



2022-3-EL02-KA152-YOU-000092991

iasis

Project
duration
6 Days



Share DEMOCRACY

Don't keep it inside of you!

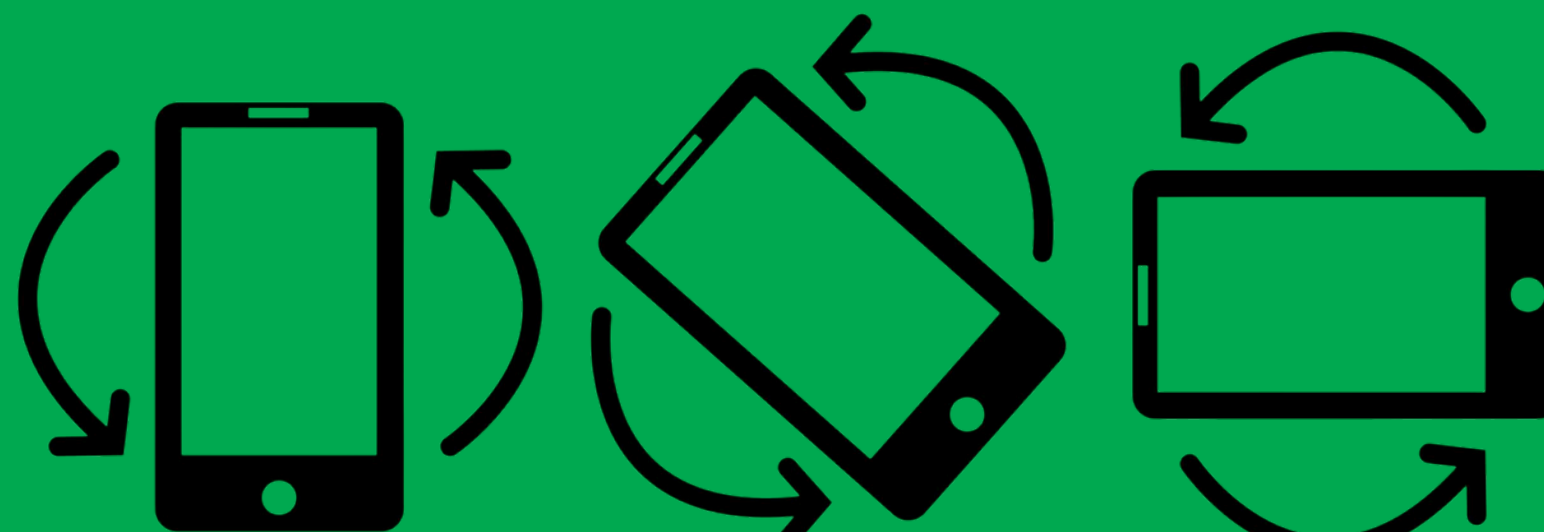
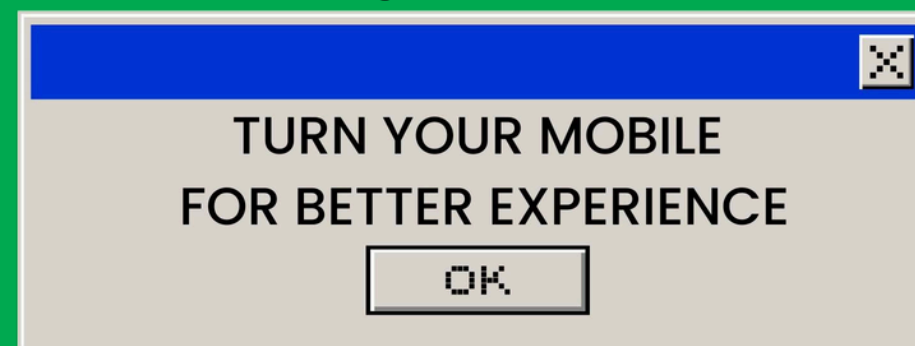


Erasmus+

Pleased to meet you!

Introduction

**HELLO,
EVERYONE!**



About the Project



"Share DEMOCRACY. Don't Keep it Inside of You!" is an Erasmus+ Key Action 1 Youth Exchange project aimed at promoting democratic values and active citizenship, especially among youth from vulnerable or marginalized backgrounds. The program unites young people from diverse cultures to foster inclusion, empowerment, and awareness.

