



**ERASMUS+ YOUTH EXCHANGE**

## **OUR STEPS FOR A BETTER FUTURE**

**Mezzano (Italy)**

**16 - 25 of June 2017**

**INFOPACK**

*This Info pack contains all the important and necessary information about the exchange, we kindly ask you to read it with attention. Thank you!*

## ABOUT US

It is hard to explain what Comitato d'Intesa is, because it deals with a lot of different realities and associations. We can simply imagine Comitato d'Intesa like an umbrella non-profit organization that deals with different realities and other associations, among



which we can find 160 volunteering associations that are very active in the personal assistance and health care field, and Civil protection assistance. We can say that every associations is independent from each other, but Comitato d'Intesa has the role of coordinating, promoting and raising awareness about volunteering and all their activities. Comitato d'Intesa has also started

to operate in the Erasmus+ program since 2014, with many amazing and interesting hosting projects so far. If you want to know something more about our association, you can have a look at the website <http://www.csvbelluno.it>, or you can also check our Youtube channel for some videos about our past projects <https://www.youtube.com>.

## ABOUT THE PROJECT

“Our steps for a better future” is a K1 youth mobility project that will take place in Mezzano (Italy) from the 17th to the 24th of June 2017 (16th and 25th of June are travel dates). The aim of the exchange is that of sharing at a European level some good practices that have already been developed by Comitato d'Intesa, in partnership with some other public and private stakeholders of the third sector, with a project called PASSI. In fact, in 2014/15 100 students have been involved in some educational and volunteering activities in many different local associations. The main objective of the project was that of promoting, among young people, critical conscience, active participation and identity, which are very important ingredients to start new sustainable processes of local development.

Thanks to the experience gained with PASSI, “Our steps for a better future” proposes a new learning program, not just local anymore, but "glocal", involving 5 European youth associations.

The new project wants to deal this time, in an innovative way, with the European challenge of the sustainable development (in an environmental, social, cultural and economic dimension) and start a new strategy of local and global development, in order to maintain a strong settlement on the territory, but promoting at the same time, the local identity towards an intercultural opening, through dialogue and comparison.

## MAIN OBJECTIVES

The specific objectives of the project “Our steps for a better future” are:

- Creating a space for dialogue and intercultural learning among young people coming from 5 different countries, promoting a European and an ecological citizenship;
- Increasing the awareness among young people about sustainability and sustainable education, promoting an ethic vision of the relationship between man and nature, and sustainable lifestyles;
- Encouraging young people towards environmentally friendly behaviours, teaching a responsible and critical consumption;
- Promoting a new sustainable culture able to lead young people and local communities towards conscious and ethical choices regarding consumption, lifestyle, mobility, energy savings and recycling;
- Promoting sustainable education as active citizenship and social inclusion expression;
- Experimenting innovative methodologies, based on non-formal education, using visual arts and games as universal languages, as instruments of integration and to enhance cultural diversities;
- Using communication, artistic expression and multimedia as experimental methodologies of peer education;
- Recognizing and certifying the level of abilities, attitudes and competences obtained by young people during the youth exchange;
- Creating an international net of partnership, starting point for future collaborations.



The project gathers a various net of partnerships, made of 6 organizations coming from Italy, Romania, Poland, Bulgaria and Czech Republic. As far as the non-formal education and the managing of groups of young people are concerned, this partnership allows a good balance of expertise and competences. Each organization will participate in the exchange with 4 youngsters, aged from 18 to 25, with a group leader. All the project phases will be executed with methodologies of non-formal education, including these activities: role plays, ice-breaking and team building games, energizers, discussions and debates.

There will be also some workshops about sustainability, which will allow participants to experiment not only some learning methodologies, within the "cooperative learning" and the "pedagogy of gaming", but also some artistic and creative disciplines.

