

BLUE YOUTH

YOUTH EXCHANGE



Co-funded by
the European Union

3-11 MAY 2026,
(INCLUDING TRAVEL DAYS)
XIROPIGADO, ARCADIA, GREECE



RootTerra
CULTIVATE SUSTAINABILITY

ABOUT THE PROJECT

This Youth Exchange is a deep dive into ocean degradation and climate change. Our Mediterranean marine ecosystems, including seagrass meadows, coastal wetlands, and the open ocean, are vital to the global ecosystem, and they need our protection.

Blue Youth is about more than just learning, it is about activism. We are bringing together 37 young people to develop the skills needed to promote conservation through education, creative workshops, and digital storytelling.



IS THIS PROJECT FOR YOU?

We are looking for participants aged 18–30 with a good level of English who:



Are interested in oceans and climate change.



Seek to expand their knowledge and skills in these areas.



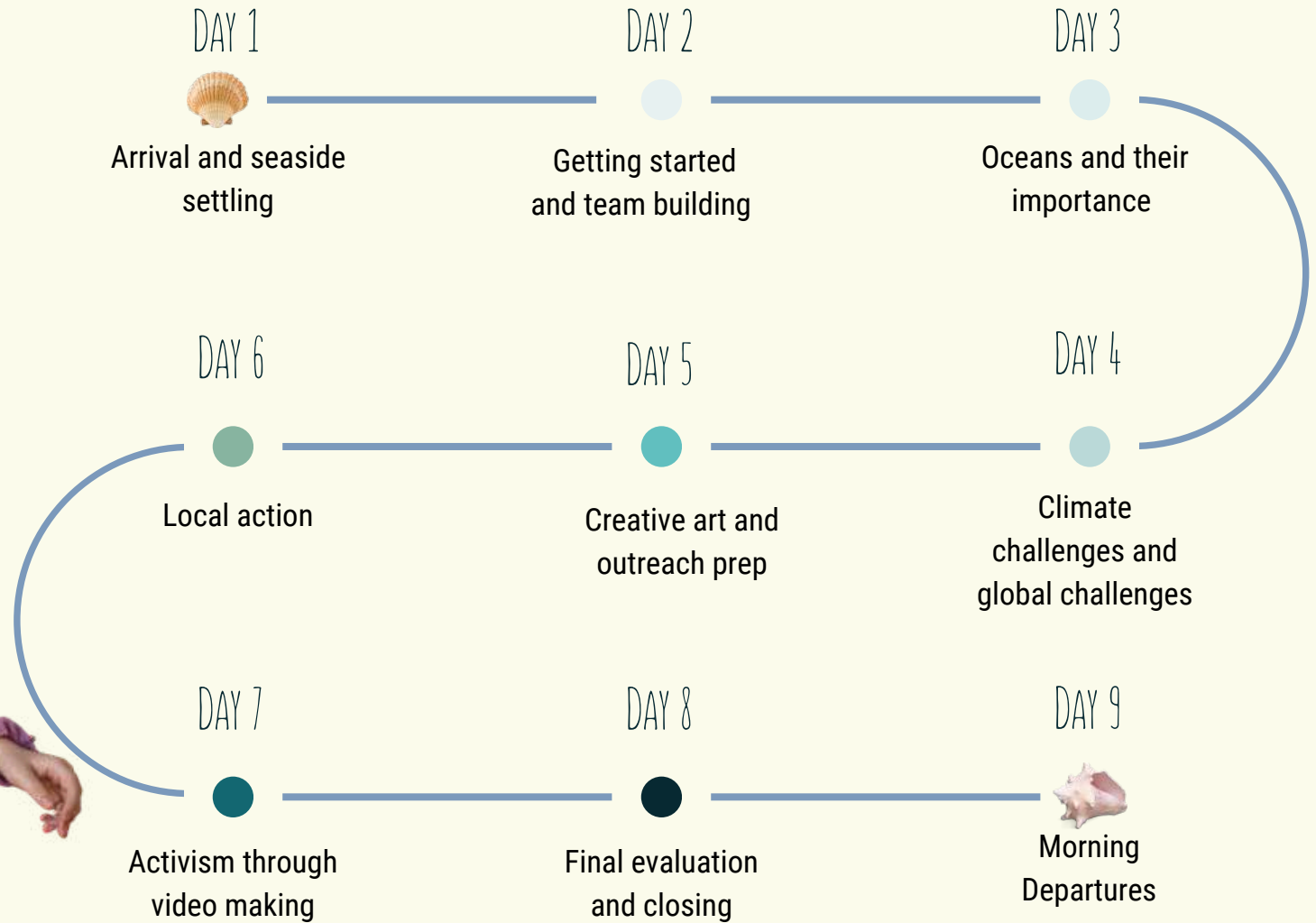
Want to develop similar projects in their communities.



