

THALASSEMIA IS NOT DESTINY



KA153-YOU - Mobility of youth workers

Project Number: 2024-1-EL02-KA153-YOU-000240518



08-14 MARCH 2025

**07 & 15 ARE TRAVEL
DATES**



NAFPAKTOS, GREECE



Κοιν. Σ. Επ.
Πράσινης & Μπλε
Αναπτυξιακής



**Co-funded by
the European Union**



ABOUT THE PROJECT

This Erasmus+ project aims to promote healthy lifestyles and prevent Thalassemia through international collaboration and awareness. Its key objectives include improving public health in Mediterranean countries, supporting disadvantaged groups, and encouraging early testing to prevent hereditary transmission. Activities involve sharing international best practices, and engaging the public through seminars, and workshops.

Consortium



GREEN AND BLUE DEVELOPMENT SOCIAL COOPERATIVE
ENTERPRISE (GREECE)



ALSACE-ARGOLIS France



ASSOCIATION FOR ADVANCED CONTEMPORARY EDUCATION
VOLVOX



ACTION FOR PEOPLE



ASOCIACIÓN COHOPE ELKARTEA PARA APOYAR EL
EMPRENDIMIENTO Y LA CONSOLIDACIÓN DE PROYECTOS SOCIALES
VINCULADOS A LA DESPOBLACIÓN



INSTITUTI PËR ZHVILLIM DHE EDUKIM (IDE ALBANIA)



KURESEL DEGİSİM DERNEGI



SPORTSKO VOLONTERSKA ORGANIZACIJA NATURALISTA

OBJECTIVES

The **“Thalassemia is not Destiny”** project aims to:

- **Raise Awareness:**

Educate youth about Thalassemia, emphasizing its prevention, management, and the importance of early testing, particularly before marriage.

- **Improve Quality of Life:**

Provide well-being guides for individuals affected by Thalassemia through better healthcare practices and support systems.

- **Foster International Cooperation:**

Strengthen collaboration among Mediterranean countries to address Thalassemia through shared knowledge, resources, and strategies.

- **Learn Best Practices:**

Exchange effective methods and innovative approaches for combating Thalassemia across different European regions, leveraging partner expertise.

- **Promote Prevention:**

Advocate for pre-marriage Thalassemia testing to reduce the risk of transmission to newborns and ensure healthier future generations.

TARGET GROUPS

The target groups of the "**Thalassemia is not Destiny**" project are:

- Youth Workers:

To train them in raising awareness and engaging communities in Thalassemia prevention efforts.

- Healthcare Professionals:

Including doctors and nurses, to enhance their knowledge and skills in managing and preventing Thalassemia.

- Disadvantaged Groups:

Individuals at higher risk of Thalassemia due to genetic factors or limited access to healthcare.

- General Public:

To increase awareness about the disease, its prevention, and the importance of early testing.



ABOUT THE MOBILITY

The mobility activity "**Thalassemia is not Destiny**" is an initiative under Erasmus+ KA153-YOU, aimed at equipping youth workers with knowledge and tools to address health-related social challenges, particularly the awareness of thalassemia. Taking place in Nafpaktos, Greece, from March 08 to March 14, 2025, the activity will involve 32 participants from various partner countries (4 participants from each partner country). Through a series of workshops, interactive discussions, participants will explore the genetic and social aspects of thalassemia, and develop prevention strategies.

A strong emphasis will be placed on non-formal education methodologies, enabling youth workers to effectively engage communities in awareness campaigns. Beyond the mobility, participants will know how to implement awareness-raising initiatives in their local communities. By combining education, social inclusion, and proactive health prevention, this initiative aims to contribute to a healthier, more informed society across Europe and beyond.



ACTIVITY PROGRAMME

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Arrival of the participants and Check-in at the Hotel	Presentation of the Erasmus + and the Training Course & Ice Breaking Games: Non-formal Educational Games	"What Do You Know About Thalassemia?" Quiz & Discussion	Workshop: The Psychological & Social Impact of Thalassemia	Team Building Activity	Group Work: Awareness Action Plans
	Lunch	Lunch	Lunch	Lunch	Lunch
	Team Building – Getting familiar with each other: Presentations of participants and the project in general	National insights Participants present their countries' perspectives on rare diseases & healthcare	Workshop: Advances in Thalassemia Treatment & Gene Therapy	Case Study: Best Practices in Thalassemia Support	Workshop
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner



ACTIVITY PROGRAMME

Day 7	Day 8	Day 9
Breakfast	Breakfast	Breakfast
Case Analysis Workshop	Creative Session : Designing and Implementing Youth Initiatives to Raise Thalassemia Awareness, Foster Advocacy, and Promote Supportive Behaviors for Patients.	Departure of the participants – Check out
Lunch	Lunch	
Evaluation: The participants will dedicate time to learning methods to articulate their own cognitive processes effectively to others.	Closing Ceremony: Certificate Ceremony & Youthpass Distribution	
Dinner	Dinner	



ABOUT NAFPAKTOS

A particularly beautiful town of 10,000 inhabitants built in the shape of an amphitheater on a pine-clad slope. Known since the ancient times, Nafpaktos was the port and the military center of the Aetolian Confederacy. Due to its strategic position, it has often been the apple of discord among its conquerors. Nafpaktos is also known for the famous sea battle, during which the Turkish fleet was destroyed by the unified European forces (in October 1571). Miguel de Cervantes, the author of "Don Quixote", took part in this battle as a soldier on a Spanish ship. Nafpaktos participated in the Revolution of 1821 and was liberated in 1829.

