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Erasmus+ Programme
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STUDIO
PROGETTO
COOPERATIVA SOCIALE

BIODIVERSITY FOR LIFE

A project to sensitize
young people to take care
and preserve our
environment and
biodiversity.

5TH-14TH OCTOBER 2022
RECOARO TERME, ITALY



LeGuide



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Dear Participant,

Welcome to ITALY and to the Youth Exchange Biodiversity for Life.

Here you can find all the useful information you need to reach us and enjoy this week.

For any other questions and for communication, don't hesitate to contact us.

Best wishes and see you soon,

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DESCRIPTION & AIMS OF THE PROJECT

Studio Progetto Soc. Coop. Soc. is proud to invite you to the Youth Exchange **Biodiversity for Life**

Within the framework of **Erasmus+ Programme**, aimed to sensitize young people to take care and preserve our environment and biodiversity. Together we will discover farms and the wild nature, we will **learn about plants, herbs and fruits**, we will deal with **animals, insects and bees**. In this adventure **we will be accompanied by professional guides of our local partner "Le Guide"**.

Participants will acquire **transversal skills** such as the **ability to adapt**, to **collaborate** in groups and will understand better what is really important for the **preservation of the environment** and the continuation of **life on Planet Earth**.

The YE Biodiversity for Life, in line with the Erasmus+ program, intends to **promote the 10th European Youth Goal of the EU Strategy "Sustainable Green Europe"**: Achieve a society in which all young people are environmentally active, educated and able to make a difference in their everyday lives".

Nowadays we consume in a way that our environment can't handle. Society needs to act against climate change and the growing environmental threats.

But our society cannot solve a problem that it is not willing to acknowledge. That is why everyone including young people has to start taking responsibility for their actions, and impact on the life of future generations.

Becoming sustainable is not a choice, it is an obligation.

That's why we are going to **discover, debate and experiment what to do to prevent climate change**, reduction of biodiversity and other environmental damage, and to foster the protection of the natural environment, the sustainability and **how to adopt eco-friendly behavior**.



ACTIVITIES PROGRAMME

<p>DAY 0 - 05.10.22</p> <p>Arrivals and welcome</p>	<p>Arrivals of participants</p> <p>Accommodation and welcome activities</p> <p>Welcome dinner</p>
<p>DAY 1 - 06.10.22</p> <p>Getting to know</p>	<p>Ice breakers e refreshments</p> <p>Getting to know each other</p> <p>Official Opening of the Youth Exchange</p> <p>Footprint</p> <p>Intro about the Youthpass</p> <p>Daily evaluation</p> <p>Italian Intercultural evening</p>
<p>DAY 2 - 07.10.22</p> <p>Water - blue gold</p>	<p>Energisers e ice breaking games</p> <p>workshop and trekking with Le Guide. Topic: WATER</p> <p>Spanish Intercultural evening</p>
<p>DAY 3 - 08.10.22</p> <p>My commitment</p>	<p>Energisers e ice breaking games</p> <p>Volunteering with a local youth association</p> <p>Exchange of good practices on how to take care about environment</p> <p>Recycling workshop</p> <p>Daily evaluation</p> <p>Czech Intercultural evening</p>
<p>DAY 4 - 09.10.2022</p> <p>Discover day</p>	<p>Discovering the Veneto Region (active free day)</p> <p>Free evening</p>
<p>DAY 5 - 10.10.22</p> <p>Energy to save</p>	<p>Energisers e ice breaking games</p> <p>workshop and trekking with Le Guide. Topic: ENERGY</p> <p>Daily evaluation</p> <p>Slovakian Intercultural evening</p>
<p>DAY 6 - 11.10.22</p> <p>Biodiversity</p>	<p>Energisers e ice breaking games</p> <p>workshop and trekking with Le Guide. Topic: BIODIVERSITY</p> <p>Daily evaluation</p> <p>Portuguese Intercultural evening</p>
<p>DAY 7 - 11.10.22</p> <p>Sustainability</p>	<p>Energisers e ice breaking games</p> <p>workshop and trekking with Le Guide. Topic: SUSTAINABILITY</p> <p>Daily evaluation</p> <p>German Intercultural evening</p>
<p>DAY 8 - 12.10.22</p> <p>Final Evaluation</p>	<p>Energisers e ice breaking games</p> <p>Self assessment moment</p> <p>Think for Future</p> <p>Final evaluation</p> <p>Youthpass and official closing ceremony</p> <p>Farewell evening</p>
<p>Day 9- 14.10.22</p> <p>Departure Day</p>	<p>Departure of participants</p>



