

ERASMUS+

KEY1: MOBILITY OF YOUNG PEOPLE AND YOUTH WORKERS.

YOUTH EXCHANGE:

# R A I S E U P.

Recycling Activities Inspiring  
Sustainability and Environment-  
care, through U-tube Promotion

Montecchio Maggiore (Italy)

26th of July– 3rd of August 2018

Dear Participant,

Welcome to ITALY and to the Youth Exchange ***"R.A.I.S.E. U.P. - "Recycling Activities Inspiring Sustainability and Environment-care, through U-tube Promotion"***.

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 Montecchio Maggiore (VI), don't hesitate to contact us.

Best wishes and see you soon,

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## DESCRIPTION OF THE PROJECT

The Municipality of Montecchio Maggiore is proud to invite you to the Youth Exchange “R.A.I.S.E. U.P.” within the framework of Erasmus+, focused on environmental problems, sustainability and opportunities of doing business in an environmentally-safe way.

During the youth Exchange, participants will carry out a work program designed and prepared by them before the project, which aims to think about new business ideas that respect and protect the environment.

### Objectives:

- To encourage young people to set up new businesses and starts up respecting and protecting the environment
- To promote the Erasmus Plus program and the Knowledge of the youth realities of European countries
- To Raise the awareness of environmental problems, the role that each individual can play in protecting the environment
- To Raise the awareness of the opportunities of doing business in an environmentally-safe way
- To encourage young people to think in a a Europe-wide "vision" on the topic of sustainability and building a "green" future, through creativity, new media and non-formal education
- To use social media and new media to spread socially useful and positive messages

### ActivitiesProgramme(this is a draft – it is subject to changes)

<b>Day 0 – 25/07/2018</b>	Arrivals of participants Welcome dinner
<b>Day 1 – 26/07/2018</b>	Energisers e icebraking games Getting to Know each other Expectations and fears Offical Opening. Presentation of the programma and the aim of the project: the You Tube Channel. Treasure hunt in Montecchio city center Intro about the Youthpass The ship log Leaders' monitoring meting. Flower Power session. Intercultural evening
<b>Day 2 – 27/07/2018</b>	Energisers e icebraking games Video Making Workshop Visit to a total eco-friendly house. Sustainable construction. The ship log Flower Power session.

	Free evening
<b>Day 3</b> -28/07/2018	Energisers e icebraking games Workshop: entrepreneurship and sustainability Solar panel construction Video making session The ship log Flower Power session. Leaders' monitoring meeting.
<b>Day 4</b> – 29/07/2018	Energisers e icebraking games Ecological Footprint Visit to a center of creative reuse Workshop "Now I can recycle" in Verona Video making session The ship log Flower Power session. Free evening
<b>Day 5</b> – 30/07/2018	Video making session Free Afternoon
<b>Day 6</b> – 31/08/2018	Energisers e icebraking games Workshop on Sustainable Mobility Visit to a local company Video making session The ship log Flower Power session. Monitoring meeting
<b>Day 7</b> – 01/08/2018	Energisers e icebraking games Role-playing: cooperation for sustainability in entrepreneurship Finalizing Youtube Channel and Video Making session The ship log Flower Power session. Leaders' monitoring meeting.
<b>Day 8</b> – 02/08/2018	Icebreaking games and energizers Message in a bottle Diary of me and YouthPass Market Network Final Evaluation Farewell party
<b>Day 9</b> – 03/08/2018	Preparation of "Final Exhibition". Finalizing Youtube Channel and Video Making session Evaluation day The ship log Final exhibition Farewell evening
<b>Day 10</b> – 04/08/2018	Departure of participants

## PARTNERS AND COUNTRIES

Città di Montecchio Maggiore	Italy
Studio Progetto Soc.Coop.Soc.	Italy
Udruga "Agencija Lokalne Demokracije"	Croatia
European Youth Centre Břeclav	Czech Republic
Asociación Mundus – Un Mundo a tus Pies	Spain
Continuous Action	Estonia
Fundacja Centrum Aktywnosci Twórczej	Poland

## Participants

We expect **5** participants **aged 20-25 + 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.