Key activities include:

- **Workshops** on democracy, inclusion, and human rights.
- **Role-playing and games** to explore decision-making and civic engagement.
- **Community outreach** with public discussions and campaigns.
- **Creative workshops** using storytelling and arts to address stereotypes.
- Exploring the **roots of democracy**.
- **Cultural exchanges** to celebrate diversity and shared values.

The project empowers participants to become active changemakers in their communities while embracing European unity and inclusivity.

About the Project

1. Promote Democratic Values: Educate youth on democracy and active citizenship.
2. Empower Vulnerable Groups: Encourage participation of marginalized youth, combating stigma and exclusion.
3. Foster Inclusion: Build mutual understanding and acceptance among diverse groups.
4. Develop Skills: Enhance participants' critical thinking, communication, and teamwork abilities.
5. Encourage Active Engagement: Inspire youth to contribute to societal and political life.
6. Promote Intercultural Dialogue: Connect youth from different backgrounds to share experiences.
7. Strengthen Organizations: Enhance capacity for youth-focused initiatives and partnerships.

This project aims to build an inclusive, democratic society by empowering young individuals to become active citizens.



WHO WE ARE

Introduction

IASIS is a non-profit organization founded in 2005. Our vision is to create a world free from discrimination and injustice through education and support. Our core values include solidarity, cooperation, support, and care.

The main objectives of the organization include:

- Providing psychosocial support and combating social exclusion of vulnerable groups
- Offering psychological and counseling services
- Creating equal opportunities and prospects for vulnerable groups
- Promoting mental health and psychiatric care within the community

Based on the principles of Social Psychiatry and Psychosocial Rehabilitation, the organization provides specialized psychiatric services and psychoeducational interventions in accordance with World Health Organization standards.

MOBILITY IN MARATHON, GREECE



The mobility activity in Marathon, Greece, is a core part of the program. It focuses on engaging young people in activities that promote democratic values, inclusion, and active citizenship.

Location Significance:

- Marathon, known for its historical and cultural importance, provides a symbolic setting for learning about democracy and active participation.
- Participants will experience the historical roots of democracy in an inspiring and meaningful environment.

The mobility in Marathon serves as a transformative experience, empowering youth to embrace democratic ideals and foster inclusive societies.

WHO

WHAT

WHEN

WHERE

WHO

- Young people aged 16-30, including participants from marginalized or vulnerable groups across Europe.
- Partner organizations from Greece, Romania, Spain, and Malta under the Erasmus+ initiative.

WHAT

- A youth exchange program focused on promoting democratic values, inclusion, and active citizenship.
- Activities include workshops, cultural visits, group discussions, and non-formal educational experiences.