Built between Antirrio and the mouth of the river Mornos, Nafpaktos is the most beautiful town of the district of Aitolokarnania. Its idyllic beaches face the Corinthian gulf; its mountain attractiveness encompasses Nafpaktia; its rich history is reflected on two fabulous monuments, the Venetian castle and the Venetian port. The first things that strike visitors in Nafpaktos are its comfortable plane-shaded roads, its traditional buildings, and its people of all ages enjoying the sun in open-air restaurants and cafés, often by the sea. Start strolling around the cobbled streets with the naval houses and the well-preserved mansions.

READ MORE



ACCOMMODATION & MEALS

Hotel Aphrodite is located in Nafpaktos and offers accommodations with a shared lounge and a bar. The property features room service and a 24-hour front desk, along with free WiFi throughout. Each room includes a balcony. The rooms will be **Double or Triple Rooms**, respecting gender balance.

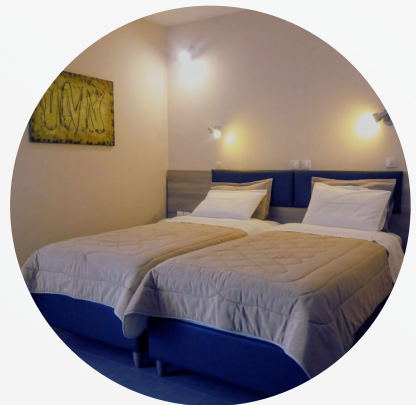


At Hotel Aphrodite, all rooms are equipped with air conditioning, a desk, a wardrobe, a terrace with city views, a private bathroom, a flat-screen TV, bed linen, and towels. The units also provide guests with a refrigerator. The point of interest Gribovo Beach is 600m from Hotel Aphrodite, while Psani Beach is 1.1 km away. Araxos Airport is located 62 km from the property.

Guests can begin their day with a buffet breakfast featuring cakes, local sweets, and fresh juices.

The lunch and dinner will be covered from the host organisation of the project. And breakfast will be at the hotel.

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.



CHECK IT OUT



TRAINING VENUE

The Labor Union Center of Nafpaktia & Dorida is a significant regional organization that supports the rights and interests of workers and employees in the area. It serves as a hub for labor-related activities, professional development, and community engagement.

Key Features:

Facilities:

- Equipped with spaces suitable for meetings, workshops, and training sessions, making it an ideal venue for educational and professional events.

Location:

- Centrally located in Nafpaktos, easily accessible for participants attending events and training sessions.

By hosting the training at this center, the event gains a professional and community-oriented atmosphere, enhancing the overall impact of the project.



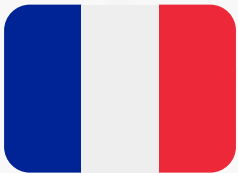
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TRAVELLING



TRAVEL BUDGET PER PARTICIPANT



309,00 €



211,00 €



309,00 €



395,00 €



211,00 €



309,00 €



309,00 €

Traveling expenses will be reimbursed after the project has finished in maximum 2 months time.

Participants need to have all of their traveling tickets, invoices, and boarding passes.

Participants must attend all the sessions and workshops.

Participants must disseminate the project according to the instructions that will be given.

PRACTICAL INFORMATION

Step 1: Flight to Greece

The nearest major airport to Nafpaktos is Athens International Airport (ATH). An alternative is Araxos Airport (GPA), closer to Nafpaktos, though it has limited international connections.

Step 2: From Athens to Nafpaktos

Once in Athens, participants have several options to travel to Nafpaktos:

1. By Bus:

- Take a bus from Athens' Kifissos Bus Terminal to Nafpaktos.
- Duration: Approximately 3 hours.

2. By Train:

- Take a train from Athens to Patras (Intercity train).
- Take a train from Patras to Nafpaktos (if applicable).
- Distance: 62 km (~1 hour by car).

Options: Taxi or pre-arranged shuttle transfer.

- Travel Documents: Ensure valid travel documents and health insurance.

Local Currency: The currency is the Euro (€); ATMs and exchange services are widely available.

PRACTICAL INFORMATION

Emergency Contacts and Local Assistance in Greece

Emergency Numbers (Nationwide)

- General Emergency (Police, Fire Brigade, Ambulance): 112 (Available 24/7, multilingual support)
- Police Direct Line: 100
- Ambulance Service (EKAV): 166
- Fire Brigade: 199

Local Contacts in Nafpaktos

- Nafpaktos Police Station: +30 2634 027258
- Nafpaktos General Hospital (for medical emergencies): +30 2634 360000

Transportation Assistance

- Local Taxi Service in Nafpaktos: +30 2634025111

Project Organizer's Contacts (Local Coordinators)

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