The project aims to obtain a direct impact on participants, on groups leaders, on the partner organizations and on the local community. The results of the projects will be all the artistic and multimedia products realized during the exchange, which will be shared through any communication channels by all the partner organizations. There will be also a video, which will have in particular a great impact and benefit in the long run: shared and promoted in all the possible ways, it will become a media education instrument, promoting an horizontal communication within equals. The exchange will be also an occasion to discuss about common projects, laying the basis for future collaborations and synergies with benefits with a long run for every partner associations.

## MAIN ACTIVITIES

All the activities will be carried out using the non-formal education method, which allows participants to get more involved in the activities, and at the same time allows a more dynamic and interacting learning approach, where participants can share their knowledges and their expertise.



Among the proposed activities you will have:

- role plays and ice-breaking games;
- team building activities;
- brainstorming and energizers;
- discussions and debates;
- artistic workshops;
- hiking activities;
- study visits;
- intercultural evenings\*.

\* We'll have the opportunity to discover one another's cultures and national delicacies during intercultural nights. For this, you can bring traditional snacks or drinks from your country, as well as songs, dances and stories to share. Be ready to present them! :)

## PROFILE OF PARTICIPANTS

The project will have in total 30 participants coming from 6 different countries such as Romania, Italy, Czech Republic, Poland and Bulgaria. Each delegation will be composed by 5 people: 4 participants and 1 group leader (the group leader can be over 30 years old).

The profile of each participant should follow and respect the following criteria of selection:

- Aged 18-25;
- Able to work and communicate in english;
- Gender balance (2 males and 2 females/Country delegation);
- Open minded;
- Pro-active;
- Creative attitudes;
- Interest in the project objectives and themes;





## LOCATION: MEZZANO

The youth exchange will take place in Mezzano, a beautiful village in the North-East of Italy. Mezzano is a municipality in Trentino, which is a Northern Italian region called Trentino Alto Adige.

The city is located 50 km away from Trento, a very popular and big city of Trentino region. This area is characterized by amazing and spectacular mountains that surround the city and the whole area. In the past Mezzano was popular to be a destination for many miners and immigrants coming from the region of Schwaz in Austria. You will have the chance to fall in love with its beautiful nature and surroundings, that especially in the summer attract many tourists. Don't miss the chance in your free time to enjoy a little bit of fresh air and go for a walk, exploring the surroundings of this beautiful area in the middle of the green and of the nature.



## VENUE: HOTEL SALGETTI \*\*\*

Participants will enjoy the exchange staying at “Hotel Salgetti” hotel ([www.hotelsalgetti.it](http://www.hotelsalgetti.it)). The hotel is situated in Mezzano, central city of the Primiero Valley. It is a very nice hotel, in a comfortable, relaxing and natural area, where participants will have the chance to spend 10 days in a very cozy place. Not very far from the hotel in fact, there are some sport fields, and a cycle path that participants will have the chance to use in their free time.



Participants will be accommodated in double triple and quadruple rooms, all with private bathroom. Breakfast, lunch and dinner will be organized in the hotel's restaurant. The hotel includes some facilities such as Wi-fi, bed-linen, towels, lift, Tv, restaurant and bar café. → **Hotel address:** Via Roma, 149 - 38050 - MEZZANO - Trento







## HOW TO REACH MEZZANO

### Step 1: plane



- If you arrive at **Venice “Marco Polo” Airport**

When you land, go to Venezia-Mestre train Station. You can catch the ACTV bus (line 15) or ATVO FLY BUS (airport shuttle).

Journey time: about 20-25 minutes.

- If you arrive at **Treviso Airport (Ryanair/Wizzair)**

When you land, go to Treviso train station. You can catch the ACTT bus (line 6). Journey time: about 15 minutes.

- If you arrive at **Milano (Bergamo) Airport (Ryanair)**

When you land, go to Bergamo train station. You can catch the Airport Bus (airport shuttle). Journey time: about 15 minutes.

### Step 2: train



From the train station you have to buy a ticket to **Feltre Train Station**. Official railways website: [www.trenitalia.com](http://www.trenitalia.com)

→ Please note: in Italy the cost of train ticket doesn't change, so you can buy the ticket directly at the train station (recommended option).

