village is fairly remote be sure to bring whatever you need with you and the signal is not the best meaning your access to the internet will be fairly limited.

## Location



- Towels, shampoo, body wash
- Personal hygiene items
- Swimsuit
- Sunscreen
- Medicine, should you need
- Whatever else you see fit

## bring with you



**Important note: There is no available fridge or kitchen for you to use in the premises or washing machine so pack accordingly**



# extras

As part of our effort to overcome any prejudices that may exist between the participating countries, we invite you to bring with you some local products- food as a means to share your culture. The products will be placed in the coffee break area and will be free to access.

Try to present any fun fact from your country in a non formal way and BE CREATIVE!

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## Loading...

