

VOLUNTEERING TEAMS IN HIGH PRIORITY AREAS

WELL DONE, WELL-BEING

INNER HARMONY

• 20 VOLUNTEERS •

Dates: 12.06.2024 - 11.07.2024

Place: Mesaia Milia | Pieria, Greece

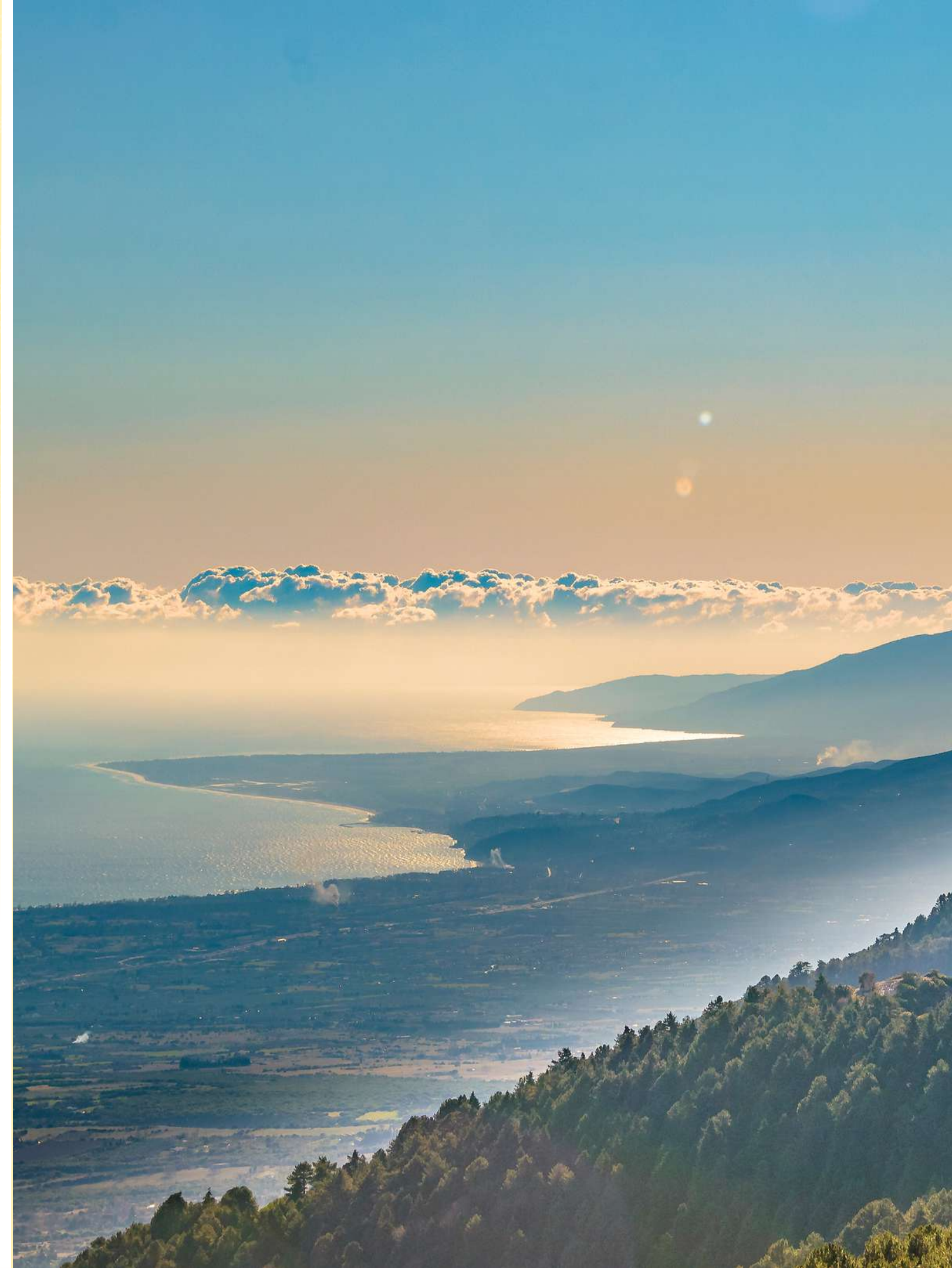


WELL DONE, WELL BEING – INNER HARMONY MEANS:

