

# Spaces of Participation

A Training Course on Culture, Identity & Youth Work

July 8 - 13 , 2026 · Platamonas, Greece



Erasmus+  
Ανοίγει δρόμους, αλλάζει ζωές.

How do we stay authentic while living and acting in environments that shape identity, belonging, and participation?

Identity is often understood as something personal, something we discover or build over time. At the same time, the way we understand ourselves is influenced by the environments we grow up in, the norms we are exposed to, and the expectations we learn to navigate.

The tension between self-expression and adaptation is not always easy to recognize. Many of the things that feel natural, familiar, or acceptable are shaped by cultural and social environments we are constantly part of.

This process explores culture not as an abstract concept, but as something present in everyday life through habits, communication, relationships, and social interaction. It influences how we interpret situations, relate to others, and position ourselves within groups.

Identity, authenticity, and belonging are approached as interconnected processes shaped through experience and interaction.

# What is this project about?

At its core, this process is about positioning.

Not in the sense of defining who we are, but in becoming more aware of the environments, dynamics, and patterns we are constantly part of, and how they influence the way we communicate, participate, relate to others, and create spaces together.

Many of these patterns are easy to overlook because they appear through everyday interaction, through habits, expectations, communication styles, group dynamics, and ideas of what feels normal, acceptable, or familiar.

Rather than searching for fixed answers, the focus is on recognizing these processes as they happen, noticing what we unconsciously reproduce, and reflecting on what it means to engage with others more consciously and intentionally.

Because if culture is something we continuously participate in, then the question is not whether we shape it, but how aware we are of the role we play within it.

An aerial photograph of a coastal town with a sandy beach and turquoise water. The town is built on a hillside with many houses and trees. The beach is wide and sandy, with some umbrellas and people visible. The water is clear and blue, meeting the shore at a gentle curve.

The experience

# what will we do

A shared process of exploration,  
where culture is not explained,  
but experienced.

# What will we do?

This training is designed as a progressive exploration of how culture operates within ourselves, to observing how it appears in interaction, and finally to working with it in the spaces we create with others.

We will work with culture as something that exists in:

**language**      **gestures**

**spaces**      **routines**

**aesthetics**      **media**

**relationships**

Each phase of the program approaches culture from a different angle,

gradually connecting personal experience with social realities.

Something we move through constantly, often without noticing, yet something that shapes how we see, feel, and respond.



The journey

# project phases

A structured process of exploration,  
moving from personal experience  
to shared understanding.



# project phases

## Phase 1



### Becoming Aware

*Identity, Authenticity, and Cultural Influence*

We begin by examining how culture is experienced at a personal level, not as a concept, but as something embedded in everyday habits, reactions, and ways of thinking.

## Phase 2



### Seeing It in Interaction

*Communication, Misunderstanding, and Group Dynamics*

Participants will explore how meaning is constructed through communication, how misunderstandings emerge, and how group dynamics shape participation.

