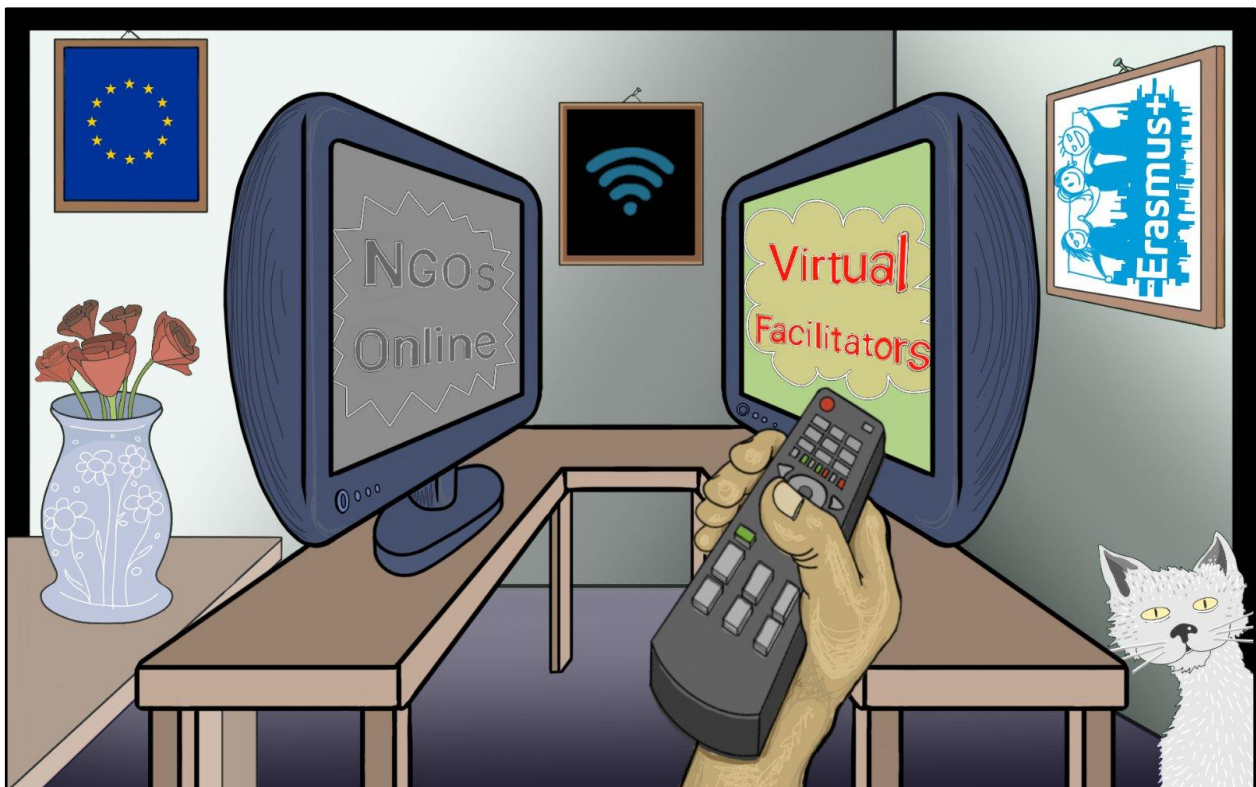


KA1 – MOBILITY OF YOUTH WORKERS
“REMOTE CONTROL – DIGITAL YOUTH WORK”
2020-3-EL02-KA105-006445



TRAINING COURSE 2

“Virtual Facilitators”

Trikala, Greece

25 Feb – 07 Mar 2022



Co-funded by the
Erasmus+ Programme
of the European Union



ΙΔΡΥΜΑ
ΝΕΟΛΑΙΑΣ
ΚΑΙ ΔΙΑ ΒΙΟΥ
ΜΑΘΗΣΗΣ

ABOUT THE PROJECT

"Remote Control - Digital Youth Work " is a project that consists of two mobilities, 2 residential Training Courses that will take place in the region of Trikala, Greece in November 2021 (**already happened, website [HERE](#)**) and February 2022, with the participation of 8 partner organisations from Greece, Croatia, North Macedonia, Italy, Romania, Poland, Portugal and Cyprus, under Erasmus+ Programme (KA1 – Mobility of Youth Workers). The second mobility, the **Training Course "Virtual Facilitators"** will take place in the city of Trikala, Greece, between **25 February - 7 March 2022**, and will gather in total 28 youth workers and youth leaders from the aforementioned countries, including 2 trainers and 2 support staff.



