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individual volunteering 2025

Go Alive

EUROPEAN SOLIDARITY CORPS

ΙΔΡΥΜΑ ΝΕΟΛΑΙΑΣ ΚΑΙ ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ









welcome

Welcome to GO Alive's European Solidarity Corps Individual Volunteering Program!

We're thrilled to have you join us in Kozani, Greece, a place rich in culture, history, and natural beauty!

Our NGO is dedicated to fostering empowerment, mindfulness, and wellbeing among youth, and your contribution as a volunteer is invaluable in achieving these goals.

Get ready for a life-changing experience where you'll not only contribute to a meaningful cause but also immerse yourself in the unique Greek lifestyle. We look forward to guiding you through this journey of personal growth and cultural exploration!



About GO ALIVE

European Initiative for Youth Empowerment, Mindfulness and Wellbeing



Non-governmental, non-profit youth organization based in Kozani since January 2020

Offering European educational opportunities, such as youth exchanges, training seminars and voluntary services

Promoting non-formal learning educational programmes and cross-border mobility

youth organisation

- Accreditation for Erasmus+ projects in the field of youth
- Quality Label for the European Solidarity Corps
- Member of the National Consultation Group for Inclusion and Diversity
- Official multiplier of the EuroDesk network in Greece

roles & responsibilities

The two main areas of involvement for volunteers are:

1. Design and Development of the organisation's Dissemination Plan: Volunteers will be responsible for designing and implementing a communication plan to disseminate information about the organization's activities. This includes:

- Communicating with potential stakeholders.
- Regular communication with local media through press releases.
- Promoting the results achieved to the local community and relevant stakeholders, especially those directly affected. The means of communication will include electronic and physical channels such as the organization's social media pages, production of printed promotional materials (brochures and posters), articles in local publications, and the organization's website.

2. Preparation and Participation in Educational Activities: Volunteers will be actively involved in preparing and participating in the organization's educational activities related to mindfulness, self-development principles, sustainability, digital competences, etc. This involves:

- Preparing the venue for physical meetings
- Communicating with participants
- Preparing materials for distribution
- Coordinating with trainers
- Recording results and preparing reports. Volunteers will also have the opportunity to facilitate or train in training processes, applying non-formal learning methods

These activities align with the principles of the European Solidarity Corps, providing volunteers with opportunities for personal, educational, social, political, cultural, and professional development, as well as enhancing active citizenship and employability.









about kozani

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Kozani is a city located in northern Greece, and it serves as the capital of the Kozani regional unit in the region of Western Macedonia. Life in the Macedonian town of Kozani is unhurried and uncomplicated.

Kozani is a mountainous town and its continental climate brings hot summers and cold winters, with snowfall gracing the region during the winter months.

Home to the University of Western Macedonia, Kozani's educational landscape adds vibrancy to the town, attracting students and fostering a dynamic intellectual atmosphere.

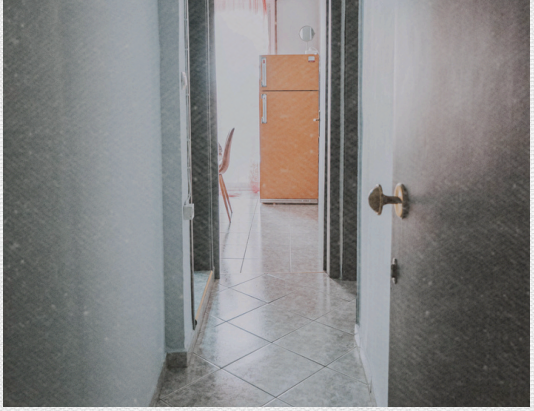
The city offers all the safety and comfort facilities, including hospital, big supermarkets, all kind of stores, etc

Kozani is well-connected by road, with a central bus station linking the town to other parts of Greece.

At the heart of Kozani lies the Kovedareios Library, a treasure trove that spans four centuries. Strolling through Kozani's historic center around Nikis Square, you can encounter grand 18th-century houses, the home of Greek War of Independence hero Georgios Lassanis, and the post-Byzantine church of Agios Nikolaos. Hidden gems abound, including Kozani's carnival celebrations with ceremonial fires and dancing.



