



YOUTH EXCHANGE

Best Way, No Waste!

GALBIATE (ITALY)

APV: APRIL 26–29, 2022

YE: JUNE 01–10, 2022

INFOPACK



Joint

Co-funded by the
Erasmus+ Programme
of the European Union



THE PROJECT

The project “Best way: no waste!” aspires to raise the awareness about the topic of waste and more specifically food waste and exchange good practices about these topics. Thanks to the participation in this Youth Exchange, the participants will get closer to the idea that the best waste is the one that is not produced.

During this Youth Exchange we will mainly work on waste reduction strategies, to then reflect on how to give wasted products a second life, before they become permanent waste. We will do this by developing zero-waste cooking workshops, upcycling workshops and taking part in the food redistribution actions in local markets.

OBJECTIVES



Creating awareness about waste and food waste specifically: developing strategies to reduce food waste.



Motivating the participants to develop values of respect and environmental protection: give them the tools to get closer to a zero-waste lifestyle.



Showing strategies of redistribution of food that can be still used, using as an example the activities of Recup association in Milano.



Promoting the concept of individual responsibility for a social change: create awareness on how putting into action individual responsibility can create a social impact, putting youngsters in the center of the change.



Showing how traditional recipes can go together with ethics, cooking classic recipes from different countries with recuperated food.



Fostering an exchange of traditions and costumes between the communities and participant countries: not only among the people of the project, but also the local community.



Promoting the possibilities and potentialities of Erasmus + among local people and also internationally.

PARTICIPANTS PROFILE

Each partner should select 5 participants (aged 18–25) and 1 group leader.

Every partner should include 2–3 participants with fewer opportunities (social, economical, geographical...).

In order to collect information about you and about your needs, in order to guarantee you the maximum of safety, please fill in

[THIS FORM](#)

APV

The APV will involve 1 group leader from each organisation. It will be aimed at discussing the details of the activities and to better divide the work among the partner organisations.

The activities will be hosted at "Ostello Parco Monte Barro" (see "Accommodation" section)

The arrival of the leaders is expected on April 26th afternoon, with the same itinerary described in the "Travel" section. Please, consider flights landing by 5PM.

For the return, on April 29th, please consider flights taking off after 2PM.

ACTIVITIES

Everyday we plan to have teamwork and integration activities, sessions for workshops organized by the participants themselves, non formal education activities such as debates, group dynamics and exchanges of good practices related to the zero-waste lifestyle (e.g. participation in the redistribution of food of some local markets in Milano), and a time for reflection.

	ARRIVAL DAY 01.06.2022	DAY 1 02.06.2022	DAY 2 03.06.2022	DAY 3 04.06.2022	DAY 4 05.06.2022	DAY 5 06.06.2022	DAY 6 07.08.2022	DAY 7 08.06.2022	DAY 8 09.06.2022	DEPARTURE 10.06.2022	
8:00 - 9:00	ARRIVAL AND CHECK IN	BREAKFAST									CHECK OUT AND DEPARTURE
9:15 - 9:30		WARM UP									
9:30 - 11:00		Name games Ice breaking activities	Why are we here	Way to Milan	Upcycling: paper	Way to Milan	Upcycling: glass	Way to Milan	Future Projects		
11:00 - 11:30		COFFEE BREAK									
11:30 - 13:00		Project presentation, Team building	Cubes	Food collection at Rovereto market with RECUP	Upcycling competition	Food collection at Lodi market with RECUP	Upcycling: Oil, soap	Food collection at Viale Padova market with RECUP	Evaluation		
13:00 - 14:00		LUNCH									
14:00 - 15:00		FREE TIME									
15:00 - 15:15		WARM UP									
15:15 - 16:45		Paure Aspettative	The situation in my country	Visit to a cooperative	Upcycling: plastic and metal	Visit to a cooperative	Creation of the recycled recipes' book	Dissemination event's preparation	Youthpass		
16:45 - 17:15		COFFEE BREAK									
17:15 - 18:45		Teambuilding	Natural colours	Dinner preparation (Macedonia and Poland)	Free time	Dinner preparation (Romania, Spain, Italy)	Creation of the recycled recipes' book	Final event	Closing Rituals		
19:00 - 19:30		REFLECTION GROUPS									
19:30 - 20:00		LEADERS' MEETING									
20:00 - 21:00		DINNER									
21:00 - 00:00			Intercultural dialogue		Intercultural evening		Intercultural evening				

PRE DEPARTURE

Participants will be involved in 1 pre-departure meeting organized by their sending organization (in person or online). During the meeting they will discuss the project and the workshops that the participants will be involved in during the Youth Exchange.

