

HEALTHY MIND



HEALTHY BODY



**A Youth Exchange Project
INFO PACK**

01-08 MAY 2025



WHERE TO?

The Youth Exchange will be held in Chania, a city located in the northeastern part of Crete, an island in southern Greece.

Chania has successfully maintained its traditional charm and historical identity, despite the rapid expansion of tourism. It is widely regarded as one of Greece's most beautiful cities and the most picturesque destination in Crete. The city also boasts a vibrant cultural scene, hosting numerous events each year, including exhibitions, festivals, theater productions, and musical performances.



PROJECT OVERVIEW

“Healthy Mind in a Healthy Body” is a project aiming to explore the connection between mental and physical health, promoting spherical well-being among young people. Through the implementation of a Youth Exchange activity we aim to engage young people in activities that address both aspects, fostering a deeper understanding of the importance of a balanced lifestyle.

More specifically, we wish to work with young people in order to develop their sense of understanding and knowledge in matters of health (both physical and mental), as well as train them and develop their skills when it comes to promoting wellbeing among their peers by sharing healthy habits when it comes to nutrition or active exercise.



METHODOLOGY

For example, the activities will include:

- energizers, icebreakers and team building activities
- roundtable discussions,
- internet research,
- sports tournament,
- social media campaigns
- workshops etc.

This Youth Exchange will include activities based on the pillars of non-formal learning aiming to develop the understanding, knowledge, skills and attitudes of the young participants on the topic of youth's health and wellbeing in our modern society in an interactive way.

Additionally, sports and active engagement will also serve as important points in our activities.



ABOUT THE PARTICIPANTS

Participants need to be from:

- Greece
- Germany
- Lithuania
- Italy
- Slovenia



Each team: 7 young participants and 1 group leader

Age: 18 - 28 years old

be able to communicate in English at a basic level

motivated to work in an intercultural environment and to be active

willing to learn more about healthy habits, and mental health

&

be fully engaged



COMMUNICATION - DISSEMINATION

WEBSITES

After the Exchange, the participants will contribute to the testimonial of the Exchange posted on each partners' website.

AMBASSADORS

After the Exchange, the participants will contribute to the testimonial of the Exchange posted on each partners' website.

SOCIAL MEDIA

Ahead of the Exchange, the participants are encouraged to join the private groups on Facebook and WhatsApp to break the ice and get to know each other! During the activities, they will share their experiences and utilize them for internal communication and other tasks.



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PARTICIPANTS' TASKS

BEFORE THE EXCHANGE

Participate in the preparatory meeting which will be hosted in order for the participants to get to know each other.

Join the communications channels

DURING THE EXCHANGE

Be present, be active and contribute your opinions, knowledge and skills to the overall activities.

AFTER THE EXCHANGE

Join the Google Drive and add all the material you have developed (audiovisual, dissemination) as well as travel documents

Contribute to the dissemination of the project by making posts on social media and sharing the word about ERASMUS+