Kozani, with its rich tapestry of history, nature, and culture, promises international volunteers an unforgettable experience in the heart of northern Greece.









accommodation

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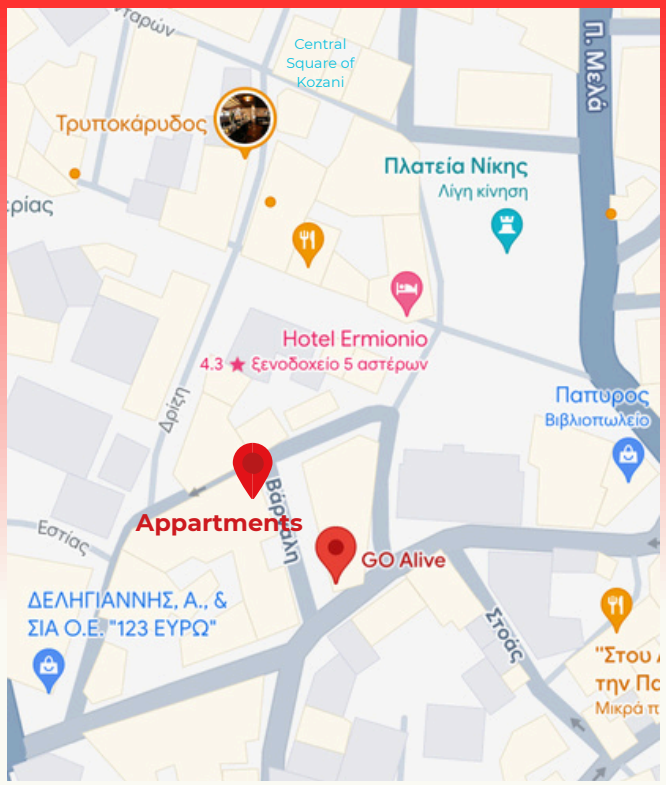
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The volunteers stay in double/triple rooms with volunteers from different countries with shared kitchen and bathroom, in the city centre of Kozani, 1 min walking distance from **GO Alive** office. There are kitchen utilities (pots, plates, etc.), living room, washing machine, hot water and heating. There is internet connection with Wi-Fi in the house, as well as pillows, duvets, sheets and towels. The volunteers are responsible of buying the hygienic and cleaning materials each month and they coordinate themselves.

The volunteers are responsible of the cleaning of their own place and it is checked by the mentor on weekly basis and if somebody would not obey to the cleaning schedule of common places, they will be responsible to call the cleaning office and pay them. Thus, we ask the volunteers to respect that there were volunteers before them who left their place clean and they should leave their places as clean for the new volunteers coming. As it is a shared house, the volunteers should keep the common places clean during their stay.





The apartments have the following rules, which the volunteers should accept before their participation:

- No poster, nothing to hang to walls

- No smoking is allowed within the house, common places or in kitchen

- You have to respect the hours of midday and night-time silence. According to the Police in Greece, these are as follows:

-During the summer period (1 April to 30 September) from 15:00 to 17:30 and from 23:00 to 07:00
-During the winter period (1 October to 31 March) from 15:30 to 17:30 and from 22:00 to 07:30

- You can only invite people, if there is a common agreement between the volunteers and GO Alive. As it is a shared place, before inviting any one for overnight stay, you have to ask your mentor/supervisor's and of the other volunteers' permission. **Without prior permission, nobody is allowed to stay in the apartments rather than the volunteers and people collaborating with GO Alive NGO.**









work place

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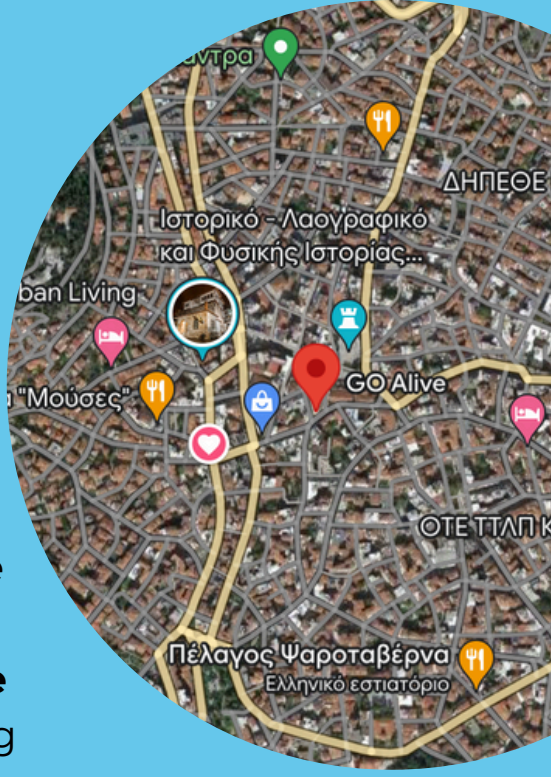