WHEN

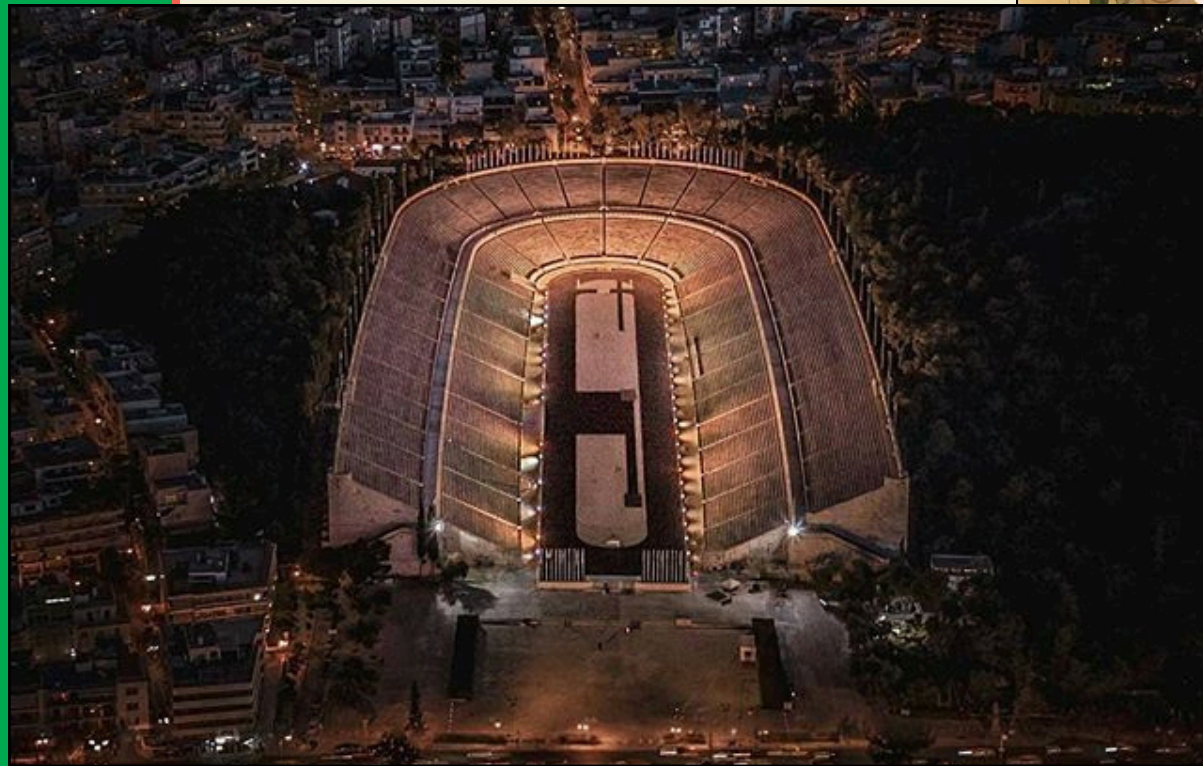
1 MARCH 2025
8 MARCH 2025

WHERE

Marathon, Greece

A historic location symbolizing democracy and active engagement, providing an inspiring backdrop for the activities.

Arrivals | Departures



Late arrivals and early departures are not financed.

If you want to explore Athens for some more days you can extend your trip on your own cost!

Arrivals

Travel Day
01/03/2025

Departures

End of the Project
08/03/2025

WHY

Learn About Democracy

Develop New Skills

Empowerment

Cultural Exchange

Networking Opportunities

Foster Inclusion

Make an Impact.