Face fewer opportunities to participate in such projects. We aim for at least 40% of participants to come from disadvantaged backgrounds (economic, social, geographical, LGBTQ+, and cultural obstacles).



DAY-BY-DAY FLOW



DAILY SCHEDULE



13:00 – 15:00
Lunch, Siesta, &
Free Time

19:00
Dinner

20:00 – 21:30
Evening Activities
(Optional)

MORNING

MIDDAY

AFTERNOON

NIGHT

07:00 – 08:00
Wellness Sessions
(Optional)

08:00 – 09:00
Breakfast

09:30 – 13:00
Morning Activities

15:00 – 18:30
Afternoon Activities

18:30 – 19:00
Reflection Time

TIMELINE OF THE PROJECT



3 April

ONLINE ASSIGNMENT

Arrival day

3 May

YOUTH EXCHANGE

Departure day

11 May

FOLLOW UP

11 June

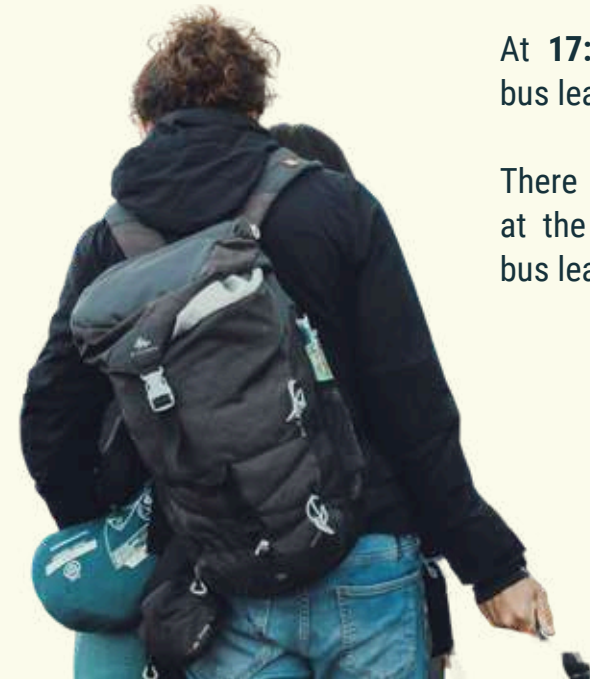
You have to be able to **reach Athens** meeting point by **16:00**.

At **17:00** there is a dedicated bus leaving for the venue.

There is **no other way** to arrive at the venue, the last regional bus leaves at 16.00

The bus is leaving for Athens around 8:00-9:00.

The **earliest flight** you can catch is from **13:30 onwards**.



TIMELINE OF THE PROJECT



INSPIRATION

Online assignment

17 March- 17 April

You are going to research local and national initiatives related to ocean conservation and climate change. These could include efforts such as beach clean-ups, the establishment of marine protection zones, sustainable fishing practices, and climate adaptation strategies. The objective is to examine how these initiatives tackle challenges like plastic pollution, ocean acidification, rising sea levels, and biodiversity loss in their regions. You will document your findings and reflect on how these approaches can be incorporated into your daily lives, committing to a personal action/pledge and be ready to present it in a creative way on the second day of the exchange.



LEAVE YOUR MARK AND BEYOND

Follow up

11 May-11 June

You will transfer the outcomes of the project to your communities. In national groups, you will spread the project's results however you want. You can do an outreach activity similar to the ones we will do during the program, a beach or community clean-up, along with a public awareness campaign, or collaborate with local schools or NGOs (particularly those focused on ocean conservation) to organise workshops or other events.

Share your follow-up

June 2026

You will receive an online form to share your follow-up activities and testimonials.

