

ERASMUS+
KEY1: MOBILITY OF YOUNG PEOPLE AND YOUTH WORKERS.
YOUTH EXCHANGE:

MIND THE APP



Schio (VI) - ITALY

3th – 11th of September 2018

Dear Participant,

Welcome to ITALY and to the Youth Exchange "***Mind the APP***".

Here you can find all the useful information you need to reach us and enjoy this week.

For any other questions and for communication when you arrive in Schio (VI), don't hesitate to contact us.

Best wishes and see you soon,

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DESCRIPTION OF THE PROJECT

Studio Progetto is proud to invite you to the Youth Exchange “Mind The App” within the framework of Erasmus+, related to develop a melting pot of experiences, useful for foreign and local people, that will create a path of awareness about how to promote a correct exploitation of social networks and web resources, in order to take advantage of these tool for personal developing and empowerment. Participants will carry out a work program designed and prepared by themselves before the project, among the topic of *proper and fruitful utilization of the web*. The core of the project can be well summarized by these questions:

- Do you use social networks and do you want to learn more about their use, application and utilization?
- Do you think that there are some risk in the management of your virtual identity, like cyberbullying and estrangement from reality?
- Do you think is possible to promote your skills and to develop your abilities through the use of social networks?
- Do you want to test new methods in the utilization of social networks?
- Do you think a social network can be inclusive?
- Do you want to work with young people for the increase of young participation in a city/town development, using web applications as a tool of participation?

Talking on hard topics today in order to create a better future tomorrow.

Activities Programme (this is a draft – it is subject to changes)

Day 0 - 03/09/2018	Arrivals of participants Welcome dinner
Day 1 - 04/09/2018	Getting to know each other Group building activities Expectation and fears Super powers Treasure hunt Daily evaluation: The ship log; Leader’s monitoring meeting; GoodnightSelfieEmoticon. International Evening
Day 2 - 05/09/2018	Icebreaking games and energizers Selfie- Assesment When in Country do as Social do BrianTheOnion Jeux Sans frontiers Daily evaluation
Day 3 - 06/09/2018	Icebreaking games and energizers Social detective Stalker for a day FREE AFTERNOON
Day 4 - 07/09/2018	Icebreaking games and energizers Media Activist for a day

	Media evaluation Europe Alien – Evening game
Day 5 - 08/09/2018	Icebreaking games and energizers Cast away (team building outdoor activity) at Seaside
Day 6 - 09/09/2018	Icebreaking games and energizers Work with social (Part I and II) Let's Share (web and sharing economy and co-working Hub visit) Karaoke night
Day 7 - 10/09/2018	Icebreaking games and energizers Mirrors Evaluation+YouthPass Bye Bye Party
Day 8 - 11/09/2018	Departure of participants

PARTNERS AND COUNTRIES

STUDIO PROGETTO SOC.COOP.SOC.	Italy
AGENCIJA LOKALNE DEMOKRACIJE	Croatia
LAPUAN KAUPUNKI	Finland
FUNDACJA CENTRUM AKTYWNOŚCI TWORCZEJ	Poland
YOPA - FIATALOK AZ ÁLLAMPOLGÁRI RÉSZVÉTELÉRT KÖZHASZNÚ EGYESÜLET	Hungary
ASOCIACION MUNDUS - UN MUNDO A TUS PIES	Spain
THE STARRY START OF TALENTS FOUNDATION	Bulgaria

PARTICIPANTS

We expect **4** participants **aged 15-18 + 1 youth leader** (no age limits) from each partner.

- Young people who are interested in the topic, motivated, with a proactive attitude.
- People who are willing to share their experience of the topic and are willing to learn and grow.

GENERAL RESPONSIBILITIES OF PARTICIPANT:

- Behave as responsible person;
- Able to actively attend the entire duration of the course;
- Able to attend 100% of the program;
- Able to respect time table of the educational activity;
- Settle all the agreed obligations regarding travel costs;
- Promote healthy life styles;
- Respect others and ensure basic rights and freedoms to participants and trainers that all
- People are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
- Respect time and content framework;
- Willing to transfer knowledge to the members of his/her organization;
- Take care of working space and training material;
- Be responsible for personal and others safety;

- The organizational team keeps the right to exclusion of participant from the exchange or influence the reimbursement of the ticket of participant in case that participant does not respect the responsibilities of the exchange.

ACCOMMODATION

During the Youth Exchange participants will be lodged in a very nice and comfortable house in a green area on the hill of **Schio**, in Vicenza province. The house has 3 big rooms with bunk beds. You will share room (around 10 people for each room) only with representatives of the same gender. Showers and toilets are on both the two floors of the house.

Pillows, linen and blankets are provided, but **DON'T forget to bring your TOWEL**, since it is not provided. There is no wi-fi in the house since the signal is very bad.

The date will be from **03th - 11th of September 2018** (including arrival and departure days). The venue will be the **San Gaetano Village in Bosco del Tretto, Schio (Vicenza)**.

