



Erasmus+ Youth Exchange To-Do(n't)



Nea Anchialos, Greece

05-15 May 2026



Infopack

In this document, you will find all the information regarding the Youth Exchange project "To-Do(n't)"

Make sure to read it thoroughly as it provides necessary information such as Project Information, Travel Budget, What to Bring and much more!



Welcome to To-Do(n't)!



Do we really know
when ambition turns
into pressure, or
when motivation slips
into harmful
overwork?

The **To-Do(n't)** project answers this question by transforming the fight against toxic productivity into dynamic activities. Through interactive indoor and outdoor workshops, various non-formal methods and games, reflection, comics, posters, and the co-created To-Do(n't) Journal, the participants will explore how constant pressure to achieve affects their wellbeing, relationships, and sense of balance. At the same time, they will practice concrete strategies, setting boundaries, taking restorative breaks, and challenging perfectionist thinking, that help them build resilience and self-worth beyond achievement.

By working in mixed international groups, young people will compare cultural attitudes toward productivity and discover that this challenge is not only personal but also social. They will learn that cooperation, empathy, and solidarity are part of the solution, while also embodying EU values of dignity, equality, and participation. The project will create a safe space for intercultural exchange and innovation, ensuring that young people are not only aware of toxic productivity but also equipped to lead their communities toward healthier, more balanced futures.

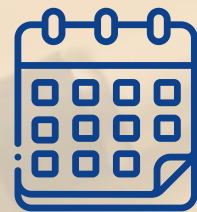


Project Info



PLACE

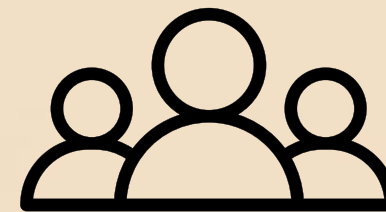
**Nea
Anchialos,
Greece**



DATES

**05.05.2026 -
15.05.2026**

**(05.05. & 15.05.
Travel Days)**



PARTICIPANTS

**Total number: 42
participants
(7 per country)**

**6 Participants
+
1 Group Leader**



COUNTRIES

1. Greece 
2. Serbia 
3. Turkiye 
4. North Macedonia 
5. Czechia 
6. Spain 



Aims and Objectives



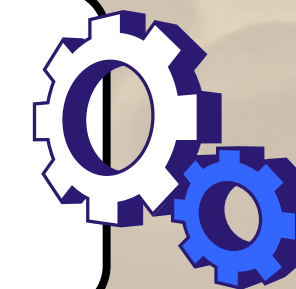
To define, describe, and explain toxic productivity, signs and triggers and distinguish it from healthy productivity




Analyze and evaluate the impact of toxic productivity on mental health, physical health, learning, and relationships by working through real-life scenarios and summarizing the effects



Practice and apply coping strategies (boundary-setting, anti-perfectionism tools, restorative breaks, simple time-management), reflecting on which strategies work best for them in a short self-check



Collaborate in internationally mixed teams and participate in structured intercultural activities that compare views on productivity and self-care across cultures and discuss core EU values (human dignity, equality, participation)



Participants' Profile



Group Leaders

Each National Group should be led by an experienced group leader (22+) with a strong background in Erasmus+ programs and international mobility projects. Their role is to support learning, ensure inclusion, make sure that the group is on time, and guide group dynamics throughout the project.

General Profile

The ideal participants for the To-Do(n't) project are young people aged 18-30 who are curious to explore how toxic productivity pressures affect their wellbeing, relationships, and daily balance. They may be students preparing for exams, young professionals entering the job market, or individuals navigating personal growth in demanding environments. No prior experience is required—what matters most is the motivation to actively participate in workshops, reflections and intercultural nights

Learning Attitude

Participants should be open to non-formal educational methods, active learning, and teamwork in an intercultural setting. They are expected to engage fully in different energizers, integration and teambuilding challenges, interactive methods, theater role plays, scenario-based exercises, in outdoor and indoor challenges and activities, reflections, result creation, intercultural nights, dissemination activities, and contribute to a collaborative and supportive learning environment.

Participants' Responsibilities



Active participation

Fully immerse yourself in all aspects of the exchange, from workshops to discussions.

Your energy and engagement are vital to the project's success and your personal growth.



Application of Learned Skills:

After the exchange, participants are expected to put their newly gained skills and knowledge about aspects of toxic productivity into practice, sharing knowledge, raising awareness, and helping their communities become more resilient and more productive in their everyday lives.



Collaboration with Peers:

Work closely with one another during the Youth Exchange to enhance learning and share diverse perspectives, exchanging experiences and good practices on how to recognise and respond to toxic productivity in everyday life. Through intercultural teamwork, they will compare cultural attitudes toward productivity and self-care, gaining new ideas and strategies from different contexts.



