

Training Course Restarting up!



Erasmus+

22 November - 30 November 2019
22 Arrival day – 30 Departure day
Diano Marina (IMPERIA), Italy



About Young Effect

Young Effect Association is a non-profit organization created in 2009. It is an independent association and undertakes to carry out the following prerogatives:
Promotion of youth mobility in Europe and the rest of the world. Non-formal education on intercultural youth dialogue and human rights. Inclusion of youth in the civil society

independently of their race, religion, gender and level of instruction. Promotion of interest in development of historical, environmental, cultural and economic resources in the local territory. Offer training, seminars or similar activities at local, national and international level.

Young Effect Association is officially recognized by the municipality of Magenta in Lombardia region, Milano district of Italy. The Association is composed of Counsellors with specialist backgrounds in social policies and youth education; members of the association also have great experience in European projects development. The Association is working with a specific methodology; the youth involved come from small communities, where social and cultural opportunities are few. Moreover we have many partnerships with local cultural, art, theatre and sport associations as well with several groups of youngsters.

During the last years Young Effect was involved in more the 80 international projects in Europe, Asia and Africa and it was promoter in Italy of 3 international projects about rural development, immigration and conflicts resolution. In 2017 Young Effect has been the official promoter of the programme "Erasmus for Young Entrepreneurs" for Milano Metropolitan City and started a cooperation with the Youth Centre of Milano (Informagiovani) in order to implement local initiatives. In 2018 the Association hosted a training course called Extremism Emendation about prevention of radicalism phenomenas. www.youneffect.org

About the Project

Main aim of the Training Course "Restarting up!" - provide youth workers knowledge, skills and tools to enable them to facilitate the exchange of best practices and to contribute to the growth of social business / projects initiated by disadvantaged youth.

Specific objectives:

- 1.Improving the know-how in the social entrepreneurship of 24 youth workers, through exchange of best practices during 7 days of training;
- 2.Increase no. projects / social businesses (involving disadvantaged young people), through the formation of 24 youth workers in entrepreneurial skills / European funds, as well as through financing consultancy, during 10 months;
- 3.Developing the organizational capacity of the partners through exchange of best practices and international cooperation, promotion and dissemination of the created materials and specific activities (workshops), during 10 months.

Venue

Location: Diano Marina (Imperia) – Liguria Region – Italy



The seaside town of Diano Marina is a pearl of the Italian Riviera, situated in the beautiful gulf, currently has about 6000 inhabitants, favored by a very mild climate, has been awarded by position of great importance in the rankings of the most popular seaside resorts (third in Liguria region and first in the Imperia district) in terms of number of tourists.

This typical Ligurian town that has a very ancient history, attested to by the numerous archaeological pre-Roman, Roman (including amphorae and vases of a sunken roman ship in front of its coast) and objects of the Napoleonic and risorgimental period. Destination for tourists from all over the world, has in its modern history a tourist vocation, with its 3500 m of sandy coastline, with equipped beaches, its turistic harbour, its cozy restaurants, bars and nightclubs, shopping center, sports, a calendar full of events as well as an excellent typical cuisine.

The hinterland has a vocation more agricultural with limited production of products but greatly appreciated and sought after at international level, such as oil, basil, olives in brine, wine.

Accomodation: HOTEL VILLA GIOIOSA ***

Participants will stay in triple-quadruple rooms. Each room has its own bathroom. Breakfast will be served in the hotel as well as lunch and dinner.



Hotel facilities: bed-linen and towel.

For more information: http://www.guglieviaggi.it/diano_marina/

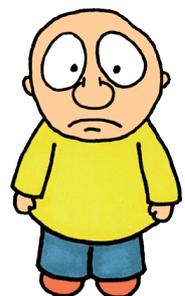
Weather in November

The temperature in November in Italy is still pleasant even summer time is already gone : (so be prepared to 15° during the day and bit fresh during the night 8°. It can be rainy as well.

Profile of Participants

We expect participants:

- youth workers, youth leaders and social workers including those who work with young people with fewer opportunities or with mix group and who can share their experience and want to develop new methods of working.
- Good knowledge of English.
- Active participation (this is not building sandy castle and getting up late every day. It is an intensive training course, but of course with enough fun in the evenings).
- The average age of the participants will be from 20 to 35 years old. At the same time we do not want to set up age limits as in the first place we are looking for the experienced and well- motivated participants. + 18 is a must . **Gender balance is a must.**



Health Insurance

The health insurance for the participants from non-EU countries has to be provided by participants. The participants from EU-countries are asked to use their European healthy insurance card.

Financial Conditions

| Partner Country | Number of pax | Total max costs per pax (100%) |
|-----------------|---------------|--------------------------------|
| Italy | 6 | - |
| Grecia | 3 | 275 |
| Finlandia | 3 | 360 |
| Poland | 3 | 275 |
| Romania | 4 | 275 |
| Croazia | 3 | 275 |
| Bulgaria | 3 | 275 |
| Spain | 3 | 275 |

PARTICIPATION FEE 20 Euro (to help us to cover the hotel cost) The fee has to be payed cash directly at your arrival in Diano Marina to our administrator.

Reimbursement

The organizers will reimburse 100% of participants' travel costs (with cheapest means of transportation (economy class), no taxi, within limits set by Erasmus+ Programme upon presentation of original tickets, invoices and boarding tags. On all documents the price, currency, name of the passenger, date of purchase and travel should be clearly visible, otherwise we will be unable to reimburse the costs.

APP check-in is not valid in order to receive the reimbursement.



