

INFOPACK TRAINING COURSE "BREATHE"

Place: Nea Makri, Greece

Duration: 5 days + 2 travel days

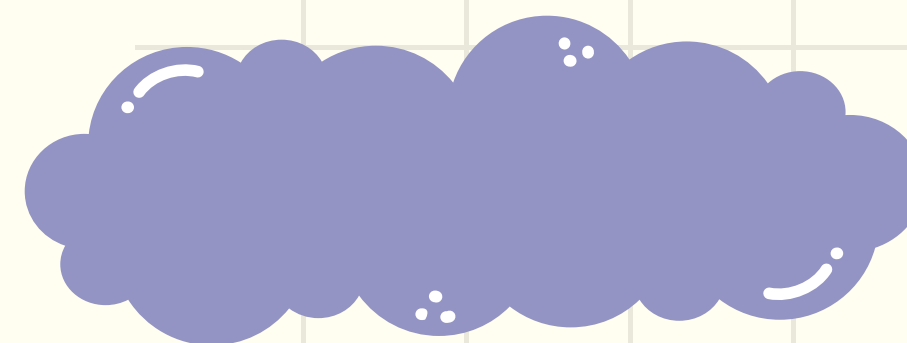
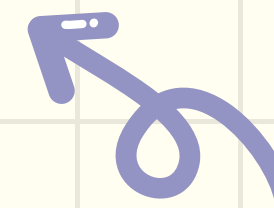
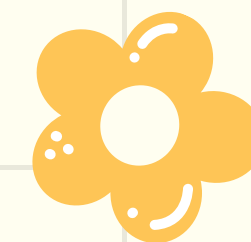
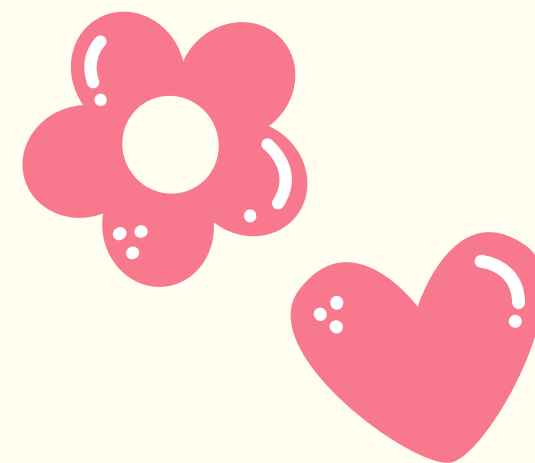
Date: 19 – 25 May (19 arrival day –
25 departure day)

“ABOUT BREATHE”

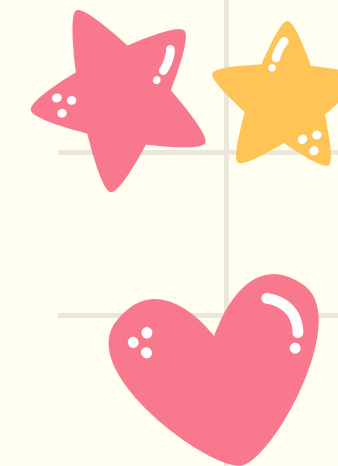
“Breathe” aims to tackle rising mental health challenges among young people in Europe.

It will empower 24 youth workers, trainers, and educators from Greece, Germany, Italy, Spain, Poland, and Portugal with the skills to develop nature-based activities that enhance mental well-being.

The project explores the connection between body, emotions, and communication to support mental health.



MAIN OBJECTIVES



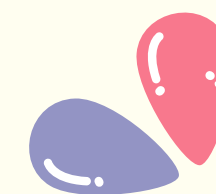
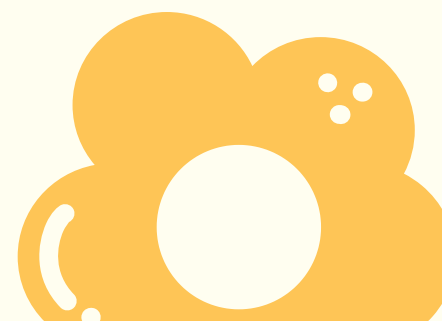
Enhance understanding of mental well-being and its influencing factors among 24 youth workers.

Develop skills for creating nature-based activities that strengthen mental health through body-emotion-communication connections.