Check IN Time: 03th September from 15:00h/ Check OUT Time: 11th September before 10:00h

Here are some pictures of the place:



More pictures and the detail information here:

<http://www.villaggiosangaetano.it/casa-vacenze-elvira/>

Accommodation and meals will be covered by the project, same as the foreseen activities.

WHAT TO WHAT BASIC RULES DO YOU NEED TO RESPECT?

We will be hosted in a San Gaetano's Village, where possibly there will be more young people and children developing other workshops and activities. This means that, during the exchange, smoking,

drinking alcohol or consuming any other harmful substance it is forbidden in the Elvira's House and the surroundings. So please, be aware of the space and take care of it!

Rules:

- Participants will have to bring their own towels (bed sheets are provided).
- There is no possibility to extend your stay at San Gaetano's Village.
- It is forbidden to smoke in the building.
- It is absolutely forbidden to consume alcohol.
- Participants have to respect Villaggio San Gaetano installations, the rooms and the common areas. If they break something they will pay for that.
- It's forbidden to consume food in the rooms or to take room out of the common dining room.
- Participants are not allowed to move furniture.
- It's forbidden to make noise after 12 at night and before 8.00 in the morning.

WHAT TO BRING WITH YOU

Yourself, your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures;

Attention!!! We need to know in time if you have particular necessities regarding food (vegetarian/vegan) and allergies.

We prepared an online form to collect all this info, so if you didn't fill in it yet, please provide as soon as possible! Here's the link

<https://goo.gl/forms/cxO5aFfvQBL8F0ng1>

- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.);
- Your passport or ID card;
- Accident and Baggage insurance or at least your European Health Insurance card;
- **All your travel tickets** (if you want the reimbursement; for what concerns the flight ticket, remember to **keep the boarding pass** -> "*A **boarding pass** is a document provided by an airline during check-in, giving a passenger permission to board the airplane for a particular flight. As a minimum, it identifies the passenger, the flight number, and the date and scheduled time for departure. In some cases, flyers can check in online and print the boarding passes themselves*");
- some **typical food** (snacks, drinks, easy food) from your own country/village for the **International evening** that will be the first evening
- music, pictures, video about your country
- you should prepare a short (10 minutes) verbal **description of your country** or village (you can decide) adding information about the food you bring, music, dancing, and all other particulars you think are representative of your country/village
- **towels** (not provided from the organization)

- all necessary for personal hygiene, like shampoo, hair dryer, etc... sun cream protection and **comfortable shoes and clothing** to walk in the bush
- Other stuff you might need (camera/film, toilet things, etc.)

Weather

Before leaving your home country please check the weather forecast at <http://www.ilmeteo.it/meteo/Schio>

Usually during spring, the weather is warm and nice.

But, please take into consideration that Valdagno is located in a valley, at the foot of the mountains so it might be cold and rainy. **So bring warm clothes and suitable shoes!**

HOW TO REACH SCHIO?

The nearest airports are:

Venice www.veniceairport.it

Venice-Treviso www.trevisoairport.it

Verona www.aeroporto.verona.it/passeggeri_t5

But also **Milano Bergamo** www.sacbo.it/Airpor/portalProcess.jsp and **Milano Malpensa** www.milanomalpensa-airport.com/it are OK (even if farther).

Other option is **Bologna** <https://www.bologna-airport.it/>

In the following information, we will describe how to get from different airports to Schio.

From Milano Malpensa

From MALPENSA airport you have to take the Malpensa express, the train goes to Milano Centrale (railway station) 20 times every days.

The ticket costs 12€ one way (return ticket 18€ with 30 days validity).

You can check the timetable and you can also buy it on line at this website <http://www.malpensaexpress.it/en/>

choose "on-line ticket" from "Milano Aeroporto" to "Milano Centrale".

Then you will take a train from Milano to Vicenza and from Vicenza to Schio.

There are trains from Milano to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets. From Vicenza to Schio the price is 4,25€.

From Milano-Bergamo - Orio al Serio

From Milano-BERGAMO (Orio al Serio airport) you have to take the bus "Orio shuttle" to Milano Centrale (railway station). The bus leave from Arrivals, Platform 2 every half an hour and it takes about 50 minutes to arrive in the Milano Centrale train Station.

The ticket costs 5€.

You can check the timetable and you can also buy it on line at this website <http://www.orioshuttle.com/eng/> choose the yellow one (number 1) "Orio al Serio > Milan Central Station"

Then you will take a train from Milano to Vicenza and from Vicenza to Schio.

There are trains from Milano to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 14,30€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets. From Vicenza to Schio the price is 4,25€.

