

Partner Identification Form - PIF



Ευρωπαϊκή Πρωτοβουλία για την Ενδυνάμωση,
Ενσυνειδητότητα και Ευεξία της Νεολαίας



Organisation ID :
E10240763

Promoter's legal name (latin characters):
**European Initiative for Youth Empowerment,
Mindfulness and Wellbeing "GO Alive"**

Legal name (national language): “Ευρωπαϊκή Πρωτοβουλία για την Ενδυνάμωση, Ενσυνειδητότητα και Ευεξία της Νεολαίας - GO Alive“

Legal name (english language): “European Initiative for Youth Empowerment, Mindfulness and Wellbeing - GO Alive“

VAT/ Fiscal number: number: 996878041

Address: S. Mploura 2

Country: Greece

Region: Dytiki Makedonia

Post Code : 50131

City : Kozani

Web site : <https://www.GOAlive.eu>

E-mail : info@goalive.eu

Telephone : +306981818181

Type of Organisation: Youth Organisation

Is the partner organisation a public body? No

Is the partner organisation a non-profit? Yes

Accreditation :

Has the organization received any type of accreditation before submitting this application? YES

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Erasmus+ Accreditation

Erasmus+ Key Action 1 Accreditation
2020-1-EL02-KA150-YOU-006912

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ESC Quality Label

European Solidarity Corps Quality Label
2022-1-EL02-ESC50-QLA-000112264

Background Experience of GO Alive

Brief description of the Organisation:

GO Alive youth organization is a youth **NGO** established in **January 2020**, which is located in the city center of Kozani in Western Macedonia, Greece.

The values, vision and aims of the organisation are:

- The educational, professional, cultural and mental empowerment and development of young people (especially those with fewer opportunities due to social, economic or geographical obstacles) and the improvement of their skills and competences, by facilitating their active citizenship, employment and transition to the job market.
- The support of the mobility of young volunteers, trainees and employees by promoting youth work and youth initiatives.
- the promotion of mindfulness, self-awareness, wellbeing, a healthy and a balanced lifestyle, with an emphasis on prevention and active / healthy aging.
- The spreading of volunteerism, freedom, democracy, human rights, gender equality , social inclusion and solidarity, human dignity, the role of the active citizen and the whole European ideal in order to create a better future for the European youth, through the cooperation of different social groups of different nationalities, in the context of serving the society.
- The dissemination and support of the European Youth Card.
- The promotion of the mobility of young people outside and outside the borders, organizing local actions and interventions, as well as the use of new media.
- The promotion of the values of non-formal learning and education, which contributes to the socio-educational development of individuals, but also to education at all levels, especially to people who have dropped out.
- The development of action plans against poverty, unemployment and social marginalization, especially for people belonging to vulnerable groups (immigrants, Roma, refugees, people with disabilities).
- The implementation of programs to upgrade the quality of human life and protect the social and natural environment.
- To foster social entrepreneurship, as well as research, specialisation and innovation.

GO Alive youth organisation is a youth NGO that started its official function in January 2020, just before the expansion of the COVID-19 pandemic. The organisation consists of the members of the informal group of young people "**Greek Odysseuses**" that have been very active in the field of youth empowerment since 2017.

More specifically, the organisation was established as an output of the Transnational Youth Initiative "GO Alive" (2018-2-EL02-KA205-004425) under the European program Erasmus+ which aimed at the development of Mindfulness and the promotion of initiatives and the acquisition of Leadership with the ultimate goal of Community Building.

Some of the activities that we have implemented are described below:

We have implemented a dozen of local workshops on Mindfulness and Leadership that took place in Siatista, Greece, including guided meditation, active listening and working committees on local development. Also, we have organised sport activities and hiking trips, as well as Environmental Protection and Recycling events, fostering community building in the local society of **Siatista**.

Moreover, “GO Alive” team is dedicated to the educational, professional, cultural, and spiritual empowerment of young people, especially those with fewer opportunities. Organisation’s key activities include hosting events like the **Kozani Youth Fest**, which brings together young people from across Greece and Europe for non-formal learning, networking, and community-building activities. The festival includes dialogues with policymakers, presentations on EU opportunities, and democratic engagement initiatives. Additionally, the ngo utilizes the European Solidarity Corps programme to manage and support international volunteers, fostering mobility and experiential learning. It provides workshops and training sessions on various topics, including mindfulness, leadership skills, and environmental awareness, tailored to meet the needs and interests of young people. It manages and implement diverse projects that promote social inclusion, human rights, non-formal education, and sustainable development. The main aims are personal development and self-knowledge of the participants, stress and time management, balance of professional and personal life, mental resilience, as well as sharing of opportunities for training and participation in European programs, shaping their professional profile. Lastly, the organisation is an official **Eurodesk Multiplier** in Western Macedonia, Greece.

