

Youth Exchange

IGNITE
YOUR
CREATIVE
FIRE

09 – 18 December 2022)

Kalamata, Greece

Description of the project

Ignite your inner creativity and explore the depths of your forgotten passions. For 10 days we will take part in a variety of workshops designed to rediscover and expand your artistic passions centred around 3 main tenets:

Music, Movement and Art.

We believe that there are many forms an artist can take and that each is of immense value. Historically, throughout times of economic hardship, the joy of people has always been upheld by the artists and we aim to reawaken the artist within you!

We will be sculpting, painting, learning circus and yoga, creating instruments from scratch and reconnecting with our bodies through percussive workshops. We will be fully immersed in Greek life as we take our inspiration from snowy mountains and jasmine scented streets. Through a variety of methodologies and artistic mediums, together we will reconnect with our inner artist whilst sharing our skills and passions within a wider community.



Participants

Each team needs to send **1 youth leader** and **5 young people**

Youth Leaders: individuals who have an experience as team leaders in similar activities, and have experience in arts (acrobatics, dance, theatre, music, etc)

No age limit

Participants: young people aged 18-30 , with an active interest in art, music or movement and willingness to share your passion with others. Youth with fewer opportunities (facing educational, social, and cultural difficulties) are encouraged to participate.



How to participate

If you are from Greece, Poland or Lithuania, and you would like to join this project, please fill in these online forms:

As a youth leader:

<https://forms.gle/KK1nn7NHRMJDR8iQ6>

As a participant: **Participant form**

We will review all applications and announce the selected participants in due time. Please, have in mind that completion of the form does NOT mean automatic acceptance in the project.

What is covered

THE PROJECT COVERS DIRECTLY:



100% of accommodation costs in shared rooms (2-4 people)



3 meals per day
Breakfast
Lunch
Dinner



Activity costs
venues
facilitation costs
materials

THE PROJECT REIMBURSES (after the activity):



Travel costs from your city to Kalamata, up to the amount designated by the European Commission. Namely

Lithuania: 360 euros/participant

Poland: 275 euros/participant

Greece: no travel budget

IMPORTANT: When arranging for your travel, you need to keep in mind that you need up to **55E** to get from Athens to Kalamata

Notice: We cannot reimburse tickets for travel that does not take place.

Travel costs will be reimbursed to the sending organizations, after the end of the activity and the reception of the following:

- invoice by the sending organization
- original invoices or receipts for all travel tickets
- proofs of payment
- original boarding passes

The city of Kalamata

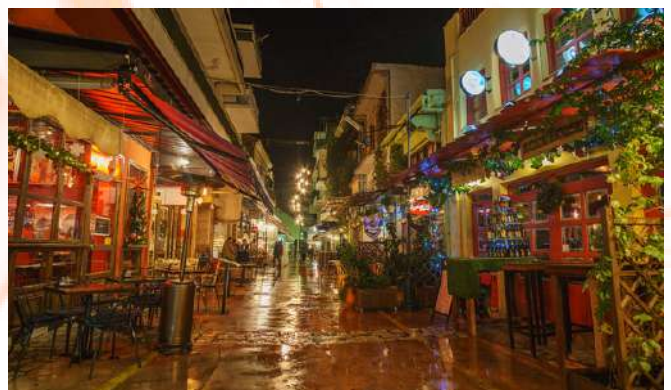
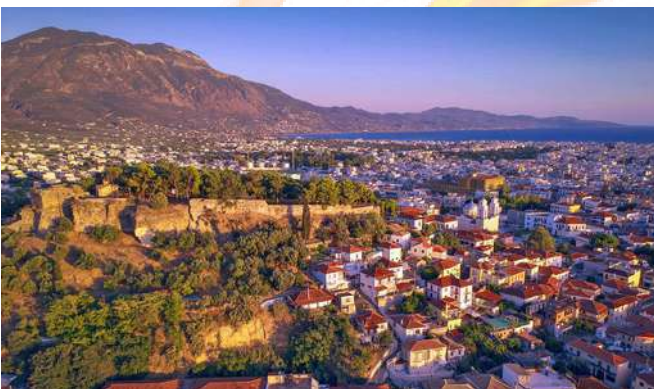
Kalamata (Greek: Καλαμάτα Kalamáta, formerly Καλάμει Kalámai) is the second largest city of the Peloponnese in Southern Greece. The capital and chief port of Messinia, it lies along the Nedon River at the head of the Messenian Gulf. Kalamata and the region around have great historical and cultural value as well as natural beauty, being surrounded by both sea and the mountain of Taygetos.

The history of Kalamata begins with Homer, who mentions Pharai, an ancient city built more or less where the castle of the town stands today.

The Messenian Gulf where Kalamata is located has various long beaches. The Taygetus mountain range is about 4 km (2.5 mi) east of Kalamata and the GR-82 Kalamata-Sparta highway runs through the range.

Kalamata is renowned as the land of the Kalamatianos dance and the silk kerchief; of succulent, dark "Kalamata olives"; and of honey-eyed figs and the honey-covered sesame sweet called "pasteli". The city can be reached from other Greek cities by bus. It has an international airport and an important harbor.

Olives and olive oil are important and famous products are exported from Kalamata. Kalamata has a Mediterranean Climate (Csa) with mild and wet winters and dry, hot summers. Kalamata receives plenty of precipitation days during winter. Summers are very hot and dry. The maximum temperature ever recorded at Kalamata was 42,6°C and the minimum ever recorded was -5°C.



Contact

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