- Live **1 month** by the Mount Olympus in Pieria, 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**

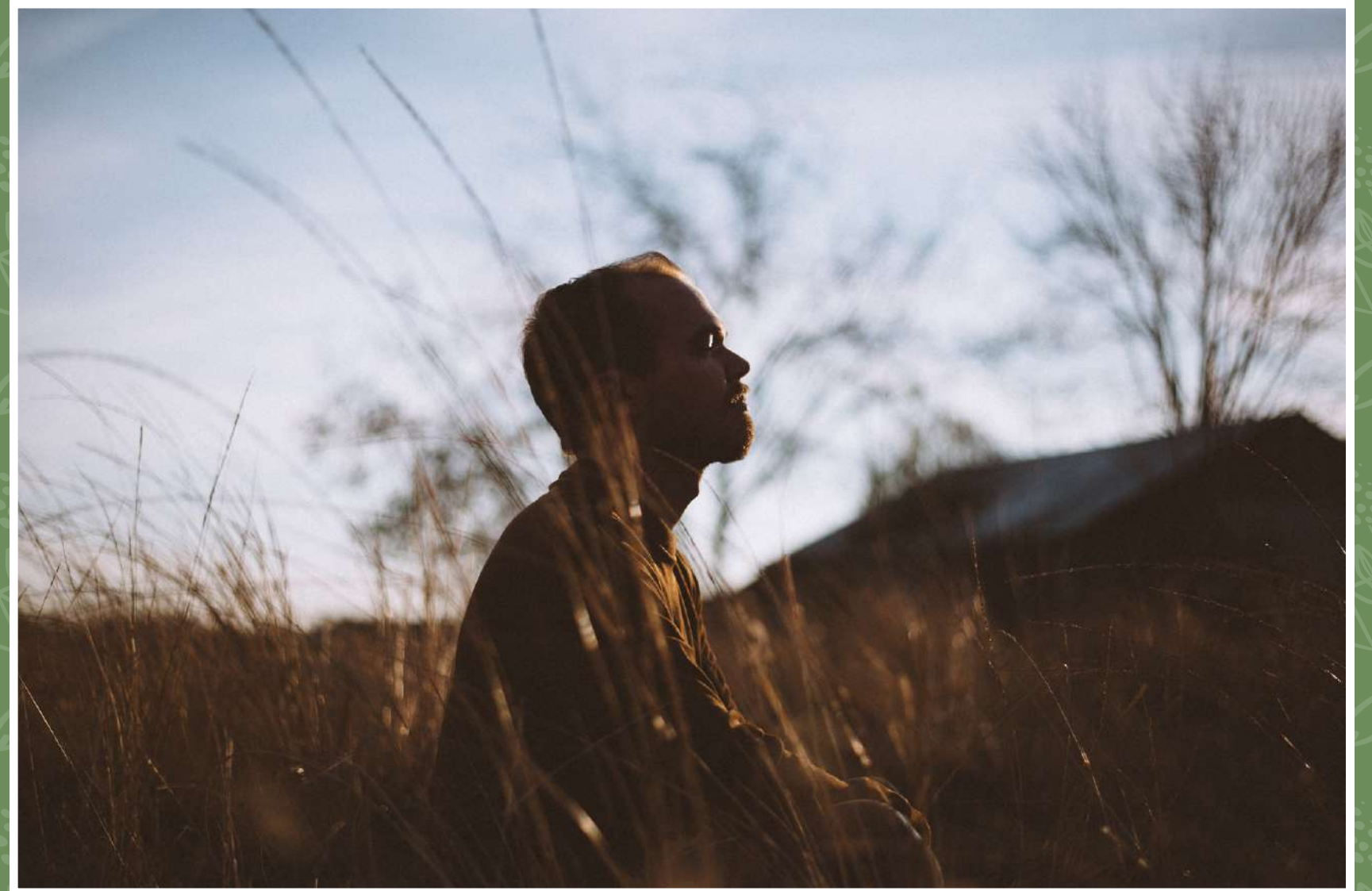
ABOUT THE PROJECT:

“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**.