Key Action 2 Past Experience:

- Erasmus+ Cooperation partnership in youth work “**YOU(th) in the moment**” promoting mindfulness in Youth Work, involving Estonia, Latvia, Greece, Italy, Sweden and Ukraine ([2021-1-EE01-KA220-YOU-000029012](#))
- Erasmus+ Strategic Partnership Project “**Ni-Ni and Yo-Yo : Youth Trajectories and Dilemma of Social Welfare Systems in Southern Europe**” involving Portugal, Spain, Italy, Greece and Türkiye. ([KA220-YOU-B133F6A8](#))

Key Action 2 Current Experience:

- Erasmus+ Small-scale partnerships in vocational education and training “**ENDO-TEAM: a multidisciplinary team approach to endometriosis**” involving Italy, Greece and Spain ([2022-1-IT01-KA210-VET-000081347](#))
- “**Empowering Women in The Cases of Both Natural and Human-Made Disasters**”, involving Türkiye, Italy, Greece and Portugal. Applicant organisation: Manisa İl Afet ve Acil Durum Müdürlüğü ([2023-1-TR01-KA210-YOU-000152539](#))
- “**Think Innovative be Entrepreneur**” involving Türkiye, Sweden and Greece. Applicant organisation: Turkey - Youth and sports association for entrepreneurship ([2023-1-TR01-KA210-YOU-000159705](#))

Information on the key staff /persons involved in this application and on the competences and previous experience that they will bring to the project:

The “GO Alive” team is a pure youth organisation, coordinators of which are young people, with an age range 20-35 years old.

They are young entrepreneurs, students or graduates of higher education faculties in the areas of Finance, Literature, Psychology and Medicine.

They expand our actions and are mostly active in the regions of Western and Central Macedonia and particularly in the cities of Kozani, Thessaloniki and Katerini.


They have participated as well as delivered workshops on Mindfulness and Wellbeing, on European active participation, on Entrepreneurship and on other topics that answer to their academic and professional background.

They mostly deliver workshops by using methods based on Non Formal Education and active participation. These are the main experiences and competences that they will bring to the current project through the activities that we will participate in.

Specific members of GO Alive that are in charge of projects management:


CO-FOUNDERS

Markos Chionos



He is a youth worker and co-founder of "GO Alive" Youth NGO. Also, he is an economist and a PhD candidate in Mindfulness and Innovation, with a master's degree in European economic law. He has complete SALTO ToT and he is member of the pool of trainers of the Greek National Agency. He has 7 years of experience in the banking sector and 5 years of experience in the implementation of educational programs for adults. In addition, for 3 years he was the presenter of a weekly TV show with topics around the personal and professional development of young people.

Maria Stefanidou



She is a youth worker and co-founder of "GO Alive" Youth NGO. Also, she is a Resident Doctor in General / Family Medicine at "Mamatsio" General Hospital of Kozani, Greece and a Board Member of "HIPPOCRATES" Association of GP/FM of Greece. She has been involved with Mindfulness for the last 6 years, while volunteering as a facilitator and team leader in international and local youth projects, focusing on team building and group dynamics.

PROJECT MANAGERS

Nefeli Pinaka

She is a graduate of the Department of Psychology and has participated in European programs from which she gained knowledge about non-formal learning and the importance of lifelong learning. She's pursuing a Master's in Criminal Law and Addictions at Aristotle University of Thessaloniki, focusing on the influence of legal pressure on drug treatment program participation. She has also completed an 8-week course in Mindfulness-Based Stress Reduction (MBSR) for mental health workers and is training in Systemic Psychotherapy.

Efstratios Zyrpiadis

He has studied agricultural sciences, specializing in plant production and protection at the University of Thrace. He has participated in 17 Erasmus+ projects abroad, he has been volunteering in ESN in Greece from 2018 and now a Youth Worker. He volunteered in Chojnice, Poland for 1,5 months where he was teaching English to kindergarten children. He did an internship for 5 months in a biotechnological company in Netherlands as part of Erasmus+ mobility. Also he volunteered as a treasurer in Association of Pontic Students of Orestiada for 2 years.

Georgios Vlachos

Graduated in Management Science and Technology from the University of Western Macedonia. He is the coordinator of educational activities for the project 'Empower Women in the Cases of Both Natural and Human-Made Disasters.

Evgenia Chasioti

She holds the position of Political Scientist at Go Alive. She holds a Master of Science in Governance and Regional Development from the Aristotle University of Thessaloniki. Evi is the head of Physical Actions, coordinating local actions and developing partnerships with local stakeholders at Go Alive."

Legal Representative :**Title:** Mr.**Gender:** Male**First name:** Markos**Family name:** Chionos**Position :** Youth Worker, Organisation Manager**Email :** markos.chionos@goalive.eu**Telephone :** (0030)6981818181**Contact Person :****Title:** Miss**Gender:** Female**First name:** Maria**Family name:** Stefanidou**Position :** HR Manager, Project manager, Health Coach**Email :** maria.stefanidou@goalive.eu**Telephone :** (0030)6973269696**Other Info :**

City for Distance Calculator: **Kozani, Greece**

Solidarity Projects as Beneficiary:

2020-1-EL02-ESC31-005867

Solidarity Project on promoting Mindfulness Leadership among regional Stakeholders .

2020-3-EL02-ESC31-006508

Solidarity Project on the development of Mindful Leadership Skills in the management of Civil Society Organizations

2020-3-EL02-ESC31-006509

Solidarity Project on Mindful Career Orientation of young people

2022-3-EL02-ESC30-SOL-000096208

Solidarity project "Kozani Goes Green" on sustainability and eco-lifestyle

2022-3-EL02-ESC30-SOL000096891

Solidarity project "Digital Wellbeing Labs"

2023-1-EL02-ESC30-SOL-000134635

Digital Skills for Employability, Solidarity project on digital skills for the professional development of young people

