

VOLUNTEERING TEAMS IN HIGH PRIORITY AREAS

# **WELL DONE, WELL-BEING**

## **PHYSICAL ACTIVITY**

• 20 VOLUNTEERS •

**Dates:** 08.05.2024 - 07.06.2024

**Place:** Paralia Dionisiou / Nea Moudania | Halkidiki, Greece



**EUROPEAN  
SOLIDARITY  
CORPS**

## ***WELL DONE, WELL BEING - PHYSICAL ACTIVITY MEANS:***

- Live **1 month** by the Aegean Sea in Halkidiki, Greece
- Be a member of a **20 young people** team from **4 European countries**
- Connect with your **soul** and with your **body**
- Support and contribute to the **development of the local community**

## ***ABOUT THE PROJECT:***

“Well done, well-being” is a **volunteering project Co-funded by the European Union**. The project consists of three group voluntary activities in Greece **focused on integrating exercise into daily life, promoting healthy nutrition and overall, well-being**. Each 30-day activity involves 20 volunteers and **aims to empower participants through workshops, developing their skills and creating a toolbox**.



## ***FIRST ACTIVITY: 08/05 - 07/06***

The first volunteering group will be about **physical activity**. **20 young people from 4 different countries** will spend one month in Nea Moudania **working on the integration and promotion of physical exercise**. Physical activity can help you a lot on well being and **more specifically on stress relief, improvement of your sleep and increase of your energy**. Being active **doesn't mean you have to spend lots of time and money at a gym**. It can be simple just integrating some small habits in everyday life.



**Your mission through this volunteering activity will be to integrate exercising in your daily life, exchange knowledge with each other, encourage the locals to do the same and, of course, create an online booklet including the suggestions for the daily life..**

# ***WHAT YOU ARE GOING TO GET FROM THIS EXPERIENCE ?***

---

- **Interact with participants from different cultures.**
- **Be part of a community and meet peers with similar values**
- **Gain experience in managing self-organized learning processes within an international environment.**
- **Be more skillful on designing and implementing workshops, highlighting creativity and innovation.**
- **Develop digital skills through digital material production.**
- **Integrate physical exercise in your daily life.**
- **Learn more and promote European opportunities such as European Solidarity Corps and Erasmus+.**

# TIME FRAME : OVERVIEW



1

**ONLINE  
PREPARATION**

APRIL 2024

2

**ARRIVALS**

08 MAY 2024

3

**FIRST  
PHASE**

CONNECT

4

**SECOND  
PHASE**

LEARNING  
BY DOING

5

**THIRD  
PHASE**

CREATION OF  
TOOLKIT

6

**FOURTH  
PHASE**

SELF-  
REFLECT

7

**DEPARTURES**

07 JUNE  
2024



# TIME FRAME : OVERVIEW



## 1st phase - Connect

During this phase, the volunteers will participate in the activities aimed at integration, bonding, discovering the group dynamic and getting to know each other. What is more, this phase includes the “On Arrival Training” during which the volunteers will learn about the Programme, non formal education methodology, their responsibilities as well as fears and expectations related to this project, Youthpass and its Key Competences.



## Preparation

One month before the project starts, all the volunteering group will have an online meeting with the hosting organization during which they will be notified about the tasks they should follow before the project's implementation. What is more, this will be an opportunity for the volunteers to ask questions/concerns related to the project.



## 2nd phase - Learning by doing

Learning by doing is the block of activities where the volunteers will be focused on planning, organizing, preparing and implementing workshops related to the project. During this phase, the volunteers will mainly interact with the local community of Nea Moudania creatively promoting the values of healthy lifestyle focusing on physical exercise.

**ARRIVALS - 08/05**



# TIME FRAME : OVERVIEW

## 3rd phase - Creation of the toolkit

At the end of the project, the volunteers will be tasked with creating a comprehensive PDF toolkit consisting of relevant information pertaining to their participation in this project. This toolkit will serve as a valuable resource, encapsulating the collective knowledge and experiences gained throughout the project, ensuring a lasting impact and accessible reference for others.



## 4th phase - Self-reflection

After the 3 phases the goal is to bring the volunteers closer to themselves by giving them some days off which they can use the way they feel and the way they need. For example, they can travel around the country, they can rest in the accommodation we offer, they can organize day trips around the area - it will be up to the volunteers.



**DEPARTURES - 07/06**

# LOCATIONS

## • Nea Moudania •

Where most of the activities will take place, is located on the coast of the first peninsula in Halkidiki Region is a town with picturesque views of the Aegean Sea! As the largest urban center in the area, notably commercial, hosting numerous shops, public services, bars and restaurants. As a renowned vacation spot, the town experiences a summer population surge, with many visitors drawn to its pristine waters and sandy beaches.

**Thessaloniki, Greece's second-largest city, is conveniently just 40 minutes drive away, offering a rich cultural and historical heritage, along with vibrant nightlife.**





# LOCATIONS

## • Paralia Dionisiou •

**Where the volunteers will stay, is a thriving tourist village with a 3 km stretch of sandy beach. There are many taverns and cafes along the beach and central square serving traditional Greek dishes and drinks.**

**Although it is a small village, you can find all the necessary facilities such as bakeries, pharmacies, supermarkets. Paralia Dionisiou is located closely to Nea Moudania which makes it easy to walk from one place to another along the seaside.**



# ***ACCOMODATION AND FACILITIES*** ***DIONISOS APARTMENTS***

Dionisos Apartments complex is located only 80 meters away from the beautiful sandy beach in Paralia Dionisiou Beach, Halkidiki.

