

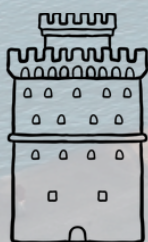


Co-funded by
the European Union

INFOPACK

EYE

The European Youth Exchanges Experience



Thessaloniki, Greece

23-30 July 2026



SUMMARY OF THE YOUTH EXCHANGE PROGRAMME



Thursday 23 July 2026 - Travel Day (Arrival)

Friday 24 July 2026 - Working Day

Saturday 25 July 2026 - Working Day

Sunday 26 July 2026 - Working Day

Monday 27 July 2026 - Working Day

Tuesdays 28 July 2026 - Working Day

Wednesday 29 July 2026 - Working Day

Thursday 30 July 2026 - Travel Day (Departure)

BRINGING TOGETHER 25 PARTICIPANTS FROM DIFFERENT CORNERS OF EUROPE:

GREECE | FINLAND | FRANCE | SPAIN | HUNGARY



Balkan Heart of USB: Alexandrou Delmouzou 8, Thessaloniki



During the Youth Exchange, **we will cover all meals for participants**. The **first meal** will be the dinner on the **arrival day 23/07**, and the last one the breakfast on the departure day 30/07. We will also provide participants with a packed lunch for their departure.

WHY JOIN THE YOUTH EXCHANGE IN GREECE?



Are you ready to experience sustainability in action while enjoying the unique Greek landscape? This youth exchange in Thessaloniki is designed to be more than just a mobility, it's a **hands-on green experience**, combining **nature, community, and meaningful learning**.

Eco-Conscious Living

You will experience sustainable daily practices, from reducing waste to mindful consumption, becoming part of an environmentally responsible community.

Green Travel Mindset

Participants will choose eco-friendly travel options (train, bus, carpool), reducing their environmental footprint while supporting greener mobility across Europe.

Nature-Based Learning

Activities take place in close connection with nature, using outdoor spaces as learning environments that inspire reflection, wellbeing, and environmental awareness.

Hands-On Workshops

Engage in interactive sessions where you will explore sustainable solutions, eco-friendly habits, and creative approaches to everyday challenges.

Co-Creation & Innovation

Work in international teams to develop ideas and small initiatives that promote sustainability in your local communities.

Community & Local Impact

Connect with the local community of Thessaloniki and discover how sustainability is practiced on the ground. Through local initiatives, shared spaces, and cultural exchange, you will experience how small actions can create real impact, both locally and beyond.

All these, while exploring the **vibrant and multicultural** city of **Thessaloniki!**

HOW TO REACH THE AREA WE HAVE PREPARED FOR YOUR ACCOMMODATION

FROM THE TRAIN STATION

All trains and most buses of Flixbus stop there. You can take bus number **02K** get off at **Antigonidon stop**. Alternatively you can take the metro to **Venizelou station** (direction to Nea Elvetia). Once there, you can exit via **“Alkazar”** and walk approximately 800 meters to reach the Stay Hybrid Youth Hostel, Ionos Dragoumi 61.



FROM MAKEDONIA BUS STATION

To reach Stay Hybrid Youth Hostel from KTEL Makedonia, you can take bus number **31** or **02K** to the **“Antigonidon”** stop. The hostel is located approximately 500 meters away, within a short 7-5 minutes walk.



SAFE & INCLUSIVE ENVIRONMENT

We are committed to providing a safe, respectful and inclusive environment for all participants.

During the **exchange**:

- **Discrimination, harassment** or any form of exclusion will **not** be tolerated.
- Diversity will be **respected** and valued.
- Participants will be **encouraged** to express themselves **freely**.

Specific **measures** include:

- Designated contact persons for **support**.
- Clear **group agreements** established at the beginning.
- Continuous attention to participants' **well-being**.

BE PART OF THE EXPERIENCE

We invite you to:

Come with an open mind

Be ready to actively participate and play with us

Share your ideas and experiences

Embrace both challenges and opportunities

**This exchange is not something you attend
it is **something you co-create**.**

PUBLIC TRANSPORT TICKETS



Types of Transport

Public transport is mainly:

- Buses (by OSETH)
- Metro

Ticket prices & validity

Standard tickets :

- Single tickets: €0.60
- Valid for 70 minutes

(includes transfers within that time)

How long tickets last

- Single ticket → 70 minutes
- Day pass → 2



How to buy tickets

Main options

- On the bus: Cashless payments
- Metro stations: Ticket machines (cash or card)
- Mobile / QR tickets (OSETH app)



Electric scooters:

- Several available companies (Hop, RideMovi, Lime)
- Availability varies - you'll typically find them: - Along the seafront (Nea Paralia)
- In the city center

How it works:

Most systems follow the same model:

- Download the company app
- Add card/payment method
- Find a scooter on the map
- Scan the QR code → unlock
- Ride and Park in allowed zones and end ride

Typical cost:

- €1 unlock fee

Please ensure you always wear a helmet. Failure to do so is punishable by law.