SECOND ACTIVITY: 12/06 - 11/07

The second volunteering group will be about our **well-being**. **20 young people from 4 different countries** will spend one month in **Mesaia Milia**, **working on the integration and promotion of well-being**. Well-being plays a crucial role in various aspects of life and this activity can help you enhance your overall well-being by **disconnecting from your phone** and **connecting you with nature** and and with **your inner self**, focusing on physical health, mental state, emotional stability, relationships, productivity, and overall quality of life.



Your mission through this volunteering activity will be to integrate well-being through disconnecting from your daily life and connecting with yourself, exchange knowledge and practices with each other, encourage the locals to do the same and, of course, create an online booklet including your suggestions..

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 methods and tools which can support you in your daily life.**
- **Learn more and promote European opportunities such as European Solidarity Corps and Erasmus+.**

TIME FRAME: OVERVIEW



1

ONLINE
PREPARATION

MAY 2024

2

ARRIVALS

12 JUNE 2024

3

FIRST
PHASE

CONNECT

4

SECOND
PHASE

LEARNING
BY DOING

5

THIRD
PHASE

CREATION OF
TOOLKIT

6

FOURTH
PHASE

SELF-
REFLECT

7

DEPARTURES

11 JULY
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 each other and with the local community of Mesaia Milia creatively promoting the values and the importance of mindfulness and well being.