Accommodation

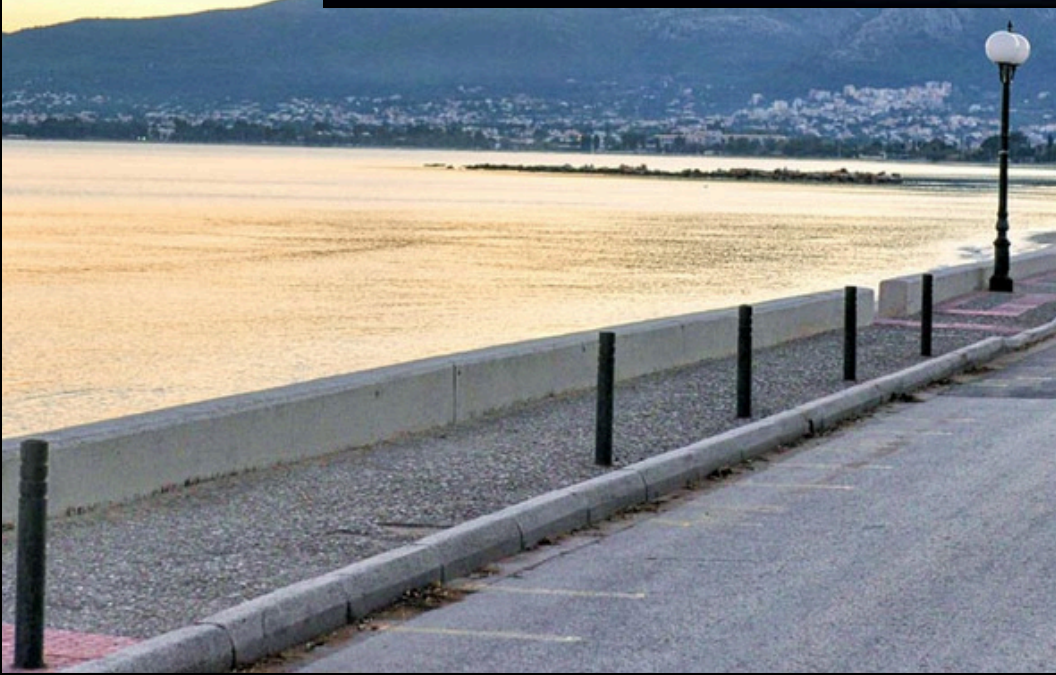
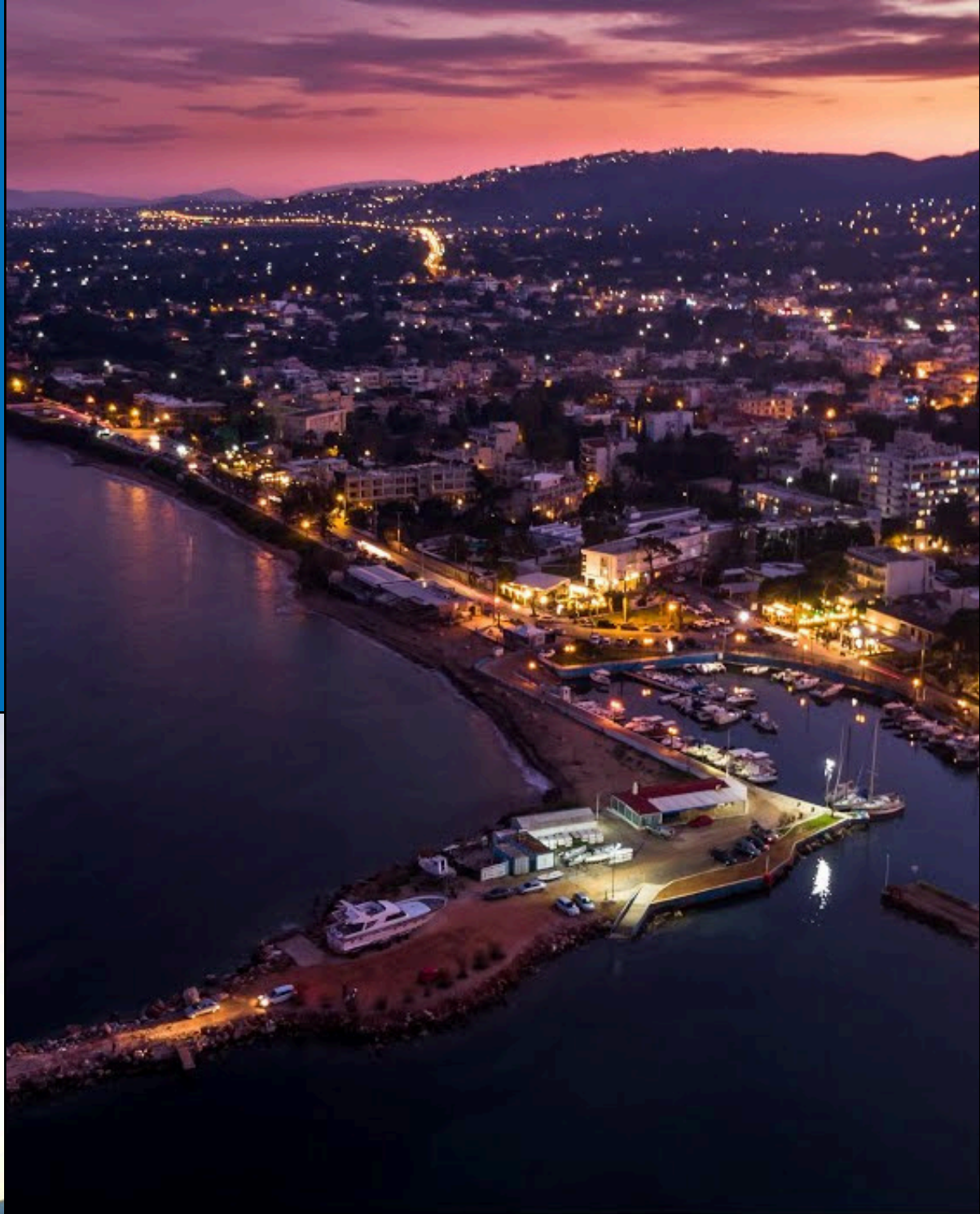
The accommodation is situated in a central area of Marathon, in a two-floor, fully accessible building that previously operated as a hotel. Covering a total of 800 sqm with a spacious 3,000 sqm outdoor yard.

The first floor operates as a Type A1 Boarding House under the Ministry of Health, while the second floor includes 15 double rooms with private bathrooms, providing accommodation for up to 30 people.

Volunteers stay in comfortable, air-conditioned rooms with modern amenities, and shared spaces such as living room, a large courtyard and more.

Just a three-minute walk from Marathon Beach, the location is ideal for both leisure and outdoor activities, offering a perfect blend of comfort, nature, and relaxation, giving the opportunity for plenty of workshops on the beach.

The site offers easy access to leisure and organized activities, ensuring a comfortable and enriching stay for volunteers in a welcoming environment.





Participants will stay in shared rooms designed for comfort and convenience. The accommodation offers a welcoming environment to promote interaction and bonding among participants.

Meals will be provided three times a day, ensuring a variety of nutritious and delicious options.

We are committed to accommodating specific dietary needs, including vegan, vegetarian, or no pork preferences.

