



**ATHENS  
LIFELONG  
LEARNING  
INSTITUTE**

# Life Skills

**Practical Tips for Organizing Adult Life**



**Student's Handbook**



This book is co-funded by the Rights, Equality and Citizenship Programme of the European Union (2014-2020) next to the EU emblem.





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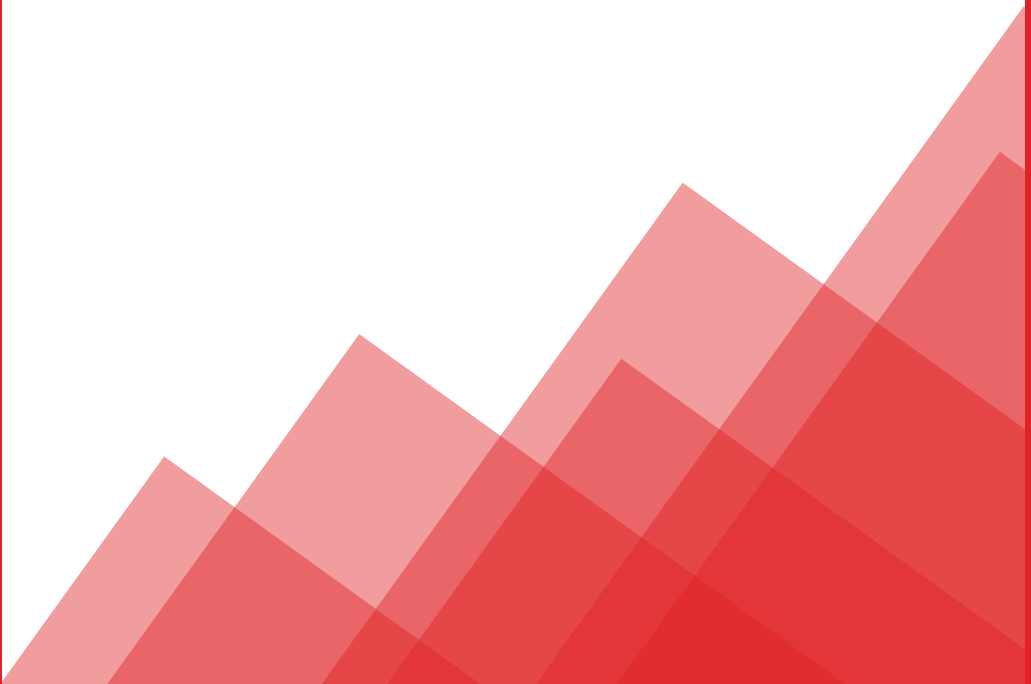
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# CHAPTER

**Transition from the Child  
Support System**

# Transition from the Child Support System

Have you ever wondered what most Disney children's movie heroes have in common?

Disney movies refer to the growing up of their heroes. They relate to that day in life that someone accepts responsibility. Little lion Simba left his home but he had to return and become a leader in the savannah. The mother of little elephant Dambo dies, thus he is forced to grow up with the help of his friends. Belle, in Beauty and the Beast, has only a father, and when she loses him she is forced to take his place and persuade the Monster not to terrorize the people of the village. Aladdin, a young orphan, has to survive in the streets of Baghdad and finally succeed in life. Bambi the deer, loses his loving mother and together with his friends is forced to confront the hunters of the woods and become the new Great Prince of the Forest.

For all people, without exceptions, that moment of transition from childhood into adulthood eventually comes. During this transition

nobody should be alone. The fundamental supplies for such journey to adulthood are:

- empowerment
- thorough information

The empowerment and the successful transition of the youth towards adult life have as common ground the continuity of the relationships that were formed among the young adults and the responsible institutions and the carers in the child protection structures. This is ensured by continuous communication and support. Supplies of the independent living constitute the following:

- the capacity for decision taking
- the organization of daily life

The present handbook aims at providing extensive information to the youth during the process of leaving child protection structures in

the fields of education, social integration and both mental and physical health by providing practical tips for organizing life after leaving the child protection structures.

This handbook constitutes the navigation guidance to the map of adulthood where each and every one will on their own draw the right path by taking into consideration his personal expectations and dreams.

Good Luck!





# 2

# CHAPTER

**Citizen and Civic Rights**

## 2.1 Rights and Obligations

*"We do not deserve to have rights which (do not) derive from a duty that we haven't performed well."*

*Mahatma Gandhi, 1869-1948, Indian leader*

In every legal state, the citizen is the member of the society who has rights and obligations and supports the state, in which he resides, politically, economically and socially.

The civil rights include:

**Individual rights**, such as freedom of expression and religious freedom.

**Social rights**, such as education, medical care and work.

**Political rights**, such as the participation in the elections.

The rights are limited by the citizens' obligation to respect, protect and assist the rights of his fellow citizens. Each country's Constitution establishes civil obligations such as:

- **Social responsibility and national solidarity:**

Respect towards the community and the national property.

- **Tax liability:**

Any natural person who domiciles or habitually resides in Greece and has already turned 18 years old must submit a tax return.

- **Military obligations:**

Every January, February and March a recording of the pending enlisted men that have already turned 18 is conducted by the military services and other citizen service centers.

- **Mandatory education**, which aims at the mental and physical development of the students in order for them to evolve complete personalities and thus be able to cope with the contemporary social challenges:

- 1 year of Preschool education
- 6 years of Primary school education
- 3 years of High school education
- **Compliance to the Constitution and the laws:**

The laws of each country determine the penalties for the commitment of civil offenses (unjust acts that result in financial compensation) and criminal offenses (crimes that result in specific penalties such as imprisonment). In case of criminal offenses or crimes the distinction is made based on the type of the punishment:

  - The offense, e.g. the violation of the Traffic Code that is fined.
  - The defect, e.g. the defamation and the damage of foreign property that are punished with fine or with imprisonment.
  - The felony, e.g. homicide and robbery that are punished with imprisonment.



**THE UNIVERSAL DECLARATION OF HUMAN RIGHTS BY THE UNITED NATIONS AGENCY** (simplified version of the 30 articles of the Universal Declaration of Human Rights):

1. All human beings are born equal free and equal to one another
2. Everyone is entitled to rights and freedoms without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.
3. Everyone has the right to life, liberty and personal security.
4. No one shall be held in slavery or servitude.
5. No one shall be subjected to torture.
6. Everyone has the right to recognition as a person before the law.
7. Everyone is entitled equal protection by the law.
8. Everyone has the right to an fair treatment by the competent national courts of law.
9. No one can be arbitrarily arrested.
10. Everyone equally to a fair and public hearing by an independent court of law.
11. Everyone has the right to be presumed innocent until proved guilty according to law in a public trial where all the means necessary for his defense are guaranteed.
12. Everyone has the right to privacy regarding family, home and correspondence.
13. Everyone has the right to move freely, to leave and to return to any Country
14. Everyone has the right to seek and enjoy asylum.
15. Everyone has the right to a nationality.
16. Everyone has the right to marry and to found a family. Both men and women are entitled to equal rights as to marriage, during marriage and at its dissolution.
17. Everyone has the right to own property.
18. Everyone is entitled the freedom of thought, conscience and religious beliefs.

19. Everyone has the right to freedom of opinion and expression and the right to seek, receive and disseminate information.
20. Everyone has the right to freedom of peaceful assembly and association.
21. Everyone has the right to elect and stand for election.
22. Everyone has the right to social security and to the protection of his financial, social and cultural rights.
23. Everyone has the right to work, to get equally payed for equal work and the right to form and join trade unions.
24. Everyone has the right to reasonable working hours and periodic holidays with pay.
25. Everyone has the right to a living standard adequate for the health and well-being of himself and of his family, including food, clothing, housing, medical care and social security.
26. Everyone has the right to education.
27. Everyone has the right to freely participate to the cultural life and to protect of his social rights.
28. Everyone is entitled to a social and international peace in which the rights and freedoms set forth in this Declaration can be fully realized.
29. Every person has duties towards the society and other third parties.
30. Nothing in this Declaration may be interpreted as an innuendo by any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

(Reference: [https://www.un.org/en/udhrbook/pdf/udhr\\_booklet\\_en\\_web.pdf](https://www.un.org/en/udhrbook/pdf/udhr_booklet_en_web.pdf))

## Useful Links

1. <https://www.synigoros.gr/?i=stp.en>  
(The Greek Ombudsman)
2. <http://www.synigoroskatanaloti.gr/>  
(Hellenic Consumers' Ombudsman)
3. <https://www.synigoros-solidarity.gr>  
(The Greek Ombudsman, Ombudsman for Vulnerable Social Groups)
4. <https://www.stratologia.gr/>  
(Bureau of Military Recruitment)
5. <http://www.ministryofjustice.gr/site/Default.aspx?alias=www.ministryofjustice.gr/site/kodikis>  
(Civil and Penal Code Information)

## 2.2 European Union

*“Nobody can sing a symphony by themselves. A whole orchestra is needed”*  
Halford E. Luccock (1885-1960), American professor

During the 1950s, Belgium, France, Germany, Italy, Netherlands and Luxembourg, eager to recuperate from the disastrous Second World War and for the sake of cooperation, aiming to answer fundamental questions concerning their common future, founded the European Economic Community (EEC). The EEC set the basis for the formation of the today's European Union (EU) in which the following member states were later incorporated:

**1973:** Denmark, Ireland and United Kingdom

**1981:** Greece

**1986:** Spain and Portugal

**1995:** Austria, Finland and Sweden

**2004:** Cyprus, Czech Republic, Estonia, Hungary, Latvia, Lithuania, Malta, Poland, Slovakia and Slovenia

**2007:** Bulgaria and Romania

**2013:** Croatia

The European Union Member States are currently 28.

On the 23rd of June 2016 the citizens of the United Kingdom voted in favor of their country leaving the European Union. On 29 March 2017, the United Kingdom officially announced before the European Council their intention to leave the E.U., triggering Article 50 of the Lisbon Treaty. Currently, the United Kingdom continues to remain an acknowledged Member State of the E.U. Therefore the corresponding rights and obligations are still fully applicable for the United Kingdom.

The European Union is actively present in the daily lives of citizens via the following ways:

1. Citizens can travel, study, work and reside in any European Union country. Every citizen shall decide freely the whereabouts of his liv-

ing and employment. Freedom of movement is possible due to the Union's single market.

2. The European Union has lifted the barriers to free trade amongst Member States. This means that you can produce, buy and sell products and goods wherever you shall choose within Europe. It also means that the consumers have access to a broad range of products in low prices.
3. Travelling in Europe has become a simple case. According to the Schengen Treaty, the monitoring and control of movement in the borders of European countries has been abolished. You can cross the borders of the majority of the Member States without even showing your passport.
4. While travelling abroad in Europe you may get sick or get involved in an accident. In such events, as a citizen of the European Union you are entitled to receive any necessary emergency medical support until you return to your homeland. With the European health insurance card you shall receive public health care with equal standards to the ones that the local citizens enjoy.
5. Air travel is now much more affordable. European Union has dismantled national monopolies and has encouraged competition in the air travel sector. The number of cities with their own airport is increasing and more direct flights are now operating. Furthermore, the passenger's rights have been reinforced.
6. Mobile and smartphone use is much cheaper in the recent years. European Union regulations have led to a significant decrease of the costs (more than 90% since 2007) through the standardization of the maximum prices. The roaming fee was abolished in June 2017, which means that when you use your phone abroad the charge is the same as if you were in your country.
7. The minimum guarantee period for consumer goods, such as electronic devices, has ascended to 2 years. Therefore, if for example you mobile phone crashes after one year, you can repair it or replace it for

free. In addition, it doesn't matter in which country you have purchased the product.

8. The legislation of the European Union protects you when you order or purchase products from anywhere other than the physical store. For example, if you sign a subscription or a contract on the road or you proceed to an online purchase you can change your opinion. You are entitled to cancel your order or return the product within 14 days.
9. As a consumer you may choose to proceed to "green purchasing". The energy label of the E.U. will assist you into making the right choice. There is a variety of products such as, light bulbs, laundry machines, refrigerators and TVs that carry the energy label of the EU. This method makes it easier for you to identify the more energy efficient products, which are specifically labeled as A+++.
10. Within the European Union you can enjoy clear bathing and drinking water. The environmental pollution is a worldwide phenomenon and for that, clean air and water are undoubtedly of high importance. The European Union has established compulsory pan European standards concerning air and water pollution and thus the Member States are responsible to maintain these standards.

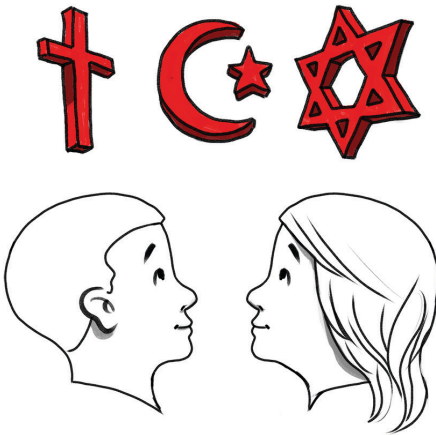
#### **Useful Links**

11. [https://europa.eu/european-union/index\\_en](https://europa.eu/european-union/index_en)  
(Official Website of the European Union)
12. [https://ec.europa.eu/info/policies/youth\\_en](https://ec.europa.eu/info/policies/youth_en)  
(Youth/ European Commission)
13. [https://europa.eu/youth/discovereu\\_en](https://europa.eu/youth/discovereu_en)  
(European Youth Portal)

## 2.3 Intercultural Principles

*"I said to the almond tree, 'Sister, speak to me of God.' And the almond tree blossomed."*

*Nikos Kazantzakis, 1883 – 1957, Greek writer*



We live in a pluralistic society and the need to understand each other is more crucial than ever. Even in contemporary societies, nationalism and racism are still present, but they could be eliminated if people had a better understanding of the religious beliefs and practices of other religions. People attain their prejudices in the course of their life, resulting in ignorance and negative stereotypes. Each religion is multi-dimensional. The different

aspects of each spiritual and religious experience can be expressed in various ways in people's lives. Religious pluralism allows for freedom of speech to all religions, encourages the formation of religious communities and is based upon two fundamental principles: respect and love.

The main components of religions are **faith**, **moral life** and **worship**.

**Faith** is reflected in the daily lives of people through their trust to the symbol of their faith.

**Moral life** results in following a relevant morality which addresses the determined rules of everyday life based on respect and love towards all humanity and nature.

**Worship** relates to all that is said (the Gospel, the Koran etc.) and done (Divine Communion etc.) by each religious community.