Dissemination

Share your experience and project results with your community. As an ambassador for To-Do(n't) Project, you play a crucial role in spreading its impact beyond the exchange.



Example:

Respect and Active Participation

Respect and active participation are crucial for the success of To-Do(n't). We expect all participants to embrace diversity, engage enthusiastically in activities, and contribute positively to the group dynamic.

For example, actively participating in discussions, asking thoughtful questions, and supporting fellow participants are ways to enhance the experience for everyone.



- Engaging in group discussions
- Respecting cultural differences
- Encouraging shy participants
- Being punctual and present



- Making fun of accents
- Constantly checking phones
- Arriving late to sessions

Remember, your attitude and engagement directly impact the experience of all participants. Let's work together to create a positive, respectful, and enriching environment!

Accommodation



Protessilaos Hotel



The Protessilaos Hotel is located in the beautiful Pagasitikos Bay (also known as the Gulf of Volos). The Hotel is a beachfront property, located just 30 meters from the sea, with a convenient location near the dining area and workshop room, and comfortable facilities that promote intercultural learning.

The hotel will provide towels and basic hygiene products amenities such as shampoo and soap for your convenience. During the project, the hotel complex will act as both a home and a workspace.

Breakfast, lunch, and dinner will be served daily at the hotel's designated dining area. The activity room is where the workshops and sessions will take place in a convenient location within the hotel premises. Two coffee breaks will be provided in the workshop room. Participants will be accommodated in rooms based on gender.

Each room is also equipped with a refrigerator for storing any personal snacks or drinks.

Please note that access to the hotel's kitchen is not permitted.

[Link to the Hotel Accomodation](#)



Nea Anchialos



Nea Anchialos is only about 15 kilometers from the city of Volos, one of Greece's major port cities.

Nea Anchialos was first settled in antiquity as Pyrassos, a Classical-era port city later transformed into Thebes in the late 4th century BC, which flourished until its decline after the 7th century AD.

Nea Anchialos gets its name from the ancient Greek city of Anchialos, which means "near the sea" in Greek.



Travel Budget



Greece - 0 EURO (**GREEN TRAVEL**)



Serbia - 285 EURO (**GREEN TRAVEL**)



Turkiye - 285 EURO (**GREEN TRAVEL**)



North Macedonia - 285 EURO (**GREEN TRAVEL**)



Czechia - 309 EURO



Spain - 395 EURO

The cost limit is in total PER PERSON, for both ways.



GREEN TRAVEL, refers to the practice of choosing environmentally friendly transportation options for participant travel.

It emphasizes reducing the carbon footprint associated with the project by opting for transportation methods like: bus, train, etc. instead of less sustainable options like individual car travel or air travel.

Travel Conditions

ATTENTION

By the Erasmus+ Program rules, we will reimburse 100% of travel costs from home to the project venue and back, as long as you use the cheapest means and fares (low-cost flights, 2nd class tickets) and respect the maximum amount per country.

Please, KEEP all your travel documents, because they are essential for reimbursement.

When buying your ticket, please keep in mind on the cost limits because everything that exceeds the determined budget cannot be reimbursed.

BEFORE BOOKING THE FLIGHT, PLEASE MAKE TRAVEL ARRANGEMENTS WITH THE PROJECT COORDINATOR.



ELIGIBLE TRAVEL DOCUMENTS

1. Flight Email Booking
2. Boarding Pass
3. Physical Boarding Pass



NOT ELIGIBLE TRAVEL DOCUMENTS

- Bad quality photo showing hand and the background.
- Solution: Use the scanner, send it by Post.
- Boarding Pass in phone App.
- Solution: Use a computer to generate the boarding pass.
- Screenshot from phone.

How To Reach The Venue

ATHENS:

If you are flying to Athens, after landing at the airport you can take the metro or a local bus to the KTEL Kifisos Bus Station. From there, take a direct bus to Thessaloniki. In Thessaloniki, you can transfer to another bus to Volos.

NOTE: Depending on the time, there might also be direct buses from Athens to Volos.

THESSALONIKI:

If you are flying to Thessaloniki, after arriving at the airport you can travel to the Thessaloniki Bus Station (KTEL Macedonia - the OIX bus) and catch a direct bus to Volos.

VOLOS:

When you arrive at the Volos Bus Station, you can catch a bus to Nea Anchialos. The bus ride lasts around 30 minutes, and there are buses every 30 minutes. The first buses are around 05:00 a.m., and the last buses are around 21:30 p.m. You can get the ticket from Volos to Nea Anchialos at the Volos Bus Station. The Bus Driver will announce and say NEA ANCHIALOS when you arrive at the station in Nea Anchialos. After that, it's a 5 min walk to the Protessilaos Hotel.