## Phase 3



### Working with Culture in Practice

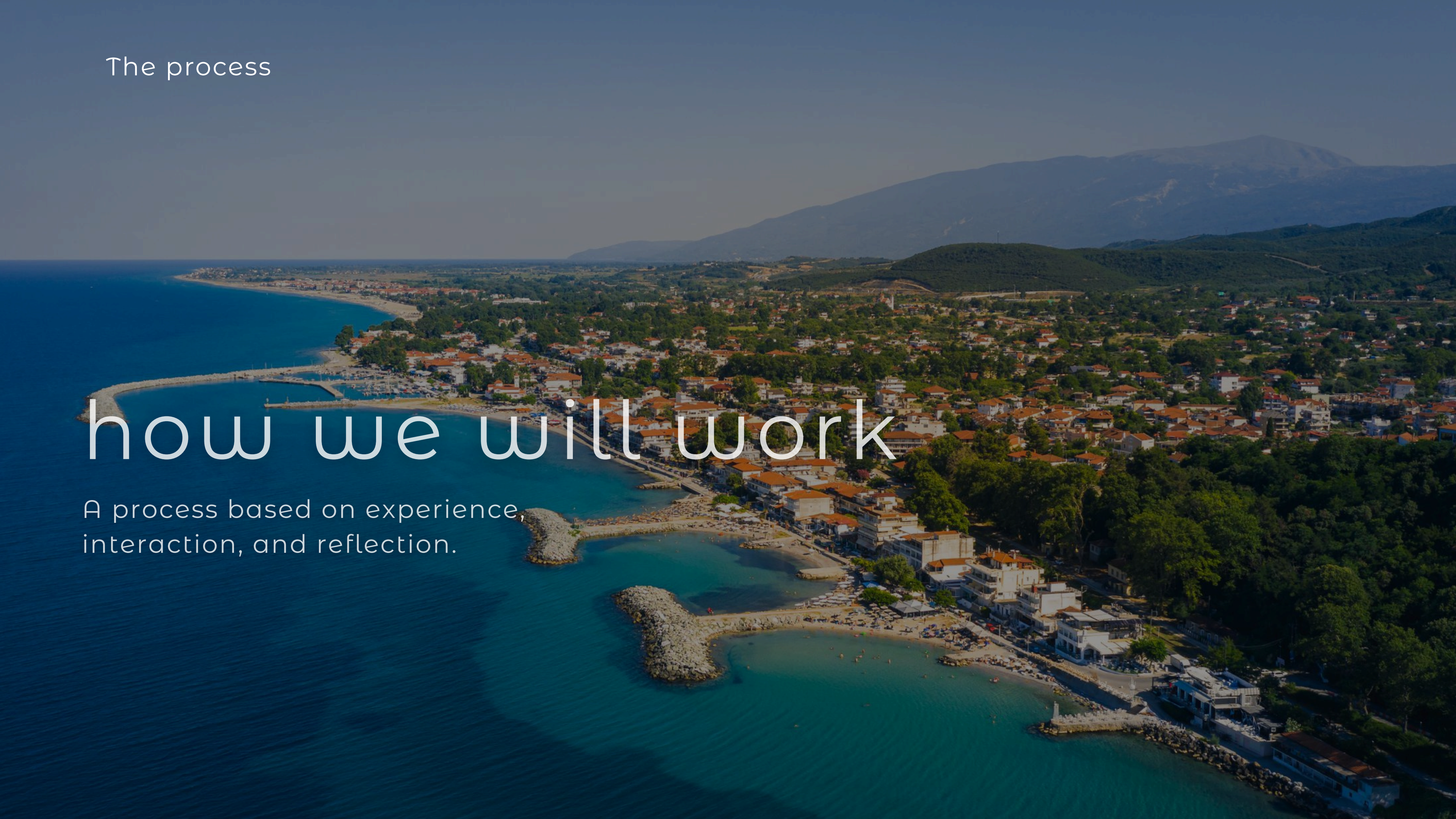
*Space, Participation, and Building Community*

The focus shifts to application. Participants will explore how to work with cultural dynamics when creating and facilitating spaces, with attention to inclusion, participation, and belonging.

The process

# how we will work

A process based on experience,  
interaction, and reflection.



# how we will work

The training is based on **experiential** and **non-formal learning**, combining **reflection** with **active experimentation**.

## You will participate in:

- interactive exercises grounded in real situations
- role-play and scenario-based exploration
- observation and analysis of group processes
- creative and embodied activities
- peer exchange and collective reflection