### **Useful Links:**

1. <http://iaath.gr/>  
(Holy Archbishopric of Athens)
2. [http://www.cathecclesia.gr/hellas/index.php?option=com\\_content&view=article&id=91&Itemid=99](http://www.cathecclesia.gr/hellas/index.php?option=com_content&view=article&id=91&Itemid=99)  
(Catholic Church in Greece)
3. <https://aeee.gr/en/>  
(Greek Evangelical Church)
4. <https://www.facebook.com/MuslimAssociationOfGreece/>  
(Muslim Association of Greece)
5. <https://www.facebook.com/krishna.athens>  
(Hindu Community In Greece)
6. <https://www.jw.org/en/>  
(Jehovah's Witnesses)

## 2.4 Social Security

***“Jump faster than wear.”***

*Odysseus Elytis, 1911-1996, Poet, 1979 Nobel Prize Winner*

*The institution of social security has been internationally established by the Universal Declaration of Human Rights voted by the UN in 1948.*

The social security system in Greece constitutes the aim of the national model for social protection which is served via the following three systems:

### Employee social security system

Social security is an institution that promotes social solidarity and distribution of income in the contemporary society. It ensures the transfer of the financial resources from the active towards the non-active economic classes. From an administrative point of view the social security system is monitored by the Ministry of Labour and Social Affairs. The Social Security System provides all employees with medical and pharmaceutical insurance. Furthermore, it distributes the pensions to the enlisted former employees and by providing benefits and services that compensate for the reduction or loss of income from employment, seeks to cover the potential risks faced by employees. The institutions of the social security system are:

- Primary and supplementary insurance from the Single Agency of Social Insurance (EFKA) and the Single Fund of Supplementary Insurance and Single Benefits (ETEAEP)
- Supplementary Social Security Systems – Professional Fund
- Private Insurance Coverage Programs

## Social Welfare System

The social welfare system composes the ultimate safety net for the people who are not in the labor market. Social welfare comprises every direct or indirect provision by the state in order to protect those social groups which are unable to deal with their material, psychological and social needs. The goal is to eventually achieve an active participation of those social groups in the economic and social life. The social policy is exercised either with service provisions such as care and welfare services or with financial provisions such as the various social allowances. Social services are also offered by local government agencies and by a network of volunteer and non-governmental agencies which operate in the field of child protection, refugees and people with disabilities. The social welfare system is monitored by the Ministry of Health and Welfare while the basic information concerning the social services and the allowances is provided by the Agency of Welfare Allowances and Social Solidarity (ΟΠΕΚΑ)

In particular, ΟΠΕΚΑ grants:

- Family allowances
- Allowances for people with disabilities
- Allowances for uninsured elders
- Social tourism provisions
- Social solidary income that aims to deal with poverty and social exclusion, based on the pillars of income support, liaison with social inclusion services and reintegration into the labor market services. The application for the social solidarity income can be carried out through the website [www.keaprogram.gr](http://www.keaprogram.gr) along with the submission of both the Social Security Number and the Tax Registration Number (see chapter 3.4)

## National Healthcare Service (ESY)

The National Healthcare Service aims at providing medical, pharmaceutical and nursing coverage of the needs of the Greek population through the establishment of free services. Its operation serves all the citizens residing in Greek territory.

The people insured in the Single Social Security Agency, the uninsured students, the subsidized unemployed and the retired address to the Public Health Structure by submitting their Social Security Number and are entitled to full medical care and hospital care under the framework of the National Healthcare Service. The related expenses are covered by the National Agency of Health Services Provision (EOPYY). The health system is coordinated by the Ministry of Health and Welfare.



The European Union offers the possibility of issuing the European Health Insurance Card, holders of which are eligible for receiving medical care, same as the one that is provided to the local citizens of 31 countries (Member States of the E.U. alongside with Norway, Lichtenstein, Iceland and Switzerland). The card is distributed free of charge but it is imperative that the holder is covered by the governmental insurance system of a European Economic Area member state or Switzerland. The card is issued and distributed by the local insurance institution of the person concerned.

## Useful Links

1. <https://www.efka.gov.gr/el>  
(Single Agency of Social Insurance)
2. <https://www.idika.gr>  
(Online Social Security Governance)
3. <https://www.atlas.gov.gr/ATLAS/Pages/Home.aspx>  
(Single Registry of Insurance and Insurance Competence)
4. <https://opeka.gr/>  
(Agency of Welfare Allowances and Social Solidarity)
5. <https://keaprogram.gr/pubnr>  
(Social Solidarity Income)
6. <https://www.eopyy.gov.gr/>  
(National Agency of Health Services Provision)
7. <https://www.eopyy.gov.gr/insurancecard>  
(European Health Card)

## 2.5 Issuance of Legalization and other Documents

*"What we aspire to do one day with ease, we must first learn to how do it diligently ..."*

*Samuel Johnson, 1709-1784, English writer*

As members of an organized society, individuals must issue certain legalization and other documents in order to be eligible for transactions with various public and private services. In the context of promoting eGovernment in Greece, Public Administration is being transformed and upgraded in order to be more efficient and effective. The time consuming bureaucratic research for the required documents has been replaced by a simple user friendly online service.

The main legal documents for any transaction consist of:

### 1. IDENTITY

The main prerequisite in order to obtain a police identity is that citizens have reached the age of 12. Greek police identities are issued by the relevant Police Departments per area of residence. The required documents are:

- **Two (2) recent black and white identity photographs**, size 3,6x3,6 cm,
- **Application – Declaration Form**, granting the National Population Register and Information System (ΟΠΣΕΔ) with access to his personal information. The application is handed out to the applicant in a printed form ready for signature. The National Population Register and Information System is monitored by the Ministry of Interior.
- **The ID application** is filled in by the Competent Authority based on the applicants ID information and according to the information provided by the National Population Register and Information System or by the birth certificate. The application, is handed out to the applicant in a printed form ready for signature.
- **Certificate from a Hospital or Medical Laboratory** concerning the blood type and the RHESUS ( if the applicant decides to display it)

- **Travel papers or other documents** of a domestic or foreign authority, which demonstrate prior recording of the data of the concerned, in Latin characters.
- For the issuance of the ID card a **testimony by a witness** upon the applicant's information is needed. In case of a minor, the confirmation of the information can be done by a parent, guardian or carer who has the custody.

## 2. TAX REGISTRATION NUMBER

The Tax Registration Number (AΦΜ) is a unique number assigned to each transactor. The number identifies each person based on personal information and it is useful in every transaction with public or private institutions according to the law. A Tax Registration Number issuance is imperative for all adult citizens, without exceptions, whether they have an income or not. The Tax Registration Number is issued by the Public Financial Service of the taxpayers' area of residence by submitting the following documents:

- Certified photocopies of the Police Identity or the Passport
- A complete TRN declaration of performance
- The Taxis net service portal, powered by the General Secretariat for Information
- Systems, can provide the registered taxpayers with information concerning the taxpayer's profile, the submission of tax return and other relevant documents and the issuance of fees.

3 simple steps are necessary for someone to register to the Taxis net portal:

- Fill out the online application
- Visit the local Public Financial Service for an application approval
- Online activation of the account

## 3. SOCIAL SECURITY NUMBER

The application for an issuance of the Social Security Number can be submitted to a Citizen Service Center.

A Police ID card or a residence permit is required for the issuance of the Social Security Number. The SSN consists of a single number that ensures labour and insurance identification of citizens' rights. It constitutes a requirement regarding all the transactions relevant to employment and insurance such as recruitment, allowance payment, insurance payment etc.

#### **4. PASSPORTS**

The passport is a travel document issued by government authorities and serves for the transition of its holder in foreign countries as well as evidence to the holder's identity and citizenship. An application for a passport is required of the person concerned at the Passport Offices of the Greek Police together with the following supporting documents:

- A recent colour photograph size 4x6 cm.
- Fees (provided through the Taxis net service)
- Photocopy of both sides of the police identity card

#### **5. Other legalization documents**

Registry's acts, military information etc. can be found by the Citizen Service Centers. Online applications for a series of other administrative procedures, latest information in the context of the Public sector and Q&A sections regarding their state rights and obligations can be accessed via the Citizen Service Centers' site.

The Citizen Service Centers are government offices that were initially established under the same name in the context of local Regions and Prefectures, with the ultimate goal to reduce bureaucracy and accelerate citizen service regarding transactions with the Public sector. The role of the CSC is to constitute the main reference point of public services and provide direct and efficient services to the citizens.

## The services that the Citizen Service Centers provide are:

Authentication of the signature, carried out in person with the citizen submitting an identification document. Moreover CSC provide electronic fee issue, certification of accurate copies for public or private documents, as well as other 2,000 certified procedures.

### Useful Links

1. [http://www.hellenicpolice.gr/index.php?option=ozo\\_content&perform=view&id=34&Itemid=13&lang=EN](http://www.hellenicpolice.gr/index.php?option=ozo_content&perform=view&id=34&Itemid=13&lang=EN)  
(Hellenic Police)
2. <https://www.gsis.gr/en>  
(General Secretariat for Information Systems)
3. <https://www.amka.gr/>  
(Social Security Number)
4. <http://www.passport.gov.gr/en/>  
(National Passport Center)
5. <http://www.kep.gov.gr/portal/page/portal/kep/>  
(Citizen Service Center)
6. <http://www.politesrotoun.gr/>  
(Q&A website regarding procedures and certificates of Public Administration)
7. <https://www.kallikratis.org/>  
(Information on Local Governance and Decentralized Administration)





# 3

# CHAPTER

**Education and Employment**

## 3.1. Vocational Guidance

*“Every man’s work, whether it be literature or music or pictures or architecture or anything else, is always a portrait of himself.”*

Samuel Butler, 1835-1902, English author

Since 1900 a breakthrough in educational movements has been happening. Many of these movements flourished and gradually disappeared whereas others affected society’s composition through the course of history. Vocational guidance is of the most important of them, both individually and socially. According to Frank Parsons (1854 – 1908) who is widely regarded as the father of the vocational guidance movement, wise occupational decision is based on the following factors:

- an accurate understanding of their individual traits (aptitudes, interests, personal abilities as well as limitations)
- a knowledge of job positions and the labour market
- rational and objective judgement about the relationship between their individual traits, and the labour market.

*The vocational guidance* is defined as the procedure of facilitation provided to young person in order for him to be able to choose, get prepared and eventually enter a profession which he appears to be interested and competent. In Greece the National Qualifications Organization and Vocational Guidance aspires to form a closer connection between the educational and training process and the labour market. Furthermore, it provides free consulting services regarding vocational guidance and career guidance.

The choice of a profession is very significant considering that working hours constitute the 1/3 of the day. The ability to express ourselves through our occupation is vital because it enables us to develop our creativity and our efficiency and contributes to both personal and social well-being. Waking up in the morning and being joyful and excited to go to work is one of the most valuable emotions. That’s why the Chinese phi-

Philosopher Confucius (551 BC – 479 BC), orphaned since he was 3 years old and forced to experience hard times growing up, came to the conclusion that: "Choose a job you love, and you will never have to work a day in your life". That's why vocational training and guidance is needed in order to provide useful information concerning the following:

- the characteristics of an occupation, for example manual, intellectual etc.
- the working conditions and the working environment of a profession such as hospital or office etc.
- the necessary qualifications such as personal interests, knowledge, assets and specialization.
- the necessary preparation such as studies and other educational assets
- the estimated earnings such as salary and other revenues



It is estimated that, in the context of the future economic growth, job positions will be created within the following economic sectors:

**1**

## **Tourism**

Due to its geopolitical position and history, Greece constitutes a globally popular tourist destination. As a consequence, Greece attracts investments that offer more tourist services and products. According to the Greek Tourism Confederation (SETE) the total contribution of tourism in Greece's GDP (30,9%) will create one million new job positions until 2021 through well targeted policies which will involve both investments and educational program support. Apart from the traditional tourist professions (hotel employee, tourist agent and travel guide) there is a development of new branches signifying the future creation of new job positions in tourism such as social profile management of a tourist corporation (social media manager), specialization services provision (thalassotherapy, tasting etc.), health tourism (thermal springs, IVF) and purchasing products or services (software for online order of products and services).

**2**

## **Energy**

European energy policy highlights professions related to energy and its management. Specifically, the development of innovative automation and data exchange systems requires the use of new skills that do not relate only to technical knowledge but also to non-technical. This change, gradually leads to the development of new professions which are currently emerging, such as designers of new media entertainment (virtual reality),renewable energy sources technicians (wind energy, electric car mechanics) and artificial intelligence technicians ( problem solving technicians working on issues concerning the driving system, bank loan applications, text translation and social networks)

**3**

### **Information and Communication Technologies**

The specialization of information and communication technologies aims to develop IT applications in management (business organization), in education (virtual learning environment) and production (increase of the production methods efficacy). The relevant professions are based on the development, installment, IT and telecommunications product maintenance.

**4**

### **Health Sciences**

During the last two decades, an increasing development in the field of health sciences has been happening. This development, interconnected with the provided health care and treatment, is directly related to the achievement of cooperation between the patients and the health care professionals. The development of new health care professions is focused on the improvement of health procedures and the development of expertise and paramedic equipment such as work-therapy, speech therapy, dental technology, of medical laboratories, physiotherapy and specialized nursing.

**5**

### **Environmental Sciences**

The negative effects of the postindustrial era have led to a raise of public opinion awareness as far as environmental issues are concerned.

The environmental sciences include branches such as environmental protection, noise pollution, waste management, air pollution, water pollution and use of natural resources. The marketable employment sectors and the growing in demand specialties are those of the agronomist, the geo technologist (process of raw material and ores), the farmer, the environmental engineer (protection and environmental management) and the energy technologist (energy system equipment and installation).

# 6

## Food and beverage Sciences

According to a recent report published by the Institute of Financial and Industrial Research (2018), the food industry will constitute the foremost employer in the manufacturing sector. The changes in our eating and drinking habits that suggest healthier dietary ways as well as the rapidly increasing earth population highlight the significant role of food and beverage sciences and consequently the need to create new jobs that will meet the above needs. Important sectors of employment for food and beverage science graduates include healthcare and nutrition, the development of technologies and engineering as well as supply chain management (logistics). The main objective of these sectors is to contribute to the production and distribution of the food that will meet the qualitative and quantitative needs of the consumer.

Furthermore, the sector of agricultural administration and economy, responding to the incompetence of the small producers to promote their products to the contemporary market, fills the gap by training executives who will learn to manage efficiently the development and disposal of agricultural production.

According to the research "Shape of Jobs to Come: Possible New Careers Emerging from Advances in Science and Technology (2010 - 2030)" (2010) developed by the British Department for Business, Innovation and Skills (BIS) the following main branches of future professions were presented:

1. Nano technology in individual health care and prevention
2. Geriatric counselling
3. Alternative vehicle design for the manufacture of new models of transport
4. Social networking and online media counselling aiming to integrate all the people to the contemporary online social media
5. Climate change management including the prevention and reduction of weather alterations.

6. New types of land cultivation and livestock breeding to meet the needs of the growing population
7. Development of online applications such as the virtual advocate or virtual anchorman to cater for the individual needs of each person.

### **Useful Links**

1. <https://www.eoppep.gr/teens/>  
(Online interactive portal for young people designing their careers)
2. <http://ergastirio-eps.ppp.uoa.gr/>  
(Vocational Training and Counselling Laboratory of the National and Kapodistrian University of Athens. Responding to teenagers' needs for career orientation, the Laboratory provides free of charge, personalized vocational counseling workshops targeted to secondary school students.)

