BE Present Active

Erasmus+ Youth Exchange
29/05-08/06, 2026
Eani, Kozani, Greece

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welcome

Welcome to GO Alive's Erasmus+ youth exchange "Be Present, Be Active"! We're looking forward to have you join us in Eani Village, Kozani, Greece, a place rich in culture, history, and natural beauty!



About GO Alive

European Initiative for Youth Empowerment, Mindfulness and Wellbeing

Non-governmental, non-profit youth organization based in Kozani since January 2020

Offering European educational opportunities, such as youth exchanges, training seminars and voluntary services

Promoting non-formal learning educational programmes and cross-border mobility

Youth organisation

Accreditation for Erasmus+ projects in the field of youth

Quality Label for the European Solidarity Corps

Member of the National Consultation Group for Inclusion & Diversity

Official multiplier of the EuroDesk network in Greece

Youth Exchange Objectives

- To introduce participants to mindfulness as a practical tool for understanding their reactions and behaviors and to explore civic engagement as a way to move from passive awareness to active and mindful participation in their communities;
- To support participants in identifying automatic patterns and emotional triggers, particularly in stressful or provocative civic situations, and learning how to respond consciously and through grounding exercises;
- To develop participants' ability to practice mindful and active listening, enabling them to better understand others and identify real community needs through a grassroots approach;
- To provide hands-on experience through simulations and real-life scenarios to develop participants' ability to engage in debates and decision-making processes with empathy, awareness of biases, and the capacity to respond rather than react;
- To strengthen participants' confidence in expressing their opinions and speaking on civic matters, while maintaining emotional awareness and respectful communication in an everyday setting;
- To support participants in transforming local concerns into realistic civic actions, encouraging initiative through concrete and achievable steps;
- To support participants in creating a personal action plan that combines mindfulness practices with active civic engagement in their everyday lives, to encourage the long-term sustainability of these competences, enabling participants to continue applying mindfulness and taking initiative within their communities beyond the project;
- To develop a basic understanding of the Erasmus+ programme, including its purpose, target groups, available opportunities, and the role of Youthpass in recognizing learning outcomes;

Profile of participants

Young participants

- Aged 18-30
- Gender-balance is encouraged in selection.
- Motivated to explore mindfulness as a tool for personal awareness and well-being, alongside civic participation, with a strong interest in applying these concepts in youth work and community activities.
- Possess at least a B2 level of English to engage fully in all aspects of the training and collaborative tasks.
- Maintain a close connection with their sending organization, ideally contributing actively to its mission, activities, or development.

Not mandatory: young people with fewer opportunities

Group Leader Profile

- Aged 18+, no upper age limit
- Experience with youth work and facilitation
- Possess a working level of English

All participants need to fill in the following form before 17 of April 2026:
Click here to fill the online application form

Disclaimer

Alive in the night, A lion in the day!

This is an **alcohol-free project**, alcohol consumption is as such not allowed on the project premises. This is because mindfulness, the topic of the exchange, takes an approach of awareness and reflection and is therefore opposed to any mind-altering practices. Participants are free to go out in the village during their free time where they may visit the local bars if they wish; however, they are expected to fully participate in the program activities each day. Alive in the night, A lion in the day!

Health and Suitability

We recommend that participants currently dealing with significant mental or physical health challenges carefully evaluate whether this program aligns with their current circumstances. While support systems are in place, the responsibility for maintaining personal well-being remains with the participant. Participants must inform us of any medical conditions or special requirements prior to arrival.

Attendance & Youthpass

All participants who take part of the project are expected to be present for the entire period of the program. At the end all participants will receive a Youthpass which certifies their participation on the project. Participants will get instructions and more information on the Youthpass during the project.



Travel budget and Reimbursement

We will reimburse your travel costs from your home city to Eani, Greece, and back, according to the Erasmus+ funding rules. Reimbursement will be done to the bank account of each partner organization, who will forward you the reimbursement once we collect all your original tickets, boarding passes and reports from dissemination activities.

If you bought your ticket in your local currency, different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site: www.ec.europa.eu/budget/inforeuro/index.cfm?Language=en

Please DO NOT BUY any tickets before our approval!

We **cannot** accept photos or scans in place of physical tickets! In addition to plane tickets, we will need some proof of payment and the boarding passes as well.

Distance	Travel budget	~ With green travel*
10-99 km	€28	€56
100-499 km	€211	€285
500-1999 km	€309	€417
2000-2999 km	€395	€535
3000-2999 km	€580	€785

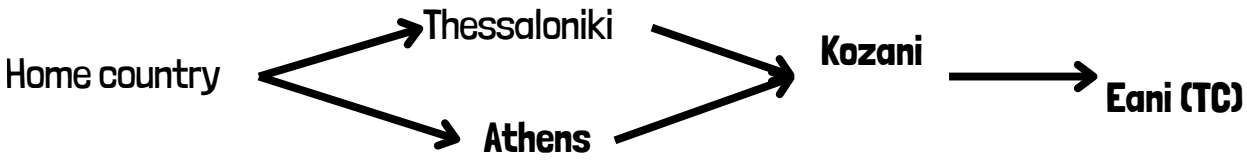
*In case it is possible, we suggest to choose **green travel**:
travel that uses low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Check your travel budget according to the **distance calculator** to **Kozani**: https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator