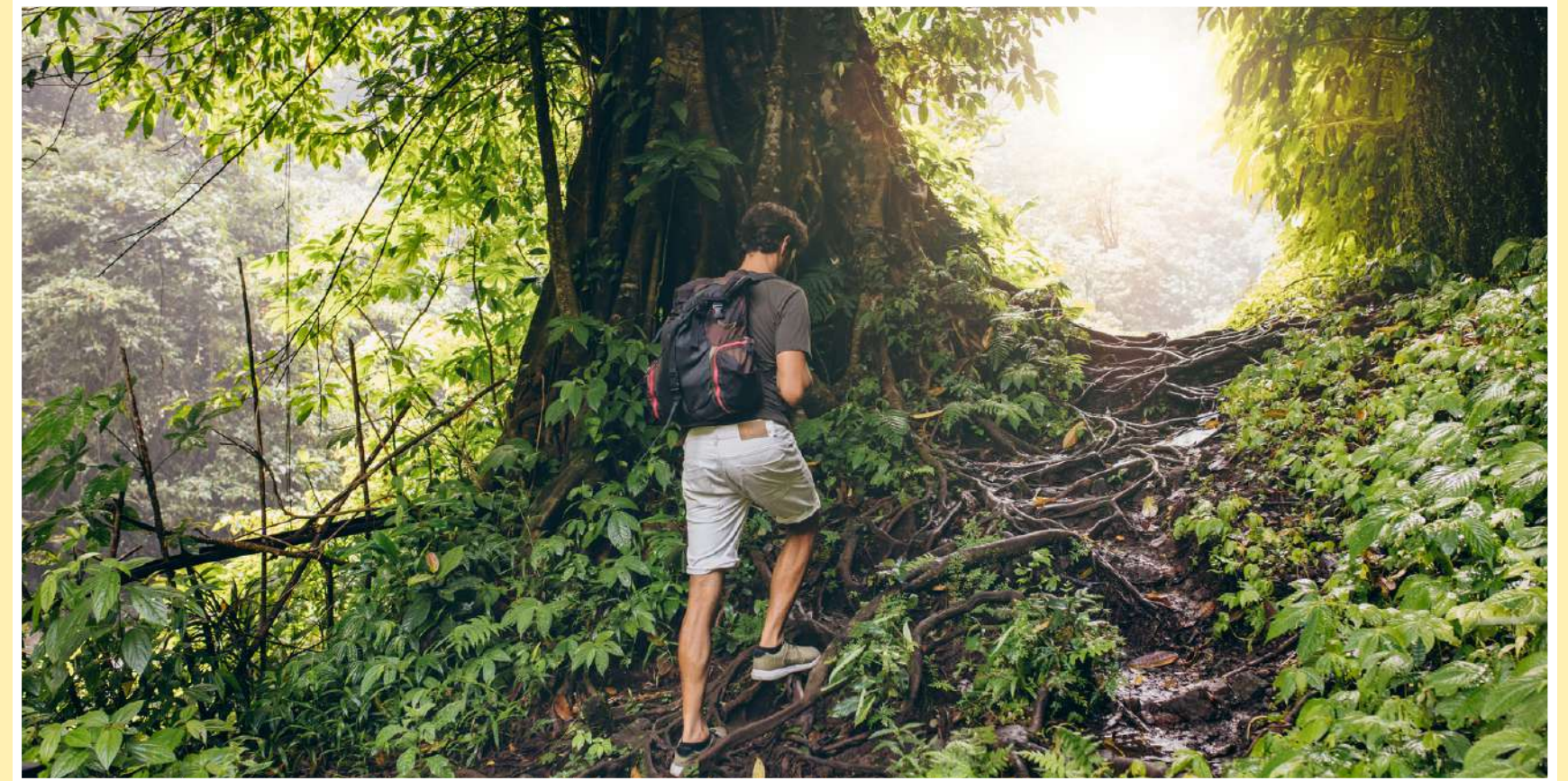
ARRIVALS - 08/05



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.



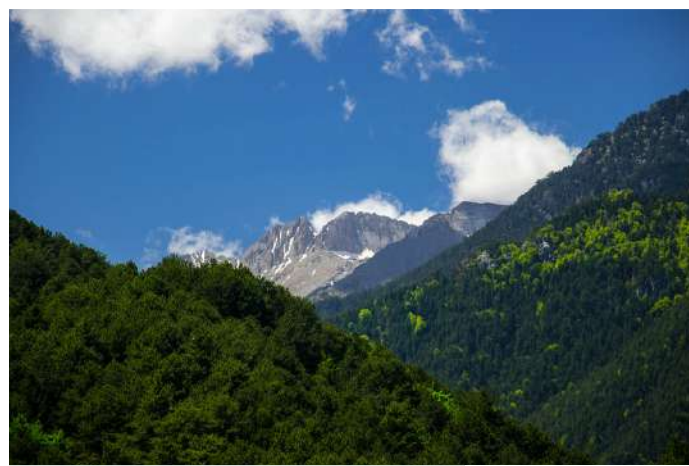
DEPARTURES - 07/06

Pieria

Pieria is a region which is located in the southern part of the Region of Central Macedonia, within the historical province of Macedonia. Its capital is the city of Katerini.

Mount Olympus, the highest mountain in Greece and throne of the ancient Greek gods, is located in the southern part of Pieria. Pieria is an ideal destination for all year round tourism, with a highly visited ski centre, scenic spots for mountain climbing, horse riding and outdoor activities along with wonderful beaches ideal for water sports. Ecotourism is at its best at this legendary mountain, established by UNESCO as a global biosphere monument, to host hundreds of rare species within its biodiversity.