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## 3.2 Education and Studies

***“Education is the most powerful weapon which you can use to change the world.”***

*Nelson Mandela, 1918 – 2013, South African revolutionary, politician, and president.*

The educational system of Greece offers education as well as equal educational opportunities for all the children residing in the Greek territory. That's why, education except for being compulsory (10 years), is also free. Education is a fundamental right for the children through which smooth integration into society, independent living and employment is achieved. Education, cultivates the human personality, empowers the respect of human rights and fundamental freedoms. The levels of education in Greece are the following:

### Primary Education

It consists of Kindergarten (compulsory 1 grade, 5-6 years old) and Elementary school (compulsory 6 grades, 6-12 years old). The main goals of the primary education are the development of children's writing and oral skills, reading and comprehension skills, the cultivation of their historical insight as well as learning to practically apply mathematics on everyday basis.

Minors over the age of 16 as well as adults, who have failed to acquire their Primary School Diploma, are given the opportunity twice a year, to participate in exams hosted by local Primary School Directorates in order to obtain the Primary School Degree. Foreigners who are either recognized as refugees or hold a residence permit for humanitarian reasons in Greece, may also participate in the above process. Free lessons for acquiring a Primary School Degree are provided by various Greek Municipalities as well as Non-Governmental Organizations.

## Secondary Education

Secondary Education comprises Gymnasium (compulsory 3 grades, 12 -15 years old) and Lyceum (3 grades, 15 – 18 years old). During Secondary Education students develop their cognitive, research and critical thinking skills and achieve a profound comprehension of theoretical knowledge through various school projects.

Alternatively, the Directorate of Secondary Education organizes assessment exams every June for the students' registration for three- year Evening Gymnasium and Lyceum. The evening schools address the children who work part-time or have interrupted the school attendance due to extraordinary family circumstances. Adult students and underaged students who work have the right to enroll to evening High Schools. After the completion of their studies, students have access to Higher Education. A combination of general education and technical vocational knowledge is provided by Vocational High Schools (Lyceums) in which Middle School graduates are enrolled. They are divided both to morning and evening, and they incorporate the following sectors:

Agriculture, Food and Environment

Administration and Finance

Structural Works, Environmental Structure and Architectural Design

Applied Arts

Electrical Engineering, Electronics and Automation

Engineering

Nautical professions

Information Technology

Health, Welfare and Wellness

Furthermore, first grade High School graduates can register in Apprenticeship Schools of the Manpower Employment Organization (OAED). The curriculum combines the theoretical approach by attending theoretical and laboratory courses, with the parallel paid work practice in occupations relevant to the following specialties:

|                              |
|------------------------------|
| Aesthetics                   |
| Goldsmith and Silversmith    |
| Bakery and Pastry            |
| General Baby Care Assistant  |
| General Nursing Assistant    |
| General Nursing Assistant    |
| Graphic Arts - Electronics   |
| Brochure Design              |
| Graphic Arts – Print process |

|                                                     |
|-----------------------------------------------------|
| Refrigerator Installers and Air Conditioning 'Works |
| Fur Processing                                      |
| Artistic Processing                                 |
| Marble                                              |
| Pottery                                             |
| Hairdressing                                        |
| Building works                                      |
| Cooking                                             |

In the context of the European project for the prevention of social exclusion, the Ministry of Education and Religious Affairs has established the "Second Chance School" which is a free, innovative public education school for adults who haven't yet completed their compulsory education, in order for them to acquire the fundamental knowledge and skills that will facilitate their access to the labour market. The Second Chance Schools' curriculum is not limited to classical school subjects (writing, reading, arithmetics) but also incorporate various courses such as, English, Social Education, Natural Sciences and Career Counselling as well as experiential education such as visiting museums and watching movies. The Second Chance School graduates continue their studies in Vocational or General High Schools. Attendance at Second Chance Schools is 18 months (2 school years) long and upon its completion students receive a degree equivalent to a Gymnasium degree.



## Post-secondary Education

It serves to broaden the knowledge of the high school graduates and prepare them either for studies in Higher Education or for a direct entry into the labour market. The duration of Post-secondary Education attendance is from 6 months to 2 years.

IEK or public or private Professional Training Institutes offer students high quality practical training as well as the opportunity to intern for multiple specialties. IEK institutes are included to the Post – secondary non-compulsory education for Secondary School graduates (both from General and Vocational High Schools). The IEK graduates are certified and awarded with a Profession Proficiency Diploma. The main study branches at IEK are:

|                                   |
|-----------------------------------|
| Technological Applications        |
| Administration and Finance        |
| Agriculture and Food Technology   |
| Applied Arts and Artistic Studies |
| Communication and Mass Media      |
| Tourism professions               |
| Health and Welfare                |
| Aesthetics                        |
| Air transport services            |
| Training of Candidate Drivers     |
| Athletes coaching                 |

## Higher Education:

Higher Education produces and disseminates knowledge through research and teaching, prepares students for the various every day applications of knowledge in the labour market and is divided into:

# 1

**Higher Academic Education**, which is provided by the Universities (Higher Education Institutions). Establishing supreme scientific training for the country's future scientific personnel is the main objective of Higher Academic Education. The following universities are the Higher Education Institutions in Greece:

- Higher School of Fine Arts
- Aristotle University of Thessaloniki
- National and Kapodistrian University of Athens
- National Technical University of Athens
- Agricultural University of Athens
- University of West Attica
- University of Patras
- University of Crete
- Technical University of Crete
- University of Ioannina
- Democritus University of Thrace
- University of Thessaly
- Athens University of Economic and Business
- Panteion University of Social and Political Sciences
- University of Piraeus
- University of Macedonia
- University of Western Macedonia
- University of the Peloponnese
- University of the Aegean
- Ionian University
- Harokopio University
- Hellenic Open University (EAP), which consists the basis of open and distance education and provides a degree equal to that of the other Higher Academic Institutions.
- International Hellenic University: is a Public University based on Thessaloniki and the only Greek University that all of its courses are taught exclusively in English.

## 2

**Higher Technological Education**, which is provided by Technological Educational Institutions (TEI). The Higher Technological Education contributes to the development of technology and applied sciences and research. It comprises the following institutions:

- Technological Educational Institute of West Macedonia
- Technological Educational Institute of Epirus
- Technological Educational Institute of Ionian Islands
- Eastern Macedonia and Thrace Institute of Technology
- Technological Educational Institute of Kalamata
- Alexander Technological Educational Institute of Thessaloniki
- Technological Educational Institute of Crete
- Technological Educational Institute of Lamia
- Technological Educational Institute of Thessaly
- Technological Educational Institute of Western Greece
- Technological Educational Institute of Central Macedonia
- School of Pedagogical and Technological Education

Pursuant to the forthcoming bill, a gradual absorption of all Technological Educational Institutions by the Higher Educational Institutions of the region to which they belong has been foreseen.

## 3

**Higher Education Level** to which various departments that provide professional specialized training in specific sectors related to religion, art, tourism, the Navy and public order are included. These departments are:

- Higher Ecclesiastical Academies
- Merchant Navy Academies
- Higher Academies of Dance and Dramatic Art
- Higher Academies of Tourism Education
- Hellenic Police Academy

Pursuant to the Constitution of Greece, private institutions are also allowed to provide primary, secondary and higher education. Specifically regarding higher education, Colleges cooperating with foreign partner

universities, mainly from the United States and United Kingdom, grant certificates that aren't equivalent to the qualifications granted by Greek Higher Educational Institutions. Nevertheless, the qualifications are recognized as equivalent to the foreign partner universities degrees. Furthermore, Free Study Centers, which are private institutions that are certified by the National Institution of Qualifications Certification, issue certificates of study.

Moreover, there is a possibility for higher education studies in foreign universities abroad. The National Academic Recognition Information Center is responsible for providing information about higher education studies in Greece and abroad.

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Useful Links

1. <http://www.gsae.edu.gr/en/>  
(General Secretariat for Lifelong Learning)

2. <http://pefasde.blogspot.com/>  
(Panhellenic Union of Second Chance Schools Students and Graduates)

3. <http://www.oaed.gr/epas-mathetes>  
(Profession Academies from OAED)

4. [http://ploigos.eoppep.gr/ekep/external/ext\\_lo\\_search.zul?uald=3](http://ploigos.eoppep.gr/ekep/external/ext_lo_search.zul?uald=3)  
(National Database for Educational Opportunities)

5. <https://www.mysep.gr/>  
(Vocational Guidance Portal)

6. <http://www.doatap.gr/gr/>  
National Academic Recognition Information Center

7. <https://www.inedivim.gr/en>  
(Youth and Lifelong Learning Foundation)

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## 3.3 Foreign Languages

*"If we spoke a different language, we would perceive a somewhat different world."*

*Ludwig Wittgenstein, 1889 – 1951, Austrian philosopher*

In contemporary society where technology has eliminated borders and people's relationships are interconnected, learning a foreign language is imperative both individually and socially as it strengthens peoples' self-confidence through communicating with foreign people and establishes respect towards diversity. Furthermore, learning foreign languages is an essential tool for the academic and professional career.

English and French constitute the official communication languages between people. Nevertheless, the most widely spoken languages are the following:

**Chinese** 1.025.000.000 people

**Spanish** (Spain – Central and South America) 500.000.000 people

**Hindi – Urdu** (India-Pakistan): 490.000.000 people

**English** (Commonwealth of Nations) : 450.000.000 people

**Arabic** 440.000.000 people

**Russian** 250.000.000 people

**Bengali** (Bangladesh -India) : 250.000.000

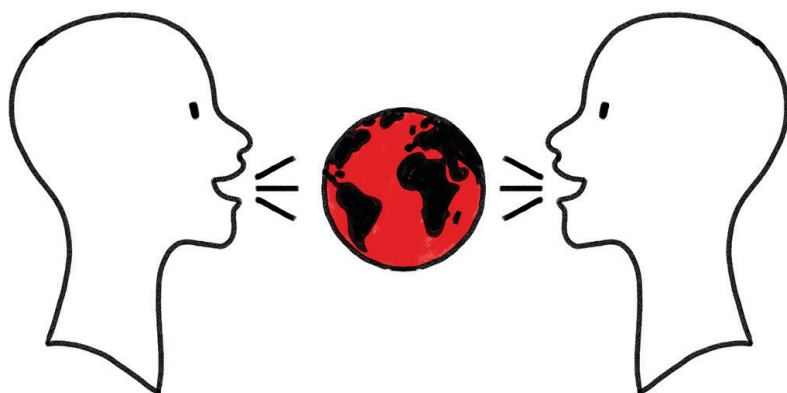
**Portuguese** (Portugal- Brazil-Former Portuguese Colonies in Africa)  
220.000.000 people

**Japanese** 123.000.000 people

**German** (Germany – Austria – Switzerland – Belgium – Lichtenstein – Luxembourg): 118.000.000

Foreign language courses are provided by:

- **Foreign language courses** are provided by:  
Higher Education Institutes and specifically the Foreign Language Institute of the National and Kapodistrian University of Athens offers at a low cost (starting at 200 euros per year for current students) the teaching of 27 foreign languages for all levels of qualification.
- **Private tutorial centers** as well as **international cultural institutes** (Goethe German Institute, British Council, French Institute, Cervantes Institute), that provide the foreign language learning through flexible educational programs.
- Foreign language professors who provide **private lessons**.
- Plenty large Greek **municipalities** in the context of the Social Tutorial Courses offer affordable foreign language courses (Municipality of Athens, Municipality of Kifissia, Municipality of Thessaloniki, Municipality of Heraklion, Municipality of Maroussi, Municipality of Ilion and Municipality of Agios Dimitrios etc.).
- **Local congregations of the Greek Orthodox Church** where volunteers teach foreign languages (Church of St. Anthony located at Ano Patisia, Prophet Elias in Pagkrati etc.).
- **Non-governmental** and **nonprofit organizations** that organize foreign language learning courses (Mission, Hellenic Association of Female Scientists etc.).



## Useful Links

1. <http://www.didaskaleio.uoa.gr/>  
(Foreign Language Institute of the National and Kapodistrian University of Athens)
2. <https://www.goethe.de/de/index.html>  
(Goethe German Institute)
3. <https://www.britishcouncil.gr>  
(British Council)
4. <http://www.ifa.gr/el/>  
(French Institute)
5. <https://atenas.cervantes.es/gr/default.shtm>  
(Cervantes Spanish Institute)
6. <https://www.alfavita.gr/dorean-mathimata>  
(Informative Educational Network in Greece)

## 3.4. Scholarships and Provisions

*"Methods and techniques are not taught. One learns them oneself by searching."*

*Pierre-Auguste Renoir, 1841-1919, French painter*



Nowadays, the lack of financial resources and the need to find employment have become a constant barrier to the continuation of education. However, the educational experience remains open thanks to scholarships and donations. Scholarship is defined as an award of financial aid for pupils and students who stand out based on their learning performance. The objective of a scholarship is to financially reinforce a student thus assisting his effort. The main criteria for awarding scholarship are grades as performance index, foreign language qualification, place of origin, financial situation and academic merit in thematic areas related to the sector of specialization in which scholarships are proclaimed. Scholarships are granted to facilitate studies in the country of residence or abroad. There are 3 types of scholarships:

### State Scholarships

The State Scholarships Foundation grants undergraduate scholarships to vulnerable social groups in the form of a monthly student allowance in order to assist financially undergraduate students who attend Greek Higher Education Institutes, Ecclesiastical Academies and Fine Arts Academies. State scholarships cover issues of accommodation, food and living.

Information regarding the completion of documentation for the scholarship granting is provided by the Ministry of Education and Social Affairs and specifically by the Office of Citizens Information (GEPO) which offers to the public personalized information and navigation concerning educational issues in person, online and by phone (call center 1550)

## Non-Governmental Scholarships

Furthermore, there are plenty of non-governmental scholarships awarded by non-governmental organizations, European institutions, non-profit organizations and bequests, both for undergraduate and graduate studies such as:

### **Stavros Niarchos Foundation**

(<https://www.snf.org/>)

### **Onassis Foundation**

(<https://www.onassis.org/initiatives/scholarships/greek-scholars>)

### **Fulbright Foundation**

(<https://www.fulbright.gr/en/scholarships-for-greek-citizens>)

### **John S. Latsis Public Benefit Foundation**

(<https://www.latsis-foundation.org/eng/scholarships>)

### **Lilian Voudouri Foundation**

(<https://lilianvoudouri.gr/chorigies-kai-ypotrofies/>)

### **Kokkalis Foundation**

(<https://www.kokkalisfoundation.gr/sponsorships>)

### **Bodossaki Foundation**

(<https://www.bodossaki.gr/en/initiatives/scholarships/>)

### **Erasmus Mundus educational program**

([https://ec.europa.eu/programmes/erasmus-plus/opportunities/individuals/students/erasmus-mundus-joint-master-degrees\\_en](https://ec.europa.eu/programmes/erasmus-plus/opportunities/individuals/students/erasmus-mundus-joint-master-degrees_en))

Bequests managed by **educational institutions** such as the Athens School of Fine Arts, the Aristotle University of Thessaloniki, the National Technical University of Athens, the Athens University of Economics and Business, the National and Kapodistrian University of Athens and the University of Ioannina. Bequests of indirect management that belong to Prefectures and award scholarships to students from the cities or villages of each prefecture. The coordination of the funds is carried out by local **relevant Education Directorates in Prefectures**.

