

VIBES

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Visionary Initiatives for a Balanced and Eco-conscious Society for Youth

Project Number: 2024-1-EL02-KA151-YOU-000230819

THESSALONIKI



10th-14th of July 2025

9&15 Travel dates



Activity 3 : VibeElevate



Co-funded by
the European Union



VIBES

THE HOST

PYLON ONE

PYLON ONE is an NGO established in Thessaloniki, Greece that was created to empower and support individuals, children, youth and adults, mainly regarding the improvement of social and economic life, the promotion of education, culture, the protection and development of the environment, the promotion of sport and well-being, the promotion of volunteerism and solidarity, the self-improvement of society as a whole, and the safeguarding and improvement of social conditions for People with Disabilities and people with fewer opportunities, primarily in Greece but also throughout Europe in general.

Some of the activities in which PYLON ONE is engaged are:

- Organizing study and research teams, both in the community area and in the wider European area.
- Organizing educational programs and training seminars, conferences, seminars, scientific symposia and lectures.
- Designing and delivering non-formal education trainings for youth and adults who are interested to build their capacities.
- Media campaigns to raise public awareness on social and environmental issues.
- Cultural, sports and leisure activities to bring people together.

For more information please visit: www.pylon-one.gr

Find us on:

Facebook: Pylon One

Instagram: pylon.one

OBJECTIVES

The VibeElevate Activity aims to:

Improve the Skills and Competencies of Youth Workers.

The activity aims to enhance the participation of young people in the European labor market by promoting fair working conditions, equal opportunities, and supportive mechanisms.

Increase Awareness of Labor Market Trends.

Advocate for jobs that ensure fair conditions, fundamental labor rights, and a living wage for young workers by engaging employers, policymakers, and stakeholders.

Promote Cross-Border Collaboration and Learning

Facilitate networking and collaboration between youth workers from different European countries, allowing for the exchange of best practices and innovative approaches in youth development.

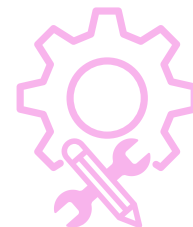
Encourage Non-Formal Education Methods

Promote the use of non-formal education strategies that are flexible and adaptable, making youth development more accessible to young people from diverse backgrounds.

Support the Empowerment of Marginalized Youth

Equip youth workers with strategies to engage and support marginalized young people, including those from disadvantaged socio-economic backgrounds, minority groups, and those with fewer opportunities.

Inspire participants to think creatively about how they can use the resources to develop innovative solutions to real-world challenges.









ACTIVITY PROGRAMME

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Arrival of the participants and Check-in at the Venue	A session focused on self-awareness, values clarification, and identity development in youth work leadership.	Exploration of youth policies at local and European levels and how youth workers engage with systems of influence.	Introduction to methods and tools for evaluating the outcomes of youth work on individual and community levels.	Analysis of models and strategies for expanding, adapting, or replicating successful youth work initiatives.	Creation of individual leadership action plans for future application within local, national, or international contexts.	Departure of the participants – Check out
	Lunch	Lunch	Lunch	Lunch	Lunch	
	Exercises and tools to define personal mission, professional direction, and long-term vision as a changemaker.	Practical development of advocacy strategies and campaign planning for youth-focused social or political issues.	Techniques for crafting compelling stories that communicate the value and impact of youth-led initiatives.	Development of facilitation and mentorship techniques to support peers and build capacity in youth work environments.	Group reflection, recognition of learning outcomes through YouthPass, and celebration of the VIBES journey.	
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	



PARTICIPATING ORGANISATIONS

Partner :	Country:	Type :	No. of participants:	Travel Budget per participant:
	GREECE	Physical	5	00,00 €
	TURKEY	Physical	5	309,00 €
	ROMANIA	Physical	5	309,00 €
	BULGARIA	Physical	5	211,00 €
	ITALY	Physical	5	309,00€
	POLAND	Physical	5	309,00 €

PARTICIPANTS PROFILE

Participants of the **VIBES** project have the following profile:

30 participants,

Youth Workers without age limit,

eager to **explore** innovative tools and strategies, such as the resources developed during VIBES project, to **enhance** their skills and **support** youth entrepreneurship,

open to **sharing** their knowledge, **exchanging** ideas with peers, and actively **contributing** to discussions and activities that promote youth development and empowerment,

willing to share their knowledge, skills and experience with the other participants and act as multipliers in their communities.

The selection criteria of participants are:

Participants from different cultural and social backgrounds, individuals with fewer opportunities (economic, social, or geographical challenges) and commitment to inclusivity and respect for diverse perspectives.