## ACCOMMODATION

During the Youth Exchange participants will be lodged in a very nice and comfortable house in a green area on the hill of Montecchio Maggiore. Here there are rooms for 3-4 person with private toilet, big dining room and kitchen. We'll move with private means. No wi-fi available in that place, we'll program a wi-fi break during the day in the city center. Accommodation and meals will be covered by the project, same as the foreseen activities.

Here are some pictures of the place:



## 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/sEWle79Np6DPO9152>



- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.);
- Your passport or ID card;
- Your EU 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) and your private **sleeping bag or just sheets** if will be hot temperatures
- all necessary for personal hygiene, like shampoo, hair dryer, etc... sun cream protection , comfortable shoes and clothing to walk, a swimsuit
- Other stuff you might need (camera/film, toilet things, etc.)

### Weather

Before leaving your home country please check the weather forecast at

<https://www.ilmeteo.it/meteo/montecchio+maggiore>

Usually during summer, the weather is hot and muggy

## HOW TO REACH MONTECCHIO MAGGIORE?

First of all, you have to go to Vicenza and from there, take a bus to Montecchio Maggiore.

The nearest airports are:

**Venice** [www.veniceairport.it](http://www.veniceairport.it)

**Treviso** [www.trevisoairport.it](http://www.trevisoairport.it)

**Verona** [www.aeroporto.verona.it/passeggeri\\_t5](http://www.aeroporto.verona.it/passeggeri_t5)

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

In the following information, we will describe how to get from different airports to Vicenza. You'll find the timetable for the bus in the end of this information.

### From Milano

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.

There are trains from Milano to Vicenza every hour, anyway 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 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.

There are trains from Milano to Vicenza every hour, anyway 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 Treviso

#### 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#](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.

There are trains from Mestre to Vicenza very often, anyway 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.

### 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](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.

There are trains from Treviso to Vicenza very often, anyway 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.

There are trains from Mestre to Vicenza very often, anyway 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 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](http://www.aeroporto.verona.it/en/aerobus_t2)

The ticket costs 6€.

Then you will take a train from Verona to Vicenza.

There are trains from Verona to Vicenza every hour, anyway 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 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](http://www.tper.it/sites/tper.it/files/ORARI/tper_Bo040.pdf)

Then you will take a train from Bologna to Vicenza.

There are trains from Bologna to Vicenza every hour, anyway 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.

*Ok, now you are in Vicenza! So next step... take a bus to Montecchio Maggiore!*

## Buses from Vicenza to Montecchio Maggiore

Once you reach Vicenza’s train station, you’ve to take a bus to Montecchio Maggiore. You have to walk out and stand with the train station behind you (and the rondel in front of you), the bus station is going to be on your left side, so just turn left and walk about 150m to reach the bus station.



Once you have entered the Vicenza's bus station, you should buy the bus ticket .  
 You can do it at the ticket's office or in the tabaccheria inside (a small shop with a lot of things), or even on board (be aware that if you buy it on board, it will be more expensive or happen some problems with the change, so that should be the last alternative).  
 To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Montecchio Maggiore per favore", or just use English, they usually get it.

The bus that you are going to take is **Linea 1 to Recoaro** or **Linea 2 to Chiampo - Crespadoro**. The bus leaves almost every half hour, and takes around 30 minutes to arrive to Montecchio Maggiore San Vitale.

Here you can check the timetable:

<http://www.svt.vi.it/orari-percorsi/ricerca-orari-percorsi>

Once you are already on board, after 30 minutes you should be at Montecchio Maggiore "San Vitale" station.



## 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:

Italy	€ 0
Croatia	€ 180,00
Czech Republic	€ 275,00
Spain	€ 275,00
Estonia	€ 275,00
Poland	€ 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 and 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 "organizational support" item WON'T BE ELIGIBLE, even if provided in the approved forecast budget.”*

For this Youth Exchange Italian NA approved the organizational support for 1 travel day. If participants will arrive earlier than 26th of July and depart later than 3th of August, it means that we will lose the contribution for organizational support for the travel day (39€). If you don't travel in the exact dates (at least for arrival or departure day), in that case we should cut this amount from the travel reimbursement.

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

**For any information, please write to:** [progettazione@studioprogetto.org](mailto:progettazione@studioprogetto.org)