



Information Letter

ANTYGONE

23 April – 02 May 2023, Athens, Greece

Dear participant in the **Youth Exchange “ANTYGONE today: Tools for empowering young people subjected to discrimination and marginalisation”**,

We are glad to welcome you in Athens. With this info pack we aspire to give you the right information in order to facilitate your travel and stay, help you prepare and make you feel safe about your participation in the Programme.

About the “ANTYGONE”

The “ANTYGONE Today: Tools for empowering young people subjected to discrimination and marginalisation” is a European mobility project. It is a follow-up of several older projects and foresees one Youth Exchange in Athens, Greece (23 April – 02 May 2023).

The youth exchange follows similar methodology based on the use and study of classical ancient drama as a tool for identification of problems and discovering space for solidarity and reflection on contemporary European problems. Starting from Sophocle’s *Antigone*, participants will be introduced to various theatre and improvisation techniques, body movements and a series of non-formal learning activities, in order to widen their horizons and get acquainted with their own feelings and emotions better.

The project involves:

8 organisations from 8 countries: Bulgaria, Greece, France, Portugal, Romania, Italy, Hungary and North Macedonia.

Objectives

Promoting intercultural dialogue through non-formal education to the benefit of young people’s wellbeing, future mobility and career perspectives;

Stimulating youth organisations’ openness and, ultimately, youth work in Europe through capacity building in the field of media and communication;

Strengthening youngsters’ participatory attitude and competences, while exploring intercultural relations and new socio-political perspectives;

Promoting the culture of tolerance and non-violence;

Acquisition of new skills by participants with the aim of using and spreading them further.



“Welcome to Athens”

Practical Information about the Youth Exchange

1. Dates

The **Youth Exchange in Greece** will take place from **23 April** (arrival day) until **02 May** (departure day) **2023**. Partner organizations, teams and participants are responsible for the arrangement of their travel and will be reimbursed based on the European Commission Distance Calculator (see next page).

2. Accommodation

The whole team will be hosted in 2 different accommodation places:

- **23 - 27 April, Scout training center** outside of Athens in small houses of 3.

<https://www.facebook.com/St.Andreas.Scout.Centres/?fref=ts>

<http://agios-andreas.weebly.com/>

Participants will need to **bring their own sheets, towels and blanket/sleeping bag**. There are also blankets that could be provided by the accommodation.

The accommodation is really close to the beach. If you are adventurous enough you might want to have a swim. Don't forget your bathing costume 😊 You might need it!

- **27 April – 2 May – a Hostel in the centre of Athens: ATHENS HAWKS Hostel in shared dorms.**



Meals

Breakfast, lunch and dinner will be provided by Inter Alia (except in cases of free time), taking into consideration the special food needs noted in the **participants form**. **Please, make sure ALL organisations and participants send us the participants form well in advance to be in the position to arrange details in the best way possible.**

In case you have any other need in terms of diet, please let us know as soon as possible by e-mail!



Transport from the Airport to the Venue

Participants are kindly requested to arrive at **Athens International Airport before 19.00 on 23 April 2023**. The meeting point will be at the airport, at the Arrivals floor. Look for the **Inter Alia sign**. A private bus will collect all participants and bring them to the accommodation.

3. Reimbursement Information

Travel reimbursements will be managed by the coordinator of this project, the Municipality of Haskovo.

In order to get your reimbursement, please pay attention to the following procedure:

- Keep all the tickets you get in order to prove your expenses (bus tickets, train tickets, electronic flight tickets, travel agency reservations etc.)
- Keep all your flight **boarding passes** (round-trip flights)

If you check-in on-line for the return, please print the return boarding passes also. If not, please keep the return boarding passes and send them to us after the return in your country.

We cannot reimburse you if we do not receive the details and proofs of your expenses.

During the youth exchange we will ask you to provide hard copies, please bring them with you:

- All tickets, receipts and flight reservations that prove the amount you have spent;
- Round-trip flight boarding passes
- IBAN (number of your bank account) and the name of the account holder;
- Photocopy of your ID card or passport.

The reimbursement will be done only after having received all the boarding passes and train/bus tickets (outbound and return journey). In case you do not have the return tickets, once back home, please send us the original tickets and the boarding passes of your return journey at:

INTER ALIA (Boyka Boneva)

50- 52, Valtetsiou str.

106 81, Athens

GREECE

The approved maximum amounts for the travel costs are as follows. This means that your travel cost will be reimbursed based on real costs up to the respective amount per country. **Full participation to the youth exchange activities is required for getting the reimbursement.**

Country	Travel Cost per Participant in €
Portugal	360
France	360



Hungary	275
North Macedonia	180
Bulgaria	180
Romania	275
Italy	275

4. Preparation Activities

The working method is based on the **active participation & learning** of participants promoted through non-formal and informal learning activities. This means that you will learn from each other, using your different experience and skills and expressing freely your thoughts and opinions.