**If you want to use the APP facilities
PLEASE do the normal online check-in
before on your computer, save the
boarding pass and send to us:
erasmus@youngeffect.org**

!!!Participants will receive reimbursements by bank transfer after the training and upon sending of return travel documents and international bank details. No exception to this rule will be done. (Please do only online check-in).

!!!Please note that participant's travel costs should not exceed the travel budget limits which are approved by the Italian National Agency of the Erasmus+ Programme and the travel route and dates should also be in accordance to it. If you have problems to stay within the indicated travel limits please contact the organizers.

!!!Reimbursement will be done in EUR, regardless of the currency indicated on the ticket and receipt/ invoice. Any tickets purchased in a local currency other than EUR, will then be converted and calculated according to the exchange rate.

Commission web-site at: <http://ec.europa.eu/budget/foreuro>

Young Effect is not responsible of specific money tax taken from foreign bank according to their contract.

Participants that arrive and depart before 22 or stay after 30 November have to be approved by Young Effect (so, don't buy any ticket before our approval).



All the Roads Lead to DIANO

Please before buying the ticket ask confirmation to projects@youngeffect.org

If you arrive at Milan Malpensa Airport:

STEP 1 - Go to Milano Central Railway Station: You can take the bus.

- BUS: Time expected to get to Milano Central is 50 minutes. You can buy the tickets in the airport or on the bus. The buses that you can take are:

- a. "Malpensa Shuttle": 16 euro two ways
- b. "Autostradale": 16 euro two ways

STEP 2 Train from Milano Centrale to Diano :

| Train direct | Departure time from Milano Centrale | Arrival time at Diano |
|---------------|-------------------------------------|-----------------------|
| Thello 141 | 07,10 | 10,19 |
| Thello 143 | 11,10 | 14,19 |
| Thello 159 | 15,05 | 18,19 |
| Intercity 689 | 20,00 | 23,17 |

These are direct trains. There are also other options but then you have trains with connections. Please consult the web site www.trenitalia.com to check other train possibilities.

PLEASE BUY THE TRAIN TICKET ONLINE (To get good offers). In case you take local trains (regionals) don't forget to stamp the ticket near the rail at the yellow machines.



STEP 3 From Diano railway station to hotel: our staff will transfer you by car.

If you arrive at Orio al Serio (Bergamo) Airport:

STEP 1 - Go to Milano Centrale Railway Station.

Take the bus for Milano Centrale "Orio Shuttle" or "Autostradale"; the tickets A/R costs 14 euro or depending on offers. It takes about 50 minutes.

STEP 2 and STEP 3 (same as before)

If you arrive at Milano Linate Airport:

Contact us and we will give you the specific informations,

TO GO BACK TO MILAN:

| Train direct | Departure time from Diano | Arrival time at Milano Centrale |
|-----------------------|---------------------------|---------------------------------|
| Regionale Veloce 2183 | 5,48 | 9,40 |
| Thello 139 | 09,41 | 12,53 |
| Intercity 745 | 11,38 | 14,53 |
| Thello 145 | 15,41 | 18,53 |
| Regionale Veloce 1691 | 15,50 | 19,37 |
| Thello 147 | 19,41 | 22,53 |

These are direct trains. There are also other options but then you have trains with connections. Please consult the web site www.trenitalia.com to check other train possibilities.

**!!! In case of any emergency call this number
+393891411797**

Yes! And there will be free time ...



Enjoy Liguria

What to bring

- Towel for the beach
- Proof of all the travel expenses:

Tickets (there must be price and name of the person stated on it).

Bank details (Account number, Iban, swift, bank name)

Boarding passes (DON'T LOSE THEM)

- Traditional music, clothes, snacks and drinks for intercultural evening (you will have about 5 minutes to present your country)
- Information about your organization (if you have materials you want to share, present, introduce)
- Please prepare a small oral presentation of your organization (Max 5 minutes).
- Get informed about "Youth business" in your country.

A little bit of Italian

| | |
|-----------------------------------|-----------------------------------|
| Hi! | Ciao! |
| Good morning! | Buongiorno! |
| Good evening! | Buona sera! |
| Welcome! (to greet someone) | Benvenuto! / Benvenuta! (female) |
| How are you? | Come stai? / Come state (polite)? |
| I'm fine, thanks! | Bene, grazie! |
| And you? | e tu? e lei? (polite) |
| Good/ So-So. | Bene/ così e così. |
| Thank you (very much)! | Grazie (molto)! |
| You're welcome! (for "thank you") | Prego! |
| Hey! Friend! | Ciao! Amico! |
| I missed you so much! | Mi sei mancato molto! |
| What's new? | che c'è di nuovo? |
| Nothing much | Non molto |
| Good night! | Buona notte! |

| | |
|----------------|--------------|
| See you later! | A dopo |
| Good bye! | Arrivederci! |

| | |
|---------------------------------------|---|
| I'm lost | Mi sono perso/ persa (feminine) |
| Can I help you? | Posso aiutarti?/ posso aiutarla (polite)? |
| Can you help me? | Potresti aiutarmi?/ potrebbe aiutarmi? (polite) |
| Where is the (bathroom/ pharmacy)? | Dove posso trovare (il bagno/ la farmacia?) |
| Go straight! then turn left/ right! | Vada dritto! e poi giri a destra/ sinistra! |
| I'm looking for john. | Sto cercando John. |
| Hold on please! (phone) | One moment please! |
| How much is this? | Quanto costa questo? |
| Excuse me ...! (to ask for something) | Scusami!/ Mi scusi! (polite) |
| Excuse me! (to pass by) | Permesso |
| Come with me! | Vieni con me!/ Venga con me! (polite) |

Contacts for further information

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