

INFOPACK FOR PARTICIPANTS

Erasmus+ Youth Exchange

Sports as a tool for Inclusion: Football to Unite

22-30 July 2026 | Filiates, Greece



ABOUT THE PROJECT

Sports as a tool for Inclusion: Football to Unite is an Erasmus+ Youth Exchange project that brings together young people from different countries to explore how sport, and especially football, can promote social inclusion, intercultural dialogue, and active participation. The project is built on the idea that sport is much more than physical activity: it is also a powerful educational tool that can help break down barriers, strengthen mutual understanding, and create a sense of belonging among young people from diverse backgrounds.

Through this project, participants will take part in a dynamic learning experience based on non-formal education methods, intercultural exchange, and team activities. Special attention is given to the inclusion of young people with fewer opportunities, ensuring that everyone can participate equally, share their experiences, and benefit from the learning process. The project aims to strengthen key competences such as communication, teamwork, conflict resolution, and respect for diversity, while also encouraging participants to become active and responsible citizens in their local communities.

The programme includes team-building activities, intercultural workshops, street football sessions, discussions on fair play and social inclusion, daily reflection groups, and dissemination activities. By combining sport with learning and intercultural exchange, the project creates a space where young people can develop personally, learn from one another, and reflect on common European values such as tolerance, equality, solidarity, and inclusion.

At the end of the exchange, participants are encouraged to transfer what they have learned into their own local realities, acting as multipliers of the project's values and promoting inclusion, fair play, and diversity in their communities. In this way, Football to Unite aims not only to create a meaningful experience during the mobility, but also to generate a longer-term positive impact beyond the project itself.

TIMELINE

Plan your trip according to the arrivals to Thessaloniki and departures from Thessaloniki or you can also fly directly to Ioannina or take the bus to Ioannina or flying to Corfu is another option and *then you will have to take the ferry to Igoumenitsa!*

Duration: 7 working days + 2 travel days.

Arrival date: 22 July 2026 / Departure date: 30 July 2026

FLIGHT OPTIONS

Plan your trip according to the arrivals to Thessaloniki and departures from Thessaloniki or you can also fly directly to Ioannina or take the bus to Ioannina or flying to Corfu is another option and then you will have to take the ferry to Igoumenitsa!

Please check in advance the connections with buses to Ioannina here:

<https://ktelmacedonia.gr/en/routes/tid=16>

and then from Ioannina to Igoumenitsa here: <https://ktelioannina.gr/en/index.html>

P.S.: You can use till 2/3 days extra for your travel if you want to explore more of Greece or it helps you to arrange your travel smoother.

Extra days are on your own expenses.

PROFILE OF PARTICIPANTS/PARTNER ORGANIZATIONS AND TRAVEL REIMBURSEMENTS

The project is designed for young people aged 18-30 who are interested in sport, inclusion, intercultural learning, and active participation. No previous football experience is required. What matters most is motivation, openness, and willingness to take part actively in all activities of the exchange.

Participants should:

- be 18 to 30 years old
- be able to communicate in English, which will be the working language of the project
- be motivated to actively participate in workshops, discussions, football-based activities, and group work
- be open to intercultural learning and teamwork
- be interested in the themes of social inclusion, fair play, tolerance, diversity, and youth participation
- be willing to contribute to dissemination and follow-up activities after returning home

Special attention will be given to the participation of young people with fewer opportunities, including those facing social, economic, geographical, or cultural obstacles.

Each partner organisation will send 5 participants and 1 group leader.

In total, the activity will bring together 36 participants, as well as 2 facilitators, for a total of 38 participants.

- Greece - EUPRAGIA NON PROFIT CIVIL ORGANIZATION: up to 56 EUR per participant
- Czechia - Sokolik Brno, z. s.: up to 309 EUR per participant
- Hungary - Reményt a Gyermeknek Közhasznú Egyesület: up to 309 EUR per participant
- Spain - Ajuntament de Pego: up to 395 EUR per participant
- Slovenia - ZAVOD APGA, agencija za promocijo gibalnih aktivnosti: up to 309 EUR per participant
- Türkiye - LYKIA IZCILIK VE DOGASEVERLER KULTUR DERNEGI: up to 309 EUR per participant

P.S.: All the tickets have to be confirmed with us before booking them!

These travel expenses will be reimbursed to the partner organisation via the bank transfer after the project having all the travel documents uploaded in digital form and original (if any) return tickets sent to us by post. We would like to remind you that flight tickets need to be economy class. Participants need to bring and submit the original tickets, invoices where is shown the PRICE and BOARDING PASSES in order to get their reimbursement. Invoices should be in EUR and your names should be written on the invoices. If the participants do not submit the respective original documents to us, their payment will not be reimbursable!!!

HOMEWORK GUIDELINES

1. Intercultural Preparation

Each national group should prepare a short and creative presentation of their country, culture, local traditions, and youth realities. Participants are encouraged to present their culture in an interactive and engaging way, using games, quizzes, music, stories, or visuals rather than only a formal presentation.

There will also be space to share typical food, snacks, drinks, music, dances, or other cultural elements from your country during the intercultural evening. Please note that there will be no access to a kitchen for cooking, so we kindly ask you to bring only ready-to-serve items.

2. Traditional Street Game Preparation

Each national team is also invited to prepare and present one traditional game that young people in your country usually play in the streets or in open public spaces.

Please prepare the game as a team and be ready to:

- explain the rules clearly
- involve the other participants in playing it
- share a few words about its cultural or social meaning, if relevant

The aim is to exchange simple and fun examples of traditional play from each country and explore how games can connect young people, promote participation, and create inclusive group dynamics.

ACCOMODATION

You will be accommodated in the municipality house (Markou Mpotsari 5, Filiates). Here you can see some photos: [Photos](#) (4/5 people per room). Breakfast, lunch and dinner will be served at the restaurant of the building downstairs. Your accommodation is located in the center of Filiates. We will be responsible for dividing the participants at the rooms. The menu will be very specific so make sure to inform us for any dietary restrictions before the beginning of the program.

INSURANCE

All the participants are responsible to obtain a health and full travel insurance. The costs for the insurance have to be covered by you.

Remember your European Health Insurance Card!

WHAT TO TAKE WITH YOU:

Specific medicines (if you need any - especially the ones need prescription), personal documents to travel, materials and a presentation regarding your Sending Organisations some national/local snacks and sweets, light clothes and comfortable shoes, swimming suit and towel for the beach, flip flops, a suncream.. any other item that you consider relevant.

YOUR OWN BOTTLE OF WATER FOR REFILLING!!!

Weather: The weather in July in Filiates is expected to be sunny and hot during the day and a bit cooler during night!

Looking forward meeting you in Filiates!