If you have any allergies or special dietary requirements, please inform us in advance by completing the provided survey.

This helps us ensure your needs are fully met throughout the program.

THE ACCOMMODATION AND MEALS

PARTICIPANTS PROFILE

4 YOUNG PEOPLE & 1 GROUP LEADER

- Age Range: Youth aged 16-30 years old.
- Being motivated
- Basic Skills in English
- Ability to follow daily workshop and the whole structure of the exchange
- Eager to engage in intercultural dialogue and collaborative activities.
- Motivated to contribute to social and civic initiatives in their communities.

Intercultural Evening

With the purpose of getting to know each other better and learn more about our cultures, we invite you to bring some snacks and drinks from your country and few interesting facts about the city/town/village that you come from.

Furthermore, you will also have to present customs, traditions and aspects of your country with non-formal methods!



WHEN BOOKING YOUR TRAVEL

Each participant may book his/her own tickets or the sending organization may book the tickets for all participants

The reimbursement of the travel expenses will be made from our organization to each sending organization by bank transfer.

So if each participant books his/her tickets themselves they should receive their reimbursement from their sending organization

REIMBURSEMENT OF TRAVEL EXPENSES

In order for our organization to make reimbursement of the travel expenses to each organization, it is required to send by email the boarding passes and present them to the facilitator from our organization, at the mobility venue.

IASIS
Poliviou Dimitrakopoulou 18
11141, Athens, Greece

- The airplane tickets reservation/receipt (the name of the participants, the flight info and the price needs to be presented in these documents).
- Boarding passes of each participant both for arriving at the project implementation site as well as for departing for their homes.

You must send the ticket reservation/receipt and the boarding pass to the email: orestis.kontopoulos@iasismed.eu . If you do the check in at the airport, we need the original boarding pass. The arrival boarding pass you will give it during the mobility and the departure boarding pass you will send it scanned by email to the following address: orestis.kontopoulos@iasismed.eu

**-REMEMBER-
TO EITHER DO ONLINE CHECK-IN AND KEEP YOUR BOARDING PASSES IN YOUR EMAIL OR IF YOUR CHECK IN AT THE AIRPORT DO NOT THROW AWAY YOUR BOARDING PASSES**

TRAVEL
BUDGET
PARTICIPANT

Greece 23€

Romania 275€

Spain 360€

Malta 275€



REACHING THE VENUE

For their arrival, **two scheduled** transfers from the airport to Marathon will be arranged using our organization's vehicles to ensure a smooth and convenient journey for all participants. You will be informed from the facilitator of our organization for the hours of the transfers, as soon as you sent us your flights.

We are going to pick you up from the airport. With these:






- Passports or IDs (whatever you travel with)
- Original tickets/invoices/receipts for your travel expenses .
- Your boarding passes .
- Snacks, drinks, souvenirs, and information of your country and organisation for the intercultural evening.
- Items you think might be useful (musical instruments, board games, etc.)
- Any medication or dietary supplements that you might need .
- Sports wear, sneakers, maybe a swimsuit and appropriate clothing for the weather .
- Shower products
- Energy and a positive attitude!



WHAT TO BRING WITH

THE TIME SCHEDULE

	1 March	2 March	3 March	4 March	5 March	6 March	7 March	8 March	
8:30-10:00	Arrivals	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
10:00-11:30		Project Introduction	Team Building Excercises	Energizers	Energizers and Games	Energizers	Preperation for the Street Event	Departures	
11:30-12:00		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Street Event		
12:00-13:30		Team Building Excercises	Brainstorming Group Workshop	Workshops	Workshops	Preperation for the Street Event			
13:30-15:30		Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break		
15:30-17:00		Energizers	Workshop	Workshops	Energizers	Preperation for the Street Event	Project Evaluation		
17:00-17:30		Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break	Coffee Break		
17:30-19:00		Team Building Excerisices	Workshops	Workshops	Workshops	Workshops	Workshop		
19:00-19:30			Reflection Groups	Reflection Groups	Reflection Groups		Reflection Groups		
19:30-21:00		Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		Dinner
21:00...	Welcoming	Intercultural Night	Intercultural Night	Intercultural Night	Intercultural Night	Intercultural Night	Farwell Party Youthpass		

Are you ready to live the experience?

"The Adventure Begins!"

esc@iasismed.eu

In case you have questions, please don't hesitate to contact the preparatory team on the following email:

orestis.kontopoulos@iasismed.eu

Apply here and
be part of our world!