CITY PUBLIC TRANSPORT SYSTEM



BUS TICKET MACHINE

The public transport system in Thessaloniki includes **buses** and the new metro. Buses are the main form of transport and cover almost all areas of the city, including the suburbs, but they are often late because of traffic.

The **metro** in Thessaloniki currently runs from New Railway Station (Neos Sidirodromikos Stathmos) in the west to Nea Elvetia in the east. The metro is fast, modern, and allows passengers to buy tickets from machines or kiosks and use them on both buses and the metro. Participants can find and purchase tickets at the special machines inside the metro stations.

Overall, the best way to get around Thessaloniki is the metro because of speed and comfort, but buses are a good alternative choice for reaching further the city center.



BUS/METRO RECHARGABLE TICKET

For sustainability and environmental reasons please keep in mind that both paper tickets are reusable as you can recharge them.

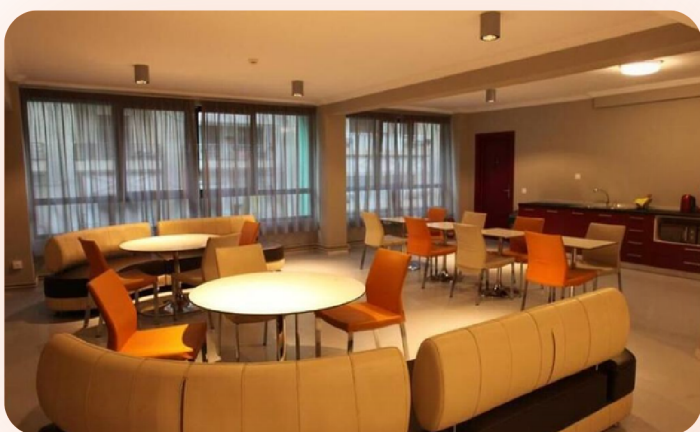
ACCOMMODATION

Accommodation will take place at [STAY Hybrid Youth Hostel](#) which is located at the centre of Thessaloniki in the street [Ionos Dragoumi 61](#).

The hostel has a rooftop terrace with views of Thessaloniki. There's a shared kitchen, 24-hour reception & free WiFi in all areas of the hostel. Participants will be accommodated in quadruple, triple or double rooms with private bathrooms. Towels and bed sheets are included. Participants should bring their own shampoo, shower gel, slippers and any other personal hygiene items they need. Hair dryers are available for free at the reception.

STAY follows and supports environmentally friendly practices, encouraging responsible use of resources, waste reduction, and sustainable daily habits.

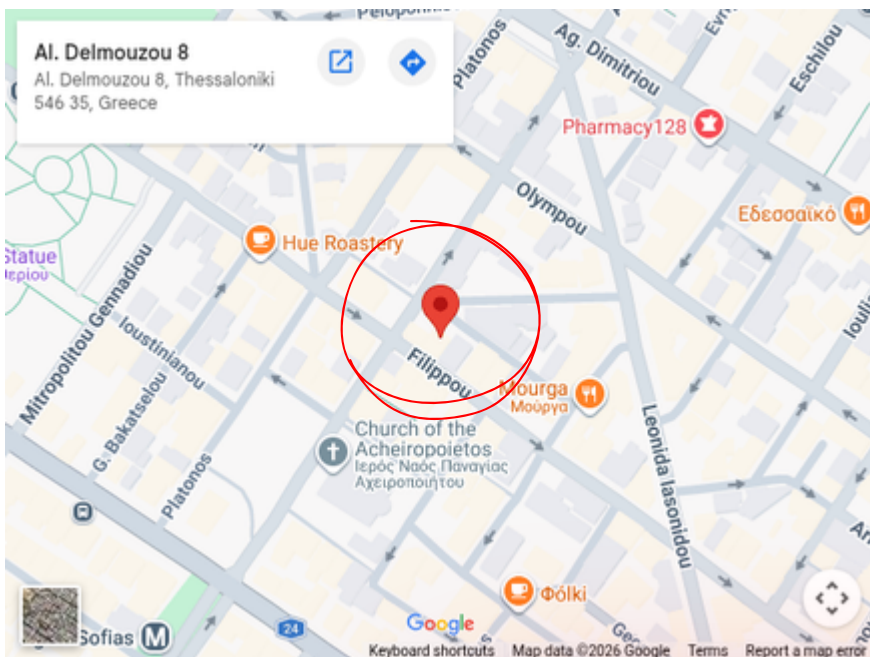
STAY is a **10 minutes walk from/to Balkan Heart** of USB, ensuring sustainability in the transfers.