If you have some doubts or if you are arriving after 21:30 in Volos, contact us!

Useful Links

Athens to Thessaloniki Bus:

<https://ktelthes.gr/en/routes-athens-pireaus-thessaloniki/>

Thessaloniki to Volos Bus:

<https://ktelmacedonia.gr/en/routes/ajaxparcels/modonly=1&lsid=26&print=1&from=0&to=23>

Useful Links for Busses - Volos - Nea Anchialos:

<https://ktelvolou.gr/en/routes/map/&map=magnesia>

Note: When you enter the link above, CHOOSE VOLOS → ALMIROS, which will show you the VOLOS → NEA ANCHIALOS BUS SCHEDULE

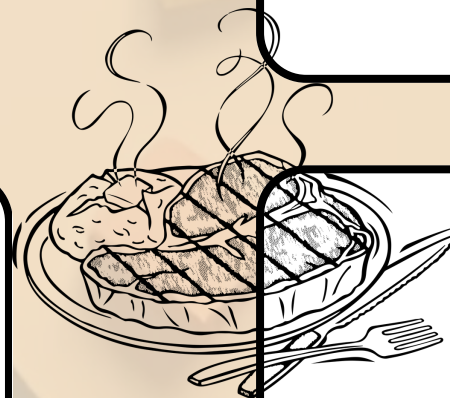
Intercultural Evenings



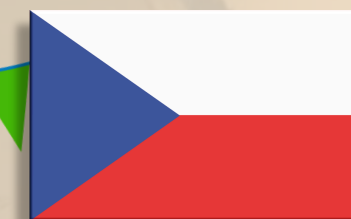
Remember to bring your county's flag!

Present your country in a creative way - presentations, acting, videos any other interesting way!

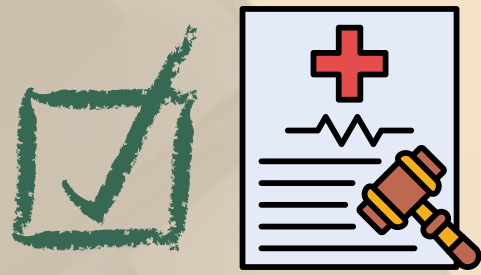
You can bring national dresses, food, drinks, prepare traditional dances, games, songs etc!



Don't forget to prepare some traditional music and dances for the intercultural evenings!



What To Bring



Please make sure you have valid health insurance that covers you during your stay in Greece.



Bring your personal medication and basic cosmetics/toiletries (toothbrush, toothpaste, shampoo, shower gel, deodorant, etc.). The hotel room provides 1 small and 1 large towel.



Some of the activities will be outdoors on the beach. The weather might change, so make sure to bring: T-shirts, pants, and jeans, Outdoor shoes, Hoodie, Sweater or Jacket, Socks, Hats, Indoor slippers, Clothes for outdoor activities



Bring a washable mug, which you will use during the Youth Exchange - reusing and applying the 0 Waste Policy and to try to use less single-use plastic to be more eco friendly!



Each national team should bring at least 1 laptop or tablet - we'll be using it for group work and some of the activities. More devices = more productivity!

Hello! I am from...

Yia! Eímai apó...

My name is...

To ónomá mou eínai...

Sorry!

Signómi!

Thank you!

Efharistó!

Help!

Voíthia!

I don't speak Greek.

Den miláo elliniká.

Where is...?

Pou eínai...?

Can you call this
number?

**Boríte na kalésete
aftón ton arithmó?**

Can you help me?

**Boríte na me
voithísete?**

Please

Parakaló

Yes / No

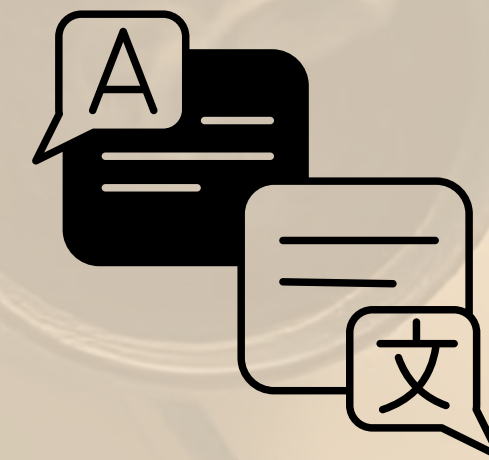
Ne / Óhi

Excuse me (to get
attention)

Signómi

Getting to know the language

Some Basic Greek Phrases



Apply Now!



**If you have any questions, doubts, comments etc, do not hesitate to
contact us at:**

europathfinders.greece@gmail.com