SUMMARY

Digitalization of youth work has been nowadays not only a step forward in a rapidly evolving community that can become more inclusive than ever due to the perks of technology, but also a clear necessity. This has become more than clear in the preceding period where the Covid-19 crisis has severely stricken all parts of the world.

Technology has been a clean supporter of most people finding themselves in lockdown, facing an unprecedented situation for which they were constantly updated through mass media and using the information spread in internet and social media. For many people this situation of distress that prevented them from working and having outdoor activities was used as time for self improvement and there has been increased interest for distance learning seminars provided by universities and official institutions. Furthermore most of the school units were abruptly forced to use distant education methods through common working spaces and learning platforms, something that most of the educators were not prepared for.

This has left us with the question on how in these times of distress we, as NGOs and youth workers can find our space in the virtual world and be more supportive for young people in a time that they need it most, both for psychological support, boost

of emotional wellbeing and resilience and also for personal and skills development.

Unconsidering as it might be, we understood that until now no matter how inclusive the methods that we used might be, they are widely based in personal contact, leaving outside a wide range of young people that are facing their "personal/regional lockdown", for reasons that might range from health issues and mobility difficulties to living in remote areas, with very few population etc, which prevent them from activities round the year, rendering this situation permanent struggle, not just temporary safety measures.

Personal contact cannot, neither should, be replaced by no means in all forms of education, formal, informal and non formal, but we figured that being equipped with the right tools and skills we could be of more help including more people in our work, maybe people that need it most.

This has been the start of this initiative, when the partners found ourselves struggling to provide actions for our members and volunteers, understanding that the field where we were lacking was the digital promotion of our organizations and our work that could increase the visibility of our actions and attract and include more young people and the application and amplification of remote youth work combining methods of distance learning and non formal education.

Based on the aforementioned needs the clear aim of this project is to raise the capacities of organizations in youth work and remote youth work with the use of IT and new technologies by developing/upgrading Digital competences for youth workers.

Mobility A1 : TC "NGOs On line"

The main objective of the first activity TC "NGOs Online" that took place in November 2021 was to equip youth workers with digital tools and knowledge regarding digital management and social media marketing, creations of websites and blogs and new skills that would allow them to increase the visibility of their organizations work and engage more new people in their activities.

More information about the first activity, toolbox, useful links and daily reports you can find in the website and blog of the project in the link below:

<https://remotecontrolbycet.wordpress.com/>

Mobility A2 : TC “Virtual Facilitators”

The main objective of the upcoming second activity **TC “Virtual Facilitators”** is to introduce the participants in distance education techniques in order to enhance distance learning and remote youthwork through common working spaces and learning platforms.

The digitalization of youthwork has been a recent trend, though need of it has been larger than ever during the Covid-19 crisis, when the partners found themselves struggling to provide actions for their members and volunteers, understanding that in this field they were lacking due to not enough knowledge on how to use IT and the virtual world in order to engage young people and keep them active in the time of distress.

Although the realization came under a stressful situation for everyone, they realized that there have always been young people in distress that due to different reasons they cannot participate in non formal education activities and NGOs activities, be it due to personal or health issues and limited mobility, or even young people that live in remote areas and would be more than willing to use learning opportunities throughout the year but there are either provided through highly paid seminars or they are pure academic and do not use non formal education methods.

Therefore this activity is the answer to the organisations’ need to provide qualitative youthwork and remote activities for young people with not necessary physical presence and regardless of where they are based at any time.