WHAT YOU CAN GET OUT OF THE PROJECT

Learn about:



marine ecosystems, their role in regulating climate, and the importance of conserving biodiversity.



the critical **challenges posed by climate change**, its impact on marine ecosystems, and the urgent need for sustainable solutions.



sustainable lifestyle practices, discovering sustainable practices that help reduce human impact on oceans, such as responsible fishing, reducing plastic use, and supporting marine-protected areas



THE PRACTICALS

TRAVEL REIMBURSEMENT

Romania*	387.00 EUR
Spain	365.00 EUR
Portugal	365.00 EUR
Ukraine	279.00 EUR
Italy	279.00 EUR
Greece	0 EUR

GREEN TRAVEL

*We promote sustainable travel. We invite you to use more ecological means of transport such as bus and train to come. If it is not possible, and you take a flight to come, we invite you to think before coming about how we can offset/compensate the emissions while being in Xiropigado.

KEEP IN MIND

that we already keep 30€ from your travel amount in order to pay for the bus to the venue. Thus you will have no costs between Athens venue and back.

You can arrive earlier or leave later: +- 2 days, but you will have to cover your own costs (accommodation and food) for those days.

Costs - Accommodation, food and training materials are provided through co-funding from the Erasmus+ programme.





Rooterra is an NGO based in [southeast Peloponnese](#), in a small village called [Korakovouni](#), with the mission to [create](#) the roots for a [sustainable future](#).

Our [mission](#) is to cultivate sustainable communities for everyone through creating educational activities and holding the space for everyone to grow.

We love to create learning environments and educational processes so new roots can grow in ourselves, the environment and the people around us. Systems innovation and systemic change for us are to take small steps to make our environment more sustainable and resilient for everyone.

Our [vision](#) is to create an environment where it doesn't need to be protected, and people are happy and live connected to themselves and with nature.

It started as an idea years ago to create a space for people to grow, learn and develop for sustainability. It was finalised as an idea in an Erasmus+ project that the founder did as a trainer about sustainable entrepreneurship last year, called New Sprouts. Thus, this organisation is at its core in sustainable entrepreneurship in action.

We are part of the [Pact for Skills](#) scheme of the EU. The Pact aims to support public and private organisations with upskilling and reskilling, so they can thrive through the green and digital transitions.

THE VENUE THE SUNSET HOTEL

The Sunset hotel has been a family business for over 100 years. A century ago, it was a small inn, "Mountzourogianous Inn". And now it is a 3-star hotel, and the owners are managing it themselves. The venue has all the necessary amenities. We thought it was a nice idea to level up the organisation and support a local business for this project.

It is a coastal hotel next to the sea. The visitors can gaze at the Argolic gulf, and on the horizon can see Nafplion and the castle of Palamidi. It is located in the village of Xiropigado (the meaning is dry wheel), 2,5 hours from Athens in South East Peloponnese.

The village has some small cafes, a pharmacy, etc, but if you need sth important, bring it with you. We will mainly stay there, apart from Day 6 when we will visit a wetland or a beach for the outreach activity.



ACCOMMODATION



Accommodation will be done in rooms of 4 or more, depending on the setting of the room.



It will be separated by gender but mixed in nationalities.



The housekeeping will be every 3 days to minimise our footprint.



FOOD AND PRACTICALS



**Vegetarian
Food**



**Sustainable
approach to alcohol**



Drug-Free

Sunset will cook for the programme. Food is strictly **vegetarian**, because of the sustainability focus of the project and this is the most effective way to minimize our footprint. We consider any **specific diets** of the participants, **food intolerances** and **allergies**. The food will be **locally sourced** whenever possible or produced around the area.

We are a **sustainable consumption of alcohol** and **drug-free** training. We appreciate **not bringing any alcohol** before coming, and we invite anyone to be alcohol-free to focus on the project and ourselves without any substances.

THE PARTNERS

COUNTRY	ORGANISATION	E-MAIL
Spain	TICKET2EUROPE	ana.delvalle@ticket2europe.eu
Ukraine	AGENCY FOR FREE DEVELOPMENT	agencyfd@gmail.com
Portugal	ASSOCIACAO QUINTA DAS RELVAS	international@quintadasrelvas.pt
Romania	ASOCIATIA TAO	contact@asociatiatao.ro
Italy	COMUNE DI BOLOGNA	redazione@scambieuropei.com
Greece	ROOTERRA A.M.K.E.	projects@rooterra.org

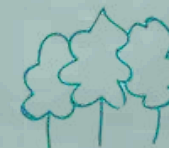
ARE YOU READY TO BE AN OCEANS ACTIVIST?

For more info, write us at
projects@rooterra.org

[APPLY HERE](#)



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