presents the SummerGo Camp on Healthy lifestyle through Outdoor Activities.

3rd SummerGo Sea & Sports Camp

1st – 7th September 2015, Perea, Greece

This document aims to provide you with some basic information about the project. This is just a resume, of what we are prepared to offer to the participants, as a token of “Greek hospitality”. We are open, to any kind of suggestions that could improve the efficiency of the project. So if there are any additional suggestions, we’d love to adopt it to the weekly program.

Participating Countries: Greece, Azerbaijan, Hungary, Spain, Turkey, Germany, Latvia, Bosnia & Herzegovina, Cyprus, Ghana, Poland, Ukraine, Albania
Introduction:
Citizens’ health is a core EU priority. EU health policy complements national policies to ensure that everyone living in the EU has access to quality healthcare. While the organization and delivery of healthcare is the responsibility of individual countries, the EU brings added value in helping countries achieve common objectives. EU health policy generates economies of scale by pooling resources, and helps countries to tackle the common challenges, including health threats such as pandemics, the risk factors associated with chronic diseases or the impact of increased life expectancy on healthcare systems.

3rd SummerGo Sea & Sports Camp

Project description:
"SummerGo Camp on Healthy lifestyle through Outdoor Activities" project is a Training Course which will be hosted in Greece (Peraia). During this training project a multinational mosaic will be formatted, by thirteen both EU member countries, non EU member countries which will be represented through their delegates. All Greeks participants engaged into SummerGo project will be more than happy to host in our country several young people coming from countries throughout Europe and far beyond.

A total number of 30 individuals will discuss for the advantages, the benefits and the challenges for non-formal education and Healthy lifestyle and way of living. Participants will share their experiences, knowledge, present the best - off their countries practices, express their concerns and contribute to an open - dialogue on how to set Sports & Outdoors more familiar to young citizens.

The natural presence, of the trainers and facilitators will help towards this direction, so as to dispel any uncertainty related to the planning and hosting of a non-formal international project.

During this seminar a lot of innovative ideas for future use will be generated. New initiatives will come to the surface as well as the planning of innovative actions for a widespread network of trainings & youth projects. The seminar will also give to the participants an opportunity to meet a lot of reliable partners for a future collaboration. Informal teaching methods contribute to the efficiency and commitment of each participant.

Cultural evenings and a large dose of ice-breaking games will also contribute to the promotion of intercultural dialogue and mutual tolerance.

DATES:
Arrival Day: Tuesday, 01/09/2015
Departure Day: Wednesday, 07/09/2015

WHERE:
Peraia, suburban region of Thessaloniki, Greece

Participant countries and associations:
*Please read carefully*

**Participants profile:**

- Participants need to be aged **over 17 years old**. We will **not** be able to invite anyone under the age of 17.

- It is required to all interested applicants that they will submit their resumes, by following the application’s form procedure, which is provided into the following link:

  [Application Form, SummerGo Sea & Sports Camp](http://necieu.wix.com/neci)

- For any further clarification, please do not hesitate to send your inquiries at:

  youthinitiativesgr@yahoo.com

- Submission deadline: **25th July 2015**

**Health Insurance:**

- Health insurance will NOT be provided or reimbursed by the organizers. All participants are requested to purchase health insurance individually, or get the free of charge formulary E-111 from your national social security that covers medical costs around EU member states (European Health Insurance Card).

- The participants will have to sign an individual Preliminary agreement/solemn statement (attached) that they are aware they have to cover their own insurance and to fully attend the project as indicated above.

**Working Language:**

- Working language of this Training Course is English. Some of the participants will be able to communicate in other languages as well, but we encourage the use of English along with your native languages during the informal time as well. The purpose of this is to build the group and the group spirit and ensure inclusion of all participants in the process. English will also most likely be the language of your future European projects, so it’s worth practicing & dealing with the related concepts and technicalities in English as well.
**TRAVELING in GREECE**

- The Project will take place in Peraia City in the suburban region of Thessaloniki. The nearest airport is only 10 minutes far away from the centre of the city, while Thessaloniki’s downtown is less than 15 minutes away.
- The nearest airport, International Makedonia Airport (SKG) has a lot of connections to many European cities, so it shall be easy for you to find a flight nearby to your hometown.
- Participants may choose the cheapest means for their traveling.

