



# H2O

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**Health and Heritage,  
Opportunities for a life change**

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## Thessaloniki

**01/08/2023 - 29/09/2023**



**EUROPEAN  
SOLIDARITY  
CORPS**



# WHO ARE WE?

**United Societies of Balkans (U.S.B.) is a non-profit, non governmental organization based in Thessaloniki, Greece, working in the field of youth mobility participation and promotion of youth awareness on social issues. It was founded in 2008 by the initiative of a group of active young people, who wanted to address social issues that affect young people in the Balkans and Eastern Europe.**





# OUR GOALS

**The goal of the organisation is the promotion of youth mobility, youth involvement and participation, voluntarism and human rights.**

**We make it through:**

- **Promoting the values of non formal learning, voluntarism, active citizenship and democracy for the creation of a better future for the European youth;**
- **Involving minorities and immigrants into youth activities;**
- **Building healthy cooperation bridges between countries in the area of the Balkans and Eastern Europe with the rest of Europe;**
- **Using New Media and Citizens' Journalism methodologies to encourage youth expression, to raise awareness of Human Rights and to promote intercultural dialogue;**
- **Utilizing arts as a tool for the cultivation and expression of youth;**
- **Breaking down prejudices and stereotypes among the European countries and amongst youth..**



# THE PROJECT

**This volunteering activity will be implemented in Thessaloniki, the second biggest city of Greece and the volunteers will work side by side with the Roma community of Thessaloniki, an ethnic minority present for hundreds of years in Greek territory but which has suffered cultural and religious discrimination, to promote their cultural heritage and foster their inclusion.**

**It will involve 20 volunteers and will be supported by United Societies of Balkans and partner organization Faros tou Kosmou. In this way, not only the Roma and the local Greek volunteers will have an opportunity to be agents of change in their own country, but also the international volunteers will be able to address the same societal challenge in their countries, tackling stereotypes and overcoming prejudice still really present in the society.**





# **VOLUNTEERS' PROFILE**

**The participants will have to be between 18 and 30 years old and be genuinely interested in the project. The knowledge of the English language is going to be considered since English is going to be the language of communication between the participant and the organisation, but it won't represent a pre-requisite, especially for the participants with fewer opportunities.**

**A very basic knowledge of Greek or English is though required, for them to have at least one communication language to be used in the field and in case of need or emergency.**

**Volunteers' interests need to include one of the following topics: social media management, teaching, working with children, video making, photography and/or writing.**

**Regarding the inclusion of people with fewer opportunities, United Societies of Balkans will guarantee safety and support for the participation of young people with fewer opportunities as it has been coordinating dozens of programs and has extensive experience in working with and for people from socially vulnerable groups.**

**The program is Volunteer Teams and doesn't exclude you for individual ESC long term or short term.**

**The working program will be 6 hours per day, normally from Monday to Friday. It might be possible that the participants will be asked to work on weekends in case specific events are going to be organised.. In that case volunteers will have extra free days within the week.**



# ABOUT THESSALONIKI

Thessaloniki is the second biggest city in Greece, and it is located in the North-East part of the country. It is a coastal city full of life, with a lots of young people and students. It has served as the European Youth Capital in 2014. It is also a city with a long history and tradition.

It has always been a crossroad between the West and the East and a trading harbor for many Balkan countries. It embraces many immigrants and cultural groups from many areas of the wider region of the Balkans, which renders it a colorful mosaic of cultures and trends.

More information is available on the website of the municipality:  
[www.thessalonikicity.gr](http://www.thessalonikicity.gr)





# **ACCOMMODATION & FOOD POLICY IN THESSALONIKI**

**Volunteers are going to be accommodated in a fully equipped building located in the city centre (Anagnostara, 13) near the main bus and train station of the city. It is an autonomous 5 floored building of 150m<sup>2</sup> per floor and a terrace on the 6th floor.**

**There are two living rooms and a big kitchen, showers in the common floors and toilets in every floor. In the building, there are also accommodated other volunteers, who participate in other projects in the city coordinated by our organisation. Each volunteer will share their room with up to three more people of the same gender. Up to 35 volunteers are living in the building. There are also single rooms for people with special needs. Wireless internet is available in the whole building. The volunteers are responsible for the daily cleaning of their own spaces as well as the common spaces.**

**The House Manager coordinates the cleaning of the common spaces and support the volunteers to fix issues in the house.**



# INSURANCE & HEALTH

**The participants will have a private insurance by HENNER, which covers all their needs for the whole duration of their project. The registration to the insurance is made by the Sending organisation. A network of doctors and hospitals is already available in order to meet all their needs, even the most urgent. The Mentor is responsible for all their issues connected with health and insurance.**

## YOUTHPASS

**Youthpass is the official recognition tool for non-formal & informal learning in youth projects.**

**Through this, participants of Erasmus+ and European Solidarity Corps projects can describe what they have done and show what they have learnt. Volunteers have to keep a diary of their activities and learning in order to fill it properly at the end of their project.**

**The Mentor is also responsible for the Youthpass and will support the volunteers throughout the process.**





# TRAVEL & POCKET MONEY

USB will be responsible of the practical arrangements (accommodation, food, tickets, welcoming). The travel costs are covered by the project until a limit based on the distance between Thessaloniki and the hometown of the volunteer. Travel budget per the official regulations:

- 10 and 99KM: 20 EUR per participant,
- 100 and 499 KM: 180 EUR per participant,
- 500 and 1999 KM: 275 EUR per participant,
- 2000 and 2999 KM: 360 EUR per participant,
- 3000 and 3999 KM: 530 EUR per participant

The participant need to buy their tickets and will get the refund as soon as possible when we receive their tickets. At the beginning of the mobility period the volunteers will take their individual pocket money, 5 euros per day.

**\*For the volunteers coming from NON-EU countries the visa costs will be covered.**

**!The volunteers MUST arrive on the date specified for each volunteering team: if volunteers will arrive earlier, expenses for accommodation will not be covered.**