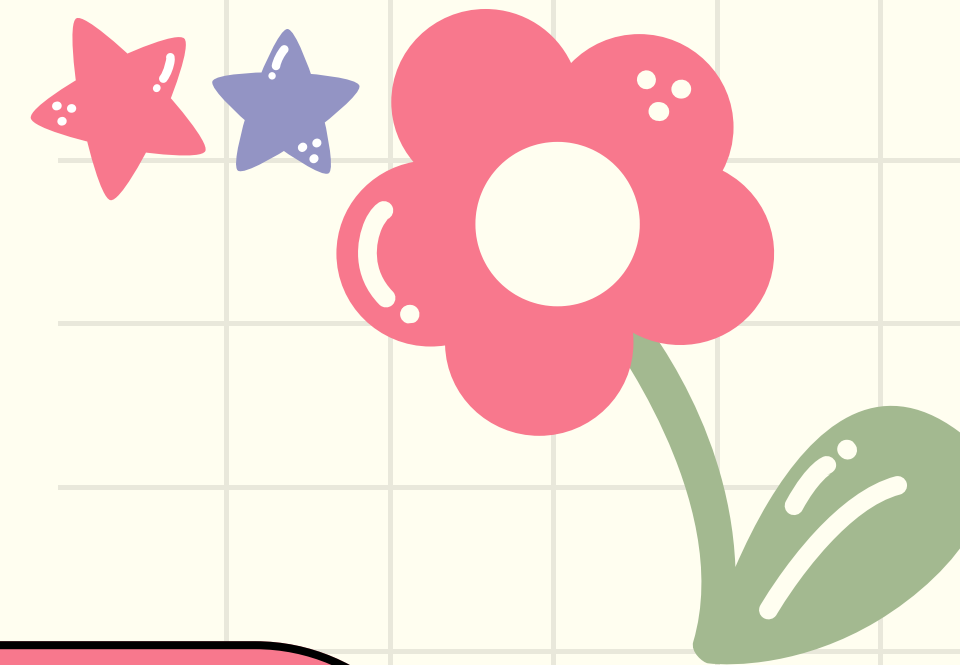
Establish a European support network for youth workers and educators with shared goals.

Motivate youth workers to integrate mental well-being into their activities.

Design at least 10 innovative nature-based activities to promote mental well-being.



AFTER THE PROJECT



Organise a local knowledge-transfer workshop, sharing the practices from our training.

Share the tools and practices with their organisation

Make a post in their social media



PARTICIPANT PROFILE

Max. 4 per country.

Age: 18+

Active youth workers,
educators and leaders.

Commitment to participate in
100% of the project and
follow-up activities.

Commitment to the
dissemination of the
project results.

Participants will organize a
local event within 1.5 months
after the course.

Communicative level
of English.

PROJECT PARTNERS

POLAND

Fundacja Active Kids

GERMANY

Chance - Bildung, Jugend und Sport BJS gGmbH

PORTUGAL

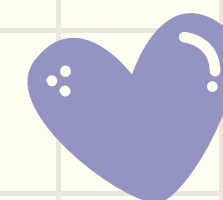
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SPAIN

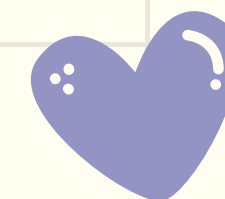
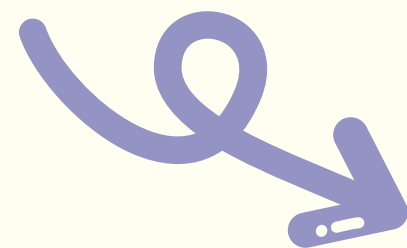
Your Missing Element

ITALY

Associazione Basilicata Link APS



MONEY PER COUNTRY



POLAND

309 €

SPAIN

395 €

PORTUGAL

395 €

GERMANY

309 €

ITALY

309 €

GREECE

28 €



REIMBURSEMENT

Before booking your tickets, you need to receive confirmation from the coordinator.

Tickets booked **without** HYP's confirmation will not be reimbursed.