  **RYAN AIR:** Typically the cheapest airline within Europe is Ryanair. Often if you buy a ticket early enough, it can be as low as 25 euros. With Ryanair you can reach the Makedonia Airport (SKG) in Thessaloniki, from the following destinations:

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<th>Destination</th>
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<td>Athens (GR)</td>
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<td>Rome Ciampino (IT)</td>
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<td>Stockholm Skavsta (SE)</td>
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You can reach Thessaloniki by air through the following Airlines:

- Ryanair
- Wizzair
- Alitalia
- Aegean
- Lufthansa
- AirSerbia
- EasyJet
- Turkish Airlines
- etc
- Pegasus
- Vueling

**Search Engines:**

Check out these search engines to find the cheapest flights proposed by third-party companies:

- [www.skyscanner.net](http://www.skyscanner.net)
- [www.tripsta.co.uk](http://www.tripsta.co.uk)
By railway:
Thessaloniki is interconnected by railway to Budapest, Belgrade, Skopje, Sofia & Istanbul.
If you are traveling by car, you may follow the European Highway E-72, or the National Highway Egnatia in order to reach Thessaloniki.

Arrival at Thessaloníki’s airport:
After picking up your luggage at the arrival sector, head to the exit of the airport. Twenty meters in front of the arrivals gate you will find the Bus - line stop. A member of our group of volunteers will be waiting you there to guide you to the project’s venue.

If you prefer not to be treated as a “high-school student” you may buy a ticket and get aboard at Bus-line Number 79 with direction towards IKEA. It takes only ten minutes to reach IKEA Bus Terminal Station. Get out of the bus, while arriving at IKEA Terminal Station.

You will need to search Bus line Number 72 with direction towards Michaniona. This is just a piece of cake, because IKEA Bus Station is rather a small Terminal Station, serving up to ten bus-lines.

Traveling towards Peraia is approximately fifteen minutes. As it is also depicted into the picture of directions, the closest bus - stop to the venue is named after “Agia Triada”. There is also an indicated message, which is broadcasted as a text and voice message on a screen inside the bus. This message announces each next bus - station.

Finally follow map's directions (map attached), in order to walk till the edge of the coastal sea-front and successively turn on the right to reach at the hotel. Total distance from the bus stop till the venue’s Hotel, is estimated less than 300 meters. We will wait for your arrival at the Hotel's lobby!

(Extra tip: In order to purchase a bus ticket, a 1 euro coin will be necessitated. There is an automated ticket vendor (machine) in every bus. A bus ticket which costs 1 euro, is sufficient for you to cover the whole distance towards Peraia. There is no extra need to issue an extra ticket at the second bus line 72. Just remember to have one Euro in your wallet.

Also, you have the option to arrive in Athens airport, and then to travel by train (about 5:30 hours) to Thessaloniki. Please, check www.trainose.gr for schedules and prices. We advise you to buy the tickets beforehand by using the web.

For all those who will be interested to prolong their staying in Greece outside the project’s dates, we will be more than happy to facilitate yours staying. We will be organizing extra activities on those days, such as excursions to places we don’t have time to visit during the official event! Please inform us in advance, so that we can arrange the accommodation, by sending us an email or mentioning it in the application form.
**TRAVEL COSTS**

Organizers will provide accommodation and food (3 meals) during the whole period of the project.
In order to comply with environmental standards, we kindly ask all participants to take the most environmental friendly and cost effective means of transportation.

Be quick to apply and confirm your spot since SummerGo Sea & Sports Camp has limited availability that usually finishes early.

For more information on availability contact us by sending an email to: youthinitiativesgr@yahoo.com

- To confirm your spot you need to transfer the full amount of **195 Euro**.
  - * If a special discount is applicable to your participation fee, then transfer this amount of money. This price does not includes any visa related cost.
  - Only send your payment once your application has been reviewed and you have received a confirmation email telling you to send your payment
  - Note that the participation fee is only considered 30% refundable, for whatever reason.

