

BEYOND THE SURFACE: A JOURNEY OF SELF-REFLECTION & GROWTH

INFO PACK

7~14 MAR. 2025

TRAINING COURSE

KIATO

GREECE



Description

This training course will support Youth Workers in empowering young people by guiding them through a reflective process to address challenges in today's complex world. Participants will explore relational dynamics, examine learned patterns, and overcome constraints hindering growth. By fostering a growth mindset and integrating hands-on techniques, the program will equip professionals to inspire youth to set meaningful goals and take actionable steps toward achieving them. Participants will refine their core values and develop strategies to empower others on their journey to self-discovery and achievement, creating a positive impact on individuals and communities.

Objectives

1. Expanding participants' ability to discover and define personal goals.
2. Reflecting on life experiences that foster growth, passion, and purpose.
3. Engaging in workshops to uncover and cultivate inner passions for daily use.
4. Applying goal-setting and purpose-driven strategies to youth work.
5. Exploring and adopting growth-oriented mindsets to achieve goals.
6. Transforming growth mindsets into practical tools for personal and professional development.

Preparation by Participants:

As a participant it will be needed to prepare the following:

- Reflect on your personal and professional experiences that have fostered growth, purpose, and passion, and how these can influence your work with young people.
- Consider the narratives and patterns shaping your current mindset and be ready to explore ways to reframe them toward future-oriented perspectives.
- Identify specific goals or challenges in empowering youth and be prepared to discuss how to transform these insights into actionable strategies.
- Bring a traditional dish or drink from your country to share during the intercultural night.

Aim

The aim of this training course is to empower professionals who work with youth by guiding them through a reflective process to address challenges, redefine growth, and develop practical strategies. Participants will explore relational dynamics, release limiting narratives, and foster a growth mindset to inspire young people to set meaningful goals, take actionable steps, and navigate their journey toward self-discovery and achievement.

Profile of Participants:

- Youth workers/ leaders as well as educators and other professionals working with young people
- Be at least 22 years of age
- Have a working knowledge of English
- The participants must be ready to take part in all the training activities including sessions that might take place before and after the actual the training week
- Have great interest in the topic that will be covered in the training course



TRAVEL BUDGET



For the project “Beyond the Surface: A Journey of Self-Reflection & Growth”
Erasmus+ has authorized the following travel budget:

Country		Organisation	Participants	Max. reimbursement per participant
ITALY		SOS EUROPA	3	275 €
MALTA		PRISMS	5	275 €
DENMARK		PANGAEA YOUTH NETWORK	3	275 €
GREECE		YOUTH HORIZONS	10	23 €
CZECH REPUBLIC		MLADDEVROPANI Z.S.	3	275 €
SLOVAKIA		YOUTH FOR EQUALITY	3	275 €
ROMANIA		ASOCIATIA GEYC	3	275 €

TRAVEL REIMBURSEMENT

Reimbursement Rules:

1. Remember to use the **cheapest solution** for any kind of travel.
2. Keep **all the tickets and receipts** you get in order to prove your expenses (bus tickets, train tickets, electronic flight tickets, travel agency reservations etc.)
3. Keep all your **flight boarding passes** (round-trip flights)
4. If you check-in on-line for the return, please **print the return boarding passes** twice. If not, please **keep the return boarding passes and send them to us** after the return in your country.
5. **Taxi transportation is not eligible for reimbursement**

During the Training Course we will ask you to provide hard copies.

Please bring with you:

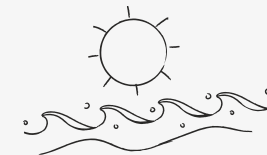
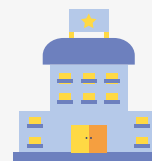
- All tickets, receipts and reservations that proves **the amount you have spent should be printed**
- Round-trip flight **boarding passes**
- IBAN** (number of NGO's bank account) and the name of the account holder
- Photocopy of your **ID card or passport**
- For each country there will be **a total bank transfer** for the whole group to **the association's bank account**.



Can I arrive earlier
or leave later?

Please
note that Youth
Horizons will not
provide any additional
accommodation or meals
for your further stay in Greece
except for the project dates.
However we can cover your
travel expenses if you come/
leave 1 or 2 days earlier/
later from the project
dates in total.

ACCOMMODATION



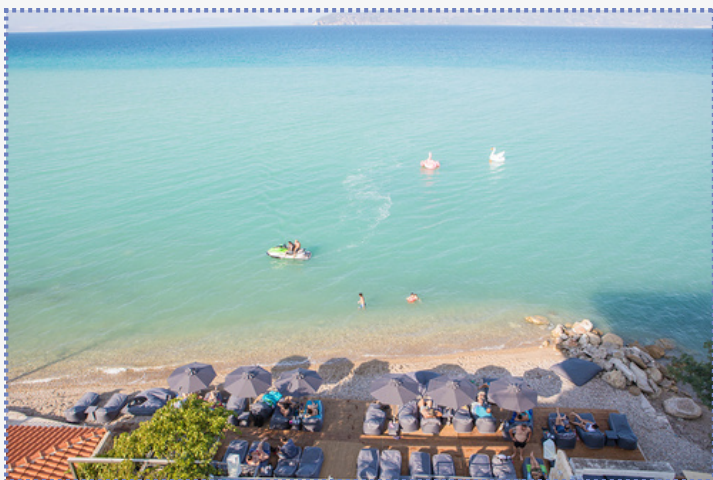
The accommodation for the days of the project is located next to the beach, in the suburban area of Kiato 2,5km away from the city center.

- Towels/bed linens
- Free wireless WiFi
- Air-Condition
- Television

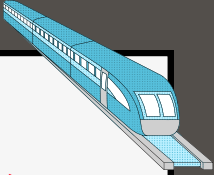
Each room will accommodate **3-5 people** of the same gender but from different countries.