### Step 3: bus

From **Feltre Train Station** you can catch the bus to **Mezzano**. There is a bus every hour and it stops in front of the hotel!

Please note: it is important to reach Feltre before 7.30 pm on 16th of June in order to catch the last bus to Mezzano!

## Important!

Remember to validate your ticket before you get in the train! You can validate your ticket in one of those machines that you will see at the platform or in the train station. The machine will look like the one in the picture below.



## TRAVEL GRANT PER DELEGATION

The travel grant per delegation are fixed by the national agency and are the following for each country:

- Czech Republic: 80 euro/participant
- Italy: 80 euro/participant
- Romania: 170 euro/participant
- Bulgaria: 170 euro/participant
- Poland: 170 euro/participant

Please note: If you are over your personal given travel budget, the excess amount will not be covered. Please contact your sending organization before booking tickets!



## WEATHER

The weather in Italy in June is very unstable. We can experience sunny days with 20-25 degrees to rainy day with 10-15 degrees and ice cold wind blowing from the north. For more details please visit the ARPAV official website [www.arpav.it](http://www.arpav.it).

We recommend you take with you an umbrella or a rain coat and some warm clothes for the night, in case it gets colder.



## CURRENCY

In Italy we use EURO. You can change your money at the airport when you arrive if you have cash or you can directly withdraw from your bank account and you will have immediately Euro. In Mezzano there are no exchange bureau, so we recommend you to exchange your money at the airport and at the train station of Venezia Mestre, Treviso or Bergamo, since in Feltre train station there will no exchange bureau.

## WHAT TO BRING WITH YOU

- Hiking clothes and shoes.
- Brief presentation of your organization and your country/culture.
- Traditional snacks/drinks for the intercultural evening.

## CONTACT PERSON

For any questions or clarifications regarding the project, feel free to contact your project's coordinator: Laura De Riz ([deriz.laura@gmail.com](mailto:deriz.laura@gmail.com))



Please note: There will be a **20€** participation fee to be brought in cash at the beginning of the project. The money will be spent on the benefit of the project to provide extra activities and more fun times.



## PROGRAM

### 1st DAY 16/06/2017

Arrival of all participants at the location of the project!

### 2nd DAY 17/06/2017

#### Morning

Opening of the project  
Introduction to the project  
Collective expectations

#### Afternoon

Team building games  
Getting to know game and activities

#### Evening

NGO Fair



### 3rd DAY 18/06/2017

#### Morning

What is Sustainability?  
Sustainability Workshop

#### Afternoon

Online game *2020 Energy game*  
Reflection and daily evaluation

#### Evening

Italian Intercultural evening



## **4th DAY 19/06/2017**

### **Morning**

Sustainability and Natural Resources: informal meeting at Parco Naturale di  
Paneveggio - Pale di San Martino

### **Afternoon**

Exploring the National Park: Hiking workshop

### **Evening**

Czech Intercultural evening

## **5th DAY 20/06/2017**

### **Morning**

Sustainability and Cultural Heritage: informal meeting with Isoipse NGO

### **Afternoon**

Treasure Hunt in Mezzano

### **Evening**

Romanian Intercultural evening

## **6th DAY 21/06/2017**

### **Morning**

Informal meeting with the local organization Samarcanda Cooperativa Sociale  
Simulation game about fair trade

### **Afternoon**

What is ecological footprint?  
Ecological footprint game

### **Evening**

Bulgarian Intercultural evening



**7th DAY 22/06/2017**

**Morning**

Informal meeting with TILT NGO

Recycling Workshop

**Afternoon**

Recycling workshop

Evaluation of the day

**Evening**

Polish Intercultural evening

**8th 23/06/2017**

**Morning**

Video Telling workshop

**Afternoon**

Time to write the Youth Pass

Evaluation of the day

**Evening**

Intercultural music evening



**9th DAY 24/06/2017**

**Morning**

Official presentation of the project's results

Intercultural buffet

**Afternoon**

Time to evaluate the project

**Evening**

Farewell party



**10th DAY 25/06/2017**

Travel Day - Departure of all participants