

The youth exchange **"The Art of Good Life Vol2"** will be held **30 April - 9 May 2022 in Chania, Crete**

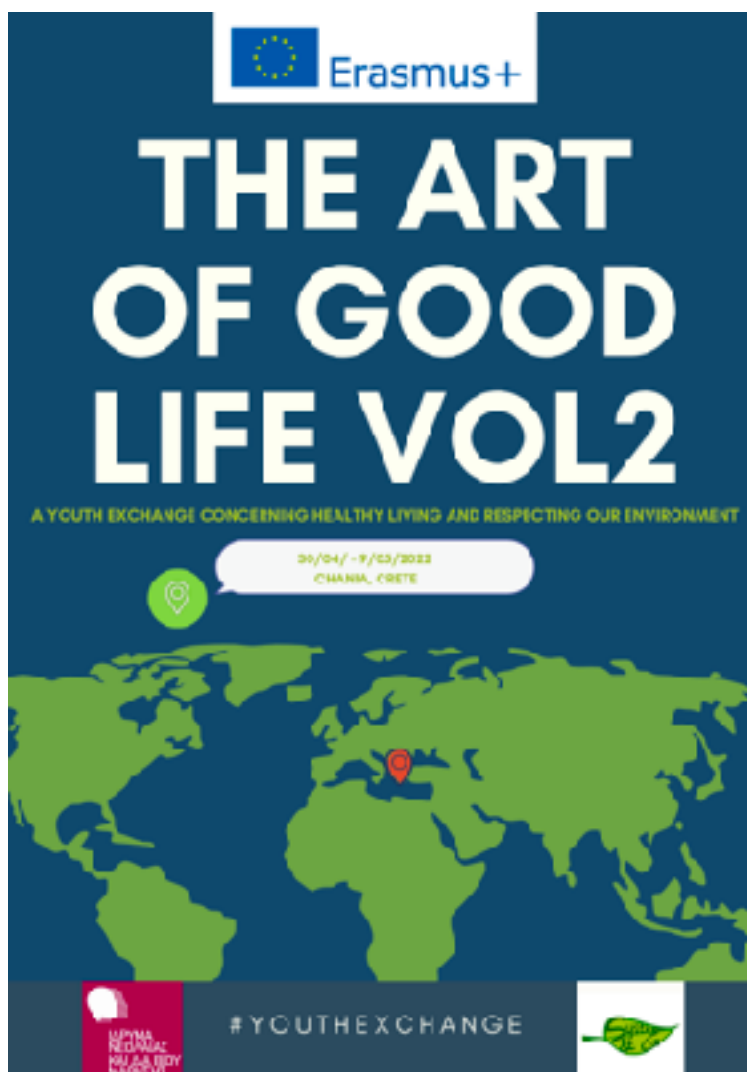
and it comes as a natural achievement of the organisation over the past years, in the field of healthy and green lifestyle.

The program will educate and raise awareness for green lifestyle and environmental issues to young people in a non formal series of methods for good life, inspired by human history. Methods and activities are adapted to modern life, to promote healthy lifestyles, environmental awareness, direct human contact, sport and finally, the good life itself.

Armed with new tools and methodologies provided by non-formal learning, especially in outdoor activities, the participants will be able immediately after the exchange to change their actions and to adopt and promote a healthy green lifestyle.

"The Art of Good Life Vol 2" is based on the best of the non-formal learning methods we as an organisation have used, refined, singled out and developed with creativity, through our commitment to promoting an environmentally sound healthy lifestyle. Thematic is mainly about outdoor activities. The common interest and need of all the young people involved in "The Art of Good Life Vol 2" is through fun ways to see with a different eye the adoption of a healthy environmentally friendly lifestyle. Young people will be entertained, learning, get to know each other, get educated and after learning how fun and "fashionable" it can be to live green through sports activities, outdoor activities and wellness techniques, they will work together to improve their local community, nurturing other young people the awareness of good life for the environment and us. Their efforts will be strengthened through the exchange of experience and working methods for developing activities with the active participation of young people.