VENUE

United Societies of Balkans (USB) is located in the city center of Thessaloniki at [Alexandrou Delmouzou 8](#). The Balkan Heart of USB will be our venue for all days of the youth exchange.

We chose **Balkan Heart** because it is a vibrant, multi-purpose space for creativity and expression in the heart of Thessaloniki, and it supports and encourages young people to take action, including activities with environmental content. USB's volunteers often implement upcycling workshops, community clean-up actions, and awareness-raising events, engaging local youth in environmental responsibility and ecological practices.



TIPS ON WHAT TO VISIT



The White Tower

Address: White Tower Square.
The White Tower of Thessaloniki is a historic waterfront tower and symbol of Thessaloniki.



Statue of Alexander the Great

Address: Megalou Alexandrou Avenue.
The Statue of Alexander the Great shows Alexander the Great on horseback, honoring him.



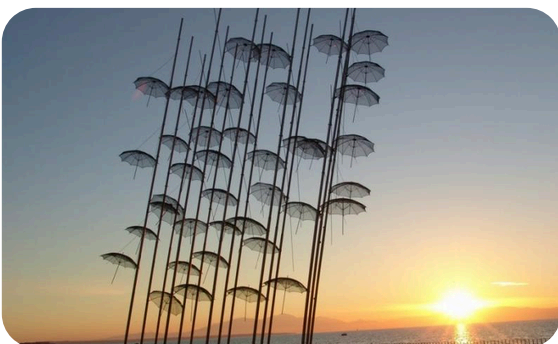
The Rotunda

Address: Agiou Georgiou
The Rotunda is a large circular building in Thessaloniki, built around 306 AD by Emperor Galerius.



Archaeological Museum of Thessaloniki

Address: 6 Manoli Andronikou Street
The Archaeological Museum of Thessaloniki shows artifacts from ancient Macedonia.



The Umbrellas

Area: Nea Paralia, Near the City Hall.
The Umbrellas of Zongolopoulos are a modern seaside sculpture made of metal umbrellas.



Palace of complex of Galerius

Address: Navarinou Square
The Palace of Galerius is a large Roman palace complex built by Emperor Galerius in the 4th century.

ADVICE ON WHAT TO EAT



ROOTS

Address: Balanou 4, Thessaloniki 54623

ROOTS offers creative, plant-based versions of traditional Greek and international dishes, making it ideal for vegans, vegetarians, and people looking for healthy or meat-free options, with some flexibility for gluten-free diets.

Tarantoula

Address: Olympou 127 Rotonda, Thessaloniki 54635

Tarantoula offers authentic Greek comfort food in vegan form, making it ideal for vegans and vegetarians, with a casual tavern vibe and strong focus on traditional flavors adapted to plant-based diets.



Mushroom Skg

Address: Zefxidos 10, Thessaloniki 54622

The Mushroom SKG specializes in innovative mushroom-centered dishes, making it a great choice for vegetarians and vegans, especially those looking for plant-based alternatives to classic comfort foods, with limited but possible gluten-free options.

Handwich

Address: Egnatia 112, Thessaloniki 546 22

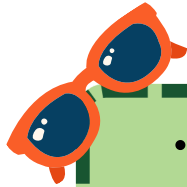
HANDWICH is a vegan street food restaurant in the heart of Thessaloniki. It is for its entirely plant-based menu and handmade approach to classic Greek street food, particularly its vegan gyros and sandwiches.

WHAT TO BRING



In July, temperatures in Thessaloniki, Greece are usually **warm**, approximately **30°C to 35°C**, with sunny days and mild evenings.

Therefore, we recommend that you bring :



- **Hat**
- **Sunscreen**
- **Sunglasses**
- **Reusable water bottle**
- **Comfortable-light clothing**
- **Powerbank**
- **Sleeping bag (optional)**



Generally, you will need:

- ➔ **Passport or ID**
- ➔ **Any medications you may be taking**
- ➔ **Hygiene products**
- ➔ **European Health Insurance Card (EHIC blue card)**
- ➔ **E-tickets, invoices, receipts**
- ➔ **Something traditional for the intercultural evening (food, drinks, specials etc)**
- ➔ **Enthusiasm and a positive mindset!**



Intercultural Evening: Represent your country in a sustainable way and **bring a small, non-perishable local food item** (preferably plant-based and with minimal packaging) together with a **short story** about a traditional practice, seasonal habit, or sustainable custom from your culture.

CONTACT DETAILS

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SEE
YOU
SOON