Travel: Two Arrival Routes



“Hope that your journey is a long one, full of adventures, full of discovery.”
K.P Kavafis



Arriving from *Thessaloniki* International Airport

Start (Bus Number)	Destination	Start time Website (schedule & tickets)	Price (€)	Duration (mins)
Thessaloniki Airport (1X)	Macedonia Intercity Bus Station (last stop)	every 15 minutes http://oasth.gr/en/	2	50
Macedonia Intercity Bus Station	Kozani (last stop)	Last bus departs at 22.00 https://eticket.ktelkozanis.gr/	13	90
Kozani	Eani	last at 20:00 https://eticket.ktelkozanis.gr/	3	30

Macedonia Intercity Bus Station on Google Maps: https://g.co/kgs/Xf8DjFb

Arriving from *Athens* International Airport

Start (Bus Number)	Destination	Start time Website (schedule & tickets)	Price (€)	Duration (mins)
Athens Airport (X93)	Kifisos Intercity Bus Station	in every 28 minutes https://www.athensairportbus.com/en/timetable/x93airporttokifisos.html	5,50	60
Kifisos Intercity Bus Station	Kozani	07:45 https://eticket.ktelkozanis.gr/	43,40	7 hours
Kozani	Eani	last at 20:00 https://eticket.ktelkozanis.gr/	2,40	30

Kifisos Intercity Bus Station on Google Maps: https://maps.app.goo.gl/VvtS1HD5wdqmHHUN9

There are **flights** three times per week from Athens to Kozani. If it is convenient for you, you can book your flight here: https://www.skyexpress.gr/en

Travel: How to return back home

8-9 June

The bus from Eani to Kozani at 8.15, 15.00, 16.30 and 20.30.
The trip usually takes less than 30 min.

Departing from *Thessaloniki* International Airport

Bus from Kozani to Thessaloniki at 6.00, 7.30, 9.00, 10.00, 12.00, 14.00, 15.00, 16.00, 17.00, 18.00 and 20.00. It is a 1,5 hours trip. You can buy tickets online here: https://eticket.ktelkozanis.gr/
Price ticket: 11,60 euros one way

From T.S. KTEL Thessaloniki's bus station to Thessaloniki airport you need to take the bus Number 1X which passes every 15-25 minutes (http://oasth.gr/en/). The route takes around 50 minutes and the ticket costs 2 euros (1 euro for students).

Departing from Athens International Airport

OPTION 1 There are two Buses from Kozani to Athens at 08.45 and 22.00 (except for Saturday night). It is a 7 hours trip. You can buy tickets online here: https://eticket.ktelkozanis.gr/
Price ticket: 43,40 euros one way
Once you arrive at Kifisos Intercity Bus Station, you need to take bus number X93 and arrive at the airport. The bus to the airport is running 24 hours all week, every 28 minutes. The ride is around 1 hour long and the price is 5,50 euros.

OPTION 2 There are flights three times per week from Kozani to Athens. If it is convenient for you, you can book your flight here: https://www.skyexpress.gr/en



In case it is possible, we suggest to choose **green travel**: travel that use low-emissions means of transport for the main part of the travel, such as bus, train or car-pooling.

Especially when travelling from **Italy** you can come with the ferry from Brindisi, Bari, Venice or Ankona to Igoumenitsa. When travelling from **Bulgaria** or **Turkey,** you can arrive to Thessaloniki by bus. When travelling from **North Macedonia**, you can arrive via Florina by bus.

Accomodation

Elimeia 3 Hotel
Eani, Kozani
Region of Western
Macedonia, Greece
Google Maps Link

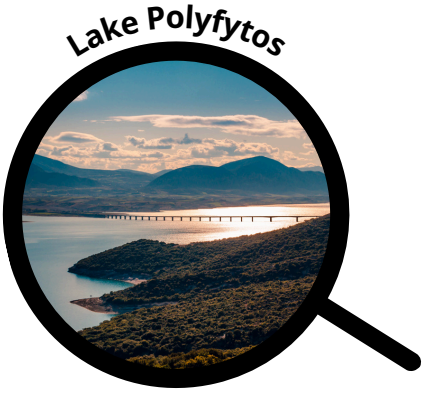


You will stay in hotel "Elimeia 3" in Eani, appoximately 25min away from Kozani. Eani is small historical town in Kozani Regional Unit, Greece. It is located in a mountainous remote area, near Polyfytos Lake, an artificial lake of Aliakmonas River. The Archaeological Museum of Eani has priceless archaeological findings found in the ancient city of Eani.

Participants will be accommodated in double/triple rooms with bathroom (towels included). Accommodation and full board meals are covered by the organizers.

Nearby spot

Ideal for nature lovers, offering serene views and hiking opportunities!



