



BREATHE

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INFOPACK

Blue Resilience Education for Youth

KA153-YOU – Mobility of youth workers

Project Number: 2023-3-EL02-KA153-YOU-000182665



17-23
DECEMBER
2024



NAFPAKTOS, GREECE



Κοιν. Σ. Επ.
Πράσινης & Μπλε
Αναπτυξιακής



Co-funded by
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ABOUT BREATHE

The "Blue Resilience Education for Youth" (BREATHE) project aims to empower young Europeans, particularly those in coastal areas, by raising environmental awareness and literacy. The initiative addresses the pressing challenges coastal ecosystems face, such as pollution, overfishing, and climate change, while promoting active youth involvement in coastal conservation efforts.

By equipping youth workers and young participants with tools and digital skills, BREATHE fosters leadership, creativity, and transnational collaboration in addressing environmental issues.

Consortium



Green and Blue Development Social Cooperative



Enterprise (Greece)



Cyclo Project ry (Finland)



Tomorrow Hub (Romania)



Metulj društvo Podravje (Slovenia)



New Europe Foundation (Poland)

Move2Europe APS (Italy)

Together, they work to cultivate a culture of environmental stewardship and sustainable practices among the youth while fostering international cooperation and cross-cultural understanding



OBJECTIVES

The BREATHE (Blue Resilience Education for Youth) project aims to:

- **Raise Environmental Awareness:**

Improve environmental literacy among young Europeans, particularly focusing on coastal and marine habitats.
Address gaps in youth knowledge about the environmental challenges faced by these ecosystems.

- **Empower Youth and Foster Leadership:**

Equip youth workers with tools to engage and motivate young people in coastal conservation initiatives.
Cultivate leadership skills among young participants to encourage them to lead environmental projects.

- **Promote Digital Competence and Creativity:**

Train youth workers and participants in using digital technologies for environmental education and advocacy.
Encourage creative approaches to disseminate knowledge about coastal sustainability.

- **Encourage Cross-Border Collaboration:**

Strengthen international cooperation and knowledge-sharing among young participants from various countries.
Foster a sense of global citizenship and shared responsibility for environmental conservation.

- **Ensure Sustainability and Long-Term Impact:**

Develop youth workers' skills in dissemination strategies to maintain project outcomes post-implementation.
Encourage continuous youth engagement in coastal sustainability projects and initiatives.

TARGET GROUPS

- **Youth Workers:**

A total of 30 participants from the partner organizations, specifically youth workers, who are actively involved in youth work or similar fields.

These participants will gain skills and tools to enhance environmental education and engage young people in coastal conservation.

- **Young People:**

Approximately 30 young individuals aged 18–35 from coastal areas of partner countries.

The group will include participants with varying levels of prior knowledge about environmental issues, providing opportunities for both beginners and those already active in environmental efforts.

- **Inclusion of Diverse Groups:**

A focus on ensuring representation of different genders, races, and socioeconomic backgrounds.

Efforts to involve participants with fewer opportunities by addressing barriers to access and participation.



ABOUT THE MOBILITY

The "Blue Resilience Education for Youth" (BREATHE) mobility is designed to strengthen the skills of youth workers, enabling them to better engage young people in protecting coastal environments. It brings together 30 participants from six partner organizations, offering them a chance to collaborate, exchange ideas, and develop practical tools for environmental education.

Through workshops, training sessions, and hands-on activities, participants will learn to use innovative approaches and digital tools to address environmental challenges. The program emphasizes the importance of fostering leadership among young people and making environmental education accessible and engaging.

This mobility prioritizes diversity and collaboration, drawing participants from various backgrounds and coastal communities. By working together, they will not only develop their professional capacities but also build a strong network to support ongoing efforts in coastal sustainability and youth engagement.

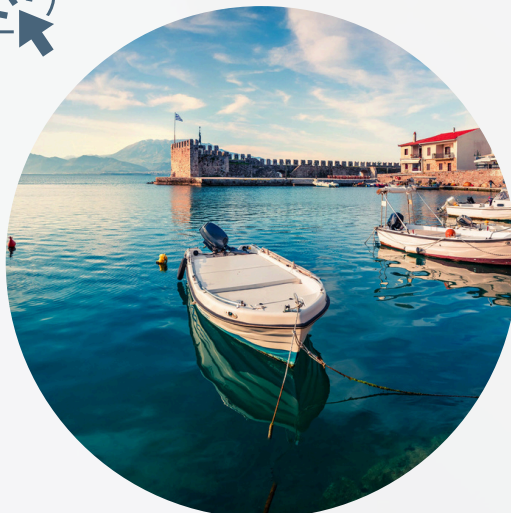


ABOUT NAFPAKTOS

A particularly beautiful town of 10,000 inhabitants built in the shape of an amphitheater on a pine-clad slope. Known since the ancient times, Nafpaktos was the port and the military center of the Aetolian Confederacy. Due to its strategic position, it has often been the apple of discord among its conquerors. Nafpaktos is also known for the famous sea battle, during which the Turkish fleet was destroyed by the unified European forces (in October 1571). Miguel de Cervantes, the author of "Don Quixote", took part in this battle as a soldier on a Spanish ship. Nafpaktos participated in the Revolution of 1821 and was liberated in 1829.