Applications not followed by a deposit will not be taken into consideration.

Please keep in mind, in order to avoid misunderstandings, that for the discounts we consider valid the exact date in which the application form was submitted.

Please send your full payment or balance via Bank transfer or PayPal

**Very Important**

You are requested to book your travel tickets, only after having received a verification email from the project's coordinator, that your payment transaction was successful.
Bank Transfers from Greece
- Name of Account: Tsillas Vasileios Varsami
- Bank Name: Alpha Bank
- Iban Code: GR46 0140 7240 7240 0278 9001 075
- Please put in the following information “Payment for SummerGo Camp 2015” and “The name of the participant” in “Reason for Payment” or “note section” of the money transfer.

Bank Transfers from Other Countries
- Name of Account: Tsillas Vasileios Varsami
- Bank Name: Alpha Bank
- Iban Code: GR46 0140 7240 7240 0278 9001 075
- Swift Code/ Bic Code: CRBAGRAA
- Please put in the following information “Payment for SummerGo Camp 2015” and “The name of the participant” in “Reason for Payment” or “note section” of the money transfer.

PayPal Payments
- Send PayPal payments to vtsillas@yahoo.com
- Please add 5% of the value you are sending to cover the commission costs.
- Or send us an email, in order to resend you a payment request via PayPal.

*The VENUE*

Our Training Course will be hosted at Anemos, Pythari semi-detached Hotels, Konstantinou Kavafi 2-3, on the sea- front. The hotel that will host participants is located in the center of the small town of Agia Triada, on the commercial - road, in front of the sea shore. It has a lovely view, to Thermalkos- Gulf, and the magnificent coastal Thessaloniki. Free! Wi-Fi is available in public areas and is free of charge.

*ACCOMODATION*

You will be sharing room(s) with another 1-2 person(s) of the same sex & preferably from different nationality. All rooms have either baths or showers. Towels and bed linen will be provided. Don’t forget to bring your personal hygiene kit. Wireless internet is available at both Hotels, thus you are welcome to bring your own wireless devices. There is also plenty of space for parking, for those participants who will be interested to travel to Thessaloniki by their own means of transportation. The check-out time on the departure day is at 11 am. Those of you willing to arrive few days earlier or depart few days later should inform us and we will assist you in booking a hotel or hostel in Greece.

*The FOOD*
There are three daily meals: breakfast, lunch and dinner (plus 2 coffee breaks), which will be served into the hotel's lobby or to any adjacent restaurant. If there is any special nutrition need, like preparation of vegetarian, vegan dishes for your tastes, please let us know earlier before the project's initiation. We will do our best to provide you all the tastes. Be prepared for typical Greek dishes, as the Mediterranean diet is one of the most famous and tasty one.

*PREPARATION*

- Please, do NOT forget to bring some national drinks, food, snacks, music, or other traditional materials for the intercultural evening :) Promotional material (games/cards/books/videos) & creative presentations of your countries will make us get the most from our intercultural experience.

- Innovative thinking - ideas for future use (initiatives).

*The WEATHER*

The project will take place in September, so according to predictions the outdoors activities will prevail instead of indoors activities. Please make sure that you will bring some sport clothes, trainers, comfortable trousers and T-shirts with you. Of course don’t neglect to bring your swimming suite!

September is mostly, one of the warmest months in Greece. A predicted temperature shall vary between 24 - 29 Celsius degrees. So your clothes should be rather light, sunglasses and hats will be also necessitated. But just in case in order to be prepared for any occasion, bring with you any light jacket and some warm clothes for the night.

*About GREECE*

If you want to know more about our country here are some useful links:
- Visit Greece
- Lonely Planet Greece
- And for Thessaloniki
- Thessaloniki
- Thessaloniki

For any question or more information don’t hesitate to contact us!

We are looking forward to meeting you 😊