English is the main language of the TC. However, we don't want to discourage you if you feel that your level of English is not high enough. The staff of the project will do their best to support you, while different methods will be applied in order to facilitate the integration of all participants.



Read the **ANTIGONE** play by **Sophocles in advance**, before coming to the Youth Exchange. It takes not more than 1 hour to read it and can be found in every library.

Bringing the right clothes

First of all, please, bring comfortable clothes and shoes for all activities and above all for the rehearsals.

For the performance please, **ALL PARTICIPANTS** bring a **BLUE** t-shirt (not a dark one, but a light blue one). In addition, if you envision Antigone as a role – bring a white t-shirt. If you envision Creont – bring a black t-shirt.





For the activities and the free time:

You are quite lucky because in Greece the sun is almost always shining, but it doesn't mean that it won't be raining at some time.

The weather in Athens in April is already quite warm (around 20°C) and during the night a little bit lower, at 11°C. In any case, we advise you to bring some warm clothes with you in order to avoid feeling cold at any time. Whatever the case, you will know in advance how the weather will look like before you start your trip, if you visit this website, which has a really accurate forecast: http://meteo.gr/meteoplus/cf-En.cfm?city_id=12.

Put in your handbag the most important stuff

In order to avoid serious problems related to loss of bags during your travel, we kindly suggest you to put in your handbag all the important stuff, especially medicine you might need, important documents (ID OR PASSPORT above all) or anything you can't do without. **Please make sure to keep your ID/passport on you all the time!!!**

Health Insurance

Please make sure to arrange your travel and health insurance (EU health card) before traveling!

Money and Currency in Greece

Greece's monetary unit is the Euro. No other currency is accepted and it is best to exchange your currency before traveling or at a bank. At the airport near the luggage pickup you can find machines that can exchange foreign currency and return Euro. You may also withdraw Euro's from the numerous ATM machines (that can easily be found in any place in Athens).

Keep in mind that at the first accommodation however, it is not easy to find an ATM.

Paying by credit/debit card is acceptable at most but not all stores.

Do not forget about the intercultural evening!

You are welcome to bring traditional food and drinks for the international evening. You could prepare also a song, a dance, a movie or a game from your country! Finally, bring materials (flyers, posters, etc) about your organizations. 😊

5. Important Phone Numbers and Contacts (The dialing code for Greece is +30)

In case of Emergency

Emergency number in Greece is **100** and it can be called for free from any telephone line!

Transport

Athens International Airport Eleftherios Venizelos 210 353 0000

Urban Buses 185

Interurban Buses (KTEL) 210 821 0872

Timetable Ships, Airlines, Train, Buses 1440



Taxi service 210 801 400-921 7942

Health

First Aid-Ambulance 166

Poison Treatment Center 210 779 3777

Pharmacies on duty 107

Hospitals on duty 106

Contact details during the youth exchange

Name:	E-mail:	Telephone:
Boyka Boneva	boneva@interaliaproject.com	0030 698 123 1669
Inter Alia Office	info@interaliaproject.com	0030 2155 45 11 74 Open Hours: 09.00 – 18.00



Get to Know the City of Athens!

Welcome to Athens! Athens' historic centre is an open-air museum where the city's cultural and social life take place. It is a vibrant mix of history and edginess, with ancient and modern characteristics. The city is full of iconic monuments, museums, lively and cozy cafes, traditional taverns and stylish restaurants, artsy-industrial and alternative neighbourhoods, and entertainment quarters.

Athens spreads across the central plain of Attica and is bounded by four large mountains, namely, Mount Parnitha, Mount Penteli, Mount Aegalio, and Mount Hymettus. Athens is named after Athena, the goddess of wisdom, who defeated Poseidon to become the patroness of the city. It is believed that the city has experienced every form of government till date, whether democracy, capitalism, socialism, communism, or any other.

You can read more about Athens here:

http://www.visitgreece.gr/en/main_cities/athens&<http://www.thisisathens.org>



Some Greek phrases and sentences

Kalimera ->Good morning!

Kalispera ->Good evening !

Kalinichta ->Good night!

Me lene... ->My name is...

Ti kanis? -> How are you?

Eimai kala -> I'm fine.

Den eimai kala -> I feel bad.

Eimai apo...-> I come from...

Tha ithela ena boukali nero. -> I would like to buy a bottle of water.

Tha ithela na agoraso ena sandwich -> I would like to buy a sandwich.

Poso kani? -> How much is it?

Efharisto ->Thank you!

Sygnomi ->Excuse me!

Den katalava -> I don't understand

De milao ellinika -> I don't speak Greek.

To logariasmo, parakalo. -> The bill, please.



We remain at your disposal for any further information you might need.

We are looking forward to welcoming you in Athens.



INTER ALIA

Civic Action Meeting Point

Inter Alia is excited to have you here!!



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