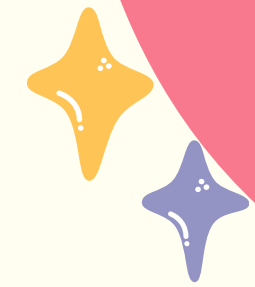
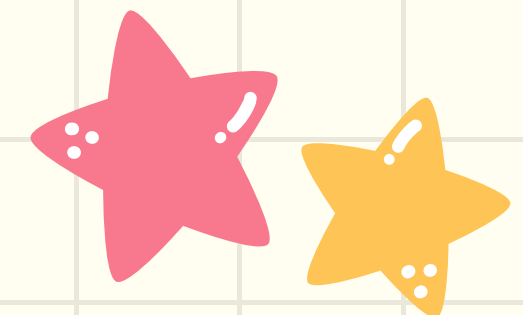
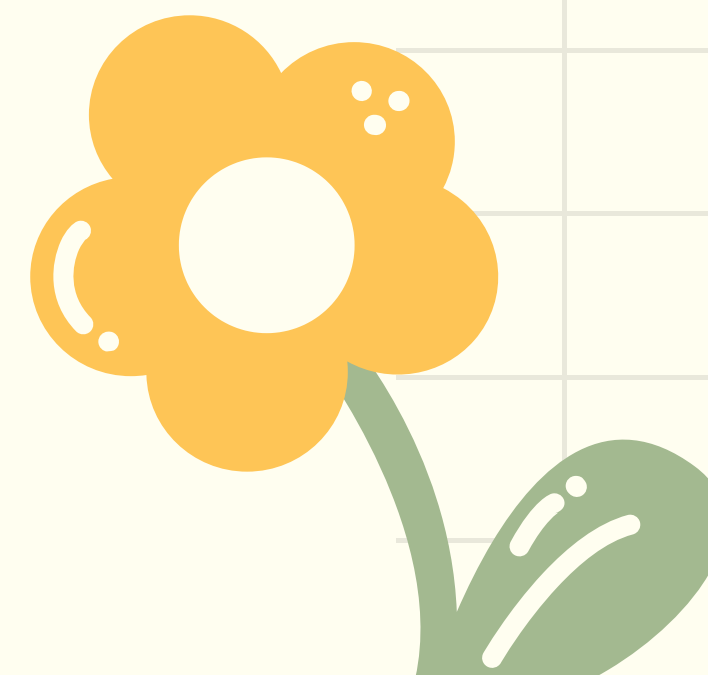
Physical tickets need to be sent by traditional post.

TICKET DOCUMENTATION

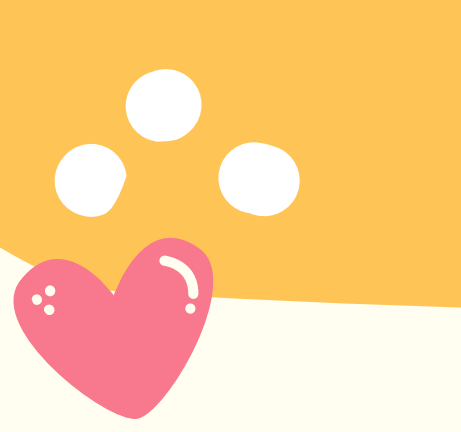
- All boarding passes.
- An invoice for the flight ticket. The email confirmation does not replace the invoice.
- The electronic ticket with the travel plan or the email confirmation of the flight (the email received when the ticket was purchased). Return boarding passes can be sent after the project by post.

OTHER TRAVEL TICKETS (BUSSES, TRAINS..)

Original ticket, with the price on it or the ticket and a receipt (if the ticket has no price on it); If you buy your tickets online, then you need the electronic ticket and the payment confirmation.



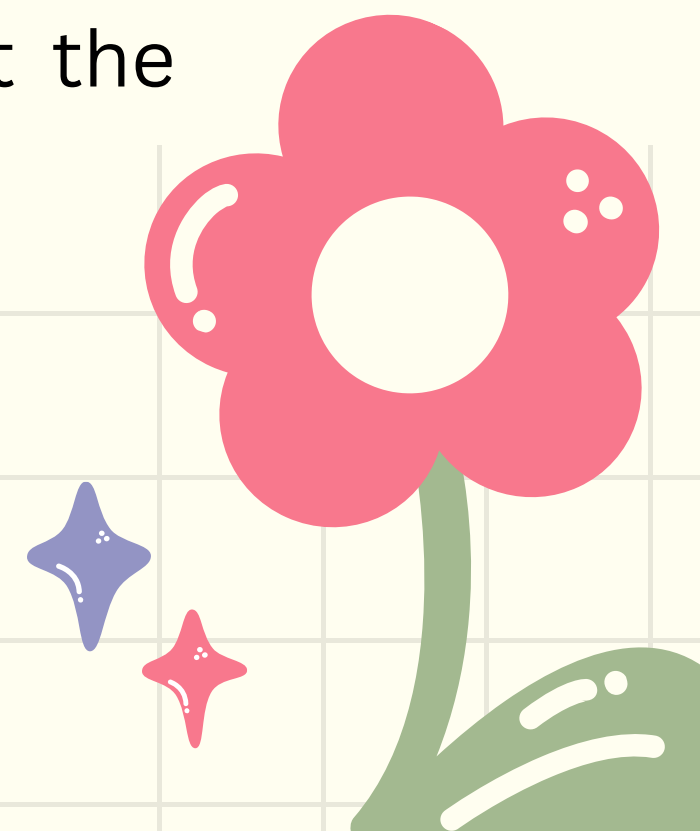
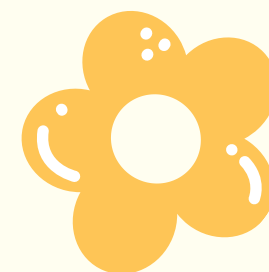
TRAVEL REIMBURSEMENT GUIDELINES