**The General Secretariat of Athletics** grants scholarships to athletes, student and pupils every year (<http://gga.gov.gr/>).

Bequests managed by the **Academy of Athens** (<http://www.academyofathens.gr/en/scholarships>)

### Private College Scholarships

Scholarships are also endowed by Private Colleges. For example, students may qualify for private scholarships funded by donors to the American College of Greece (endowed and expendable scholarships) as well as from the College's own resources (college scholarships). Eligibility for these scholarships is based on donor-specific criteria (e.g. geographical origin, academic interest and/or performance, co-curricular activities, etc.) and other criteria set by the College.

Scholarships are mainly granted according to the following criteria:

**Academic criteria:** merit based scholarships

**Financial criteria:** need based scholarships

**Social criteria:** need based scholarship (marital status, disability, military service)

### Useful Links

1. <https://iky-ypotrofies.it.minedu.gov.gr/>  
(Application for Online Application Submission for the Graduate Scholarships Program)
2. <https://www.minedu.gov.gr/>  
(Ministry of Education and Religious Affairs)
3. <https://www.acg.edu/admissions/undergraduate-admissions/admission-process/greek-students/financial-assistance/scholarships-for-entering-students/>  
(Deree – The American College of Greece)

## 3.5. Special Learning Needs

*“We speak not only to tell other people what we think, but to tell ourselves what we think. Speech is a part of thought”.*

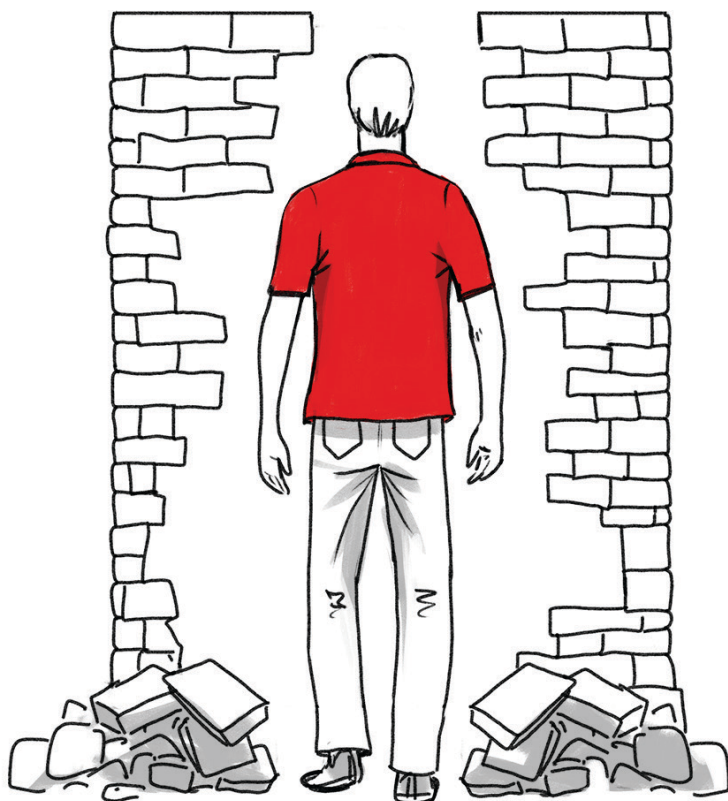
*Oliver Sacks, 1933 – 2015, British neurologist and historian of science*

Sometimes, speech and voice impediments (dyslexia, dysarthria etc.) as well as other developmental and emotional disorders (attention deficit, distraction) pose obstacles to the execution of daily actions. There are two scientific fields for the rehabilitation of the aforementioned disorders which could otherwise cause social exclusion: ergotherapy, which uses physical exercise as a treatment for disorders and speech therapy through enhancing speech skills.

Most speech therapy and ergotherapy centers cooperate with all the insurance funds providing the possibility for a subsequent receipt of the money that the fund covers. If that's the case, there must be a prior medical opinion by a Clinical Director of a State or University Hospital verifying both the nature of the disease and the need for treatment.

Furthermore, free speech therapy and ergotherapy evaluations are provided by local competent services and municipal clinics aiming to promote public healthcare and social solidarity (Municipality of Athens, Municipality of Thessaloniki, etc.)

The notion of speech therapy was perceived by the relevant notion of “logotherapy”, developed by psychiatrist Viktor Frankl based on the premise that the primary motivational force of an individual is to find a meaning in life. Logotherapy was created by the words “logos” (meaning reason and speech) and “therapy” (treatment). According to Frankl, people can discover this meaning in life in three different ways: **by being creative, by experiencing human relationships, by choosing one's attitude** in any given set of circumstances. When we recognize the relevant circumstances we are able to address any obstacle.



### Useful Links

1. <http://www.logopedists.gr/logopedists/>  
(Panhellenic Association of Logopedics and Logotherapists)
2. <http://www.ergotherapists.gr/site/>  
(Hellenic Association of Ergotherapists)

## 3.6. Labour Market

*“In their industry had they found the treasure”*

*Aesop, 620 – 564 BCE, ancient Greek fabulist and storyteller*

The value of work is a very significant aspect in the life of the contemporary man as he usually tends to identify himself with his work. Employment is connected with all the things that we have achieved in the past as well as the things which we aspire to achieve in the future. Apart from the reassurance of basic living supplies, employment contributes to the intellectual development as people can express their creative abilities through their occupations.

Legal employment in Greece requires a Tax Registration Number (ΑΦΜ) and a Social Security Number (ΑΜΚΑ). Furthermore, minors over 15 years old have the right to work legally as long as they can provide a letter of consent signed by the parents or guardians. Greek Courts can facilitate the procedure, if the consent provision is not possible, by examining the minor's employment request and subsequently issuing a decision related to the work permit. A booklet keeping record of the employee's social insurance is sometimes required by the employer. In the event of employer substitution a new letter of consent is obligatory. The employment relationship is monitored by social security bodies.

Furthermore, youngsters over 15 years old who actively seek occupation can register to the unemployed registry by the Manpower Employment Organization (ΟΑΕΔ) ensuring the following benefits:

- right to receive a work allowance in case of dismissal
- job references and suggestions
- suggestions on training programs

Youth employment depends highly on thorough informing about the skills that one needs to develop, the relevant training he has to go through and CV preparation. Employment contract and performance in the labour market portray a significant role in the employee's professional career.



### **Preparation for accessing the labour market**

Skills development training is crucial for the integration into the labour market. Basically, training is like creating a strategy in accordance with the labour market requirements. The starting point for drawing a professional strategy is to record your individual qualifications based on the following questions:

1. Which are your personal strengths and preferences (ex. Writing, mathematics)?
2. Which are your practical knowledges and skills (ex. Electronic computers, household management)?
3. What kind of theoretical knowledge and your certificates do you hold?
4. Do you have any professional experience?
5. What kind of expectations and standards do you have of a job position? (semi – employment, full time)

Subsequently, information should be provided regarding the available professional specialties. By this information the potential employee will navigate his way through the labour market. Job opportunities can be found through newspaper advertisements, consulting services by Vocational Training Centers (KEK), General Secretariat for Lifelong Learning, Manpower Employment Organization (OAED) as well as through

personal acquaintances and friends. In addition, search engines available online will help you find job opportunities, in the private sector, including positions which do not exist in the public sector.

Therefore, corresponding individual qualifications with a job description can lead to the identification of the candidate's educational, and other, needs and eventually to the appropriate training type. Researching the various types of training should answer the following questions:

1. Which are the training funding possibilities?
2. What kind of internship positions offered in the context of training?
3. What are the knowledge and skills that meet the labor market's requirements?

Responds to these questions are provided by competent institutions of alternative education and training such as:

Manpower Employment Organization (OAED)

Institute of Vocational Training (IEK)

General Secretariat for Lifelong Learning

Vocational Training Centers (KEK)

Finally, a resume (CV) is one of the most important tools for a job candidate, both for scholarships and for study programs. The resume constitutes a presentation of the candidate's knowledge, skills and professional experience. The basic guidelines for writing a resume are the following:

- Proper appearance and structure in order to present the candidate's profile and competences as complete as possible
- Presentation of educational and professional experience
- Targeted presentation of skills for the desired job position
- Reference to general interests and activities that demonstrate other significant aspects (ex. voluntary work, Computers)
- Attach letters of recommendation from people that guarantee for the potential employee

If the job candidate responds to the job advertisement via the telephone he shall:

- Explain to the employer the specific reasons of his nomination thus demonstrating that he comprehends the needs of the company by referring to some of his previous and similar job experiences or internships
- Attract the employer's attention by promoting his competences. For example, he can refer to some extracurricular activity such as scouting which demonstrates virtues like team spirit and organizational skills.
- Persuade the employer that he is most suitable person for the existing position by immediately sending out a CV pursuing a personal meeting.

### **Integration into the labor market**

An employment contract is an agreement between two parties, the "employee" and the "employer", which attributes rights and responsibilities between the parties to a bargain. Specifically, the employee is obliged to provide his work to the employer while the employer has the main obligation to pay the salary. The collective labor agreement (CLA) regulates the terms and conditions of employees at work (wages, benefits, and duties of the employees and the duties and responsibilities of the employer and often includes rules for a dispute resolution process) as well as social security issues. Furthermore, there is the possibility for a project contract where the contractor undertakes to carry out a specific amount of work for the employer.

The minimum wage for full time employees under 25 years old is set at 510,95€ whereas for crafts workers, the minimum wage is set at 22,83€ per day. In the case of non-compliance by the employer, the employees can complain to the Hellenic Labour Inspectorate (SEPE). If a probation period should be requested by the employer in order to determine whether the employer acquires the necessary abilities for the job, a fixed term employment contract shall be composed. The fixed term contract is terminated either with the establishment of a permanent employment contract or with a rescission exercised by the employer due to employees' incompetence. Under no circumstances undeclared or uninsured employment is permitted

## Staying in the Labour Market

Today's labour market addresses continuous progress, information and research as issues that related to lifelong learning and continuous vocational training. Lifelong learning refers to education and supplementary educational fields, aiming to improve the skills and qualifications of the labour personnel. Vocational training contributes to the maintenance of a high employment level.

Municipalities of Greek state are planning along with the Youth and Lifelong Learning Foundation (KDVM) educational programs associated with local and the wider environment. The object of these programs is to preserve job positions,

Reduce the digital gap between the youth and the elders, accelerate vocational progress and upgrade conditions in the workplace environment. Nationwide Programs will focus on the following areas:

- Economy and entrepreneurship
- Quality of life and environment
- New technologies
- Language and communication
- Social skills and activities
- Culture and art
- Vulnerable social groups programs

Moreover, vocational training programs are highly significant, aiming to help employees adapt to the changing demands of the labour market. Certified vocational training institutes establish programs with uniformed standards that provide authentication of qualifications for the labour market. Private and public vocational training centers plan, organize and implement programs of continuous vocational training for employees, unemployed and graduates from all educational levels focusing on various sectors such as agriculture, economy and technology.

The Europass resume note is included in the context of European Union activities for the promotion of youth professional career. This CV is a set of documents that help prospective employees to present their skills and qualifications utilizing a standardized format that applies to all of Europe. Thus, skills comprehension by the employers is promoted as well as the European citizens' ability to apply for a position at another country.

### Useful Links

1. <https://www.e-dimosio.gr>  
(Job Positions in the Public sector)
2. <https://www.diorismos.gr/>  
(Documents, Appointments, Recruitment, ASEP Competitions)
3. [http://www.asep.gr/webcenter/faces/oracle/webcenter/page/scopedMD/s3eab32ab\\_c911\\_478a\\_8f8b\\_0ef74565e04d/Portal-Home.jspx?\\_adf.ctrl-state=19vj4gq3t9\\_42&wc.contextURL=%2F-spaces%2Fasep&\\_afrLoop=29815021055561682#!](http://www.asep.gr/webcenter/faces/oracle/webcenter/page/scopedMD/s3eab32ab_c911_478a_8f8b_0ef74565e04d/Portal-Home.jspx?_adf.ctrl-state=19vj4gq3t9_42&wc.contextURL=%2F-spaces%2Fasep&_afrLoop=29815021055561682#!)  
(Special recruitment cases)
4. <http://www.oaed.gr/>  
(Manpower Employment Organization)
5. <http://www.gsae.edu.gr/en/>  
(General Secretariat for Lifelong Learning)
6. <https://www.kariera.gr/>
7. <https://www.careerjet.gr>
8. <https://ageliesergasias.gr>  
(Websites for employment in the private sector)
9. <https://europass.cedefop.europa.eu/>  
(EU Web Resume Writing Tool)
10. <https://europa.eu/youreurope/citizens/work/finding-job-abroad/>  
(Finding a job abroad)
11. <https://www.kepea.gr/>  
(Information Center for employees and unemployed)
12. <https://www.sepenet.gr/liferayportal/archike>  
(Hellenic Labour Inspectorate)





# 4

# CHAPTER

**Everyday life Management**

## 4.1 Housing

*"A house that I love is where I never find redundancies but always find the necessary".*

*Pittacus of Mytilene, 640 – 568 BC, one of the Seven Sages of Greece.*



One of the most crucial questions that arise during the preparation for adulthood is the determination of new accommodation. Each personal route plan is different, for that is why various options exist.

The response to the crucial question of **"How can I find proper accommodation"** is that there are plenty of ways available.

### Real Estate Ads

There are newspapers such as "Xrisi Eykairia" with real estate ads available as well as websites like "Xrisi eykairia property" which contain detailed information and images of for-rent apartments and other properties per region. The preference of the youth concerning accommodation follow two main criteria, living in a region with safety and active social life and being close to their universities.

Significant help with the basic guidelines for real estate leasing is provided by the Panhellenic Association of Tenant Protection.

For example:

Prospective tenants should:

- Thoroughly inspect the house in order to identify possible damages and report them to the landlord.
- Examine previous possible unpaid bills.
- Avoid leasing basements, attics and old constructions.
- Pursue to conclude rental contracts between the two parties with a minimum duration of 3 years.
- The realtors' salary continues to apply only if the agreement is met.
- The rent should not exceed 30% of the income.

In the case of cohabitation both the advantages and the potential challenges that may arise should be taken under consideration. Co-living with a friend or colleague, sharing the expenses and the household chores, proceeding to common household purchases as well as the value of companionship which provides a sense of security and confidence constitute some of the positive aspects of cohabitation. On the other hand, sharing a house with an unknown person with whom your interests do not correspond, might prove to be problematic.