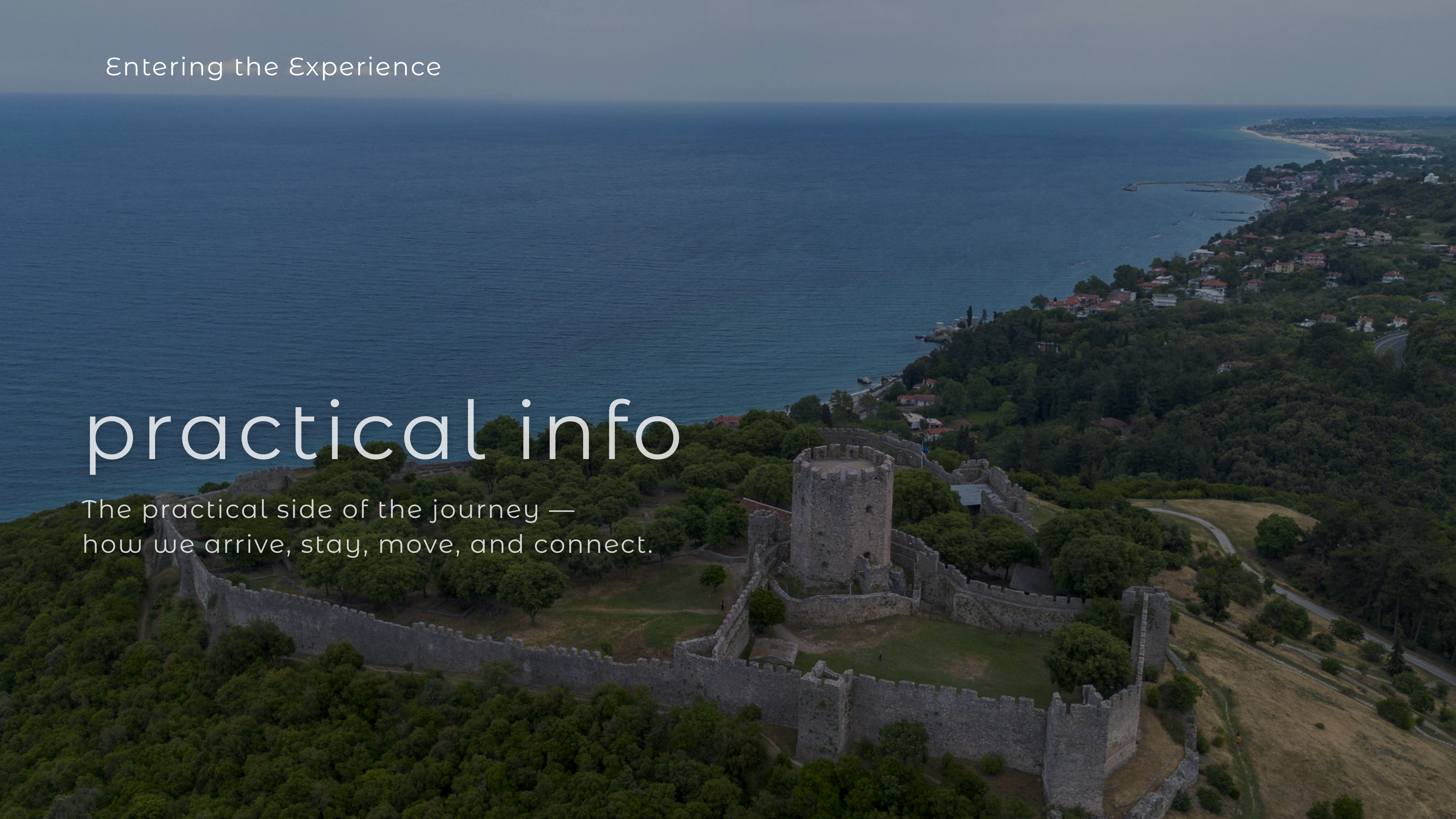
## What to expect:

- a deeper understanding of how culture operates in everyday interactions
- tools to recognize patterns that influence participation and belonging
- space to reflect on your own positioning and practice
- opportunities to experiment with new approaches
- engagement with others through meaningful and sometimes challenging processes

Entering the Experience

# practical info

The practical side of the journey —  
how we arrive, stay, move, and connect.



# Who's Organising This?


This project is hosted by **SISERA Greece**


 Social, Innovative, Sustainable and Educational Research Association

 Based in Larissa, Thessaly

SISERA is a dynamic team of educators, researchers, youth workers and eco-activists.

## We focus on:

 Sustainability & Environmental Education

 Youth Empowerment

 Digital Skills & Inclusion

 Social & Cultural Innovation

## Project Partners

YOUTH SUPPORT CENTER -  
POLAND

ASSOCIATIA SE POATE -  
ROMANIA

MLADI- EU -  
CROATIA

MADITERRANEA  
SPAIN



We are part of the Erasmus+ network and committed to building a greener, fairer Europe.

# Who Can Join?

We're looking for:



Young people aged **18+**

From Greece, Poland, Romania, Croatia or Spain

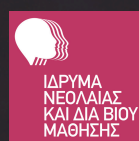
Interested in culture, belonging, and social connection



