



# Info-pack



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

## **Creativity and Solidarity in Symbiosis for Active Citizenship (CreActive)**



Youth Exchange

Manerba d/G. Italy 12/08/2023 - 20/08/2023  
(including travel days)

# Youth Exchange

The Youth exchange aims to combine creativity and solidarity to empower young people for active citizenship and positive social change.

The project promotes youth empowerment through creativity, solidarity, and active citizenship.

# YE objectives and methodology

The Youth Exchange will use different methodologies and activities in an innovative way to achieve the following objectives:

- ❖ Foster active citizenship among young people through the practice of creativity and solidarity.
- ❖ Develop the capabilities of young people in rural areas to become agents of change in their communities.
- ❖ Enhance participants' creativity, project management, and teamwork skills.
- ❖ Inspire youth to believe in themselves and make a positive impact in society.
- ❖ Create a virtuous cycle where participants' solidarity projects have a lasting impact on their communities and inspire others to engage in similar activities.

# Network: coordinator

**About ARCUS**, is an independent youth association in the town of Bedizzole around an hour north of Milan, (Italy) which provides a space for teenagers from their first year in secondary school and upwards.

ARCUS' mission is the support and special concern we have for youth and disadvantaged groups and their world, therefore everything that involves them; from work, training, business and management, entrepreneurship, art, culture, equal opportunity and equal rights.

## Network: partners

- ❖ Hidak Ifjúsági Alapítvány (HUNGARY)
- ❖ Blackwater Training and Consulting (IRELAND)
- ❖ Mladinska zveza Brez izgovora Slovenija (SLOVENIA)
- ❖ Exploring Cultural campfire Opportunities (NORWAY)

# Participants

Age: 18-26 years old

Participants per Country: 8 participants

Fewer opportunity: is recommended the participation of youth with fewer opportunity

Language: English Intermediate

Willingness to disseminate the know-how through social media and local workshops

# Preparation

Prepare the activities for the intercultural evening:

- ✓ You can bring typical food and drinks from your countries! We will have traditional evenings during the project and basically every evening will belong to a different country. Unfortunately, we don't have budget to reimburse you the expenses made for the things that you are bringing, but try to be creative and funny! You can bring typical costumes, ornaments, leaflets, posters, flyers, food, sweets...
- ✓ Spread the Culture For activities, you can bring with you: traditional games from your country or region, photos, cultural objects from your region/town videos, music only for the Intercultural exhibition evening...

# Covid-19 Safety Rules

ARCUS will follow, during the Youth exchange the Health Protocol regarding the security and protection of all the participants and staff. The protection and security measures will be in accordance with the legislation in force at the time of the face-to-face activity, always considering the indications of the Italian Ministry of Health, indications of accommodation, transport (international and national).

**Health Insurance** The participants selected to attend the international mobility acknowledge and agree to have valid health insurance for the whole duration of the Youth exchange. Since there was not a dedicated budget received for such costs, this is the sole responsibility of the participants.

**[For any information about updated rules for entering Italy from another country, pls ceck the official web site of the italian Ministry:](#)**

<https://www.salute.gov.it/portale/nuovocoronavirus/dettaglioContenutiNuovoCoronavirus.jsp?lingua=english&id=5412&area=nuovoCoronavirus&menu=vuoto&tab=8>



# Insurance

Personal and medical insurance are the responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.

We suggest that each participants bring the European Sanitary Card in order to be safe in case of emergency.

Concerning the non EU countries, we suggest you to buy an insurance for travel, the INSURANCE IS MANDATORY, but we suggest you to buy it.



# Erasmus +

The project Creativity and Solidarity in Symbiosis for Active Citizenship (CreActive) is co-funded through Erasmus+ Programme, coordinated by European Commission and, in Italy by Agenzia Nazionale Giovani.

Erasmus+ is the EU programme 2021-2027 for Education, Training, Youth and Sport.

The Erasmus+ programme aims to boost skills and employability, as well as modernising Education, Training, and Youth work.