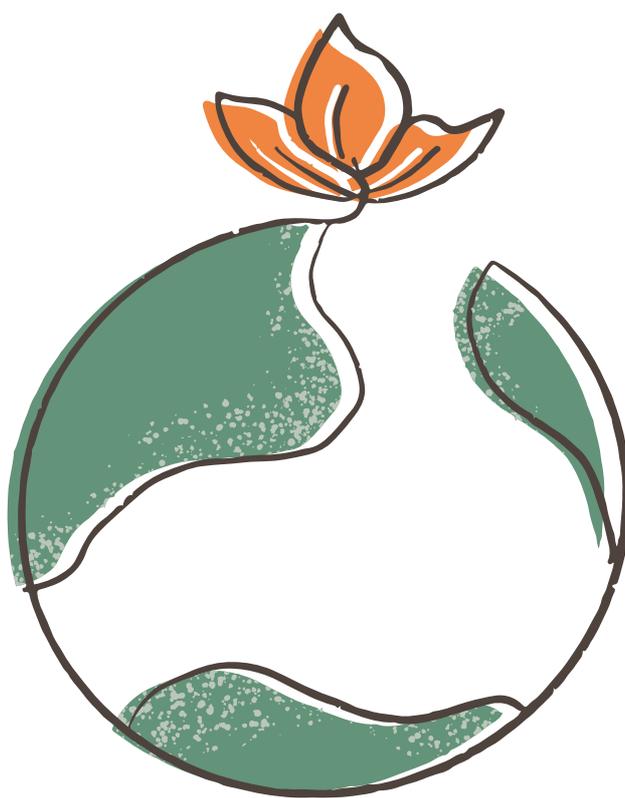
ADVANCE PLANNING VISIT

A preparatory meeting
is foreseen between the leaders of each national group
on the days 21 - 23 September 2022.

We expect 1 leader from each organization.

Please register here:

<https://forms.gle/3MEwSu33tC9hdkoy5>



We expect **5 participants aged 18-23 + 1 youth leader** (preferably older than 23 yo and no upper age limits) from each partner, taking into consideration the **gender balance**, given the topic.

We are looking for young people who are interested in the topic, motivated, with a proactive attitude.

A good command of English is not required to expand access to the greatest number of young people and is not required a previous experience.

Instead, it is desirable that the **leader has a good level of English** and that he/she has gained some previous experience in projects Erasmus+, in order to ensure an expert figure able to guide and support their group throughout the whole process, from preparation to the end of the dissemination activities.

GENERAL RESPONSIBILITIES OF PARTICIPANT

- **Behave as responsible person;**
- Able to actively attend the entire duration of the youth exchange;
- Able to **attend 100% of the program;**
- Able to **respect time table** of the educational activities;
- Settle all the agreed obligations regarding travel costs;
- Promote healthy lifestyles;
- **Respect others** and ensure basic rights and freedoms to participants and facilitators that all people are entitled to regardless of nationality, sex, age, national or ethnic origin, race, religion, language, or other status;
- **Respect time** and content framework;
- Willing to transfer knowledge to the members of his/her organization;
- **Take care** of working space and materials;
- Be **responsible** for personal and others safety;
- **The organizational team keeps the right to exclude participants** from the exchange or reduce/cancel the reimbursement of the travel costs of the participant in case that participant does not respect the rules and responsibilities of the exchange.



Accommodation and meals will be covered by the project, same as the foreseen activities.