Open-minded, respectful, and ready to learn and share

Especially those with fewer opportunities or who haven't traveled abroad before

**Each country will send  
3 participants + 1 group leader**

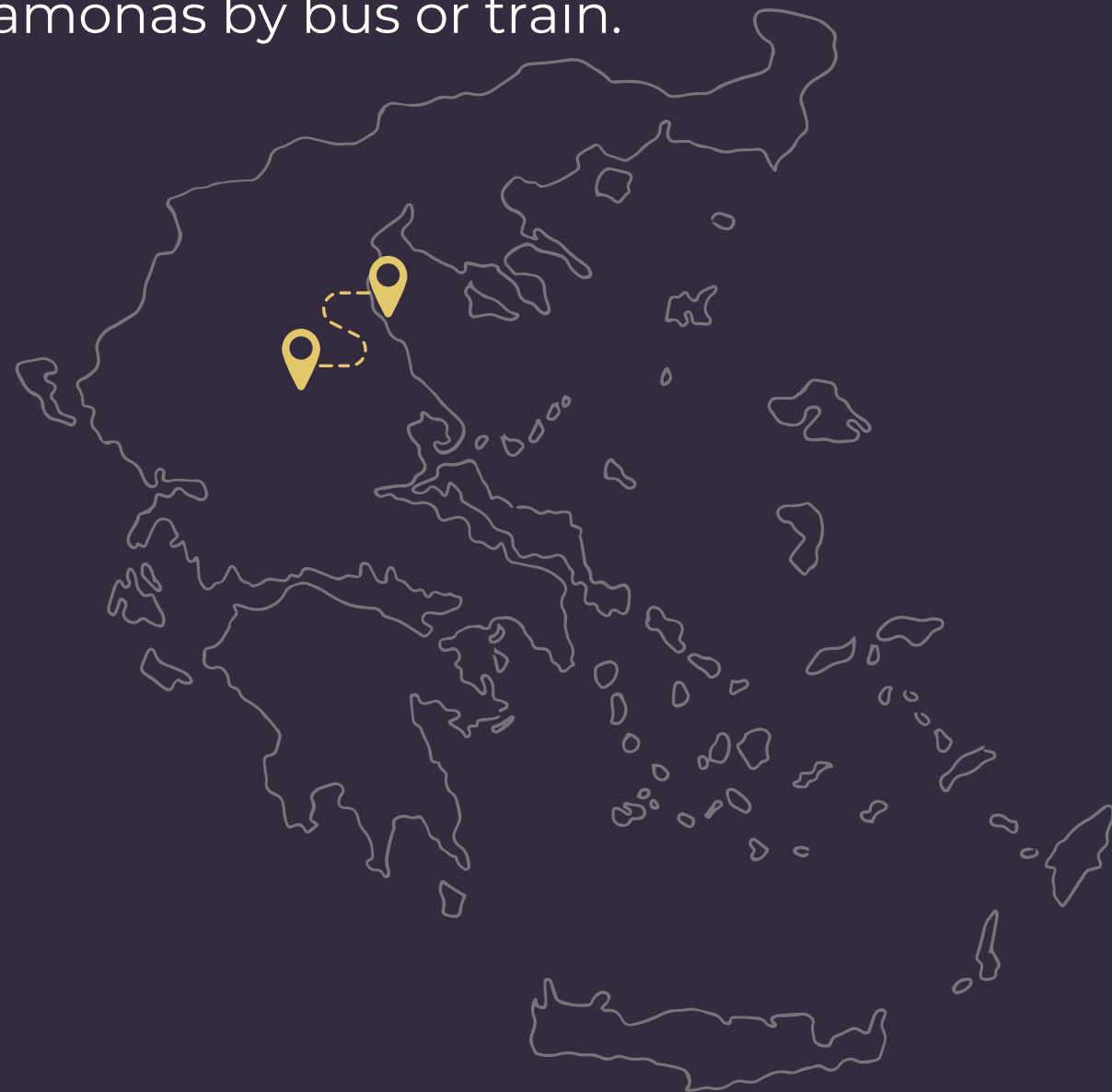


**Erasmus+**  
Ανοίγει δρόμους, αλλάζει ζωές.

# Arrival Plan

## 📍 How to Reach Platamonas , Pieria

The closest city is **Larissa**.  
From there it's easy to reach  
Platamonas by bus or train.



# Departure Plan



Official end date of the training:

**July 13th.**

Plan your return travel from this date onward.

## 1 Staying Longer?



You may arrive up to **2 days earlier** or leave up to **2 days later.**

✓ This is allowed by Erasmus+. Participants must be present from 8 to 13 July 2026.

✗ Extra days will not be covered by the project budget. (accommodation, food, etc.)

## 2 Reimbursement Rules



**Travel Reimbursement** applies as long as the total trip follows Erasmus+ rules.

✓ Keep all travel documents (tickets, invoices, boarding passes, etc.) in digital + print form.