For participants, this exchange aims to develop their skills and raise awareness of environmental and creative issues related to promoting a healthy environmentally friendly lifestyle, tackling non-exercise and malnutrition of young people and the lack of direct communication coupled with excessive exposure to new technologies in collaboration with other youth organisations in Europe.



## Time Plan

Plan your trip according the arrivals to Crete and departures from Crete! Duration: 8 working days

Arrival date: 30 April, 2022 / Departure date: 9 May, 2022

# FLIGHT OPTIONS

CHANIA	HERAKLION
<ul style="list-style-type: none"><li>• Take the bus to the city centre of Chania and get off at the last stop.</li><li>• Take the next bus number 21 from a square called 1866 and ask the driver to stop at the camping Chania.</li><li>• <b>Price:</b> 2,30€</li><li>• <b>Duration:</b> 1 hour</li></ul>	<ul style="list-style-type: none"><li>• Take the bus outside of the airport to the city centre of Chania and get off at the last stop.</li><li>• Take the next bus number 21 from a square called 1866 and ask the driver to stop at the camping Chania.</li><li>• <b>Duration:</b> 2.5 hours</li></ul>

## Profile of participants/partner organisations and Travel Reimbursement

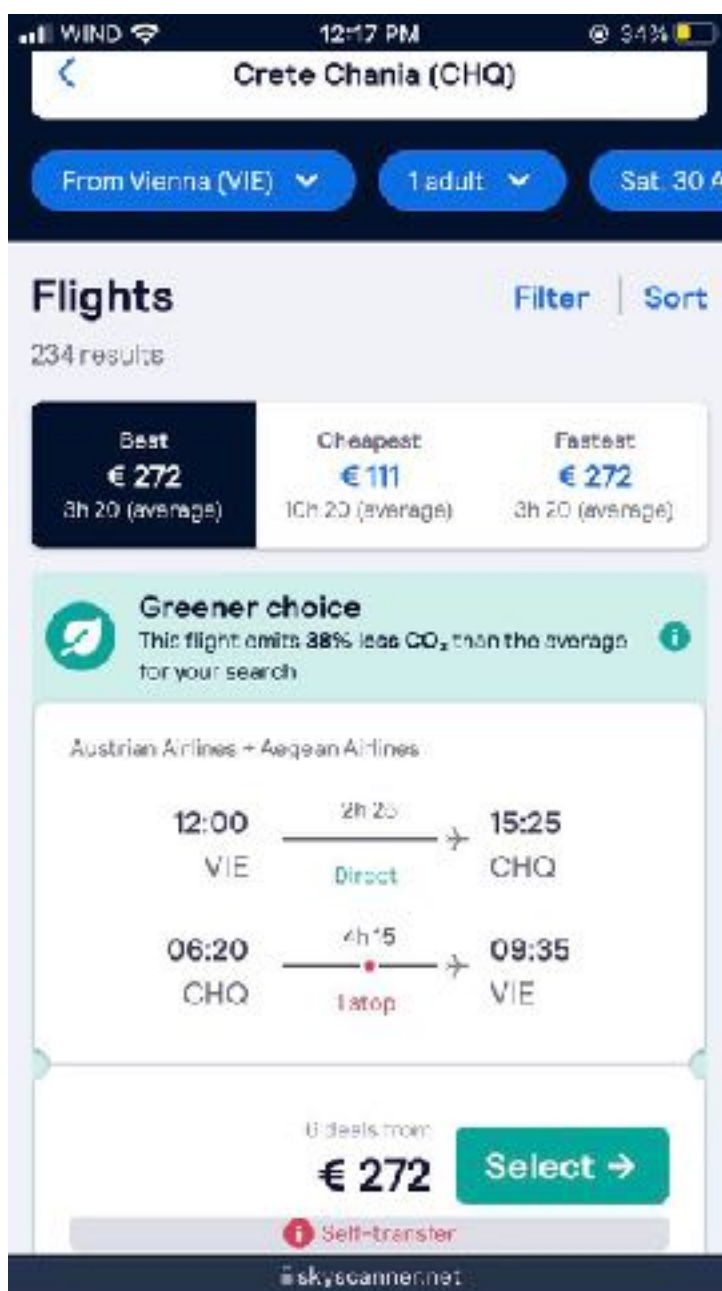
From each organization we will host **6 participants (5 participants in age 18-25 and 1 leader with no age limit)**. Young people having an interest in healthy lifestyle and different sports and young people with fewer opportunities are very welcome!