Food



The training course will provide you with 3 meals per day (breakfast, lunch and dinner). The meals will be balanced and healthy, based on traditional Greek cuisine, so you will have the opportunity to try moussaka, pastitsio, souvlaki, etc. We can't always satisfy all tastes and demands. We can offer options to people with special preferences, or needs, including vegetarian options, vegan, gluten-free, etc, however don't expect to eat like you do at your home country.

Bring your favorite snacks to share during intercultural nights!

Itinerary

Arrival Day

Day 1-2

GO Alive introduction to Mindfulness and Civic Participation, teambuilding and workshops

Day 3

Partner country #1 facilitates a morning workshop Go Alive facilitates afternoon workshops

Day 4

Day off, optional trip to Meteora

Day 5

Partner country #2 facilitates morning workshop; Go Alive facilitates afternoon workshops

Day 6

Partner country #3 facilitates morning workshop; Go Alive facilitates afternoon workshops

Day 7

Day off, optional trip to Parga and Ioannina

Day 8

Partner country #4 facilitates morning workshop; Go Alive facilitates afternoon workshops

Day 9

Closure, Evaluations and reflections, Youthpass info

Departure Day

The Weather

In late May and early June, Kozani experiences cool temperatures with highs around 18°C and lows averaging 8°C, so pack a sweater or a jacket for the evenings. There is a moderate chance of light rain, so bringing an umbrella is a good idea. Sunshine hours are limited but still offer pleasant daytime conditions for outdoor activities.

Optional Trips

Food packs included!



METEORA

Explore the breathtaking monasteries on the towering cliffs of Meteora, where nature and spirituality meet atop towering cliffs. Experience one of Greece's most unforgettable and awe-inspiring landscapes.

Tuesday 02/06
14€ cash

IOANNINE

Famous for its historical sites, its central lake and numerous museums, this beautiful Greek town is full of memorable landscapes surrounded by rich cultural heritage.



PARGA

This picturesque town is known for its beautiful beaches, colorful architecture, and historical sites like the Venetian castle.

Tuesday 06/06
19€ cash

Book both trips for 30€

WHAT TO BRING

GOOD VIBES

good energy and positivity



comfortable clothes & sports shoes



your coffee cup and/or a bottle for water



health insurance (we suggest European Health Insurance Card)



your favorite snacks from home to share during the coffee breaks or cultural nights



ticket receipts, boarding passes, bus tickets etc



readiness to learn and contribute to learning of others

Your hosts

MARIA STEFANIDOU



GO Alive Co-Founder and HR manager, Health and Mindfulness Coach, Bachelor in Medicine, Resident doctor in General Practise/ Family Medicine, Board Member of HIPPOCRATES - Society of General Practice / Family Medicine Greece, attended YOCOMO ToT by SALTO Training and Cooperation.

MARKOS CHIONOS



GO Alive Co-Founder and L. R., Accredited Project Manager, Adult Educator, Bachelor in Finance, LLM in Dispute Resolution, PhD candidate/researcher on the Effects of Mindfulness on Innovation.

Local culture



Local Cuisine: Indulge in traditional dishes like moussaka, pastitsio, gyros and local cheeses. Kozani is also known for its saffron production.



Language Basics: Familiarize yourself with basic Greek phrases like "Kalimera" (Good morning), "Efharisto" (Thank you), and "Parakalo" (Please).



Cultural Norms: Greeks are known for their hospitality. It's common to greet with a handshake and maintain direct eye contact. Punctuality is more relaxed in social settings.

Nearby Spots



Lake Polyfytos: Ideal for nature lovers, offering serene views and hiking opportunities.



Vergina Archaeological Site: Explore the ancient tomb of King Philip II, father of Alexander the Great.



Valia Calda National Park: A paradise for hiking and wildlife observation.



Siatista: A picturesque town known for its wine production and traditional mansions.



Skepasmeno Waterfalls of Velventos: A landscape of natural beauty for a light hike through beautiful streams , waterfalls and mountains

About GO Alive NGO

"GO Alive – European Initiative for Youth Empowerment, Mindfulness and Well-being" is a youth organisation established in January 2020, located in the city centre of Kozani, Western Macedonia, Greece.

Our aims are:

- The educational, professional, cultural and mental empowerment and development of young people (especially those with fewer opportunities due to social, economic or geographical obstacles) and the improvement of their skills and competences, by facilitating their active citizenship, employment and transition to the job market.
- The support of the mobility of young volunteers, trainees and employees by promoting youth work and youth initiatives.
- The promotion of mindfulness, self-awareness, wellbeing, a healthy and a balanced lifestyle, with an emphasis on prevention and active / healthy ageing.
- The promotion of the mobility of young people outside and outside the borders, organising local actions and interventions, as well as the use of new media.
- The promotion of the values of non-formal learning and education, which contributes to the socio-educational development of individuals, but also to education at all levels, especially to people who have dropped out.

GO Alive

Co-funded by the European Union

ΙΔΡΥΜΑ ΝΕΟΛΑΙΑΣ & ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ

CONTACTS

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