Plan your travel from your place of origin to the activity venue in Greece and return according to the travel limit shown in the next slide.

Your travels costs will be reimbursed up to the limit, if you spend less you will get what you spent. We always reimburse the account of sending organizations, so not directly to participants.

Reimbursements of travel costs can only be made upon full attendance at the training course.



ABOUT US

Hellenic Youth Participation is a leading youth organisation in Greece that promotes active participation and engagement by providing quality learning opportunities and fostering self-development and employability through non-formal education.

Since 2014, it has engaged in local, national and international projects, training diverse groups, including teenagers, youth leaders, volunteers, youth workers, and educators. The organization promotes lifelong learning, peer education, and awareness of key values such as equality, social inclusion, and cultural diversity.

FOOD & ACCOMMODATION

This project is funded by the Erasmus+ Programme, covering 100% of accommodation, food, and materials. Participants will stay in hotel rooms with 2-4 people per room.

The designated accommodation, Thomas Beach Hotel Koufolouka 4, 19005, Nea Makri Attiki, Greece. Tel: +30 22940 98887 <https://www.thomasbeachhotel.com.gr/>

The diet will be Mediterranean (accommodating vegetarians). **We cannot support specific diets like Halal, flexitarian, etc. If anyone has special requirements or allergies, please let us know in the participants' form.**

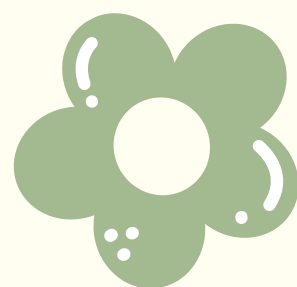
HOW TO ARRIVE AT THE VENUE

The nearest airport is Athens International Airport - Eleftherios Venizelos. After you will follow the next steps:

Upon arrival at the airport, walk approximately 4 minutes (180 meters) to the train station. Take the Ano Liosia N. Line (Αεροδρόμιο - Άνω Λιόσια) and travel for 11 minutes, passing 3 stops, until you reach Pallini Station.

Once at Pallini, walk for about 1 minute to the nearby Gephyra bus stop. From there, take Bus 314 (Στ. Δουκ. Πλακεντίας - Παλληνη - Νέα Μακρη) towards Nea Makri. Stay on the bus for 46 stops, which takes approximately 46 minutes, until you arrive at the Ag. Konstantinos stop.

After getting off at Ag. Konstantinos, walk 1 minute (60 meters) to reach the Beach Hotel located at Koufolouka 4, Nea Makri 190 05.