The volunteers work in **GO Alive** office on daily basis and their main work is to be involving in the organisation's activities. We expect volunteers that would initiate new activities to promote volunteering and active citizenship among our local youth, thus we welcome any ideas which we will talk during the selection process. **Thus, for long term volunteers, if the volunteers bring their computers, it would be great as we are not in position to provide computer to them during their stay for online activities.** The volunteers will share the cleaning duties in the office with the other youth workers.



There are 30 working hours per week, 09:00 - 15:00 3-4 times per week and 15.00-21.00 1-2 times per week (which might change according to the activities). The volunteers have 2 days free per month. If they work in weekends, they have one extra free day in the following week days. Holidays are subject to prior approval of the mentor/supervisor.











volunteers' profile

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Volunteers' profile

Our ideal volunteer is someone between the ages of 18-30, passionate about youth empowerment and cultural exchange, open-minded, adaptable, and ready to embrace new experiences.

While specific skills related to education, social sciences, digital skills, green competences, arts, or languages are a plus, what we value most is **enthusiasm**, **commitment** to community service**,** and **willingness** to learn. Our program is perfect for individuals who are proactive, enjoy teamwork, and are respectful of different cultures and perspectives.

Whether taking a gap year, seeking hands-on experience in the nonprofit sector, or simply eager to contribute to a meaningful cause, we welcome volunteers that can create a positive impact on the lives of young people in Kozani!

Program Demands and Responsibilities

Our volunteering program is both rewarding and demanding. Participants are expected to actively engage in various tasks that may require physical endurance, mental resilience, and the ability to work collaboratively in a fast-paced and dynamic environment.

"Volunteering is giving more than you will get, but the rewards you gain are immeasurable."

We emphasize the importance of self-care and encourage participants to assess their readiness for the challenges of the program.

Health and Suitability

Mental and Physical Health:
We recommend that participants currently dealing with significant mental health challenges carefully evaluate whether this program aligns with their current circumstances. While support systems are in place, the responsibility for maintaining personal well-being remains with the volunteer.
Participants must inform us of any medical conditions or special requirements prior to arrival. This helps us ensure a safe and supportive environment for everyone.

Insurance:
Comprehensive insurance coverage is provided through Henner. However, volunteers are responsible for managing their treatments if they have pre-existing conditions. Please review the insurance policy thoroughly to understand what is covered and how to utilize it during your stay.

Setting Realistic Expectations



This program is ideal for individuals who are resilient, open-minded, and adaptable to diverse situations. It may not be suitable for those requiring regular medical intervention or who face severe health challenges.
Participants are expected to:

- Be honest about their needs and expectations before their arrival.
- Take responsibility for their well-being and actively seek help when necessary.

Cultural Adaptation and Teamwork

Volunteers will be part of a multicultural team, which requires respect, flexibility, and collaboration. Adapting to new cultural norms and maintaining open communication with the organization and team members are crucial for a positive experience.



Support and Emergency Protocols

We provide a strong support system, including mentors and insurance coverage, to help volunteers navigate challenges during their stay.
In case of an emergency (e.g., health deterioration), participants are expected to follow the outlined procedures for seeking immediate assistance.

Financial support

Every volunteer receives 120 EUR (4 EUR per day) for their food, and they also have kitchen access for personal use. Also, every volunteer receives 210 EUR (7 EUR per day) as pocket money from GO Alive. **In total, in monthly basis the volunteers receive 330EUR, with one bank transfer.**

The materials for the activities are covered by GO Alive, according to the limits of the organisational support and the mentor is responsible for them.