Participate in the follow-up meeting of the project to discuss sustainability



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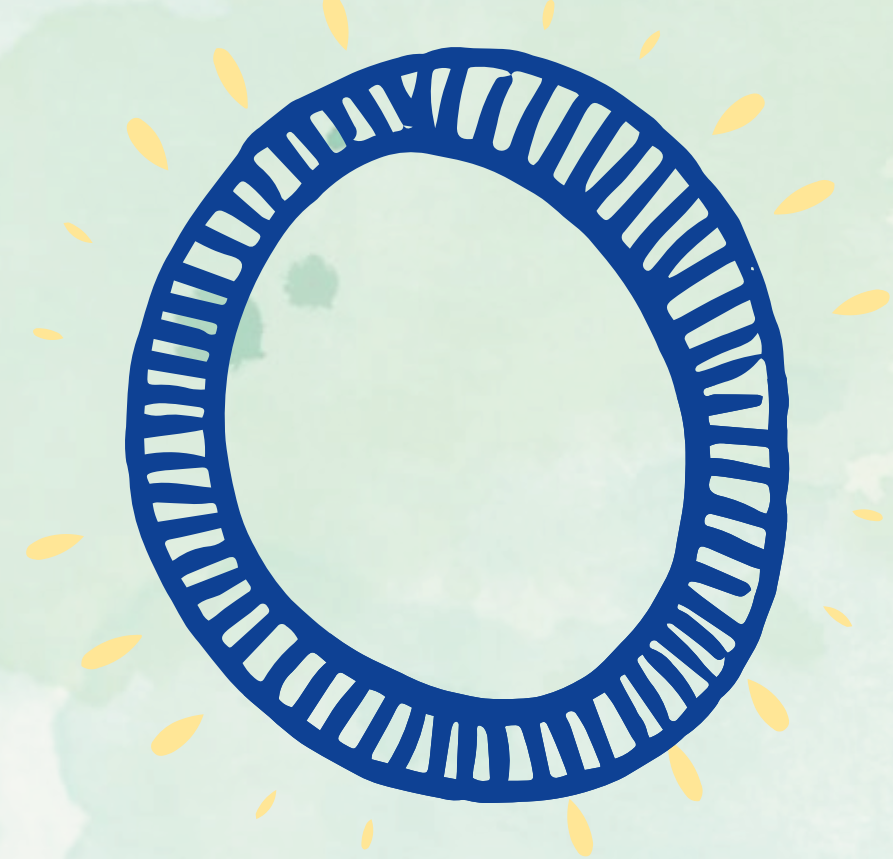
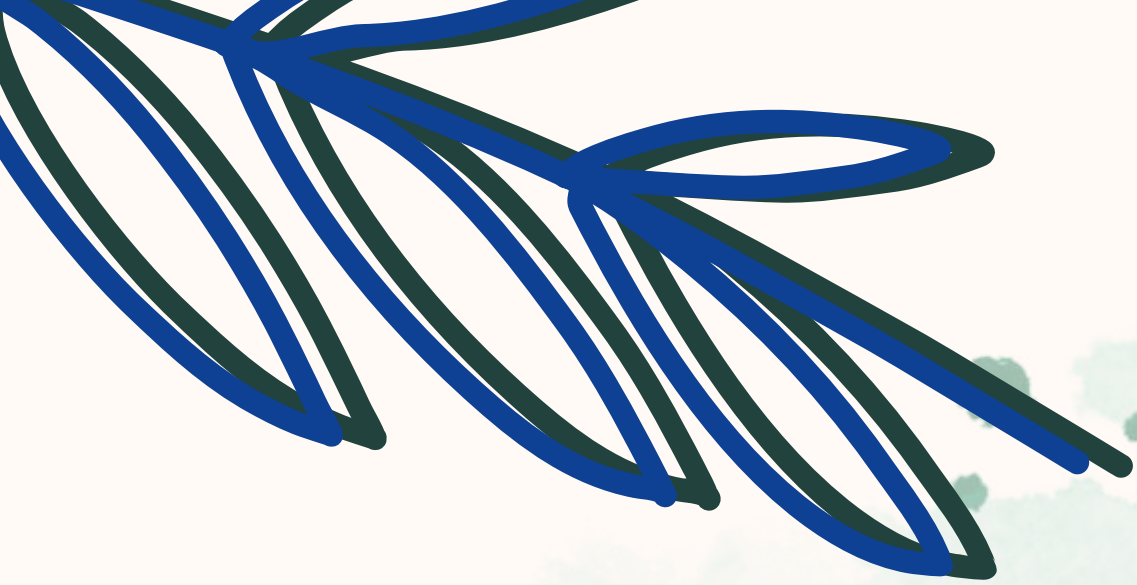


ABOUT US

"Change Your Life Now"- CYLN, is the coordinator of the Project.

You may find more information on <https://change-your-life-now.gr>. For any further information do not hesitate to contact us via e-mail: info@gefyradiamesolavisi.com.





PRACTICAL ARRANGEMENTS



ABOUT CHANIA

Chania (Greek: Χανιά, [xa'ɲa]) is the second largest city of Crete and the capital of the Chania regional unit and it lies along the north coast of the island.

The city has an airport and the port of Souda, the largest natural port of the Mediterranean.

The Venetian port provides pleasant promenades through picturesque streets and attracts many visitors throughout the year.

The districts of the city outside the walls still preserve their Venetian nobility. Narrow passages surrounded by elegant houses built in different historical periods offer visitors pleasant routes to discover.