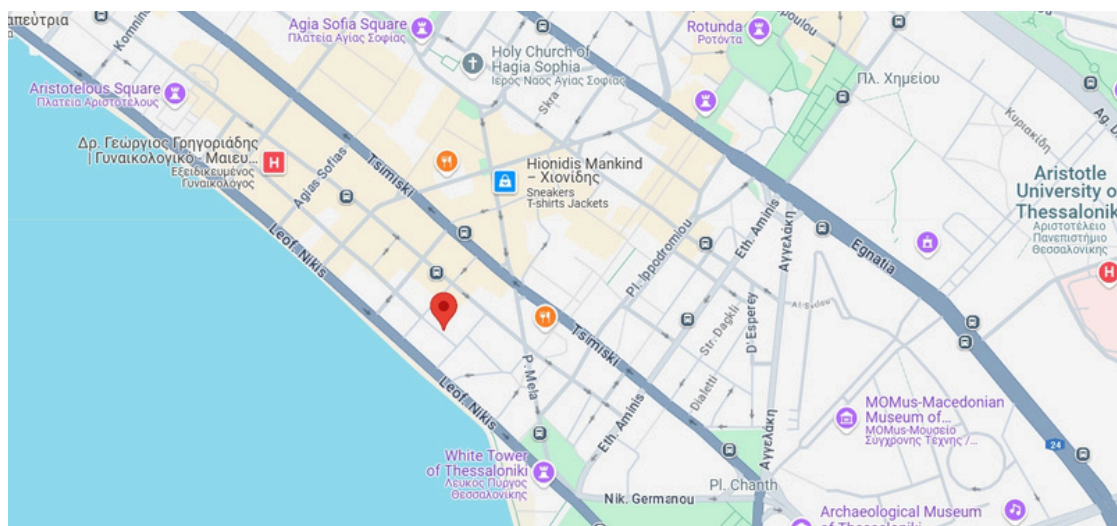
In equally good evaluated applications, then the previous experience in such kind of projects will be considered – the participants who have **never participated to an Erasmus+ project** will have **priority** to the ones that have already been introduced to the European values and develop a sense of European citizenship and identity and also have the opportunity to raise their awareness of other countries and cultures.

PREPARATION OF PARTICIPANTS

- The mobility will be in **English** and therefore participants should be able to communicate in English.
- All participants are expected to participate **fully in all activities**, except in the case of illness. Unauthorised absence from activities is not permitted. The activities will be designed and conducted in such a way that all participants have the opportunity to contribute their points of view. We expect you to participate and contribute.
- Before your travel, participants should check the documents they need to cross the border into Greece and whether they have them. **Pay attention to the expiry date!**
- Participants are encouraged to **promote the project**, share the results achieved and carry out **dissemination activities**.
- **Intercultural Night:** Participants are requested to present their home country and its culture to the group (no use of presentations, etc.) by telling a short story about it, bringing some traditional food, perform a dance, or some other tradition.
- **Youthpass Certificates:** All participants will receive a Youth pass certificate at the end of the mobility.

TRAINING FACILITIES

The activity will take place in Thessaloniki which is the second largest city of Greece, a unique city of different cultures and civilizations; it will offer you a wonderful experience. The VibeElevate will take place in the Conference Room of the Organisation facilities, in the city center. There is a large, fully equipped Meeting Room along with all necessary facilities to host this Activity.



Proxenu Koromila str. 51, GR-546 22,
Thessaloniki

ACCOMMODATION & MEALS

PELLA HOTEL is located in the heart of the historical and commercial center of Thessaloniki. Just a few minutes away from the main sightseeing and the busiest city streets.

The hotel has a reception area, open 24 hours a day, while the café, with TV and P/C, is always available for the guests. The guests can also enjoy their coffee or drink in their room, from 9 am to 9 pm, by just calling the reception for their order.



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.

Location :

[CLICK HERE](#)



The participants will be accommodated in **DOUBLE and TRIPLE ROOMS with single beds** with private bathrooms, respecting gender balance.

Breakfast, Lunch and Dinner are also provided by the project.



TRAVEL



In line with the Erasmus+ Programme, travel costs will be refunded according to the distances calculated using the European Commission distance calculator. The participants themselves should cover any extra costs overcoming the budget limits. **To ensure the best connection and management of participants, flight tickets should be bought by the participants/sending organization.**

Travel tickets should be economy class and before buying tickets inform Pylon One (send an email to pylon.one.org@gmail.com for approval) of your travel itinerary, when you will arrive and when you will departure from training. **1st class or other upper class flight tickets, taxi costs (in country of origin) and travel agencies fees are not eligible and will not be refunded.**

Airport: THESSALONIKI MAKEDONIA AIRPORT



You fly to and from Thessaloniki Makedonia Airport
(<https://www.skg-airport.gr/en>).