Built between Antirrio and the mouth of the river Mornos, Nafpaktos is the most beautiful town of the district of Aitolioakarnania. Its idyllic beaches face the Corinthian gulf; its mountain attractiveness encompasses Nafpaktia; its rich history is reflected on two fabulous monuments, the Venetian castle and the Venetian port. The first things that strike visitors in Nafpaktos are its comfortable plane-shaded roads, its traditional buildings, and its people of all ages enjoying the sun in open-air restaurants and cafés, often by the sea. Start strolling around the cobbled streets with the naval houses and the well-preserved mansions. Bougainvillaeas climb on the stone walls and flowers fill the neighbourhoods with welcoming colours and aromas.

READ MORE



ACCOMMODATION & MEALS

Hotel Aphrodite is located in Nafpaktos and offers accommodations with a shared lounge and a bar. The property features room service and a 24-hour front desk, along with free WiFi throughout. Each room includes a balcony. The rooms will be **Double or Triple Rooms**, respecting gender balance.

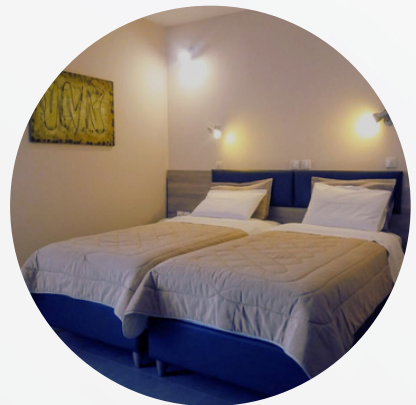


At Hotel Aphrodite, all rooms are equipped with air conditioning, a desk, a wardrobe, a terrace with city views, a private bathroom, a flat-screen TV, bed linen, and towels. The units also provide guests with a refrigerator. The point of interest Gribovo Beach is 600m from Hotel Aphrodite, while Psani Beach is 1.1 km away. Araxos Airport is located 62 km from the property.

Guests can begin their day with a buffet breakfast featuring cakes, local sweets, and fresh juices.

The lunch and dinner will be covered from the host organisation of the project at some local restaurants. And breakfast will be at the hotel.

Participants can arrive two days before or/and depart two days after the end of the project, however they must cover accommodation and meals by their own budget.



CHECK IT OUT



TRAINING VENUE

The Labor Union Center of Nafpaktia & Dorida is a significant regional organization that supports the rights and interests of workers and employees in the area. It serves as a hub for labor-related activities, professional development, and community engagement.

Key Features:

Facilities:

- Equipped with spaces suitable for meetings, workshops, and training sessions, making it an ideal venue for educational and professional events.

Location:

- Centrally located in Nafpaktos, easily accessible for participants attending events and training sessions.

By hosting the training at this center, the event gains a professional and community-oriented atmosphere, enhancing the overall impact of the project.



**Here is the
address**



TRAVELLING



TRAVEL BUDGET PER PARTICIPANT



275,00 €



275,00 €



275,00 €



360,00 €



275,00 €

Traveling expenses will be reimbursed after the project has finished in maximum 2 months time.

Participants need to have all of their traveling tickets, invoices, and boarding passes.

Participants must attend all the sessions and workshops.

Participants must disseminate the project according to the instructions that will be given.

PRACTICAL INFORMATION

Step 1: Flight to Greece

The nearest major airport to Nafpaktos is Athens International Airport (ATH). An alternative is Araxos Airport (GPA), closer to Nafpaktos, though it has limited international connections.

- Finland:

Helsinki Airport (HEL) offers direct flights to Athens.

- Slovenia:

Ljubljana Airport (LJU) connects to Athens with stopovers in hubs like Vienna or Frankfurt.

- Italy:

Major cities (Rome, Milan, Venice) offer direct flights to Athens. Low-cost carriers like Ryanair and Wizz Air operate routes.

- Romania:

Bucharest (OTP) has frequent direct flights to Athens.

- Poland:

Warsaw (WAW) and Krakow (KRK) offer direct flights to Athens.

Step 2: From Athens to Nafpaktos

Once in Athens, participants have several options to travel to Nafpaktos:

1. By Bus:

- Take a bus from Athens' Kifissos Bus Terminal to Nafpaktos.
- Duration: Approximately 3 hours.

2. By Train:

- Take a train from Athens to Patras (Intercity train).

PRACTICAL INFORMATION

Step 3: From Araxos Airport to Nafpaktos (if applicable):

- Distance: 62 km (~1 hour by car).
- Options: Taxi or pre-arranged shuttle transfer.

Travel Documents: Ensure valid travel documents and health insurance.

Local Currency: The currency is the Euro (€); ATMs and exchange services are widely available.

Emergency Contacts and Local Assistance in Greece

Emergency Numbers (Nationwide)

- General Emergency (Police, Fire Brigade, Ambulance): 112 (Available 24/7, multilingual support)
- Police Direct Line: 100
- Ambulance Service (EKAV): 166
- Fire Brigade: 199

Local Contacts in Nafpaktos

- Nafpaktos Police Station: +30 2634 027258
- Nafpaktos General Hospital (for medical emergencies): +30 2634 360000

Transportation Assistance

- Local Taxi Service in Nafpaktos: +30 2634025111

Project Organizer's Contact (Local Coordinator)

- Name: Emily Fountzoula
- Phone: +306949095855
- Email: emfountzoula@gmail.com



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