!! Important Note !!

Our Activity Area will be indoor but next to the sea. As the project will take place between end of the winter and start of spring and the real feel can be lower than the ambient temperature, **we strongly recommend you to bring WARM & LIGHTER CLOTHES**



HOW TO REACH KIATO?



Best way to reach KIATO is by TRAIN directly from Athens Airport (it takes around 2 hours)

From Athens Airport you can take the suburban train "Proastiakos" (pictured below) with direction to Athens/Piraeus (XX:07, every hour at past 7 minutes).

Be careful not to confuse the train with the metro train since they both depart from the same platform. (Ask for "proastiakos" to be sure!)

After 10 stops from the Airport, you have to disembark at "Kato Acharnai" station (at around XX:40) and take the next train from the opposite side of the platform with direction to "Kiato" (XX:45).

You should arrive and get off at last station which is "Kiato" Station after 11 stops (at around XX:55).

**The earliest train from the Airport starts at 6:07 and
the last one leaves at 22:07**

Check out the itineraries and book your train tickets online at:
<https://tickets.hellenictrain.gr/dromologia/?lang=en>



**Please contact with us to
arrange your pick
up from KIATO
Suburban Railway Station
to the hotel/venue.**



The suburban train ticket (Proastiakos) from the Airport to Kiato costs 13,00€ full price one way or 20,80€ with return.

We strongly suggest booking with return considering that it has discount

If you are under 24, you can get further discount.

Don't forget to ask for the reduced ticket price if it applies to you!

You can buy a ticket either from the ticket desks at the airport train station, online at <https://www.hellenictrain.gr/en> or by downloading the Hellenic Trains app for Android or iOS



REMEMBER!

THINGS TO KEEP IN MIND

Meal

Participants will be provided with 3 meals a day (breakfast, lunch, dinner), as well as 2 coffee breaks.

Dietary needs such as vegetarianism as well as restrictions such as allergies will be taken into consideration as provided in the participation form. Besides that, please remain open-minded and curious about trying new foods and tasting the different flavors of the Greek cuisine!

Important notice on food:

Please, keep in mind, that the provided food may differ from the food you are used to have in your country, and, even in case of providing food for special groups, e.g. (if you are heavily meat eater or vegetarian) it may not fully meet your expectations. So be open minded for new gastronomic discoveries!



Travel Insurance

Participants are required to have a travel insurance for the whole duration of the project. This is obligatory for your safety and health. Travel Insurance is not provided and will not be reimbursed by the organizers. Participants are responsible to get their own travel insurance for the duration of the project. Travel insurance is mandatory. Bringing your European HealthCard is not enough.

All participants including youth workers need to have travel insurance.



Weather

Project will take place between end of winter and start of spring and the real feel can be lower than the ambient temperature so feel free to bring WARM & LIGHTER CLOTHES

You can always check the weather forecast for Kiato through this link:

https://www.meteo.gr/cf.cfm?city_id=408



PREPARATION

**PLAN, PACK
PREPARE**

What to prepare?

- An interesting, creative **presentation for your country**. We encourage you to think out of the box: role-play skits, quizzes, energizers, games, dances, interactive presentations etc.
- A presentation **about your organization** (background, action, previous initiatives, non-formal learning methods used, etc.)

Packing List



- Traditional food and drinks from your country
- Traditional clothes, musical instruments, games, etc
- Your country's flag
- Brochures, booklets, flags, banners, posters and other materials from your NGO
- Swimming Suit and beach towel (optional for Winter swimmers)
- Any medicine you may need or take occasionally
- Creativity, excitement and smiles!
- To be more environmentally friendly we urge you to bring your **personal mug** and **water bottle!!**

GREEK LANGUAGE BASICS



Some useful words and phrases for your visit in Greece:

English

Greek

Hello!
Yes
No
Good morning
Good evening
Good night
My name is____
How are you?
I'm fine
I'm not good
I come from

Ya!
Ne
Ohi
Kalimera
Kalispera
Kalinichta
Me lene____
Ti kanis?
Ime kala
Then ime kala
Ime apo

English

How much is it?
Thank you
Excuse me/Sorry
See you
Can you help me please?
I don't understand
I don't speak Greek
Where is the____?
Help!
The bill, please
I would like a bottle of water

Greek

Poso kani?
Efharisto
Signomi
Ta leme
Borite na me voithisete parakalo
Then katalaveno
Then milao elinika
Pou ine to____?
Voithia
To logariasmo parakalo
The ithela ena boukali nero



ATTENTION

Please, do not book any tickets yet!



STEP 1: Once you have been chosen from your Sending NGO to participate please fill in the Participation Form



STEP 2: After you submitted your Participation Form it's time for some patience!

Your Participation Form is being evaluated from our trainers!

It is important to ensure that your profile is matching with the project's learning process as well as to learn your background & potential input to the project.

STEP 3: Once the trainers confirm the eligibility of your participation, you will receive a Confirmation of Participation email.

Then, after **consulting the price and route with the Sending NGO** you are eligible to continue with the process of booking your tickets.

Before buying the tickets you should always contact us and **ONLY** after our permission you can proceed.

YOUR LANDING TIME IN ATHENS MUST BE EARLY ENOUGH SO YOU CAN CATCH THE LAST TRAIN FROM AIRPORT TO KIATO (22:07)

CONTACT



For more information or any questions do not hesitate to come in contact with us!

E-mail: youthhorizonsgr@gmail.com

Facebook page: [Youth Horizons](#)

Instagram: [youthhorizonsgr](#)

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See you soon in Greece



YOUTH HORIZONS
conceive.believe.achieve.