✓ Accommodation, food and other expenses during extra days are your own responsibility.

## 3 Let Us Know!



Please inform the project team in advance if you plan to extend your stay so we can support your planning.

**Contact us here!**

# Erasmus+ Reimbursement

Country	Distance	Standard Travel	Green Travel
 Greece	10-99km / 100-499km	28 € / 211 €	56 € / 285 €
 Poland	500-1999km	309 €	417 €
 Romania	500-1999km	309 €	417 €
 Croatia	500-1999km	309 €	417 €
 Spain	500-1999km	309 €	417 €

## Reimbursement Process

- ✓ Keep original travel documents: boarding passes, e-tickets, receipts.
- ✓ Use green travel (train, bus, carpooling) if possible
- ✓ Submit your travel documents to the project coordinator after the activity

Book tickets **only after confirmation.**



# Accommodation



## Olympion Melathron Villas

 Megalou Alexandrou,  
Platamonas, 60065, Greece

[Check it on Booking.com →](#)



# Stay & Experience

 Accomodation ·  Activity Spaces ·  Meals



## Accomodation

Rooms will be shared (triple, or quadruple) depending on availability.



You may be placed in a shared room with other participants



We will do our best to accommodate everyone's comfort levels



## Venue & Activity Spaces

All main workshops and sessions will take place in:

- A private conference room inside the hotel
- The hotel's outdoor natural space for open-air activities, group work, and reflection time

Expect a balance between **comfort, connection,** and **inspiring surroundings.**



## Meals & Food

Each day, you'll be served three full meals from the hotel's buffet:



Breakfast



Lunch



Dinner



Snacks, coffee, tea, and water will also be available during breaks.

**Vegetarian, vegan,** and **allergy-related** dietary needs can be accommodated — you'll have the opportunity to share your preferences before arrival.



# Before you Book

Please contact us **before** purchasing tickets.






1



## SEND YOUR PLAN

Email us before booking any tickets.

Include the following:

-  Your preferred travel option
-  The means of transport you plan to use for the entire trip
-  Your exact travel dates & timetables

 [siseragreece@siseragreece.com](mailto:siseragreece@siseragreece.com)

2



## WAIT FOR APPROVAL

We review your route and budget.



### Approved

Once approved you can safely book your tickets.

OR



### Suggested Changes

We may suggest changes to find the best option together.

3



## BOOK SAFELY


Only purchase tickets **after** our confirmation.



### PLEASE NOTE:

If you buy tickets without sending your plan or without waiting for our confirmation, and your trip is over budget or not eligible, **your travel costs may not be reimbursed.**



Help us help you — always ask first, book later!  
We're here to make sure everything runs smoothly 



# Let's Stay Connected

Once the selection process is complete, all confirmed participants will be added to our private WhatsApp group for the project.

This group will be your main hub for updates, guidance, and interaction before the exchange.

