



Telling Stories together for Change

15 – 20 May 2022, Athens, Greece

Information Pack

Dear participant in the **Training Course “Telling Stories together for Change”**,

It will be a pleasure to welcome you in Athens. With this info pack we aspire to give you the right information in order to facilitate your travel and stay, help you prepare and make you feel safe about your participation in the Programme.

About the “Future Narratives”

The project introduces youth workers and young people to the concept of “Futures Literacy,” developed since 2012 by UNESCO, seeking to study “the frames people use to understand tomorrow.” According to UNESCO, “Futures Literacy is a universally accessible skill that builds on the innate human capacity to imagine the future, and offers a clear, field tested solution to poverty-of-the-imagination”.

Future Narratives uses storytelling as the key tool to activate the capacity to reflect on the past, the present and the future and to recognise different approaches to them and their interpretation, thus fostering the understanding of the power of culture, stories and visions in enabling a better future.

The Future Narratives approach gives us not only the tools to work on a vision for ourselves and for our community, but also helps us develop key competences such as cultural understanding, critical thinking, digital literacy, communication and active participation in civic and social life.

About the Training Course in Athens

This training course aims to empower young people through the understanding and use of storytelling and future literacy. During the training course, participants will develop key competencies on how to frame their personal story, develop community stories and use video to construct a narrative for change.

What is a community? What does it mean to imagine a collective future? What is our community and how do we place ourselves within it? What are the stories that our communities share, and how do they relate to the stories of others?

Participants of the training course will have the opportunity to join the Future Narratives local working group and join the upcoming activities in Germany and Sweden.

Coordinator: Traces&Dreams (Sweden)

Partners: Euro Project Lab (Italy), Andalucía Acoge (Spain), Inter Alia (Greece), Machart (Germany), Möjligheternas Plats (Sweden)

Draft Programme

Before the meeting in Athens, we will have a zoom conversation with Alina Siegfried, author of the book *A future untold*. The conversation is open to all participants. The recording will be shared before the meeting in Athens and everyone will be invited to listen to it before arriving.

The meeting is scheduled for the **4th of May at 9:30 am CEST**.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Arrivals *	<ul style="list-style-type: none"> Expectations, fears, contributions Values and guidelines 	Building confidence & Imagination boost	Collective Mapping	<ul style="list-style-type: none"> Community Narratives Evaluation & follow-up 	Departures
		Lunch time	Lunch time	Lunch time	Lunch	
Afternoon		Webinar on Storytelling Narratives and Identities by Dr. Blount-Hill	Storytelling for change	Digital Storytelling	Open Event on Future Narratives	
		Dinner	Dinner	Dinner	Common dinner**	

Except stating otherwise, activities will start at 10.30am until 1pm for lunch and continue at 3pm until 5pm

* Since Monday activities will start early in the morning, we are planning to have a first meeting with the group on Sunday with those that are going to arrive before afternoon.

** Common dinner will take place at Shedia Home and it is going to be covered by Inter Alia: Kolokotroni 56, Athina 105 60

Dryades and Orion hotel roof garden: Em.Benaki 105 & Anexartissias Street, Athina 114 73

Navarino Park or Strefi Hill - TBC

Myrtillo cafe: Trifilias and Efstathiou Lampsas, Athina 115 24

Free

Goethe Institut: Omirou 14-16, Athina 100 33



Get to Know the City of Athens!

Welcome to Athens! Athens' historic centre is an open-air museum where the city's cultural and social life take place. It is a heady mix of history and edginess, with ancient and modern characteristics. The city is full of iconic monuments, museums, lively and cozy cafes, traditional taverns and stylish restaurants, artsy-industrial and alternative neighbourhoods, and entertainment quarters.

Athens spreads across the central plain of Attica and is bounded by four large mountains, namely, Mount Parnitha, Mount Penteli, Mount Aegaleo, and Mount Hymettus. Athens is named after Athena, the goddess of wisdom, who defeated Poseidon to become the patroness of the city. It is believed that the city has experienced every form of government till date, whether democracy, capitalism, socialism, communism, or any other.

You can read more about Athens at [Visit Greece](#) and [This is Athens](#).





Practical Information about the training course

The **training activity** will take place from **15 May** (arrivals) until **20 May** (departures) **2021**. Partner organizations, teams and participants are responsible for the arrangement of their travel. We foresee to start on Sunday (15 May) with a get to know each other activity and a welcome dinner and finish on Friday morning (20 May).

Accommodation

We suggest you to book your stay in Athens at Orion & Dryades Hotel and let the reception know that you are participating in the training organized by Inter Alia. Part of the training will also take place in Orion & Dryades roof garden.