Topics to be covered during the Training Course:

- Key concepts and benefits of using ICT to support and enhance learning and assessment in youthwork.
- Ways to use Social Media (Facebook, Instagram, Youtube, Twitter, other SM) for remote YW and digital activities
- Use of common working spaces (Zoom/WebEx), LMS (Moodle/Google Classroom), mobile apps, Video sharing apps etc
- Elements of Distance Learning and Remote Youthwork (theoretical part),
- Design and testing of new tools and digital workshops for non formal learning (practical part).

OBJECTIVES

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The main objectives of the project are:

- To provide youth workers and their NGOs with digital tools and methods, as well as tools and methods of NFE,
- to promote digital management and social media marketing for NGOs,
- to promote distance learning and remote youth work and discover different approaches of non-formal education,
- to create a network of digital youth workers and digital NGOs by inducting them in the concepts of distance learning and remote youth work,
- to create an online educational pack for remote youth work that can be used also by other youth workers in the future,
- to strengthen the relationships and enhance further cooperation among organizations, strengthening the already existing synergies,
- to promote the Erasmus+ Programme and the opportunities it offers for young people.

In order to reach the aforementioned objectives, the training will combine different kinds of non-formal learning modules, based on games, introductory lessons, group works, professional lecturers and public dissemination events.



PARTNERS

In the project are involved 8 partner organizations from Greece, Croatia, North Macedonia, Italy, Romania, Poland, Portugal and Cyprus.

Partner Organisation	Country
Civil Education & Training Platform - Hellas	Greece
CET Platform Hrvatska	Croatia
Network for European Citizenship and Identity	Cyprus
CET Platform Italy	Italy
CET PLATFORMA SKOPJE	North Macedonia
TDM2000 Polska	Poland
Conexão Jovem	Portugal
European Media and Cinematic Community	Romania

Anyone interested to apply for the project, please contact the partner organizations in order to follow their selection process.

PARICIPANT'S PROFILE

The project is directed to employees, members, volunteers or external partners of the sending organisations that are actively involved in the activities of these organisations or directly working with young people. They should be highly motivated and already have (or want to gain) experience in the topic, wish to work on future international mobility opportunities for young people and motivated to organize future activities in cooperation with partner organizations. They will be selected by the sending organizations based on their interest in this precise topic.

Each organisation will be able to participate with **3 representatives**, apart from the trainers and staff members that some of the organizations will contribute with. **At least one** of the participant per national pax needs to have participated also in the first mobility (ideally all three of them), in order to reassure the continuation of the full process. This will depend on the needs of the sending organizations.

The participants should be:

- Actively involved, volunteering, working or cooperating with the partner organizations;
- Able to communicate fluently in English;
- Aged over 18 years old;
- Motivated to work in an international and intercultural environment without prejudices and stereotypes and wish to learn by doing;
- Highly motivated and committed to be actively involved during all the phases of the project (preparation, implementation and follow up and dissemination). To attend and actively participate in the full duration of the training, promote visibility of the project during the TC week and do follow up and dissemination activities afterwards in order to multiply the results of the project.

Due to current **COVID-19** measures and restrictions in Greece in order to enter the country travelers should provide **proof of full vaccination** or **recovery from COVID-19**. Also entrance in closed spaces, restaurants, coffee places, seminar rooms, etc need to fall in the abobe categories. Therefore, **ALL** the participants need to be either fully vaccinated before the start of the activity (Certificate of vaccination is considered valid 14 days after having received the last dose) or to have been infected and recovered from Covid in the past 30-90 days before the start of the activity (this can be proved by a Certificate of recovery from SARS-CoV-2 infection issued by a public authority or a certified laboratory. The recovery certificate is issued 30 days after the day of the first positive COVID-19 test and is valid for 90 days after it). All EU citizens and residents of EU countries will be required to hold and carry with them at all times the EUDCC issued under one of the

aforementioned categories (full vaccination or infection and recovery), while citizens of North Macedonia will need to hold and carry their Vaccination Certificate or proof of infection/certificate of recovery of Covid (valid only if issued no sooner than 30 days before the travel day by a official lab).

As of 19 December 2021, **all travellers** who enter Greece have to provide a negative result to a **pre-departure test**. Both molecular tests (PCR, valid 72 hours) and rapid antigen tests (valid 24 hours) are accepted.