IMPORTANT: WHAT TO BRING



INSURANCE

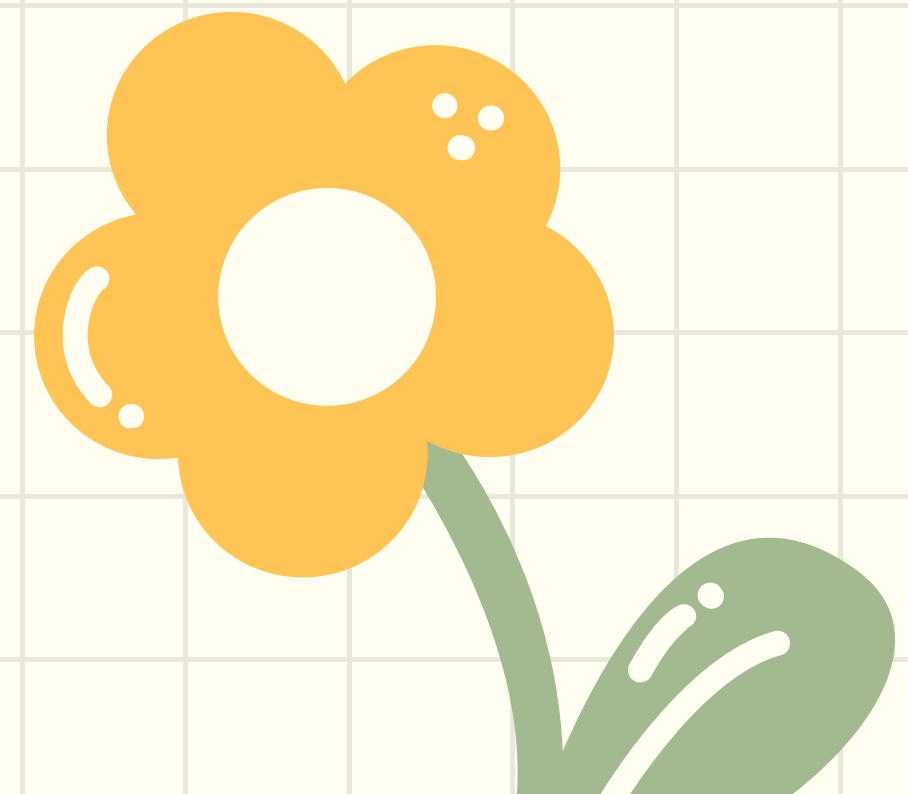
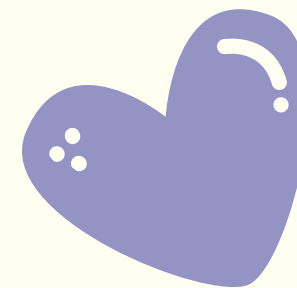
A travel insurance and a European Health Insurance Card (for EU/EFTA/Swiss residents, free of charge) are **mandatory** to participate in the project.

MEDICINES

For preventive reasons we recommend for those who have health problems to bring their own medicines. The basic First Aid kit will be available at the venue.

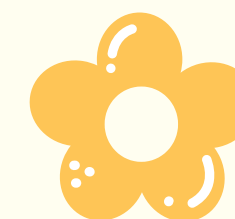
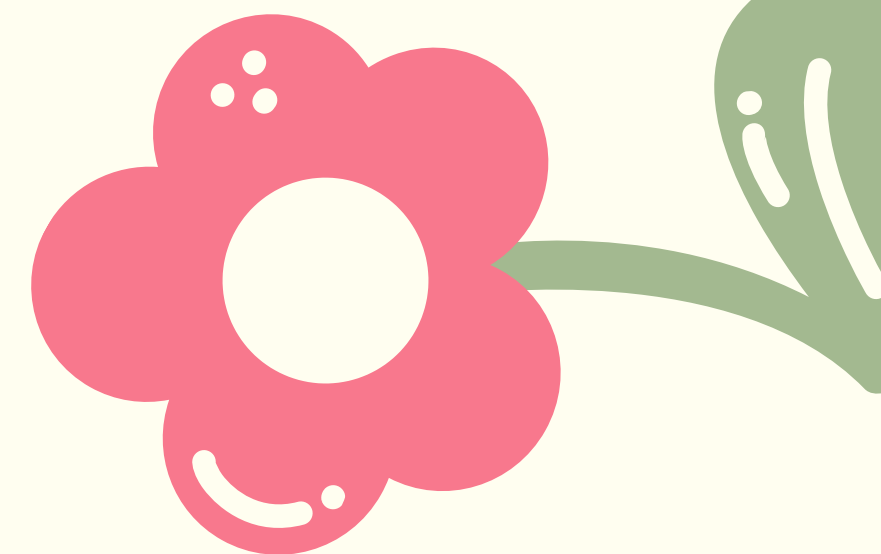
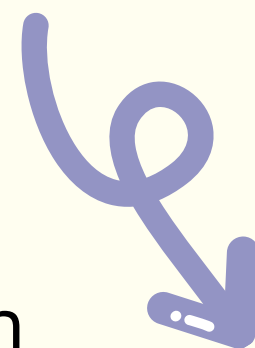
TRADITIONAL FOOD

Traditional food, drink, and souvenirs for intercultural evening activities



JOIN US!

If this training interests you but you can't join this time, we encourage you to follow us on our website and social media to stay updated on future opportunities!



-  [hellenic.youth.participation](https://www.instagram.com/hellenic.youth.participation)
-  [hyp_greece](https://www.youtube.com/hyp_greece)
-  +30 21 1216 3657
-  info@hellenicyouthparticipation.com