## 📌 What You'll Find There:



What to pack & prepare



Step-by-step travel instructions



National team tasks and cultural night coordination



Important reminders & deadlines



Pre-exchange questions & reflection prompts



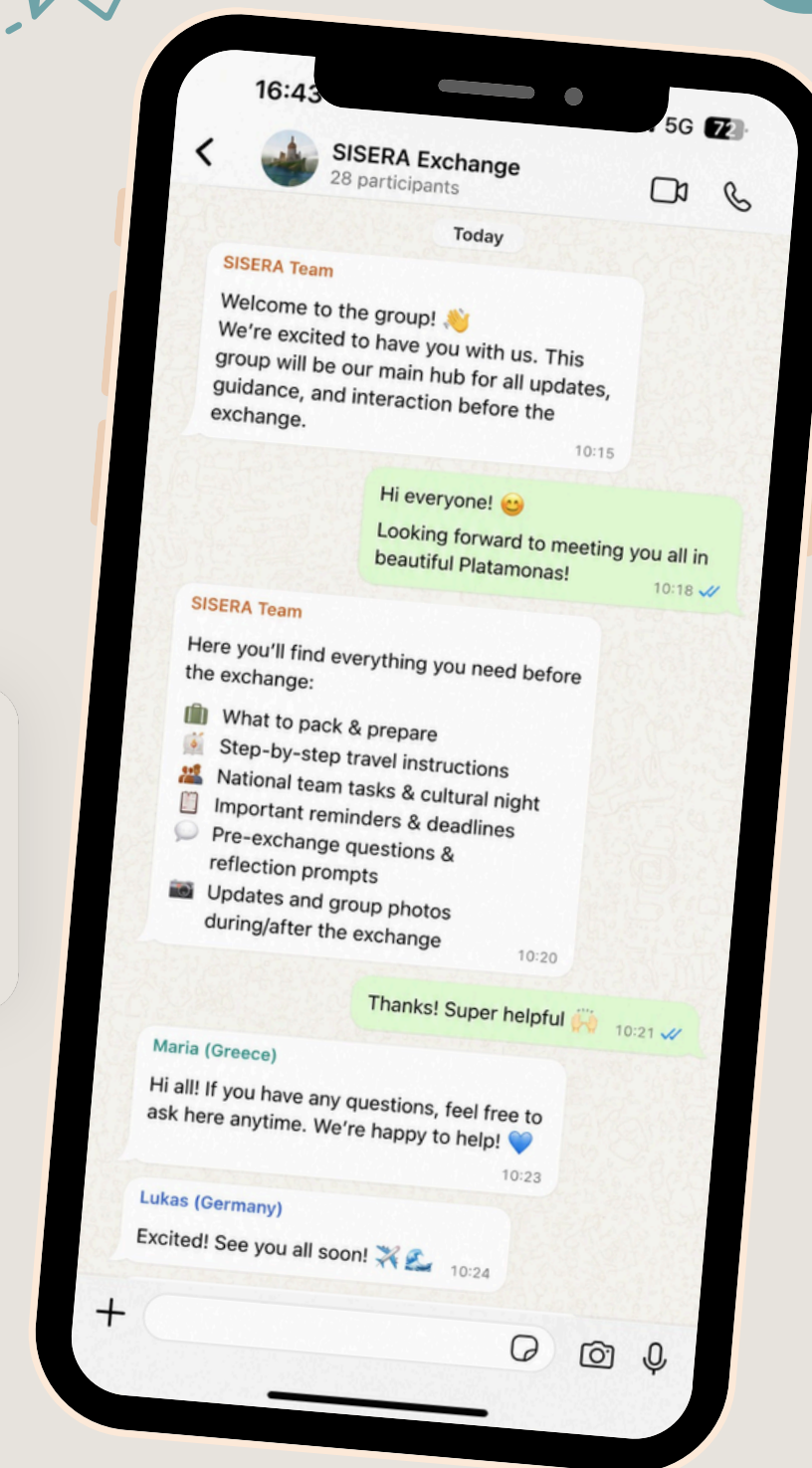
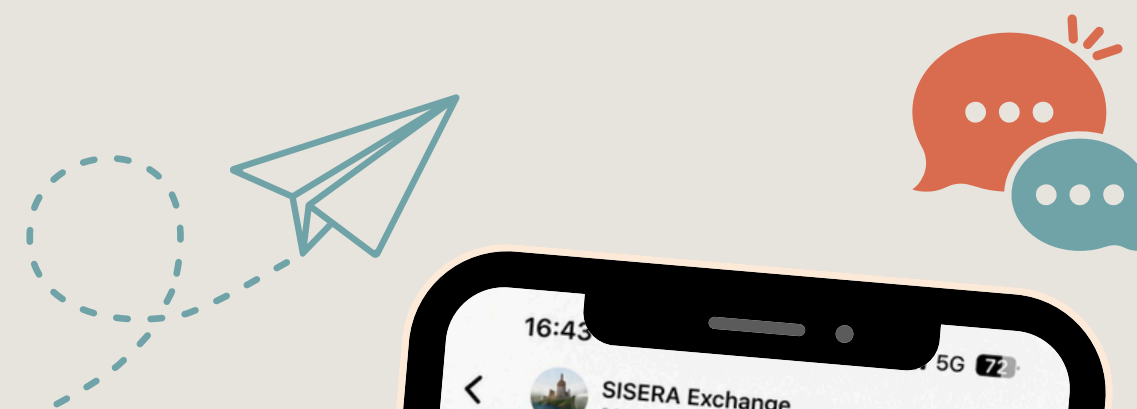
A space to introduce yourself and meet everyone before arriving!



Updates and group photos during/after the exchange



See you in Platamonas!



# Thank you!

We appreciate your trust  
and can't wait to welcome  
you to **Platamonas**.

**New People · New experiences · Lasting memories**



**Erasmus+**  
Ανοίγει δρόμους, αλλάζει ζωές.