These measure is valid until 24th of January and after that we will be waiting for updates regarding the travel measures. If there is a change or any other new measures are announces all the participants will be accordingly informed beforehand.

VENUE

The Training Course will take place in the city of Trikala, in the Region of Thessaly in Greece. The municipality of Trikala is a very safe and historically and touristically interesting provincial area in Central Greece.





The City

The city of Trikala has been recognized as the first digital city in Greece, had been awarded with the EUROPEAN MOBILITY WEEK 2015 award and many European actions and projects have taken place there, such as CITY MOBIL 2, sport events etc and has been also awarded in the Tourism Awards 2016 as the best destination within the borders of Greece for families' visits.





This is the [official website](#) of the municipality of Trikala where you can find some more information and [here](#) you can read 5 reasons why you should visit us anyway! And be sure that there is more to explore and discover!

Accomodation

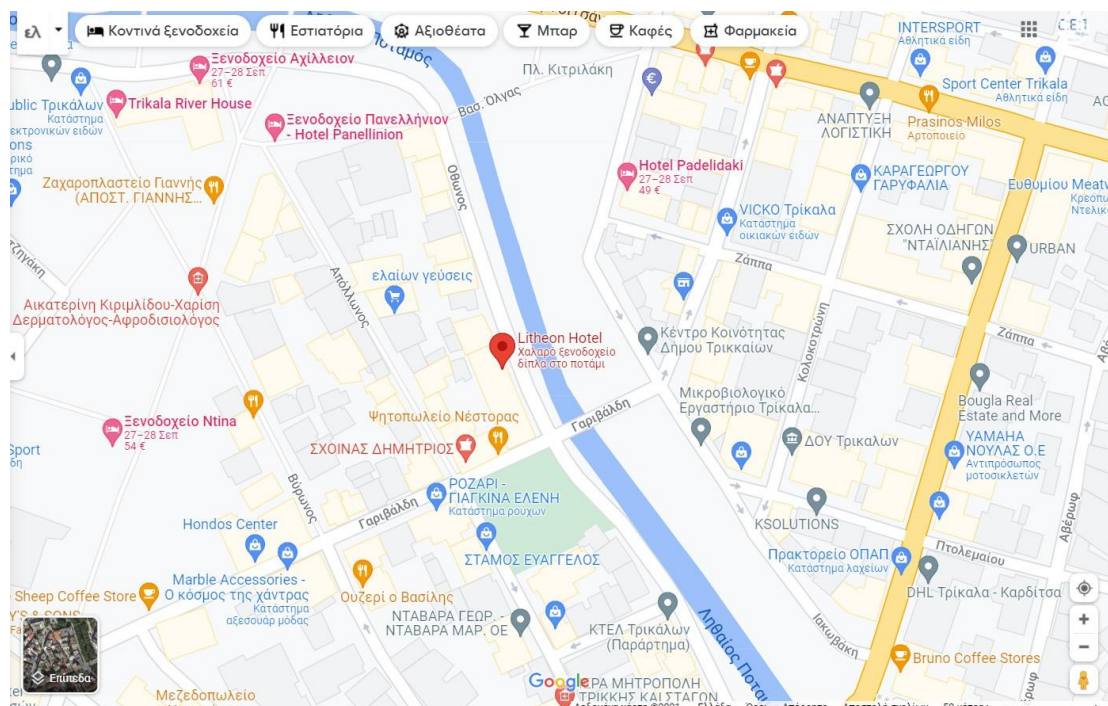
The participants will be hosted in [Hotel Litheon](#), in the city center, in double or triple rooms. Triple rooms will be used only if there is not possibility to have all double rooms.

All the rooms have private balcony, mini bar, TV, air-conditioning and free WiFi. Linens, towels and toiletries will be provided. There is daily room maintenance.