### **University Dormitory**

Over the course of the semesters, students are entitled to their admission and housing in the university dormitories. The relevant secretariat is responsible for the selection of the hosted based on social and financial criteria. The applications for dormitory admission are expected at the relevant dormitories of the aforementioned higher institutions.

### **Free Accommodation Programs by Non-Governmental Organizations**

There are Non-Governmental Organizations that provide free accommodation programs, for students, in privately owned hostels.

Topical examples are, the free housing program by the Young Women's Christian Association (XEN) for female students facing financial difficulties, the Amalieion Boarding School for orphaned female students from two or one parents as well as the Christian Student Boarding School information of which is provided by Christian Student Action.

## **“How do I fund it?”**

### **Housing allowance**

The housing allowance is a welfare program for households that are leased or financially burdened by first home mortgage servicing. Among the beneficiaries include adults who reside alone in an immovable even though they aren't students in higher education institutes or vocational training institutes. Thus, they are entitled to receive the housing allowance corresponding to Greek citizen students of some other European country. The applications can be submitted online, to the Ministry of Labour or to Citizen Service Centers where they help applicants fill out their forms.

## **“How can I contribute to the maintenance?”**

### **Utility Bills**

If the young person eventually chooses to rent a house, he is obliged to link electricity, water, telephone, natural gas and commune heating bills to his name and account. Tax Registration Number (ΑΦΜ) and the lease are the necessary documents that the tenant needs to provide to link the utility bills to his account.

Public utility companies are government owned and subject to forms of public control and regulation. They provide their services at prices that cover the cost and not at prices that are defined in the free market. Many of these enterprises have established social invoices in order to protect vulnerable social consumer groups.

Moreover, low income households are entitled to receive allowance for diesel. The allowance applications are submitted online through the Tax-isnet portal with the Tax Registration Number (ΑΦΜ).

Enterprises such as the Natural Gas of Greece or the Hellenic Telecommunications Organisation S.A., OTE Group dispose special invoices for students and unemployed registered to the Manpower Employment Organization (OAED).

## The household

Finally, equally important is the maintenance of the household. There are some household chores that are needed to be done on a daily basis, some that can be spread throughout the days of the week and others that can be done occasionally within a wider time scale. The modern detergents and cleaning products have managed to simplify the household chores, some indicative examples of which are:

- We must, every day, ventilate the rooms of the house, make the bed, never leave unwashed dishes and always throw away the garbage.
- Once a week we need to wipe and mop, do laundry, change the sheets and towels, iron and clean the bathroom.
- Some days of each month we should clean the windows and household appliances like the stove or the refrigerator and dust.
- We should dedicate an appropriate amount of time to do the supermarket list and the monthly shopping. By organizing our responsibilities like this we save time and money because we avoid wasting our resources on goods that are not necessary such as the purchase of a pair of jeans. We should also bear in mind that there are plenty of dietary solutions in order to avoid fast food eating.

### 7 tips for a clean house:

1. Try to have only the necessary items readily available and place the rest in drawers and cabinets so as to facilitate the cleaning process
2. Do you want to clean up your walls? Add  $\frac{1}{4}$  of baking soda and a cup of vinegar to a bucket of water and then rub the walls with a bottom up movement to avoid dripping water which may leave marks on the wall.
3. Put your bathroom curtain to the washing machine and wash it in cold water on your machine's regular or gentle cycle. If there are strains, dip it in a basin with a few tablespoons of vinegar.
4. Clean the bathroom tiles from salts, rubbing them with a sponge with a few drops of vinegar and baking soda.

5. Does your fridge smell? After cleaning it up, put a saucer with a little coffee and place it on a refrigerator shelf.
6. Brush your carpets in the spots where they have stains with luke-warm water, a little dish detergent and a few drops of vinegar
7. Clean your oven by putting in a bowl lemon juice and baking soda and the unpleasant scents will disappear.

### Useful Links

1. <https://en.spitogatos.gr/>  
(Real estate advertisements)
2. <http://www.pasype.gr/>  
(Panhellenic Association of Tenant Protection)
3. <https://stegastiko.minedu.gov.gr/>  
(Student Housing Allowance)
4. <https://www.xen.gr>  
(Young Women's Christian Association, free housing program for female students)
5. <https://amalieion.gr>  
(Amalieion Boarding School, student dormitory)
6. <https://www.dei.gr/en/oikiakoi-pelates/eualwtoi-pelates-kai-koinwniko-oikiako-timologio>  
(Public Power Corporation S.A. – Hellas)
7. <https://www.eydap.gr/en/MyAccount/MyCurrentAccount>  
(Athens Water Supply and Sewerage Company)
8. <https://www.eyath.gr/?lang=en>  
(Thessaloniki Water Supply & Sewerage Co S.A.)
9. <http://www.odigostoupoliti.eu/category/odigos-tou-politi/kafsi-ma/petreleo-thermansis/>  
(Information about diesel allowance)
10. <https://cookpad.com/gr?via=jp>  
(Online Cooking Community)



## 4.2 Financial Management and House Management

*"When I was young I thought that money was the most important thing in life; now that I am old I know that it is".*

*Oscar Wilde, 1854 – 1900, Irish writer*

The word economy is a composite and originates from Greek "οίκος" (household) and "νέμω" (manage) which actually means managing my household. It is an area of the production, distribution and trade, as well as consumption of goods and services by different agents. The basic elements that constitute the notion of economy are:

### Recognition of revenue generation (employment)

There are different types of benefits that derive from employment. Concepts that adhere to the legitimate revenue generation are future retirement, tax exemption due to low income as well as the reception of social dividend and allowances.

#### Salary:

Salary is a fixed amount of money or compensation paid to an employee by an employer in return for work performed. Salary is commonly paid in fixed intervals, for example monthly payments of one – twelfth of the annual salary.

### Recognition of the need for financial planning and financial management (monthly budget)

Budget is a financial plan that determines revenues and expenditures over a forthcoming defined period of time. Constant reexamination and evaluation is required because apart from the regular cash flow unpredicted expenses may arise such as damage to a home appliance.

It is imperative that the modern Greek society realizes that the implementation of financial management in our everyday lives is a necessity. Thus

we can avoid mistakes and actions that may lead to out of control situations. Time is money and therefore we must organize it properly:

1. The budget is an important priority, namely the reconciliation of monthly revenue with monthly expenditure.
2. It is significant that you seek professional advice concerning tax return in order to avoid mistakes and subsequently benefit.
3. Market research is a very important aspect. Especially nowadays with the use of the internet it is easy to compare prices and characteristics between two relevant products or services. The decision making process is facilitated.
4. The internet contributes also to an effective research for subsidy programs and European entrepreneurship programs.
5. We should always pose limitations to our consumption habits. This doesn't mean a deprivation of entertainment or good restaurant but a measurement in order to ensure a balanced way living.

### **Recognition of monetary transactions (banknotes, coins, credit and debit cards, bank accounts)**

The recent financial changes that suggest the use of credit and debit cards which are connected to the bank accounts highlight the need to learn the different ways, regulations and limitations within which the monetary transactions are being made.

#### **Cards:**

A debit card also known as a bank card, or check card is a plastic payment card issued by financial institutions, such as a bank, to a customer that enables its owner (the cardholder) to access the funds in the customer's designated bank accounts. Furthermore, it enables the cardholder to make payments by electronic funds transfer and access automated teller machines (ATMs).

A credit card differs from a cash card, which can be used like currency by the owner of the card. A credit card differs from a charge card also in that

a credit card typically involves a third-party entity that pays the seller and is reimbursed by the buyer, whereas a charge card simply defers payment by the buyer until a later date. Usually, credit cards can be obtained by all natural persons who have a fixed job and belong to the age group of 22-70. However, the supporting documents and the conditions for issuing a credit card may vary between different financial institutions.

## **Banks**

A commercial bank is a type of bank that provides services such as accepting deposits from individual customers, private enterprises and private organizations and is also providing business loans and offering basic investment products that is operated as a business for profit. There are three kinds of deposits:

***Current accounts*** are the accounts for your everyday transactions. They are often handled by individual chequebook.

A ***savings account*** is a deposit account which is the most common form of deposit and enables the deposit, withdrawal whenever the customer chooses to do so.

A ***time deposit*** or ***term deposit*** is an interest-bearing bank deposit with a specified period of maturity. Namely, it is a money deposit at a banking institution that cannot be withdrawn for a specific term or period of time unless a penalty is paid.

Commercial banks, in order to attract deposits, provide the depositors with a financial reward, the interest. The interest rate differs depending on the amount of the deposit. Time deposits have the highest interest rates, whereas current accounts have the lowest. This happens due to the fact that current accounts are used very often for transactions which mean expenses for the bank (employment, operation of machinery, communication expenses etc.).

## Recognition of the economic environment (banks, e-banking, card payments, Automated Teller Machine services)

A powerful ally to the monetary transactions is the contemporary economic environment which allows cash withdrawal from ATMs as well as payment of bills and fund transferring via the 24 hour online service of e-banking.



### E-banking

The electronic funds transfer enables the depositor to proceed to a financial transaction from one bank account to another, through computer software, without the intervention of a banking servant or broker.

### ATM

An Automated Teller Machine (ATM) is an electronic telecommunications device that enables customers of financial institutions to perform financial transactions, such as cash withdrawals, deposits, transfer funds, or obtaining account information, at any time and without the need for direct interaction with bank staff.

## Recognition of risks and rewards (loans and savings)

If you ever need some extra funding, due to university tuition, there are two available options, the issuance of a credit card or a bank loan. Nevertheless, you must always take under consideration the following facts in order to secure the bank loan as a viable option:

- Can a well-organized saving substitute the need for a loan?
- Are my current earnings enough to cover the repayment of the debt?
- In case my earnings are not enough, can I achieve an installment adjustment?

**Loan:** Acting as a provider of loans is one of the main activities of financial institutions. The recipient of the loan is liable to pay interest on that debt until it is repaid, and also to repay the principal amount borrowed.

Usually, the money is refunded in regular installments, or separate payments where the installments remains steady. The loan is always provided at some cost, which essentially is the interest on the debt. The interest acts as an incentive for the lender in order to provide the loan. In the legal context, each and every one of the obligations and limitations are suggested by a contract which may also include additional requirements from the borrowing party.

### Useful Links

1. <https://www.apple.com/gr/ios/app-store/>  
<https://play.google.com/store/apps>  
(Installment of Financial Management Applications)
2. <https://www.dikaiologitika.gr/eidhseis/aftodioikisi/206791/dor-ean-syntaksi-forologikon-diloseon-sto-dimo-ilioypolis>  
(Free information on how to organize your Tax Returns)





**5**

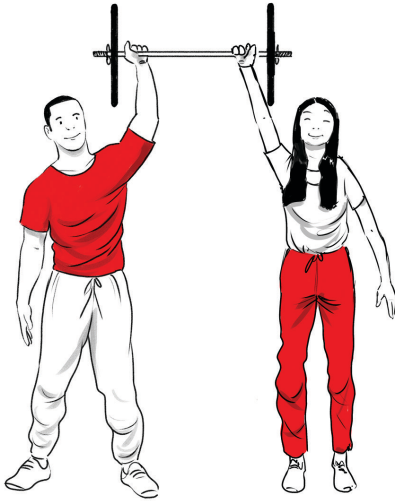
**CHAPTER**

**Quality of Life**

## 5.1. Physical Health

*"Prevention is better than cure"*

*Hippocrates, 460 – 370 BC, the "Father of Medicine"*



According to World Health Organization (WHO), being healthy does not mean solely the absence of illness or disability. Even more so it is a state that comprises physical, mental and social wellbeing which are affected by factors such as the environment, employment, relationships, economy etc. In the contemporary society healthcare includes both prevention and treatment.

### Prevention:

Prevention mainly refers to the habits that would potentially harm humans' wellbeing. Such habits include:

- the use of addictive substances such as drugs, alcohol and cigarettes
- harmful dietary habits and obesity
- sexually transmitted diseases and sexual intercourses that derive from abuse or exploitation namely any physical relationship that happens violently or due to financial incentives.

The best way to achieve prevention is through the following actions:

1

It is very useful to know that we can have access to professional help with confidentiality and respect in order to deal with the danger of substance abuse.

Helpline for smoking: 1142

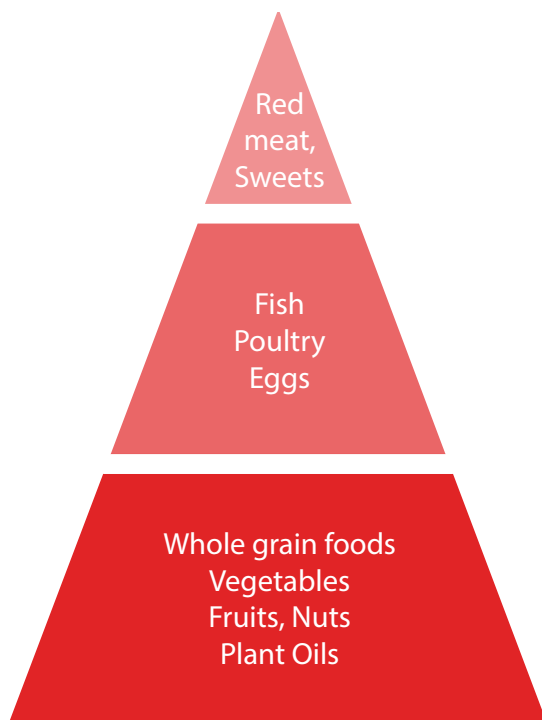
Helpline for alcohol: 210 6852660

Helpline for drugs: 1031

2

It is very important to adhere to a 3-meal a day diet, which should be rich in nutritious ingredients, and follow the basic rules of hygiene that surround cooking (cleaning up the fruits and vegetables). Moreover, it is significant that we adopt a nutritious diet comprising fruits, vegetables, fiber and unsaturated fatty acids. The latter can be found in fish and nuts and are beneficial to the human organism by protecting it against long-term diseases.

Indicatively, the Mediterranean diet pyramid, developed by the scientific community and considered as significant to disease prevention, suggests a diet with a right proportion of meals enjoyed every day. At the bottom of the pyramid, we find the food ingredients that have to be consumed on a daily basis, in the middle the once to be consumed a few times per week and at the top, foods to be used sparingly few times a month.



3

Professional assistance, in issues like sexual health and protection, birth control measures, gynecological testing (Pap test) as well as in sexual health and relationships issues, constitutes also a great practice which besides the thorough information provides support.

**Medical Centre of Sexual Health:** 210779 79 79

**LGBT Helpline:** 1528

**Direct Social Aid Line:** 197

**Human Trafficking Resource Line** (operated by A21 Campaign): 1109

4

Nowadays physical activity guidelines are often highlighted. The World Health Organization suggests regular intensity training of 150 minutes per week. Nevertheless we should consult professionals in order to adapt our physical exercise program to our special needs.

### Treatment:

A treatment includes all the measures taken against an illness. Treatment can be medicinal, interventional (such as surgery) as well as a simple alternation to our everyday way of living. Moreover, in the event of a chronic disease a treatment can be continuous and constant. Therefore, even though the chronic disease cannot be completely cured, a proper treatment may reduce the possibility of negative health symptoms.