LOCATIONS

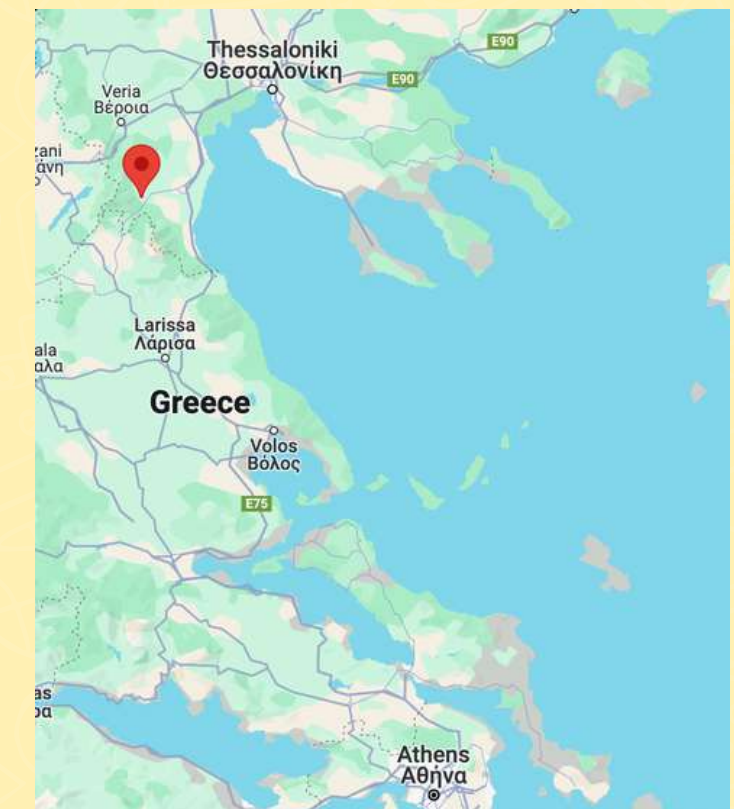


Mesaia Milia Pierias

The project will take place at Mesaia Milia. Mesaia Milia is a mountain village with around 350 inhabitants.

The village has a **view of Mount Olympus** peak as well as **Pieria's coastline**. It is well known for its **hiking paths** and for its **biodiversity**.

Mesaia Milia is located **20km far from the city of Katerini**.



ACCOMMODATION AND FACILITIES

Volunteers will be accommodated in an old school which is usually getting used by scouts. The accommodation is located in the center of the village. Two ex-classrooms are being converted into two big rooms which will host the volunteers.

- Each participant will **sleep** on a wooden camp bed and should bring their own sleeping bag.
- There will be around 10 participants **in each room**.
- There will be **indoor and outdoor showers** which will be shared between 4-6 people.
- **Lunch & Dinner** will be provided by the coordinators and will be served in a **restaurant**, behind the accommodation.
- **Breakfast will be offered by the coordinators** but will be **prepared and self-managed by the volunteers** in small groups.
- There is a **kitchen** with a stove and coffee machine which can be used by the volunteers.

!!Please, take under consideration all the above mentioned information before applying.

Is going to be a project which requires a lot of easy-goingness and sharing!

ACCOMODATION AND FACILITIES

ACCOMMODATION



Classroom



The outside



Restaurant

!!Due to the fact that the accommodation is under maintenance, we will be able to share with the selected participants more detailed information and more pictures by the middle of April.

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 accommodation 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. The participants should be at Thessaloniki the latest by **15:00 local time**. In case of someone cannot arrive on time, please send us an email.



Accommodation:

Is described in detail at the page 11.

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 will be arranged by the organisers as it is mentioned on page 11.



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. Due to the project's topic and goals, during the working hours, it will be prohibited for participants to use their mobile phones.



In case of any health emergencies, there is a health center in Kato Milia and the General Hospital as well as multiple healthcare facilities in the city of Katerini. (20 km far away from Mesaia Milia).

• 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.
- Easy-going personality.
- 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?



- Sleeping bag
 - 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 •

The logo for Intercambia features the word "Intercambia" in a bold, black, sans-serif font. A small white star is positioned above the letter 'i' in "ambia".

ASOCIACION JUVENIL
INTERCAMBIA

Spain

The logo for vicolocorto consists of the word "vicolocorto" in a lowercase, black, sans-serif font. To the right of the text is a stylized orange outline of a map of Italy.

VICOLOCORTO
ASSOCIAZIONE

Italy



CONNECTUS

Slovakia

The logo for imagina features the word "imagina" in a blue, lowercase, sans-serif font. The letters are surrounded by several colorful circles in shades of pink, yellow, and blue.

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

The team of "You in Europe"



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