**All the participants has to be vaccinated holding the official certificate of the COVID 19 vaccination.**

**PORTUGAL ASSOCIACAO CHECK-IN and FINLAND Kohortti ry - 360 EUR per participant for the travel**

**SLOVENIA TRI-NITI Zavod and POLAND Zielony Slon and LATVIA Sistema un G Latvija - 275 EUR per participant for the travel**

**THE TRAVEL BUDGET IS FOR GREEN TRAVEL:** you can receive a bonus if you use environmentally friendly, sustainable means of transport for your trip to your host country. This includes travel by train, bus or the use of carpooling (car) or a flight with low-emission. Submit a corresponding proof and you will receive up to 50,00 Euro additional subsidized! Sou when travelling, the first issue is the choice of transportation. Although flying is usually the fastest and the cheapest option, it is an unsustainable way of travelling. To green travel, the first thing you can do is to avoid domestic flights in the first place. If you are travelling within Europe, it is best to use the train to transport. If you do not have such an option or you are travelling overseas, try to use direct flights as the takeoffs and landings create most of an aeroplane's carbon emissions. You can also use airlines that offer carbon offset programs for a greener journey.



For Example in skyscanner choosing the flights you can see this “greener choice”. Choosing this flight, its also consider to be a “green travel” take a screenshot and submit it along with your travel tickets for the reimbursement.

**P.S.: All the tickets have to be confirmed with us before booking them!**

These travel expenses will be reimbursed to the partner organisation via transfer after the project having all the original return tickets sent to us by post. We would like to remind you that flight tickets need to be economy class. Participants need to bring and submit the original tickets, invoices where is shown the PRICE and BOARDING PASSES in order to get their reimbursement. 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 reimbursable!!!

**Before your arrival you have to fill PLF form entering Greece in advance, otherwise you will be fined by 500 EUR on arrival to Greece: <https://travel.gov.gr/#/>**

## **Preparation**

- 1) Preparation of work by each national team on good practices for promoting a healthy, environmentally friendly lifestyle from their countries to be presented.
- 2) Preparation of the presentation of each partners’ organization through pantomime.
- 3) Preparation of the presentation of each country in the context of the intercultural evening through the national sport of each country.

## **ACCOMODATION & FOOD**

The participants will be accommodated in the “**Camping Chania**” where the activities will be held as well. Camping Chania is situated in a local beauty spot known as Ag. Apostoli. All the participants will be accommodated in fully equipped bungalows that host 4/5 participants.

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

Breakfast, lunch and dinner will be served in the camping. In Greece you do as the Greeks do, so exceptionally traditional Greek food is on the menu.

If any **allergies** or **intolerance** notify to your group leader in order to make the necessary arrangements.

## Insurance

All the participants are responsible to obtain a health and full travel insurance. The costs for the insurance have to be covered by you. **Remember your European Health Insurance Card!**

# WHAT TO TAKE WITH YOU?

Water bottle (think eco!)

Swimming suit

Sun cream

Towel for the beach

Warm jacket for chilly evenings and comfortable shoes

European Health Insurance Card!

Snacks and Drinks for the intercultural evening

# CHANIA, CRETE

Crete: **Κρήτη Kriti; [kriti]** is the largest and most populous of the Greek islands, the fifth-largest island in the Mediterranean Sea. Crete was once the center of the Minoan civilization (c. 2700–1420 BC) which is currently regarded as the earliest recorded civilization in Europe.

Chania: **Χανιά, [xani]** 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 beautiful city of Chania managed to preserve its original colors and historical character, despite the fast-growing tourist industry. It is considered as one of the most beautiful cities of Greece. The city has an airport and the port of Souda, the largest natural port of the Mediterranean.

Looking forward meeting you in beautiful Chania!

Don't forgets besides your sporty outfits!

And Join our FB group of the Project here:

<https://www.facebook.com/groups/638988543827781>

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