



Elisson gUG / An Intercultural North-South Connection  
Email: [info@elisson.org](mailto:info@elisson.org)  
<https://elisson.org/>  
Berlin, Germany

# Infopack

## Training Course "Food for Thought"

**When: 24.09.-01.10.25**

**Where: in Kryoneri Korinthias (Greece)**

**APV: 29.07.-01.08.25 (on-site and online)**



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## Topic:

"Food for Thought" is an engaging Erasmus+ Training Course designed for youth workers, educators, community leaders or just for the ones interested in gaining knowledge and tools to explore the topic "Food". Within this project, food will be used as a powerful medium for education, reflection, and social change. Addressing topics such as food literacy, sustainability, food security, and cultural heritage, the project invites participants to critically reflect on their food behaviors and practices while gaining practical skills in zero-waste approaches, feminist cooking, and food activism.

The project takes place in Greece with a deep dive into food origins, encouraging participants to engage in topics such as questioning gender roles in cooking, and explore food as a care practice. Workshops will raise awareness around sustainable consumption, and the environmental or even political dimensions of what we eat. Through hands-on cooking sessions and creative methods, participants will be empowered to use food as a transformative tool in their communities.

**Applicant organization:** Elisson gUG Berlin (Germany)

### Partner organisations:

- Filoxenia, Intercultural-Environmental Organisation (Greece)
- Yenirenk Derneği (Turkey)
- Ayuntamiento de Murcia (Spain)
- Villa Elba (Finland)
- ESTYES (Estonia)
- Connectus (Slovakia)





**Participants per country:** max 3 persons

**Ages:** +18

**Information concerning the APV (Advance Planning Visit):**

An advance planning visit (APV) is foreseen, which will take place in Kryoneri Korinthias, Greece (hosted by our Greek partner, Filoxenia) during the dates **29.07.-01.08.25** in order to organise the TC.

**The main topics will be:**

- Getting to know each other (for the ones on-site: and the venue, accomodation for the TC in September)
- Presentation of the overview of the project and proposed schedule
- Get in touch with the project's topics in order for each organisation to prepare the participants who will join the TC in September
- Clarification of roles and responsibilities of each partner organisation
- Organise the logistics (travel etc.)
- Participant profile: needs, expectations, special requirements
- Contribution of each partner (e.g., workshop facilitation, cultural evening, etc.)
- Communication and cooperation tools between partners
- Planning for follow-up activities
- Questions and concerns from partners

**3 persons** can join on-site in Greece, and the others can take part in an online session within the same dates. Travel costs, accommodation and meals (provided by the Greek organisation Filoxenia, who will host the APV) are covered.

**FYI:** in the Erasmus+ guide it's written *"Persons taking part in preparatory visits are expected to also participate in the main activity"*.







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# Logistics:

## 1.) Project venue

Cultural Center of Kryoneri

Kryoneri Korinthias, 20200, Greece

<https://matsani.gr/en/culture-centre/>



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## 2.) Accommodation

Hostel Elisson

Kryoneri Korinthias, 20200, Greece

<https://elisson.gr/>



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- Participants will be accommodated in 2-, 4- and 6-persons' rooms.
- The bed linen and towels are provided. Each room has its own bathroom.
- Wifi access.
- 3 meals during the day are provided.
- The consumption of hard alcohol within the building of the Hostel is forbidden. Alcohol is allowed in Greece for 18+ years old.
- Smoking cigarettes or e-cigarettes inside the building of the Hostel is strictly forbidden. There is a smoking area outside the building.
- Before the arrival of the participants, the Hostel needs to be informed regarding the special food requirements (in case of allergies) for each participant or individual needs (vegan, vegetarian etc.).
- In Greece there is a law ordering "hours of common silence" (siesta), which means that between 3:30-5pm and 10pm-7:30am it is not allowed to be loud in public spaces, meaning also in common areas of the Hostel.





### 3.) How to get to Kryoneri? Directions:

#### Airport:

The closest airport is Athens International Airport "Eleftherios Venizelos" (149 km)

#### Train:

From Athens airport to Kryoneri, get off on the train **PROASTIAKOS** (**ΠΡΟΑΣΤΙΑΚΟΣ**) to **KIATO** (terminal station). You will have to change train at the station **KATO ACHARNE (ΚΑΤΩ ΑΧΑΡΝΑΙ)**. Going to the exit of the airport, you will easily find the desk where you can get your train ticket (13 euros, one way trip).

You can book your ticket online here: <https://www.hellenictrain.gr/en/ticket-purchase>

Afterwards you can take a taxi from Kiato, or we can pick you up with our own minibus to Kryoneri (15 km).

You follow the same route on the way back.

### 4.) Arrival and Departure

Date of arrival: 24.09.2025 before 20:00 p.m.

Date of departure: 01.10.2025 after 9:00 a.m.

*Please, try to book flights between these hours, so we are able to arrange your transportation from Kiato station to Kryoneri.*

*(The same also applies to the APV)*





## 5.) Travel Costs:

*“A lump sum depending on the distance between your city and the venue of the activity, calculated using the official [Erasmus+ distance calculator](#), and on the means of transport: if it is green (bus, train, bike, car-pooling) the contribution is higher”<sup>1</sup>*

Venue of the activity: Kryoneri 20015 Municipal Unit of Sikyona

Travel Distance	Green Travel	Non-green Travel
10-99 km	56€	28€
100-499 km	285€	211€
500-1999 km	417€	309€
2000 - 2999 km	535€	395€
3000 - 3999 km	785€	580€
4000 - 7999 km	1188€	1188€
8000 km or more	1735€	1735€

## 6.) Contact & Participation

**Contact person** in case of further information: Andromachi Poulou, [info@elisson.org](mailto:info@elisson.org)

<sup>1</sup> <https://www.teacheracademy.eu/erasmus-plus/ka1/>