Erasmus+ will support transnational partnerships among Education, Training, and Youth institutions and organisations to foster cooperation and bridge the worlds of Education and work.

**Youth Pass** certificate will be provided at the end of the training.

# Location

You will be staying in a lovely Hostel located in Manerba d/G. The Hostel is mostly used for touristic purpose, lovely rooms, great surroundings and next to Garda Lake beaches. **IMPORTANT:** Each participants need to bring: towels and personal hygiene products. Here you can have a look of the Ostello Antica Pieve- <https://www.ostelloanticapieve.it/>

Food: participant will be provided with 3 meals and 2 coffee breaks. Meals will be prepared by a chef. In case of external visit participants will be provided of packed lunch. Pls provide information to your sending organization about food restrictions, if any.



# Travel

The closest Airport is: **ORIO AL SERIO in Bergamo** (Milano BGY) - [www. orioaeroporto.it](http://www.orioaeroporto.it)

Other suitable airports are **Verona airport, Milano Linate** or **Milano Malpensa**.

From these Airports to Manerba d/G you have to:

- take the shuttle from the airport (from each airport there area shuttles each 20 minuts) to the main train station (<http://www.trenitalia.com/>)

- take the train with destination **DESENZANO DEL GARDA**.

We will organise a transport to pick you up at the train station of Desenzano del Garda.

# Travel reimbursement

Travel costs will be covered, based on the country of participants, up to foreseen limits. The exact amount written on the ticket will be accepted. Travels should be by economy class and public transport.

We will refund travel tickets based on actual costs incurred and on presentation of: Invoice of the plane ticket; Boarding Pass with the clear mention of the passenger; All other transportation-related bills.

Please note: Sending organizations are responsible to collect all participants travel documents and present it well organized to Hosting Organization for travel reimbursement. Please keep in mind that reimbursement will be done with one transfer after the project (not an individual transfers).

**BEFORE booking:** Please, inform us about the details of your travel via email to [calzolari.irene@gmail.com](mailto:calzolari.irene@gmail.com) (Irene). Please, include your proposed arrival and departure times, your method of travel and estimated costs of the journey. We will approve your request as quickly as possible so that you can make the necessary reservations

# What to bring with you

- Necessary documents such as passports, travel documents, Green pass or negative Covid Test results (according to the Italian law, if requested), etc.
- Medicine if you need to take some
- Towels (Hostel is not providing towels), personal care products, such as shower gel, shampoo, comb, etc.
- A typical taste (typical drink, food, sweets, snacks) of your Country for the “intercultural evening”;
- cameras, laptops and other equipment making life and work easier;
- some cool pieces of music and games from your country;
- Information about your country (books, brochures, posters, postcards, video, PowerPoint presentation, music, etc.)

## Travel reimbursement per Country

- ❖ Hungary € 275,00
- ❖ Ireland € 275,00
- ❖ Norway € 275,00
- ❖ Slovenia € 210,00



# About Lake Garda

**Lake Garda** is the largest in Italy. Its wider part to the south is surrounded by morainic hills that were left following the glacier recession, while the narrow northern part is enclosed by the mountains that create its fjord-shape configuration and provide a very mild Mediterranean climate. createits fjord-shape configuration and provide a very mild Mediterranean climate.

The luminous environment, temperate climate, and flourishing vegetation - mainly olive and lemon groves, palms, cypresses, oleanders and orange trees - along with the majestic landscapes are the background to the remarkable historical and cultural remains spread all around and make this lake the most charming in Italy.

Given the intense colour of its water with a marked shade of blue and matchless transparency, Lake Garda is a unique spot where visitors and guests can enjoy a holiday full of relaxation, sports, fun and the thrill of discovering new places.



## Some pictures of the area



# Contact

Should you need any further information? Please do not hesitate to contact us!

Project staff:

[info.associazionearcus@gmail.com](mailto:info.associazionearcus@gmail.com)

Whats app: +39 3204244449