Travel issues

We advise volunteers to take a plane to Thessaloniki or Athens Airport. Afterwards, they have to take a bus to Kozani.
The travel costs are provided according to the following distances from volunteer's home to Kozani:

Distance Calculator: http://ec.europa.eu/programmes/erasmus-plus/resources_en#tab-1-4

From 100 to 499 km: 211 EUR
From 500 to 1999 km: 309 EUR
From 2000 to 2999 km: 395 EUR
From 3000 to 3999 km: 580 EUR
From 4000 to 7999 km: 1188 EUR
More than 8000: 1735 EUR

These are the **maximum** amounts. Before buying your flight tickets, you have to confirm with us. In case of **green travel**, the volunteers can receive extra financial support.

Visa and insurance information

We help the volunteers to receive their visa on timely manner from the consulate in their country. For the visa inquiries in case volunteers are coming outside of EU, the visa expenses regarding to insurance will not be reimbursed as they volunteers have an insurance through the system.

Prior to two weeks of the volunteers involvement, we need the volunteer to be registered in European Solidarity Corps System and send their PRN (Personal Reference Number) to us.

The volunteers have insurance during their stay in Greece through the European Solidarity Corps. After they accept the offer from the page, they receive an e-mail from Henner insurance.

You can check the insurance information from here: https://europeansolidaritycorps.gr/wp-content/uploads/2023/12/HENNER_-esc_membership_guide.pdf

Duration of the volunteering program

We offer a wide variety of volunteering opportunities, ranging f**rom 7 weeks to approximately 6 months.** Typically, we begin with a **2-3 months volunteering period,** which can be extended up to 12 months maximum based on good cooperation and mutual agreement.

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Local Cuisine, Language & Cultural Norms



Indulge in traditional dishes like moussaka, pastitsio, gyros and local cheeses. Kozani is also known for its saffron production, so try saffron-infused delicacies.



Familiarize yourself with basic Greek phrases like "Kalimera" (Good morning), "Efharisto" (Thank you), and "Parakalo" (Please).



Greeks are known for their hospitality. It's common to greet with a handshake and maintain direct eye contact. Punctuality is more relaxed in social settings.

Nearby Attractions



Lake Polyfytos: Ideal for nature lovers, offering serene views and hiking opportunities.



Vergina Archaeological Site: Explore the ancient tomb of King Philip II, father of Alexander the Great.



Valia Calda National Park: A paradise for hiking and wildlife observation.



Siatista: A picturesque town known for its wine production and traditional mansions.



Vasilitsa Ski Center: For winter sports enthusiasts, offering ski facilities amidst scenic landscapes.



Skepasmeno Waterfalls of Velventos: A landscape of natural beauty for a light hike through beautiful streams , waterfalls and mountains

QnA Section

What type of work will I be doing?
The work varies but mainly focuses on project management, youth empowerment, implementation of workshops, community engagement and dissemination of organization's activities.

How are living arrangements organized?
Volunteers are provided with comfortable shared accommodation in the city center of Kozani, near GO Alive office. Pack for varying weather, casual work clothes, and personal essentials. Bed sheets, pillow, duvet and towels are provided.

Is there a language requirement?
Basic English is required and learning some Greek is encouraged.

Are meals or financial support provided?
Every volunteer receives 120 EUR (4 EUR per day) for their food, and they also have kitchen access for personal use. Also, every volunteer receives 210 EUR (7 EUR per day) as pocket money from GO Alive. In total, in monthly basis they receive **330EUR**, with one bank transfer.

What about healthcare and insurance?
Health insurance is provided for the duration of your stay by European Solidarity Corps Henner Group.

Can I travel during my free time?
Yes, volunteers have free time for local travel and exploration. However, the volunteers can not participate in other EU funded projects abroad, like Erasmus+, during their volunteering.

How do I get to Kozani from the airport?
The nearest airport with international flights is Thessaloniki Airport "Makedonia" SKG. There are frequent bus connections between Thessaloniki and Kozani (approximatelyevery 2 hours). The ride takes around 90min. We will help you to organise your transport arrangements.

Is there support for emergency situations?
Yes, you'll be provided with emergency contacts and support throughout your stay.

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Contact details

If you have any questions prior to your volunteering or have any concerns and issues, do not hesitate to write an email to us :)

E-mail : info@goalive.eu

Check our activities on our social media:
https://www.facebook.com/GOAliveNGO
https://www.instagram.com/go.alive/
https://www.linkedin.com/company/go-alive/