Location of the hotel

Ctrl+click on the picture



Training venue

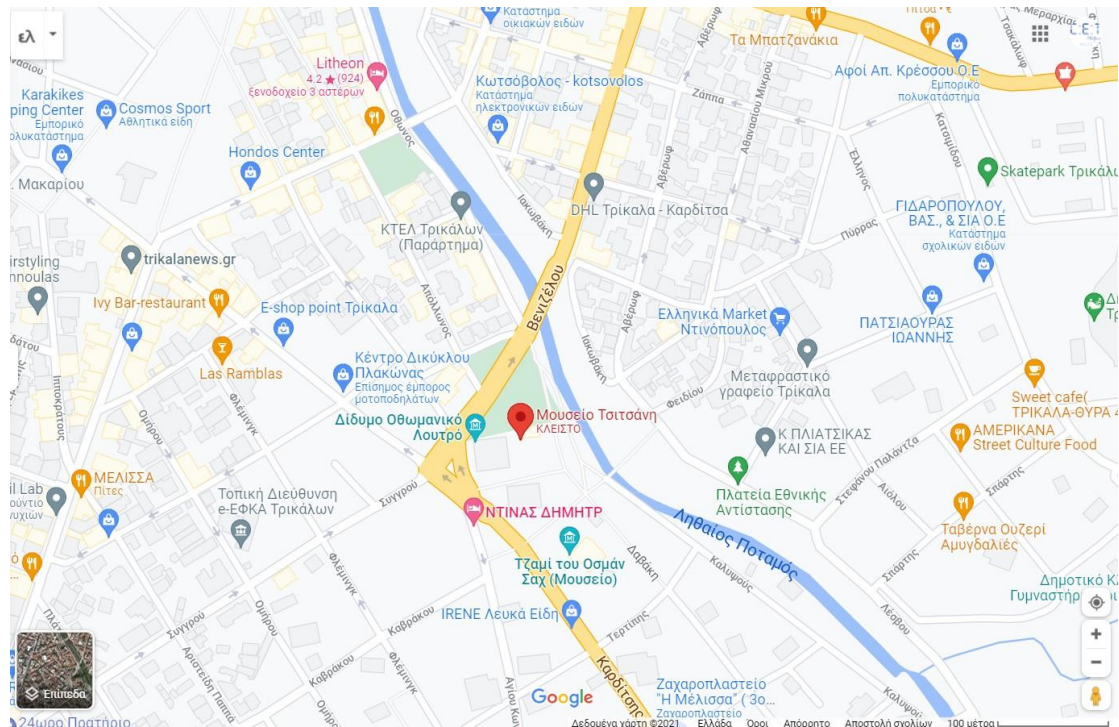
The sessions of the training course will be held in [“Tsitsani’s Museum”](#) (old prison), just 150m away from the hotel.



Tip: Read [here](#) the history of the museum

Location of the museum

Ctrl+click on the picture



TRAVEL DIRECTIONS

For the most of the participants the best option to reach Greece is via flight route, landing in Athens (Airport “Eleftherios Venizelos”, ATH) or Thessaloniki (Airport “Makedonia”, SKG).

The city of Trikala is located about 327 km and 214 km away from Athens and Thessaloniki respectively.

NOTE: Keep in mind that you have to be at Trikala on 25th of February the latest at 19.00 (local time), so as to book your tickets accordingly. Please consult with us to help you find the best possible itinerary in order to reach the destination, as Trikala is a provincial city and the train/bus connections might be tricky. **DO NOT** buy any tickets before consulting with us or the project coordinators from your organization.

How to reach Trikala?

- **From Athens:**

If you land in Athens you can come to Trikala either by bus or by train.

By Bus from Athens:

From Athens International Airport you can take the bus No X93 to the Bus Terminal KTEL LIOSSION. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (5,50 €) in the ticket kiosk at the exact point. From bus terminal KTEL LIOSSION there you can take a bus to Trikala. You can buy the ticket on the spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#)

By Train from Athens:

From Athens International Airport you can take the Suburban train (Proastiakos) to the train station STATHMOS LARISIS (or LARISA STATION). Another way to reach the train station STATHMOS LARISIS is via Metro (Line 3 from the airport to the stop SYNTAGMA and there you change to Line 2 and get out in STATHMOS LARISIS). The cost of the ticket in both cases is 10,00 €. From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

- **From Thessaloniki:**

If you land in Thessaloniki you can come to Trikala either by bus or by train.