To reach the city center you have to take the bus No 01X just outside Arrivals. The ticket costs 2 EUR and you can either buy it from the kiosk near the bus stop or from the ticket machine inside the bus (please have with you a 2 EUR coin as the machine does not take notes or gives change). This bus (No 01X) goes straight to the city center with few stops during its route.



IMPORTANT: For those who arrive after 22:00 in the night, the bus number is 01N, again just outside Arrivals (the same bus, just with fewer stops)

PRACTICAL INFORMATION



Buses: Organisation of Public Transport of Thessaloniki – OASTH (<http://oasth.gr/>). Buses are coloured red, blue and white (with colour strips on their sides). Ticket costs 1 euro/route.



METRO: The Thessaloniki Metro operates daily with the following schedule:

The Thessaloniki Metro offers a Single Ride Ticket for €0.60, valid for 70 minutes per trip, a 10+1 Ticket Bundle for €5.80, and a Daily Ticket that allows unlimited metro use for 24 hours from the first validation.

- Sunday to Thursday: 5:30 AM – 12:30 AM
- Friday and Saturday: 5:30 AM – 2:30 AM



Police Number: Call the number 100 or 112 which is the European emergency number. But please be sure you will not call the Police. Thessaloniki is a very safe city, and you will always see people walking around any time of the day and night. However, protect yourself and do not put yourself into risk.



Medical Emergency: Number: 166 or 112 which is the European emergency number. In case of a health emergency call also one of our team members to help you. Keep your European Health Insurance Card always with you, along with your ID/Passport.

THE EUROPEAN HEALTH INSURANCE CARD

The European Health Insurance Card is a free card that gives you access to state- provided healthcare during a temporary stay in any of the 27 EU countries, Iceland, Lichtenstein, Norway and Switzerland, under the same conditions and at the same cost (free in some countries) as people insured in that country.

The European Health Insurance Card is issued by your national health insurance provider. You can find more information here: <http://ec.europa.eu/social/main.jsp?catId=563&langId=en#nationalinfo>

REIMBURSEMENT

Reimbursement will be made upon full attendance of the activity, submission of Participants' Report (this is MANDATORY) via the Beneficiary Module and upon providing original evidence of participants' travel:

1. Travel Itinerary
2. All original payment receipts of ticket purchasing and Visa where required
3. All original Bus/Train tickets to/from the airport (use of TAXI or private car for use in the country of origin will NOT be covered).
4. Boarding passes (in case of electronic boarding passes, you should keep a screen shot and email them to PYLON ONE before flying)
5. Copy of ID/Passport
6. Submission of Participants' Report

People who are coming late or leaving early at the Activity will not have their travel costs refunded.

Note that if you buy your tickets in a currency different to EURO, calculation of travel reimbursement will be calculated according to the exchange rates given on the official European Commission website for the month of the ticket purchase. All travel reimbursements will be done to the Sending Partner Organizations' Bank Accounts and not to each participant individually

THESSALONIKI

MANY STORIES, ONE HEART!

Thessaloniki is Greece's second-largest city, located in the northern part of the country along the Thermaic Gulf. With a rich history spanning over 2,300 years, it has been an important cultural, commercial, and strategic hub since ancient times. Known for its Byzantine and Ottoman heritage, the city boasts landmarks like the White Tower and the Rotunda. Today, Thessaloniki is a vibrant, youthful city with a thriving arts scene, lively nightlife, and delicious cuisine. It is also a key economic and educational center in northern Greece.

Thessaloniki is a vibrant city that seamlessly blends rich history with modern energy. Known for its dynamic cultural scene, diverse heritage, and lively food culture, it offers a unique mix of Byzantine churches, Ottoman mosques, and a thriving arts community. The city's youthful atmosphere, fueled by universities like Aristotle University, is complemented by bustling nightlife, scenic views of the Thermaic Gulf, and a culinary scene that delights with local specialties. Thessaloniki's charm lies in its ability to fuse ancient traditions with contemporary creativity, making it a special destination for both residents and visitors and such a suitable home for our project.



CONTACT EMAILS

General information :

Konstantinos Symeonidis

konstantinos@pylon-one.gr

Travel Confirmation & Reimbursements:

PYLON ONE

pylon.one.org@gmail.com

Information during the activity :

Vasileios Sourovikis

vasilis@pylon-one.gr

Tel.: +306978085012

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JOIN US



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