Where to eat

There are numerous options to eat and drink in Athens. Especially in the Exarcheia area you are going to find many special options, including vegan, quality fast food and international cuisines. Here are some suggestions close to Inter Alia's office and the Dryades & Orion hotel:

- **Agrafa:** Valtetsiou 50-52, Athina 106 81 / \$, fast souvlaki
- **Cookoomela grill:** Themistokleous 43, Athina 106 83 / \$, fast vegan souvlaki
- **Ap'allou:** Themistokleous 47, Athina 106 83 / \$, vegan fast options
- **Revithaki:** Themistokleous 63, Athina 106 83 / \$, vegan fast options
- **CHEligkas:** Zoodochou Pigis 50, Athina 106 81 / \$\$, greek meze
- **Bread and Roses:** Panepistimiou 64 (inside stoa) 106 77/ \$\$
- **Achileas/Vergina:** Valtetsiou 62, Athina 106 81 / \$\$
- **Rozalia:** Valtetsiou 59, Athina 106 81 / \$\$
- **Mystic Pizza & Pasta:** Emmanouil Benaki 76, Athina 106 81 / \$\$
- **Ama Lachei:** Kallidromiou 69, Athina 106 83 / \$\$\$
- **Atitamos:** Kapodistriou 2, Athina 106 83 / \$\$\$
- **Giantes:** Valtetsiou 44, Athina 106 81 / \$\$\$

Sweet tooth!

- **I cake you,** Themistokleous 42, Athina 106 78
- **Sorolop,** Andrea Metaxa 17, Athina 106 81

Coffee & more

There are so many different options!

Check out the pedestrian parts of Messologgiou and Koletti str. in Exarcheia.

Weather

You may know in advance how the weather will look like before you start your trip, if you visit this [website](#), which has a really accurate forecast.

Covid-19 – To be updated

Please read carefully the updates regarding the covid-19 measures in Greece [here](#).
Please note that you will need to complete a [PLF](#) before entering the country.

Transport from the Airport to the city of Athens

There is the option to take either the bus X95 or the metro to Syntagma Square. From there, you can take the red line to Anthonoupoli and stop at Panepistimio or Omonia stop. These stops are the closest ones to the suggested accommodation and also to Inter Alia's office. The training will take place in Orion & Dryades roof garden which is 5' walking distance from our office.

Buses and taxis depart just outside the exit at the (airport) Arrivals level. Just follow the "Buses / limousines" signs. At the bus departures area there is also a ticket booth which is open 24 hours a day, 365 days a year. The trip with the bus will take 45 to 1 hour, depending on the traffic, to the city center.

The airport's train station is where the Metro and Suburban railway trains depart, from adjacent platforms. The station's building is at the (airport) Departures level (if you arrive in Athens you'll take the elevator up) and it's connected to the main building via a passageway with a moving walkaway. It takes 3 – 5 minutes to get to the station from the main airport terminal's entrance/exit. Again, follow the signs "to Trains". At the station, there are ticket booths open when the trains are running. The trip with the metro will take approximately 30 mins to the city center.

Put in your handbag the most important stuff

In order to avoid serious problems related to loss of bags during your travel, we kindly suggest you to put in your handbag all the important stuff, especially medicine you might need, important documents (ID OR PASSPORT above all) or anything you can't do without.

Please make sure to keep your ID/passport on you all the time!!!

Health Insurance

Please make sure to arrange your travel and health insurance (EU health card) before traveling!



Money and Currency in Greece

Greece's monetary unit is the Euro. No other currency is accepted, and it is best to exchange your currency before traveling or at a bank. At the airport near the luggage pickup, you can find machines that can exchange foreign currency and return Euro. You may also withdraw Euro from the numerous ATM machines (that can easily be found in any place in Athens, but not so much in our neighbourhood).

Paying by credit/debit card is acceptable at most stores.

Important Phone Numbers and Contacts (The dialing code for Greece is +30)

In case of Emergency

Emergency number in Greece is **100** and it can be called for free from any telephone line!

Transport

Athens International Airport Eleftherios Venizelos 210 353 0000

Urban Buses 185

Interurban Buses (KTEL) 210 821 0872

Timetable Ships, Airlines, Train, Buses 1440

Taxi service 210 801 400-921 7942

Health

First Aid-Ambulance 166

Poison Treatment Center 210 779 3777

Pharmacies on duty 107

Hospitals on duty 106

Contact details during the training

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Some Greek phrases and sentences

Kalimera ->Good morning!

Kalispera ->Good evening !

Kalinichta ->Good night!

Me lene... ->My name is...

Ti kanis? -> How are you?

Eimai kala -> I'm fine.

Den eimai kala -> I feel bad.

Eimai apo...-> I come from...

Tha ithela ena boukali nero. -> I would like to buy a bottle of water.

Tha ithela na agoraso ena sandwich -> I would like to buy a sandwich.

Poso kani? -> How much is it?

Efharisto ->Thank you!

Sygnomi ->Excuse me!

Den katalava -> I don't understand

De milao ellinika -> I don't speak Greek.

To logariasmo, parakalo. -> The bill, please.



We remain at your disposal for any further information you might need.

**We are looking forward to welcoming you in Athens.
Inter Alia is excited to have you here!!**



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