### In case we need treatment we address to:

- **The Family Doctor**, a new, free service provided by National Health-care Service which should be your initial contact point. Besides plenty other functions, the Family Doctor acts as a health consultant and suggests the proper medical specialties depending on the nature of the problem. You can register with the Family Doctor through the online application:

<http://www.idika.gr/pfy/%CE%B-F%CE%B9%CE%BA%CE%BF%CE%B3%CE%B5%CE%BD%CE%B5%CE%B9%CE%B1%CE%BA%CE%BF%CF%82-%CE%B9%CE>

[%B1%CF%84%CF%81%CE%BF%CF%82.html](#)

- In the event of an emergency we call the **National Center for Emergency Care (EKAV)** by dialing 166 or go to the nearest on-call hospital.
- To find the on-call hospitals we visit the website of the **Pharmaceutical Association** of our region (Attica, Thessaloniki, Larisa etc.)

## Useful Links

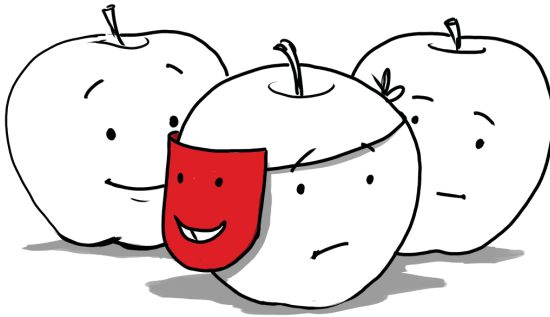
1. <http://www.proleptis.gr/en/home>  
(Institute of Preventive Medicine Environmental & Occupational Health)
2. <https://www.okana.gr/2012-04-03-07-49-40/item/253>  
(Organization Against Drugs, OKANA)
3. <http://ensp.network/>  
(European Network for Smoking and Tobacco Prevention)
4. <http://www.beststrong.org.gr>  
(Cancer Friends Organization)
5. <http://www.elodi.org/>  
(Hellenic Diabetes Federation)
6. <http://www.aboutyouth.gr/>  
(Social Emergency Helpline "197" Information)
7. <https://www.who.int/>  
(World Health Organization)
8. [https://www.laiko.gr/index.php?option=com\\_content&view=article&id=411&Itemid=231](https://www.laiko.gr/index.php?option=com_content&view=article&id=411&Itemid=231)  
(Peoples' Hospital of Athens, Department of Nutrition and Dietetics)
9. <http://www.gna-gennimatas.gr/tmima-diatrofis/>  
(Gennimatas Hospital, Department of Nutrition and Dietetics)
10. <https://neaygeia.gr/ekpedefsi/seminaria/>  
(Athens Medical School Health Services Research Center)
11. <http://www.ifarmakeia.gr/>  
(On-call Drugstores)
12. <https://www.moh.gov.gr/articles/citizen/efhmeries-nosokomeiwn>  
(On-call Hospitals)

## 5.2. Mental Wellbeing

*"Health and cheerfulness naturally beget each other."*

*Joseph Addison, 1672-1719, English essayist*

Contemporary society is characterized as "changing" due to the constant global and local changes (poverty, unemployment, refugee inflows, shrinkage of the social welfare state, terrorist attacks etc.) and subsequently forms an environment where youth psychological insecurity constitutes a common, increasing phenomenon.



But how can we identify if something is wrong? There are some symptoms that suggest mental disorder signs and need immediate intervention:

Intense and long-lasting sadness and a sense of vanity

Pessimism, low self-esteem or guilt

Loss of interest for everyday activities

Fatigue and loss of energy

Difficulty in concentrating and making decisions

Intense and constant concern

Sleeping disorders

Eating Disorders

Chronic aches or insisting physical symptoms

Constantly repeated negative thoughts

In Greece there are helplines where the youth can disclose and share their concerns anonymously and in confidence. The helplines consult the youth to reach out to specific structures that aim to support mental well-being and cultivate mental balance.

**Useful Links**

- 1. <https://epsype.gr/>  
(Website with information about mental wellbeing)
- 2. <http://suicide-help.gr/>  
(Scale: Human and Social Capital Development Agency to Combat Social Exclusion)

## 5.3. Free Time

***“To be able to fill leisure intelligently is the last product of civilization, and at present very few people have reached this level”.***

*Bertrand Russell, 1872 – 1970, British philosopher and Nobel laureate*

Ancient Greek philosopher, Aristotle believed that good life depends on leisure and that happiness of man was lies in the appropriation of his time. Even more recently, Greek pedagogue and essayist Evangelos Papanoutsos (1900-1982) suggested that “the most representative index of a people’s community is the culture of entertainment”



The reasons why leisure time is considered nowadays invaluable are plenty and equally significant. First of all, leisure time contributes to a person’s psychological wellbeing and helps him deal with the stress and anxiety of everyday life by offering tranquility and the prospect of socialization outside the work environment. In addition, attributes a social identity to the person as he/she can engage with extracurricular activities.

Finally, quality leisure time offers plenty of alternative options to the mainstream types of entertainment (continuous night outs) that contribute to the cultivation of both the body and the soul such as participation in sports clubs and activities or field trips.

Nowadays, even though posing limitations to the leisure time due to employment or other social conditions is a common characteristic, the creation of leisure time should constitute a primary objective for all the people because in that way the individual is able to make personal choices and ensure the necessary emotional serenity. Instead of inconsiderably wasting valuable leisure time let's choose to utilize it by helping the brain and body to relax in order to pave the way towards the achievement of our dreams.

#### **Ways to constructively utilize leisure time are:**

- Engaging with art such as cultural events, theater or cinema
- Travelling for entertainment or sightseeing
- Engaging with sports such as going to the gym, participation in marathons or bike races, friendly football or basketball games and other sports
- Get in contact with nature by creating and taking care of a small garden at a balcony or by hiking
- Participation in volunteering social action groups such as local municipalities action groups and non-governmental organizations

## Useful Links

1. <http://www.visitgreece.gr/>  
(Official website of the Greek National Tourism Organization containing plenty of information for Greek tourist destinations, such as cities, beaches, as well as activities, events and more)
2. <https://trekking.gr/en/>  
(Outdoor holidays in Greece with tours through activities, such as hiking, biking, sea kayaking, sailing, rafting, river trekking etc.)
3. <https://www.athinorama.gr/>  
(Website about entertainment)

## 5.4. Travelling

*"He who returns from a journey is not the same as he who left"*  
*Chinese proverb*

The most significant contribution of tourism is the possibility to escape from everyday routine which regenerates the individual and enriches his spiritual world. Furthermore, tourism offers to individuals the opportunity to meet new places and people. Especially tourism in foreign countries allows people to connect with different lifestyles and cultures, helps broaden their spiritual horizons and question the prejudices and the wrong impressions that they might have about some ethnicities.

Subsidized or Social Tourism is applied via the subsidy programs of the Manpower Employment Organization (OAED) and the Agency of Welfare Allowances and Social Solidarity (ΟΠΕΚΑ), and addresses to insured employees and holders of the unemployment card.

Moreover, opportunities for voluntary employment through international organization platforms provide the youth with the possibility to travel to new countries and receive free accommodation and food as a compen-



sation for their voluntary services in social programs which strengthen social cohesion and support vulnerable social groups.

European Programs (Youth Exchanges, Training Courses, etc.) promote youth movement across Europe and are subsidized by the European Union. The duration varies from 5 to 10 days and youngsters from different countries participate. A noteworthy option is the Road Trip Project, a travel experience where 8 young people distributed in 4 teams of 2 travel in a minivan. Furthermore, a European Parliament sponsorship in order to reinforce the European identity and the European values provide over youngsters with an opportunity to travel by train across different European countries.

At the same time there are multiple travel agencies that organize affordable group vacation packages either in Greece or abroad.

We should bear in mind that planning a trip requires the necessary management and research which can be easily done online in order to provide the traveler with the joy or relaxation and escape. Some essential steps include:

- Selecting a destination depending on the season (summer/winter) and the objective of the trip (entertainment/sightseeing)
- Finding suitable dates depending on the permitted leave from work or studies
- Booking the medium of transportation and the relevant tickets (ship/train/airplane)
- Finding accommodation based on the available budget. Nevertheless, always regard safety as a fundamental factor (central city areas, legal and authenticated accommodation)
- Planning activities, diet and transportation (museums, restaurants, means of transportation)
- Saving, in order to measure the exact travel expenses. In any case we should always have some extra money to be prepared if an unpredictable situation occurs.
- Acquiring all the necessary documentation (passport, visa, access permits for countries outside E.U) and health insurance if we travel outside Europe.

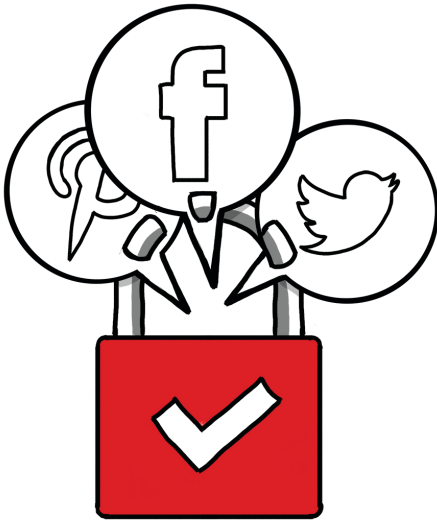
### Useful Links:

1. <http://www.oaed.gr/koinonikos-tourismos>  
(OAED subsidized program)
2. <http://www.koinonikostourismos.gr/plirofories-gia-dikaioyxoyas.aspx>  
(Information for beneficiaries)
3. <https://www.elix.org.gr/en/>  
(Non-Governmental Company missioned to promote volunteering)
4. [https://europa.eu/youth/discovereu\\_el](https://europa.eu/youth/discovereu_el)  
(DiscoverEU initiative. Travel free around Europe by trail)
5. <https://europa.eu/youreurope/citizens/education/volunteering/>  
(Volunteering Program by the European Union)
6. <https://www.sci.gr/>  
(Volunteering movement in Greece)

## 5.5. Social media

*"Listen to many, speak to a few".*

*William Shakespeare (1564–1616), English poet, playwright.*



Social media through electronic computers, tablets and mobile phones constitute the contemporary form of socialization as they have penetrated dynamically the sector of social networking. Essentially there are online platforms which allow users to create a digital profile and share messages, images etc. Alongside with the innumerable possibilities that they provide, there are lurking dangers both for the individual and society if we use them carelessly.

Among the positive aspects of social media are, the annihilation of time and space which enables people from all around the world who share interests and concerns, to communicate with each other. Furthermore, the increased frequency of information concerning both local and global issues and the ease of exchanging views and ideas suggest that online communication has plenty of benefits compared to traditional forms.

Nevertheless, negative aspects in social media do exist and can be mainly noticed during their use. Dangerous phenomena such as the subjection to harassment and intimidation by malicious people and other harmful online activities may lead to misjudgments and the creation of a distorted reality with fictional friendships while neglecting the real relationships.

Based on the aforementioned, the social media can be utilized and play a significant role in order to provide the youngsters with socialization opportunities. Among the most useful rules for an effective utilization are the following:

- Private data protection: There should be much attention concerning the data which strangers and other social media members are able to access on your personal profile. Thus you should lock your profile to protect your posts and photos from users you don't know.
- Refrain from communicating with complete strangers: Accepting friend requests from strangers poses yourself as well as your friends to significant danger. The access you are granting may lead to the perpetration of serious online (fraud) or physical crime (robbery).
- Connect the virtual world of social media with everyday activities. For example post a notification of the victory of the local football team or the photo of a successful birthday cake.
- Always request for a safe navigation before using any online application. There are websites such as [www.saferinternet.gr](http://www.saferinternet.gr) which provide various multimedia sources for a safer online navigation.
- Pursue primarily social relationships in the real world and consequently in the virtual world of social media.

### **“Phishing” και “Pharming”**

Phishing is an act through which a person tries to acquire private data such as, user names, passwords and credit card information (usually aiming directly for money). Specifically, phishing is defined when someone sends electronic messages (e-mails) which aim to extract sensitive information from the receiver. These e-mails seem to originate from banking environment and usually use an excuse to ask for private information disclosure.

For example the bank account number or the personal identification number (PIN). If the unsuspecting recipient discloses this information, the perpetrators (phisher) invade directly into his account and transfer all the money away.

**Pharming** is a method of deceit via the internet similar to phishing but way more dangerous. A hacking program exploits the vulnerability of the security system and penetrates the computer affecting it in a way that even if the user types the correct website the virus will redirect a website's traffic to another, fake site. Especially, when it is a bank website and the user proceeds to e-banking transactions, all his money ends up on the perpetrators hands.

### Useful Links

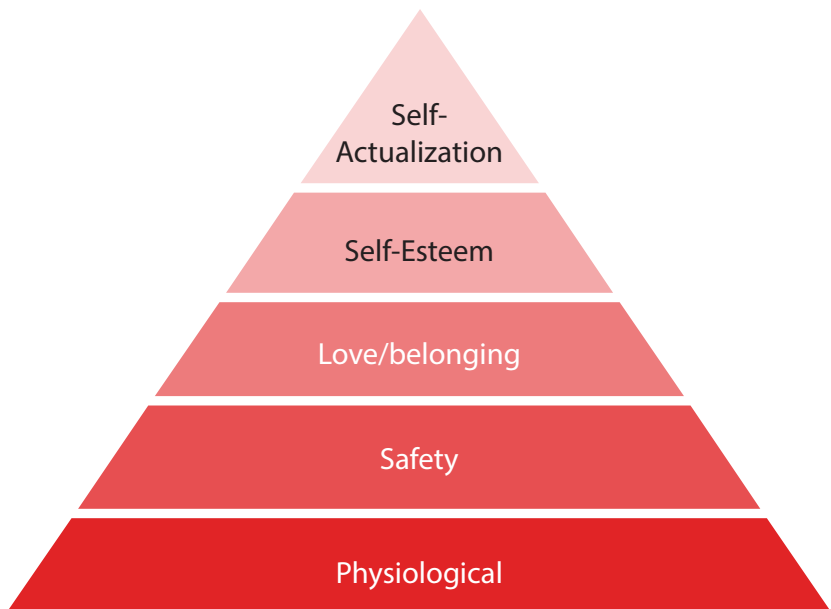
1. <http://www.saferinternet.gr/>  
(Hellenic Center of Safer Internet)
2. <http://www.webwewant.eu/>  
(European Safer Internet awareness-raising Network)
3. <https://www.betterinternetforkids.eu/>  
(European Commission website for Safer Internet)
4. [http://www.astynomia.gr/index.php?option=ozo\\_content&perform](http://www.astynomia.gr/index.php?option=ozo_content&perform)  
(Cyber Crime Police Division)