By Bus from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Bus Terminal KTEL MAKEDONIA. It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the ticket kiosk at the exact point. The bus terminal is the last stop, you cannot miss it – it is the last stop (18 stops after the airport). From bus terminal KTEL MAKEDONIA you can take a bus to Trikala. You can buy the ticket on the spot, or even better online, since this way you will make sure you will find a seat at the time that is more convenient for you. Here is the [BUS TIMETABLE](#).

By Train from Thessaloniki:

From Thessaloniki International Airport you can take the bus No 01X to the Train Station NEOS SIDIRODROMIKOS STATHMOS (or OSE). It leaves every 20 minutes just outside of the arrivals, you can buy the ticket (2,00 €) in the

ticket kiosk at the exact point. Your stop is just 2 stops before the bus station (16 stops after the airport). From the train station you can get to Trikala, according to the following [TRAIN TIMETABLE](#). You can also buy train tickets online.

COVID-19 and Travel:

Updates about COVID-19 measures and restrictions for Greece you can find in the official site of the European Union here:

<https://reopen.europa.eu/en/map/GRC/7011>

Protocol for arrivals in Greece and directions for entrance you can find in the governmental site, by the Greek Ministry of Tourism here:

<https://travel.gov.gr/#/>

The sites are often updated, although there are announcements made daily that might not be included in the sites yet when you check them. Therefore for any question please reach out and we will keep you posted with any information that we have.

Before arrival in Greece all travelers must fill in the Passenger Locator Form (**PLF**) no later than 23:59 EEST(Greek time) (11.59 PM) of the day before arriving in Greece. For filling in the PLF, please click [here](#).

LOGISTICS (BOARD AND TRAVEL EXPENSES)

Board

Full board will be provided, 3 meals plus 2 coffee breaks per day. The food will be mainly according to Mediterranean diet and typical Greek cuisine. **Vegetarian** and **vegan** options can also be arranged, since Greek cuisine is rich in vegetarian and vegan dishes and this will not be a problem. Breakfast will be served in the hotel's restaurant, while lunch and dinner will be arranged in a traditional tavern very close to the hotel. The coffee breaks, 1 between morning sessions and one between afternoon sessions will take place at the training venue.

Travel Expenses

The travel expenses will be reimbursed, according to the general rules of the Erasmus+ programme and the distance calculator, **at maximum** travel costs as following:

180 Euros – North Macedonia

275 Euros – Croatia, Italy, Romania, Poland, Cyprus

360 Euros – Portugal

There will be no travel reimbursement for Greek participants coming from Trikala, while for participants coming from other parts of the region (over 10 km away from the city) or other parts of Greece there will be reimbursement of their travel expenses.

The purpose of the travel is the participation in the project, therefore the participants need to travel from and to return to the country their sending organisation is based. Flights (or combo of flights) that do not depart or return to the country of their sending organisation cannot be accepted and therefore cannot be reimbursed.

The reimbursement will be done **on real travel costs**, meaning that you will have to provide us with **all** the original tickets (including boarding passes for flights, as the booking confirmations are not enough), receipts, invoices, etc. **Taxi fares** cannot be reimbursed.

All eligible travel costs will be reimbursed via bank transfer in each partner organisation's bank account after the end of the training course (for which is required full attendance) and after the participants:

- Provide all their original tickets (digital and paper) and boarding passes,
- Fill their individual report from European Commission,
- Send us the follow up and dissemination activities reports,
- Send dissemination articles to their sending organizations.

There will be only **one transfer per national team**, therefore all the team members need to fulfill their obligations towards the hosting and sending organizations in order for the transfer to be made.

Do not buy any travel tickets before consulting for your itinerary and fares with the project coordinators of the partner organizations or with us. Tickets that have been purchased without approval cannot be accepted. As a rule all the tickets must be

bought in **Economy Class** and the most reasonable travel option should be chosen.

If you need to travel out of official travel dates (2 days before or after the project) you need to take approval first. Tickets out of the official dates, purchased without approval from the organizers will not be reimbursed.

NOTE: The organizers cannot provide food or accommodation outside of the official project dates. We will be willing though to provide you with information and suggestions regarding the city and the surrounding area.