All rooms are with air-condition, satellite TV, safe box, hair dryer, fully equipped kitchen, private bathroom, table and chairs on the balcony and sunshade tents. There is free wi-fi in all the rooms and common areas.

The ground floor consists of an open area for relaxation which includes tables and chairs, BBQ, communal W.C & shower. In the closed ground floor area you can enjoy playing ping-pong, billiard and table football or even watch TV.

In the hotel you can also find a washing machine. We cover you up to 4 times free washing per national team. If you need more than that, you can use them with extra cost (5 euro per wash). The organization will provide you with washing tablets. Also there is an iron for free use in the storage room on the ground floor.

Check the link below for more information:

<https://dionisiou.com/dionisos-apartments/>

# ACCOMODATION AND FACILITIES DIONISOS APARTMENTS



# PRACTICALITIES

How to get there?

Travel expenses and reimbursement etc.



## Travel and the cost reimbursement:

For this project, the most convenient way to travel to Greece is to fly to Thessaloniki Makedonia Airport (SKG).



You in Europe will arrange volunteers' transportation from the airport to the hotel and back. This is part of the travel costs. Volunteers will be reimbursed for their tickets (both ways) according to the "[Distance Calculator](#)" of the EU.



## Accommodation:

Volunteers will sleep in double and triple bed rooms. All rooms have air-conditions, satellite TV, safe box, hair dryer, fully equipped kitchen, private bathroom, table and chairs on the balcony and sunshade tents. There is free wi-fi in all the rooms and common areas (check again the page no.4).

# **PRACTICALITIES**

**How about pocket money and food allowance?  
How many days and hours will we work?**



## **Food & Pocket money:**

Each Volunteer will be provided with pocket money (6 EUR per day) and food allowance (6 EUR per day).



## **Working conditions:**

The volunteers will work 4-6 hours per day. Participants are entitled to have 2 days-off per week and 2 more days-off in total.



**In case of any health emergencies, there is a health center in Nea Moudania, the General Hospital of Halkidiki in the town of Polygyros as well as multiple hospitals and healthcare facilities in Thessaloniki (around 60 km far away from Paralia Dionisiou).**

# • ***PARTICIPANTS' PROFILE – WHO IS THIS PROJECT FOR?*** •

**This volunteering project is addressed to 20 young participants:**

- Age 18-30 years old
- Legal residents of Spain, Portugal, Italy and Slovakia.
- A widely representative range of experience with well-being topics and willing to develop their knowledge
- Strong motivation for active participation at all stages of the project, including the preparation, creation of the booklet and follow-up activities

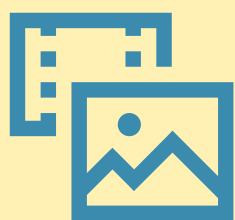


# SELECTION PROCESS

We aim to gather a group of participants with varied backgrounds and levels of experience. This will enhance the informal learning process, through the sharing of knowledge and skills between participants.

**Remember** that the project activities will be prepared and managed by the participants, which means that all should obtain knowledge and a high interest on the topic.

**Videography and Photography will be considered as a bonus skills!!**



# WHAT TO BRING?



- Comfortable clothes & shoes
  - Towels & Flip flops
  - Reusable water bottle
  - Swimsuit
  - European Health Card / Private health insurance (is your responsibility)
- ... and whatever else you think would make your life easier!





# • **HOSTING ORGANISATION** •



The non-profit organization "You in Europe" was established in 2012 in Nea Moudania, and it is a space for everyone who loves learning by doing, and vice versa. Our main goal is to promote solidarity and understanding between societies, especially in Europe. Therefore we promote volunteering as a mean of strengthening social cohesion and equal parallel as tool for integration of people from vulnerable social groups. We have a great experience in organising Youth Exchanges, Training Courses, Seminars and we have participated in many Strategic Partnerships in KA2 of Erasmus+ Program. The organization has experience in the European Solidarity Corps (former European Voluntary Service) as a sending NGO since 2012 and started hosting volunteers in Nea Moudania during 2017.



**Ioanna Thomopoulou:**  
Coordinator of  
Volunteers (ESC and  
local ones), Project  
Manager, Youth Worker



**Vasilis Stoulos:**  
Networking and  
International  
Cooperation Manager,  
Project Manager, Youth  
worker



**Grigoris Kyriakou:**  
ESC coordinator, Project  
Manager, Youth Worker,  
Youth Trainer



**Stavroula Pagona:**  
Communication  
Manager, Project  
Manager, Youth Worker



**Igor Niemyjski:**  
ESC Volunteers mentor,  
project manager



**Tasos Batzonis:**  
EU Projects manager &  
Youth Worker

# • PARTNER ORGANISATIONS •

**Intercambia**

ASOCIACION JUVENIL  
INTERCAMBIA

Spain

**vicolocorto**

VICOLOCORTO  
ASSOCIAZIONE

Italy



CONNECTUS

Slovakia

**imagina**

ASOCIACION DE  
DESARROLLO SOCIAL  
PARTICIPATIVO IMAGINA

Spain



SE.M.I. - SEEDS FOR  
MORE INTERCULTURE  
APS

Italy



aventura marão clube

AVENTURA MARAO  
CLUBE

Portugal

# APPLY NOW

If you feel that you really want to belong to this project, we are waiting for your application, so please contact the sending organisation of your country.

Make sure you have read the infopack carefully, and that you meet the criteria for every place!

For any questions you can find us here:  
e-mail: [youineurope.evs@gmail.com](mailto:youineurope.evs@gmail.com)

**The team of "You in Europe"**



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or EACEA. Neither the European Union nor the granting authority can be held responsible for them.