From Treviso (Venezia-Treviso airport)

Option 1

From TREVISO airport you have to take the bus to the train station of Venezia-Mestre :

http://www.atvo.it/index.php?lang=en&area=23&menuid=36&view_pc#

here you have the timetable

<http://www.atvo.it/en-airport-service.html>

The ticket costs 10€ one way (return ticket 18€ with 10 days validity). You can buy it online, (they say that you have a discount but it is not true... it costs the same also in the automatic ticket machine), or on board Ryanair flights or in the automatic ticket machine/ticket office in the airport.

Then you will take a train from Venezia-Mestre to Vicenza and from Vicenza to Schio.

There are trains from Mestre to Vicenza very often. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 4,75€ up to 9,00€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more. From Vicenza to Schio the price is 4,25€.

Option 2

From TREVISO airport you have to take the bus N.6 to the train station Treviso Centrale. Tickets are available at the airport / train station (€ 1,20) or in bus (€ 2,50, the driver is not obliged to give change). Bus stops are in front of the airport and train station.

Here is the timetable

http://www.venicetrevisoairportbed.com/treviso_veneto_italy_information/treviso_airport_treviso_train_station_bus_timetable.html

Then you will take a train from Treviso Centrale to Vicenza and from Vicenza to Schio.

There are trains from Treviso to Vicenza very often. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

From Venice

From Venice airport you have to take the bus to the train station of Venezia – Mestre: <http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35>

here you have the timetable

<http://www.atvo.it/>

The ticket costs €6 (€ 11 round trip). You can buy it online (you can have a discount but only if you buy more than one ticket), or in the automatic ticket machine/ticket office in the airport.

Then you will take a train from Venezia-Mestre to Vicenza and from Vicenza to Schio.

There are trains from Mestre to Vicenza very often. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 4,75€ up to 9,00€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more. From Vicenza to Schio the price is 4,25€.

From Verona

From VERONA airport you have to take the bus to Verona Porta Nuova (railway station). The Aerobus service from the airport to the train station runs every 20 minutes, every day of the week. To check the bus connections to the train stations of Verona Porta Nuova:

http://www.aeroporto.verona.it/en/aerobus_t2

The ticket costs 6€.

Then you will take a train from Verona to Vicenza and from Vicenza to Schio.

There are trains from Verona to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 4,75€ up to 16,00€... The regional trains are cheaper than Frecciabianca, and it takes only 15 minutes more. From Vicenza to Schio the price is 4,25€.

From Bologna

From BOLOGNA airport you have to take the bus "BLQ line" to Bologna Central train station. Aerobus tickets can be purchased on board. One way Aerobus ticket from/to Airport is € 6,00. The bus takes about 20 minutes to arrive in the train Station.

You can check the timetable on line at this website (2nd page, AEROPORTO – BOLOGNA STAZIONE CENTRALE)

http://www.tper.it/sites/tper.it/files/ORARI/tper_Bo040.pdf

Then you will take a train from Bologna to Vicenza and from Vicenza to Schio.

There are trains from Bologna to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. You can check the site of the Italian railway station, there is an English version, so it will not be difficult for you. The site is: <http://www.trenitalia.com/>

Prices go from 13,05€ up to 29,00€... The regional trains are cheaper than Freccia trains, but sometimes you can find special offers also for Freccia tickets. From Vicenza to Schio the price is 4,25€.

FINANCIAL CONDITIONS

All accommodation and food costs will be covered by project.

Travel costs will be reimbursed according to the distance band fixed by the European Commission. You will receive back your travel costs up to the amount stated by the European Commission according to the distance band (see the table below), by giving us all your tickets and bills related to the travel.

The reimbursement will be paid ONLY by bank transfer after receiving all the original tickets.

Amount of the reimbursements for each country:

Croatia	€ 275,00
Finland	€ 360,00
Poland	€ 275,00
Hungary	€ 275,00
Spain	€ 275,00
Bulgaria	€ 275,00

RULES FOR EXTRA DAYS

This are the guidelines from Italian National Agency for extra days, if you want to prolong your staying in Italy:

“For youth exchanges a flexibility of 2 days is recognized before or after the activities for the participants, with the exception of unaccompanied minors, without the need for prior authorization of the Italian National Agency. Youth leaders must travel together with group.

PLEASE NOTE: *In the event that the trips do not take place on the day immediately preceding at the start of the activities and immediately following the end of the activity the contribution for travel days within the scope of the "organisational support" item WON'T BE ELIGIBLE, even if provided in the approved forecast budget.”*

For this Youth Exchange Italian NA approved the organisational support for the arrival or departure days. If participants will arrive **earlier than 3th of September** or **departure later than 11th of September**, it means that we will lose the contribution for organisational support for travel days. In that case **we should cut this amount from the travel reimbursement (39€ per day).**

All other travel options or exceptional request have to be approved from National Agency.

Participants must register by filling out this Google form:

<https://goo.gl/forms/cxO5aFfvQBL8F0ng1> before 30th July 2018

Important: You have to contact us before buy the participants' tickets.

For any information, please write to: progettazione@studioprogetto.org