VISA INFORMATION

Among the countries participating in the project, Visa is required for citizens of none of them to enter Greece. The participants coming from all the EU countries (Croatia, Cyprus, Italy, Poland, Portugal, Romania) can enter the country using a valid identity document (Identity Card or Passport), while the participants coming from non EU countries (North Macedonia) can enter Greece using Biometric Passport, without the requirement of a Visa.

*(**residents of all the above countries, not holding a passport or ID of those countries mentioned, will have to follow visa policy that applies in the [countries that they hold passports from](#))*

HEALTH INSURANCE

Please make sure that coming to the project you have a valid health insurance!

Please make sure that your health insurance makes it eligible to have a medical treatment abroad. This is absolute **MUST** in order to join the project.

You can obtain [European Health Insurance Card](#) for free (only for EU citizens) or buy a travel insurance of your choice, covering potential medical needs.

For non EU citizens (and only for them) health insurance can be reimbursed ONLY if it's bought together with the flight ticket in the same invoice/confirmation and it is within the travel budget limits.

Costs regarding any other private health insurance **cannot be** reimbursed by the hosting organisation.

OTHER INFORMATION

Currency

The currency used in Greece is Euro (€). For residents of countries not using Euro, please exchange the amount of money that you estimate that you will need for personal expenses before coming to Greece, because exchanging offices that you could use DO NOT exist. Or you can withdraw the amount you think you will need from an ATM, there are many in the center of the city.

What to bring?

- Warm winter clothes and shoes, as the usual temperature in February in Trikala is between 0-10 °C and there is high possibility of rain.
- All the original tickets of the entire trip, invoices/receipts, boarding passes.
- Promotion materials, brochures, etc. from your organization (if available).
- Something typical from your country (or personal culture) such as food, drinks, music, traditional objects, flags, fliers, promotion materials etc., or whatever else you want to share with all of us during the intercultural events.
- At least one laptop per national team, more laptops or tablets would be most welcome.
- Your motivation, inspiration, good energy and will for work and cooperation.

In order to be more eco friendly, you are highly encouraged to bring your own water bottle that you can fill up always from the water cooler with bottled water that will be placed in our working space. Also you can bring your reusable or plain coffee mug that after the end of the mobility you can exchange with others as souvenirs. This could help not only to avoid single use cups but it will be safer also since you will take care of on yourself to clean and maintain the cups and bottles and they will not be easily shuffled or mistaken with the ones used by other people.

Measures and Personal Protective Equipment for Covid-19

Upon arrival all the Covid Certificates will be checked and scanned. This is a process you will be asked to follow whenever entering also any shop, coffee place and closed space, etc. You need to carry your certificates and ID or passport with you at all times for any possible check.

Masks and gloves will be placed in different spots in the working space and available for all participants to take and use, not only during the working hours but also throughout the week in formal and non formal moments. In all the spaces we will use there will also be hand disinfectants, liquid and wipes and disinfectant sprays for surfaces.

The working space, apart from natural ventilation, has a strong ventilation system that will renew the air in the space all the time.

Language and Useful Expressions

The language spoken is Greek and we use our very own Greek alphabet. But this shouldn't scare you, because you will not use the expression "It's all Greek to me!" very often. Most of the people speak English and since we are a touristic country you will meet speakers of more other languages like Italian, German, Spanish, Russian etc.

Useful words and expressions in Greek are:

Ευχαριστώ! (Efcharistó) – Thank you!

Παρακαλώ (Parakaló) – Please / You are welcome

Καλημέρα (Kaliméra) – Good morning

Καλησπέρα (Kalispéra) – Good afternoon

Καληνύχτα (Kaliníchta) – Good night

Συγγνώμη (Signómi) – I am sorry / Excuse me

CONTACTS

For any questions you can contact us in the following emails:

Organisations's mail: greece@cetplatform.org

Email for volunteers/applicants: cetgrvolunteers@gmail.com

There will also be another email especially for the project and emergency phone contacts for the selected participants, along with a Facebook group where more information will be launched and we can be introduced to each other before the activity.

We are looking forward to hearing from you!

The team of CET Platform - Hellas