## 5.6. Volunteering

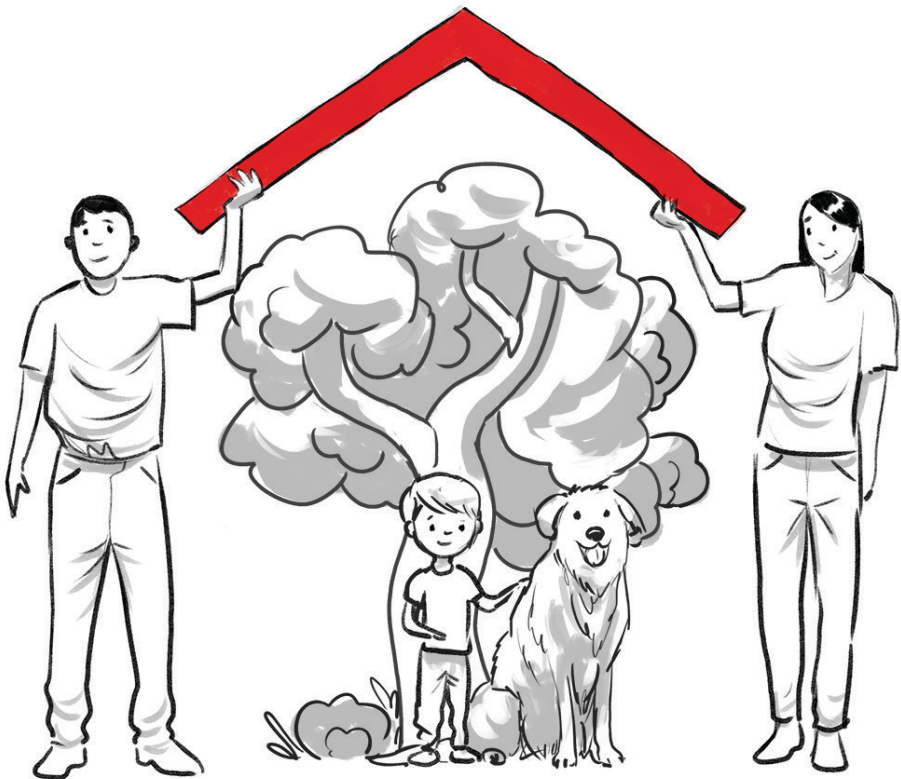
*"The best way to cheer yourself up is to try to cheer somebody else up".*  
Mark Twain, 1835-1910, American writer

According to the well-known American psychologist American Maslow (1908-1970) who was best known for creating "Maslow's hierarchy of needs", there is a pattern based on priorities through which human motivations generally move.

Volunteering is considered an altruistic activity which contributes to the promotion of social welfare. It also contributes to the fulfillment of the individual by the satisfaction which he derives from offering. Whether focusing on people or anything else that has to do with society, such as the environment, animals, etc. volunteering results in the human feeling a valuable and active member of the societal group he belongs to.



The benefits that an individual offers with his participation in volunteering activities are plenty. First of all, the connection and cooperation between people who come from different social groups is reinforced and therefore the social circle of the individual is expanded and his social skills enhanced. Moreover, volunteering promotes knowledge of other ecosystems and thereby respect for the environment is reinforced. Finally, volunteering is an experience which contributes to the ability to organize yourself better and encourages cooperation, fundamental skills for an academic and professional career.



### Voluntary activity opportunities can be found:

through **environmental actions** (WWF, Archelon, Greenpeace, Hellenic Ornithological Society etc.)

through **healthcare actions** (Doctors of the World, Doctors without Borders, Red Cross, KEELPNO etc.)

through **actions of social nature** (The Smile of the Child, The Ark of the World, Young Women's Christian Association, ActionAid etc.)

through **actions of culture, tourism or local** (Praksis, Arsis, Atenistas etc.)

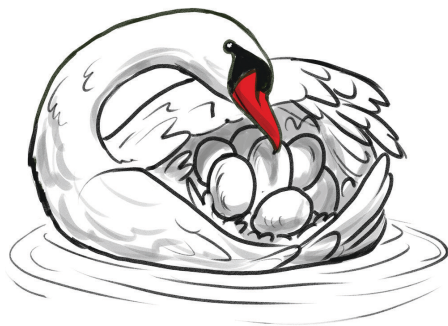
### Useful Links

1. <http://www.ethelon.org/>  
(Institution for the promotion and prominence of volunteering)
2. <http://www.sep.org.gr/en/normal/home>  
(Scouts of Greece)
3. <http://www.seo.gr/homeEN.asp?ITMID=16&LANG=EN>  
(Greek Guiding Association)

## 5.7. Child Care Institution Associations

*"From unity of mind (homonoia) come great achievements"*

*Democritus, 460 – 370 BC, ancient Greek philosopher*



In a crucial period of our time, the existence of associations which protect and assist the bond between individuals who share similar experiences is imperative. These associations have the ability to correct the negative aspects of the institutions which do not promote appropriately the development of youth and can also point out some fundamental actions that need to

be implemented. Finally, being members of the Care Institution Associations network, each association has the ability to attempt to influence the actions, social policies, or decisions of government officials, in order to improve the quality of the child care institutions.

In Greece, there are associations and organizations which are promoting the enhancement of conditions in child care institutions through the personal experience of their members. A topical example is the "Friends Association of the Hadjikonsta Foundation" which main objective is the boarders' smooth integration to society. Through its actions, the Association provides the certainty of being a point of reference and guidance for the next generation of boarders. Furthermore, the non-governmental organization "Roots" embraces the object of deinstitutionalization in order to help adult adopted individuals to find their biological families and to promote fostering and adoption as the main social practices in the field of Child Protection.

Finally, the Youth Center for refugees of the Society for the Care of Minors and Youth and the Youth Support Centers of Arsis take actions for the support and the integration of former unaccompanied minors to the society

and the employment market as well as actions that promote networking between the youth and the local community.

Engaging social groups that have grown up in care structures and alternative care structures can facilitate in achieving social change. This change will reflect upon the perceptions, beliefs and existing ideas of the society as a whole and will meet the social interests of the children who aren't able to grow up with their biological families.

**Useful Links:**

1. <http://www.sfiha.gr/>  
(Friends Association of the Hadjikonsta Foundation)
2. <http://www.roots-research-center.gr/en/home/>  
(Roots Research Center NGO)
3. <https://www.sman-athens.org/>  
(Society for the Care of Minors and Youth)
4. <http://www.arsis.gr/en/home/>  
(ARSIS – Association for the Social Support of Youth)



**OT**

**CHAPTER**

**Unaccompanied Minors**

## 6.1 Integration to the Greek Society

*"Of all peoples, the Greeks have dreamt the dream of life best".*

*Wolfgang Goethe, 1749-1832, German philosopher and statesman*

The unaccompanied minors, after their identification at the entrance points are transferred to the relevant reception centers and reside there until they are accepted and resettled at a care institution.

Pursuant to the recent regulation which establishes the host country's law definition for the unaccompanied minors, children who aren't accompanied by their parents, but by other adults, are identified and treated as accompanied.

The competent authorities inform the National Center of Social Solidarity (EKKA) in order to mediate and ensure accommodation in appropriate child care institutions for unaccompanied children. Reference entities are mainly the Hellenic Police and several NGOs.

The majority of the child care institutions are managed by NGOs and fall to the supervision of the Ministry of Labour and Social Affairs.



The funding comes from the European Refugee Fund which is managed by the Ministry of Labour and Social Affairs as a competent managing authority. Several centers such as “Praksis” and the “Hellenic Red Cross” are co-funded by the “Supporting Organizations that Assist Migrant asylum seeking population in Greece SOAM” with donor countries Iceland, Lichtenstein and Norway.

The commissioner undertakes the following responsibilities:

- Enrollment in school and supervising student’s progress
- Participation in activities and field trips
- Justification of absences
- Cooperating with the school for problem solving
- Issuance of a Tax Registration Number and managing tax returns
- Issuance of a Registration number for the Single Agency of Social Insurance (EFKA)
- Enrollment in sports activities
- Ensuring the admission to medical exams

Non-governmental Organizations undertake to provide the following services, according to specific program planning:

- Secure accommodation
- Sanity, hygiene (shower, products, clean clothes)
- Psychological support
- Social development (entertainment)
- Legal advice
- Vocational counseling
- Medical care counseling

### Useful Links:

1. <http://www.arsis.gr/en/home/>  
(NGO, Association for the Social Support of Youth and for the protection of their rights)
2. <https://www.praksis.gr/en/>  
(Independent, Non-Governmental Organization whose main goal is the design, application and implementation of humanitarian programs and medical interventions)
3. <https://www.unhcr.org/>  
(United Nations High Commissioner for Refugees, UNHCR)
4. <http://www.redcross.gr/default.asp?pid=11&la=1>  
(Multipurpose Hellenic Red Cross Center with the mission to improve access to fundamental social and humanitarian services and the comprehension of rights. Operating both in Athens and Thessaloniki)

## 6.1.1 Asylum

Pursuant to the law, international protection is the provision of asylum by recognizing the refugee status of those people who have fled their country because they are afraid they are going to be prosecuted for the following reasons:

Race

Ethnicity

Religion

Political beliefs

Participating in a special social subgroup

Furthermore, subsidiary protection is granted to those individuals who face the danger of being physically harmed, within their country of origin, by death penalty implementation, or by torture and other serious physical intimidations during the course of international or internal armed warfare.



Free access to the international protection procedure can be difficult sometimes due to the increased number of influxes. For this reason, the possibility to conduct an appointment through Skype is provided, during which a photo of the applicant is taken as well as a recording of some personal data in order to be identified on the meeting date. In case that the applicant is over 15 years old, the submission can be completed by the very own person. For unaccompanied minors under 15 years old the application is submitted by the competent commissioner.

The assistance of an interpreter might be needed in the appointment day, if there are communication difficulties between the asylum seeker and the Asylum Service employee. The interview is confidential and the applicant is obliged to submit true evidence as well as any available travel document. Since the interview is audio recorded, the asylum seeker is entitled to keep a copy.

Finally, the Asylum Service has developed a mobile and computer application which provides credible and timely information to third country nationals who currently reside in Greece and want to apply for international protection.

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Useful Links:

1. <http://asylo.gov.gr/en/>  
(Ministry of Citizen Protection)

2. [http://asylo.gov.gr/?page\\_id=2154](http://asylo.gov.gr/?page_id=2154)  
(Online application for the recording appointment)

3. <https://help.unhcr.org/greece/applying-for-asylum/>  
(United Nations High Commissioner for Refugees in Greece)

4. <https://play.google.com/store/apps/details?id=com.ionicframework.asylumapp646672>  
(Application of the Asylum Service)

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## 6.1.2. Accommodation



The International Organization for Migration (IOM) provides immediate accommodation and specialized services to unaccompanied minors since 2018. In the context of this program, funded by the European Union, the children are residing in 13 hotels of the North and Central Greece which operate as temporary hosting environments. The unaccompanied minors were previously residing either in Reception-Identification Centers in islands or within a protection institution. The IOM implements the program, in collaboration with Arsis and Iliaktida which have under-

taken the management of (3) three and (2) hotels respectively.

Alternative accommodation programs which provide housing to asylum seekers are, the Emergency Support to Integration and Accommodation programme (ESTIA), funded by the Asylum, Migration and Integration Fund of the European Union, the Society for the Care of Minors and Youth that address to young men, from 18 to 22 years old, who do not have accommodation and contributes to accessing support networks. Moreover, the Civil Non-profit Organization IASIS is functioning a shelter of temporary hospitality for asylum seekers and the Non-governmental Organization Solidarity Now covers the needs of the young asylum seekers and refugees for accommodation.

The Municipality of Athens manages, alongside with competent institutes, the Athens Coordination Center for migrant and refugee issues and also cooperates with relative NGOs in order to handle the migrant and refugee crisis. In the context of the Temporary Refugee Accommodation program, hosting services are provided to equipped apartments rented

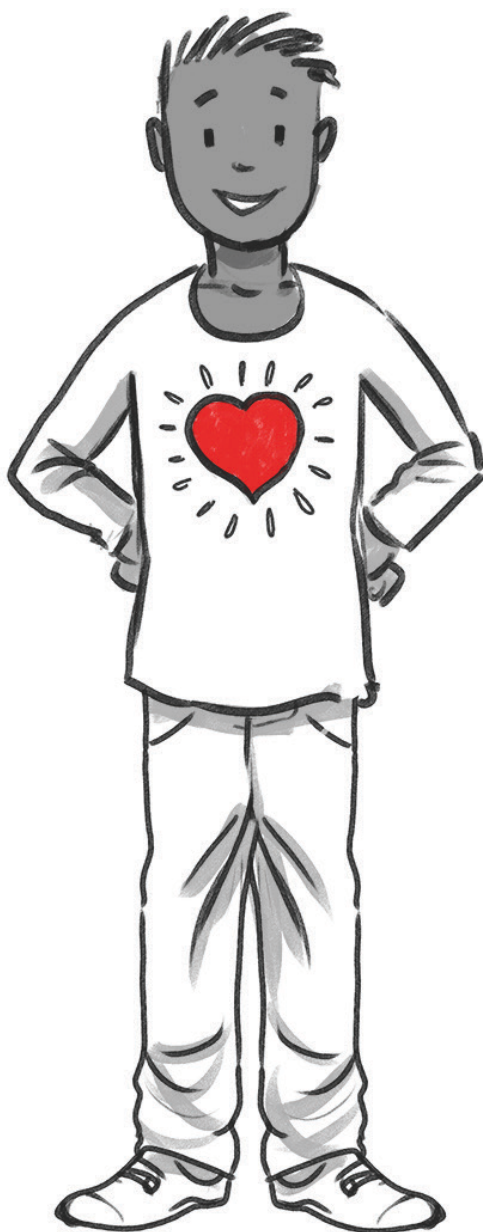
by the Municipality of Athens as well as, psychosocial support from social scientists, interpreters and administrators of apartments.

The initiative of the NGO Metadrasi, “Supported Independent Living for unaccompanied minors” provides a type of care for unaccompanied minors indiscriminately, aged 16 to 18, who are officially identified as refugees or asylum seekers. The programme offers, apart from safe housing, a series of services that cover their basic needs (education, health, psychosocial development, legal aid, interpretation etc), along with a proper level of care and guardianship. Emphasis is given to setting targets, boosting self-esteem and self-preservation, developing their personalities, improving and empowering the skills developed, with the aim of enabling their smooth coming of age and integration to Greek society. The programme is framed by an interdisciplinary team, which consists of social worker, psychologist and other caretakers and offers psychosocial support with a view to the teenagers’ gradual independence.

**Useful Links:**

- 5. <https://metadrasi.org/en/home/>  
(Action for Migration and Development)
- 6. <http://estia.unhcr.gr/en/home/>  
(Emergency Support to Integration and Accommodation programme)
- 7. <https://www.sman-athens.org/>  
(Society for the Care of Minors and Youth)
- 8. <https://www.solidaritynow.org/en/>  
(Accommodation and hospitality programmes for refugees and asylum seekers)
- 9. <http://www.iasismed.eu/en/>  
(Housing Facilities Hosting Asylum Seekers)
- 10. <https://www.accmr.gr/en/>  
(Athens Coordination Center for Migrant and Refugee issues, ACCMR)

## 6.1.3. Health



All the refugees and asylum seekers are entitled to access freely the primary, secondary and tertiary health-care.