ACCOMMODATION

The project activities will be held in Chania, Crete. The participants will be accommodated in the “Camping Chania”, in fully equipped bungalows that host 3-4 participants. The activities will be held there as well.

Camping Chania is situated in a local beauty spot known as Ag. Apostoli. There are four small sandy beaches all within walking distance, the closest one being 100m away and the most far 300m away from the camping.

You may find out more details about the camping in: <http://www.camping-chania.gr>



TRAVELLING

Travel Days: The participants need to arrive at Chania on Thursday, 1st of May 2025 and depart on Thursday, 8th of May 2025.

Training: The activities of the Project will be held from Friday, 2nd of May 2025 to Wednesday, 7th of May 2025.

The participants and the group leader will arrange individually their transportation to and from Chania within the travel days (the flight tickets need to be economy class).



TRAVELLING

For the reimbursement process, the participants need to provide all the necessary documents (Invoices, Tickets, Boarding Passes etc.). They are encouraged to bring all documents in physical format and deliver them to the coordinator upon their arrival.

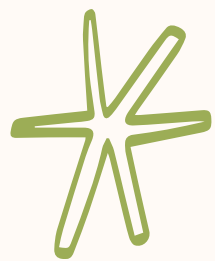
The ticket costs will be refunded to the participants as soon as they deliver all documents and receive confirmation for their eligibility. If the ticket costs exceed the maximum travel budget (see below) the participant should cover the difference.

Please note that the group leader will have to ask for approval of your travel itinerary, before booking your tickets to the host organization.



TRAVEL BUDGET

COUNTRY	BUDGET LINE
GREECE	285 EUROS (GREEN TRAVEL)
GERMANY	395 EUROS
SLOVENIA	309 EUROS
LITHUANIA	309 EUROS
ITALY	309 EUROS

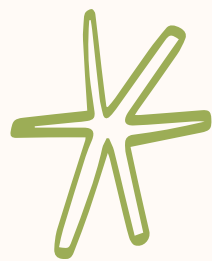


YOUR ATTENTION PLEASE

ALL PARTICIPANTS NEED TO BRING AND SUBMIT THE ORIGINAL TICKETS, INVOICES WHERE THE PRICE IS SHOWN AS WELL AS THE BOARDING PASSES IN ORDER TO GET THEIR REFUND.

The reimbursement procedure is followed on the basis of original documents that will be requested to the participants, according to the financial regulations of Erasmus+ programme.

Invoices should be in EUR and your names should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be refundable.



TO THE CAMPING

For those who arrive at Chania airport, you take the KTEL bus outside of the airport to the city centre of Chania. The ticket costs 2,50 EUR.

Next to the final stop there is square 1866 and from there you have to take the bus 21 and ask the driver to get off at the Camping Chania.

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If there are still construction works going on you take the bus from the bus station next to the Store "Public".

For those who arrive at Heraklion airport, you need to take a 2,5-3 hour KTEL bus to Chania city. The ticket costs approximately 16 EUR.

Next to the final stop there is square 1866 and from there you have to take the bus 21 and ask the driver get off at the camping Chania.

!!!

If there are still construction works going on you take the bus from the bus station next to the Store "Public".

NUTRITION

As far as your nutrition is concerned, it is 100% covered by the Programme. Breakfast, lunch and dinner will be served in the camping.

In Greece you do as Greeks do, so exceptionally traditional Greek food is on the menu).

The participants that have any specific nutrition needs (e.g. allergies, intolerance) need to notify their leader in order to make the necessary arrangements.

INSURANCE

The participants as citizens of EU member states are obligated to have their European Health Card.



INTERCULTURAL EVENINGS

Special evenings will be dedicated in presenting each participating country to the other participants.

Please prepare a short presentation about your country focused on culture and bring along traditional music, food or anything else you would like to show and share with the other participants. Each delegation will have 25 minutes in total.

After all presentations we will hold a small party.



WEATHER

The average temperature, during the days of the Project in Crete, it will be between 14°C and 23°C degrees, while the weather is also quite changing from sunny days to lots of rain. You can check the weather forecast before your arrival.

Do not forget to take a warm jacket for the evenings as well as your swimming suit as a marvelous beach will be waiting for us!

USEFUL CONTACTS

National Emergency Number: 100

National Hospital number: 166

European Emergency Number: 112



LOOKING FORWARD TO MEETING YOU!