ACCOMMODATION

The youth exchange will take place at "ostello parco Monte Barro", in Galbiate. The village is almost 1 hour far from Milan and Bergamo.

The building is managed by the organization "legambiente lecco", which organizes activities for young people, mostly on the topic of environment and sustainability.

The address of the accomodation, that could be asked in the "Passenger Locator Form" (PLF) is:

Via Balassi, 23851 Località Eremo di Monte Barro, Galbiate (LC)

ACCOMMODATION



TRAVEL




FOR THE APV, TRAVELS WILL BE REIMBURSED UP TO THIS MAXIMUM AMOUNT:

ITALY	0€
ROMANIA	275€
POLAND	275€
NORTH MACEDONIA	275€
SPAIN	275€

T R A V E L

TO REACH GALBIATE, THE BEST OPTION IS TO FLY TO MILAN OR TO BERGAMO.

Please,

-  For the ARRIVAL search for flights landing by 4PM of June 10th.
-  For the RETURN search for flights taking off from 2PM of June 11th.
-  You can also plan to arrive 1 day before and to go away 1 day after, but we won't be able to cover accommodation for extra-nights.

TRAVEL

TO REACH GALBIATE, THE BEST OPTION IS TO FLY TO MILAN OR TO BERGAMO.

BERGAMO:



At the airport, catch the bus "line 1" to the CENTRE OF BERGAMO and stop at the Railway station (1 stop).



Catch the train to LECCO (there is a train each hour at :08. The trip lasts 40 minutes and costs 3,70€).



Once in LECCO, catch the train to SALA AL BARRO – GALBIATE (the direction of the train is Milano Porta Garibaldi). There is a train each hour at :07. The trip lasts 10 minutes and costs 1,80€.






A car or a mini-bus will pick you up at the railway station.

For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>

T R A V E L

TO REACH GALBIATE, THE BEST OPTION IS TO FLY TO MILAN OR TO BERGAMO.

MILAN:

-  At the airport of MALPENSA, catch the train to MILANO PORTA GARIBALDI. There is a train about every 30 minutes. The trip lasts 50 minutes and costs 13,00€.
-  In Milano Porta Garibaldi, catch the train directed to Lecco. This train will stop also in SALA AL BARRO – GALBIATE. This is where you will need to get off the train. There is a train every hour at :17. The trip lasts about 1 hour and 20 minutes and costs 4,80€.
-  A car or a mini-bus will pick you up at the railway station.

For more information, check the schedule and buy the tickets, you can use this website: <https://www.trenitalia.com/en.html>

WHAT TO BRING

PLEASE, BRING WITH YOU:



GOOD VIBES :)



TOWELS



BEDSHEETS (In the accommodation YOU WILL FIND BLANKETS. You can also get bedsheets and towels directly here, paying a 5€ fee)



PERSONAL HYGIENE PRODUCTS



SOCKET ADAPTER (Italian plugs are as the one in the picture).



MASKS & HAND SANITIZER



FOOD, ITEMS AND ACTIVITIES FOR THE INTERCULTURAL EVENING



IDEAS FOR ENERGIZERS AND GAMES FOR THE FREE EVENINGS

COVID POLICY

PARTICIPANTS SHOULD BE VACCINATED OR HAVE RECOVERED FROM COVID-19 (IN THE LAST 6 MONTHS)



On the arrival we will do a SELF TEST.



In case a participant will develop Covid symptoms and test positive, we set a room for a temporary quarantine, while waiting instructions by the local authorities.



In order to cover the expenses in case of quarantine, we RECCOMEND to subscribe an insurance able to cover these costs. Since we do not have a budget for the insurance, we will not cover the costs (about 20-30€ per participant).



We will plan tests on the way back, for the participants who need it.

CONTACTS

For any information about logistics and travels, please contact:

exchanges@associazionejoint.org

PARTNERS



ASSOCIAZIONE DI PROMOZIONE SOCIALE JOINT
ITALY

<https://associazionejoint.org/>



TEAM FOR YOUTH ASSOCIATION
ROMANIA

<https://www.t4uth.ro/>



ASOCIACION BRUJULA INTERCULTURAL
SPAIN

<https://asociacionbrjula.es/>



SFERA INTERNATIONAL
NORTH MACEDONIA

<http://sferainternational.org/>



FUNDACJA CENTRUM AKTYWNOŚCI TWORCZEJ
POLAND

<https://fundacja-cat.pl/>