In case a Social Security Number is available (AMKA), there is the possibility to book an appointment via the telephone, at any hospital in Greece.

If there is no Social Security Number available, then the host center managers for refugees and asylum seekers shall contact the National Center for Emergency Care (EKAV) in order to schedule an appointment by the competent hospital. In any medical emergency case everyone must call 166.

Furthermore, several municipalities collaborate with local-municipal clinics and, plenty non-governmental organizations as well, provide the refugees and asy-

lum seekers, whether they have a Social Security Number (AMKA) or not, with access to medical services which they offer.

If there is a situation where medication is needed, the AMKA holders can acquire the appropriate medication, from any pharmacy, with the submission of a prescription, free of charge or by financially contributing to a limited percentage of the price. Finally, many municipalities and NGOs provide free medicines and pharmaceutical products from the collaborating social pharmacies.

**Useful Links:**

1. <https://www.saferefugees.info/speciality/medical>  
(List of the NGO Medical Services in Greece)
2. <https://www.noesi.gr/book/welfare/koinonika-farmakeia>  
(List of Social Pharmacies in Greece)

## 6.1.4. Education



Minor asylum seekers are integrated into the Greek educational system within 3 months. They are also able to pursue secondary education even if they enter adulthood. There are 26 intercultural schools in Greece (13 primary and 13 of secondary education) with 45% of the students being foreign. Special programmes are implemented there by teachers, trained in intercultural education, who are fluent in the native languages of their students and competent in teaching Greek as a foreign language.

Moreover, Greek language courses are organized both by public entities, such as the Life-long Learning Centers of the Municipalities (Municipality of Athens, Municipality of Argyroupoli) and the universities (Greek language Institute of the National and Kapodistrian University of Athens) as well as by nongovernmental institutes which support refugees and immigrants (Metadrasi, Greek Forum of Migrants). A topical example of flexible, Greek language learning courses, is implemented by the University of the Aegean, which along with the collaboration of the Erasmus OLS+, offers online courses of a European language to refugees and migrants.

The secondary and higher educational possibilities for the asylum seekers and the identified refugees are:

1

Evening Gymnasiums and Lyceums address to students, over 15 years old, who are forced to work in the morning. The duration of studies is 3 years and the daily attendance lasts 4 to 5 hours. After passing the school exams, graduates are able to participate in the national exams in order to access higher education (Universities or Technical Educational Institutes) or they can register directly to Vocational Training Institutes.

2

At the same time there is the possibility to attend the Second Chance Schools, aimed at adults who haven't yet completed their compulsory secondary education.

3

After completing the fundamental compulsory education, the Tax Registration Number holders are able to subscribe online to Daily and Evening Vocational High-schools (Lyceums) and study the following fields:

Agriculture, Food and the environment

Administration and Economics

Construction projects, Environmental structure and Architectural Design

Applied Arts

Electrical Engineering, Electronics and Automation

Mechanical Engineering

Maritime Professions

Information Technology

Health and welfare

4

Despite the fact that there are no legislations to facilitate the asylum seekers' and refugees' access to higher education, there is the possibility to acquire certification of qualifications, for primary and secondary education studies, by the Department of Studies, Programmes, Planning and Student Issues by the Ministry of Education, by the National Organisation for the Certification of Qualifications and Vocational Guidance and by the Hellenic National Academic Recognition Information Center.

### **Useful Links:**

3. <https://edu.klimaka.gr/sxoleia/diapolitismika>  
(Intercultural Schools of Greece)
4. <https://erasmusplusols.eu/en/>  
(Online Linguistic Support)
5. <http://www.gsae.edu.gr/en/>  
(Information on Second Chance Schools)
6. <https://edu.klimaka.gr/sxoleia/epaggelmatika>  
(Operation of Second Chance Schools)
7. <https://www.eoppep.gr/index.php/en/>  
(National Organisation for the Certification of Qualifications and Vocational Guidance)
8. <http://www.doatap.gr>  
(Hellenic National Academic Recognition Information Center)

## 6.1.5. Employment



For legal employment in Greece, employees need to have a Tax Registration Number (AFM) and a Social Security Number (AMKA).

If the potential employee is an identified refugee, has a valid residence permit, AFM and AMKA, then he has direct access to employment and the right to work as a freelance. The refugees have the same employment and insurance rights to a Greek citizen such as, minimum salary, family allowances, work shift, illness, unemployment etc. In the case of unemployment, refugees

have the right to register to the Manpower Employment Organization (OAED) which provides possibilities such as, finding a job, access counseling services for vocational issues and unemployment card issuance if the dismissed unemployed meets the requirements.

In case that the employment candidate is an asylum seeker, then he can work legally providing that the submission of the application for asylum procedure has been completed. For the issuance of a Tax Registration Number (AFM) and a Social Security Number (AMKA) the candidates should adduce the following:

- Either the **“asylum seeker card”** or the **“international protection seeker card”**

- A **certificate** by the competent institute which manages the employment candidate's stay

Furthermore, the right to legal employment is also exercised by minors over 15 years old providing that they have a letter of consent authenticated by the parents or guardians. If the letter of consent is not available, Greek Court may examine the minor applicant’s petition and issue a relevant order regarding the permit.

In any case, if problems arise within the work environment, thus jeopardizing the safety, health and rights of the employees, the Hellenic Labour Inspectorate (SEPE) is obliged to intervene.

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Useful Links:

1. <http://www.odigostoupoliti.eu/tag/dimosia-ikonomiki-ipire-sia-dou/>  
(Information about Public Financial Service, D.O.Y)

2. <https://www.amka.gr/postha.html>  
(AMKA Information)

3. <http://www.oaed.gr/engraphe-sta-metroa-tou-oaed>  
(Register to the OAED archives)

4. <http://www.odigostoupoliti.eu/adia-ergasias-gia-aniliko/>  
(Employment permit for minors, information)

5. <https://www.sepenet.gr/liferayportal/archike>  
(Hellenic Labour Inspectorate)

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## 6.2. How Can I Become a Greek Citizen

*"How do you call the purpose of the nations, is it destination or maybe mission? Culture! Behold a purpose worthy of the nations, a purpose profoundly humane. Behold the justification of the nations".*

*Ion Dragoumis (1878-1920), Greek diplomat, politician and litterateur*

Citizenship is the legal bond between a person and a state. If this bond exists, we say that this person is a citizen of that particular state. Naturalization is one of the ways through which a foreigner can acquire Greek citizenship.

Naturalization constitutes an individual administrative act which requires two documents: the declaration of the alien ethnic Greek stating the wish to be naturalized and the declaration of the State, as expressed by the Minister of Interior, stating that the State accepts the concerned individual. The naturalization addresses to aliens residing in Greece and foreign nationals who reside abroad.

Whoever wishes to acquire Greek citizenship by naturalization is obliged to:

- **be an adult** (meaning that he has reached the age of 18) by the time he submits the naturalization application.
- **not have been finally convicted** over the last decade, before the submission of the application, and penalized with restrictions of his freedom for over a year or for serious crimes such as the following: insulting the State, treason, first degree murder or hazardous physical harm, crimes related to trafficking and drug trafficking, money laundering, international financial crimes, high-tech crimes, currency crimes, resistance to authority, child abduction, sexual assault and sex trafficking, theft, fraud, misappropriation, blackmail, usury, intermediaries legislation, forgery, false affirmation, slander, smuggling, weapons related crimes, antiquities, smuggling of refugees and exploiting accommodations in Greece.
- **Not have an expulsion decision pending against them.**

After a thorough cooperation between the Greek Ombudsman and Ministry of Interior servants of the Citizenship Directorate, a simplified pattern for the Greek Citizenship acquisition was established. The version covers the following two situations:

**1. Originating from a country outside the European Union:**

- After 7 years of permanent and legal residence in Greece
- After 3 years of permanent and legal residence in Greece or in case of marriage and child acquisition with a Greek citizen
- After 3 years of permanent and legal residence in Greece and with the acquisition of a child who holds Greek citizenship by birth
- After 3 years of permanent and legal residence under the refugee or stateless status

**2. Attending a Greek school**

- Successfully completing the 9 compulsory years, which the educational system suggests, in Elementary school and Gymnasium or even Lyceum
- Successfully completing 6 school grades in Gymnasium and subsequently Lyceum
- Graduating from Lyceum or from a Higher Education Institute

**Useful Links:**

1. <https://www.synigoros.gr/?i=stp.el.search&q=%CF%80%CE%B-F%CE%BB%CE%B9%CF%84%CE%B9%CE%B3%CF%81%CE%AC%CF%86%CE%B7%CF%83%CE%B7>  
(The Greek Ombudsman- information and guidelines for citizenship acquisition)
2. <https://www.ypes.gr/UserFiles/f0ff9297-f516-40ff-a70e-eca84e2ec9b9/new131115-AitPolitog.pdf>  
(Ministry of Interior-Naturalization Application)

## 6.3. Relocation

*“Aut viam inveniam aut faciam”.*

Translation: “I shall either find a way or make one.”

*Hannibal, 247-183 BC, Carthaginian general (his famous aphorism while trying to cross the Alps)*



Relocation is an intra-EU solidarity tool enabling the transfer of persons having already international protection status and of those who are in need of international protection from one EU Member State to another EU Member State. The latter State appoints specialized officers who undertake to relate the migrant's qualifications and social characteristics with the special features of the host country such as the cultural or economic landscape.

Relocation is implemented only to specific ethnicities where international protection is identified in over 75% of the times and specifically to Syrians, Eritreans, Iraqis, Central African Republic nationals and stateless persons from those countries (children born in a foreign country which doesn't grant citizenship or renders them stateless during their lifetime).

Young asylum seekers, under 14 years old, in Greece can ask for their reunification with close family members in various European cities. Specifically, according to Dublin III Regulation, the authorities should take the asylum seeker's fingerprints, proceed to an input in the central European EURODAC database and afterwards, locate the applicant's family members in the following contracting states: Austria, Belgium, Bulgaria, France, Denmark, Switzerland, Estonia, United Kingdom, Ireland, Iceland, Spain, Italy, Netherlands, Croatia, Cyprus, Latvia, Lithuania, Lichtenstein,

Luxembourg, Malta, Norway, Hungary, Poland, Portugal, Romania, Slovakia, Slovenia, Sweden, Czech Republic and Finland.

For the participation at the relocation program, the applicant is required to have arrived in Greece after the 16/9/2015, have applied to the Asylum Service and have had his fingerprints taken. After the enrollment procedure, the beneficiaries need to undergo medical examinations and attend cultural orientation sessions related to the country of destination. The relocation process is carried out, within two months, by the National Relocation Organization and then the international protection seeker is integrated into the new country's host system which covers the basic needs.

Furthermore, there are some private initiatives that aim to facilitate the unaccompanied refugees and vulnerable adults in order to find secure and legal ways for relocation. A topical example is the charity, funded by the English politician Lord Alf Dubs, whose revenue is used for the support and integration of refugees into the relocation process in the United Kingdom.

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Useful Links:

1. <https://greece.iom.int/en/eu-relocation-programme>  
(European Union Relocation Program)

2. <http://safepassage.org.uk/>  
(Lord Alf Dubs Fund)

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## 6.4. Repatriation

*"Nevertheless I long—I pine, all my days—to travel home and see the dawn of my return"*

*Homer, 8th century-7th century B.C, Ancient Greek author- Odyssey, Book V*



If an asylum seeker is a third-country national and does not want or cannot remain legally in Greece but wants to return to his country, he can address to the International Organization for Migration (IOM).

The International Organization for Migration in Greece collaborating with the Ministry of Interior in the context of the Asylum, Migration and Integration Fund (AMIF) implements the Program of Voluntary Return and Integration in order to ensure a dignified and safe return for the refugees in their home countries. Those programs provide the opportunity to create new living conditions and a smooth integration in the countries of origin of the beneficiaries.

The programs include:

Starting a small business

Education

Implementation of vocational training programs

Finding employment

Temporary accommodation

Material assistance

Medical assistance

To qualify for the aforementioned program, a third-country national must belong to one of the following groups:

- Third-country national who does not meet the conditions so as to access entry and reside in Greece.
- Third-country national who has submitted an application for international protection and has either renounced his application or it has been rejected.
- Third-country national who resides legally in Greece, but wishes to return to his homeland.

Through this program the International Organization for Migration (IOM) undertakes all legal procedures which facilitate the safe and dignified return to the country of origin of the asylum seeker. In particular, IOM undertakes to inform and counsel prior to the departure in order to ensure, that all the necessary documents are available (e.g. travel documents), booking tickets, support in correspondence and final destination while collaborating with the competent IOM offices of the respective countries.

Finally, for the registered in the Program of Voluntary Return and Integration of IOM, there is the possibility to be hosted at an Open Centre which provides food, accommodation, healthcare and entertainment in order to ensure a dignify living for the migrants until they return to their country.

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**Useful links:**

1. <https://greece.iom.int/>  
(International Organization for Migration)

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# CHAPTER

**As an Epilogue**

Charles Spencer Chaplin was born on April 16 1889 in London. His parents, Hannah Harriet Pedlingham Hill and Charles Chaplin Sr were both music hall entertainers. His father, a severe alcoholic, one a year after Charlie's birth abandoned his wife and their two children, Charlie and his older brother Sydney. Chaplin's childhood was fraught with poverty and hardship. His mother had no means of income, other than occasional nursing and dressmaking and was struggling to make ends meet. Hannah was forced to live in a workplace and subsequently sent Charlie and his brother to another workplace, where violence and assault were everyday routine. In September 1898, Hannah was committed to Cane Hill mental asylum as she had developed a psychosis seemingly brought on by an infection of syphilis and malnutrition. Chaplin and his brother Sydney were sent to live with their father, whom the young boys scarcely knew and his drinking problem had deteriorated by the time.

Charlie, a boy roaming the streets of London, made his first amateur appearance in theater at the age of five years. He will try to survive and help his mother and brother. He joins a troupe, travels abroad to America where he stays and be-

comes famous as Charlie Chaplin, one of the best and most influential actors in the history of cinema and the one who, at The Academy Awards gala of 1972, will receive a 12-minute standing ovation, the longest in the Academy's history. He returned twice in London, the first time to put his mother to a better clinic and the second to be named "Sir" (title of British nobility) by her majesty. Around that time, Charlie Chaplin celebrating his 70th birthday wrote the exceptional self-poem:

"As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is "AUTHENTICITY".

As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it "RESPECT".

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it "MATURITY".

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it "SELF-CONFIDENCE".

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it "SIMPLICITY".

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is "LOVE OF ONESELF".

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is "MODESTY".

As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live

each day, day by day, and I call it "FULFILLMENT".

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection "WISDOM OF THE HEART".

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know "THAT IS LIFE"











Lead Partner



Project Partner