During the Youth Exchange participants will be lodged in a **hostel in Recoaro Terme**, in Vicenza province.

The hostel is a former Hotel with **double/triple/quadruple** rooms with a bathroom.

You will **share a room only with representatives of the same gender.**

We rented the whole building so there is no Hotel service.

Lunch and dinners will be provided by a catering service, but participants should prepare the breakfast and tidy up afterwards.

Pillows and blankets are provided, but **DON'T forget to bring your TOWEL & LINEN** since they are not provided. There is no wi-fi in the hotel.

The address is Hotel Isola, Via Campogrosso, 35 - Recoaro Treme (Vicenza) - ITALY.

BASIC RULES DO YOU NEED TO RESPECT

During the exchange, smoking, drinking alcohol or consuming any other harmful substance is forbidden.

So please, **be aware of the space and take care of it!**

Rules:

- Participants will have to bring their own towels and bed sheets or sleeping bag (we will provide pillows and blankets)
- There is no possibility to extend your stay at Hotel Isola.
- It is forbidden to smoke in the building.
- It is forbidden to consume alcohol in the building.
- Participants have to respect the Hotel installations, the rooms and the common areas. If they break something they will pay for that.
- It's forbidden to consume food in the rooms or to take food out of the common dining room.
- Participants are not allowed to move furniture.
- It's forbidden to make noise after 11 at night and before 8.00 in the morning



Yourself (of course!!!), your motivation to enjoy the exchange and the life and your best curiosity to meet other cultures!!

- **Your passport or ID card**
- **Your European Health Insurance Card**
(<https://ec.europa.eu/social/main.jsp?catId=559>)
- We recommend you to have an Insurance for Covid issues (quarantine)
- **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");
- **Surgical/FFP2 Masks** (they are not compulsory in Italy almost everywhere... you have to wear it to board public means of transportation - FFP2 for plane)
- **Medicines - if you need them** (anti-allergy pills, pain killers, aspirin etc)
- **Your own water bottle**, so we can avoid the use of plastic as much as possible.
- **All necessary for personal hygiene**, like shampoo, towels (sheets will be provided by us), hair dryer, etc... and **comfortable warm clothes** and **raincoats and trekking shoes** (or at least **gym shoes**). The programme foresees **walks and activities in the woods**, be prepared for that!
- Other stuff you might need (camera/film, toilet things, etc.)

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 haven't filled in it yet, please provide it as soon as possible!

<https://forms.gle/1PUfdajznTtX6Ta78>



PREPARATION OF THE GROUP

For the best preparation for the activities we ask each participants will have the following tasks:

- Start a reflection with your national group on the **good practices of "taking care of environment"** you want to share **from your local context** and express the results through the preferred method (e.g. drawing, diagram, performance, video, etc.)
- Prepare the **intercultural evening** dedicated to their country with typical food and entertainment
- Prepare some **ice-breaking games and energizers** to be offered at the beginning of each day



The **Youth Exchange will take place in Recoaro Terme**, a town and comune in the **province of Vicenza, Veneto**, in the northern of Italy, that is known for his mineral spring waters.

Following, you will find all the information on how to arrive in Recoaro from all the nearest airports.

We recommend you to buy all the tickets you need, especially the train ones, online before the arrival.

Let's make it simple and divide your trip in **3 fundamental steps**:

- **Get to Vicenza train station from the airport,**
- **Get to Recoaro's bus station from Vicenza,**
- And finally **get to the Hotel Trettenero from Recoaro's bus station.**

The nearest airports are (send us the options you find, in order we can tell you if it is manageable to reach the venue):

Verona www.aeroporto.verona.it/passeggeri_t5

Venice www.veniceairport.it

Venice-Treviso www.trevisoairport.it

A bit farther but still fine (your flight should land not after 16.00/17.00):

Milano-Bergamo www.sacbo.it/Airpor/portalProcess.jsp

Milano-Malpensa www.milanomalpensa-airport.com/it

Milano-Linate www.milanolate-airport.com/it

Bologna www.bologna-airport.it/en



FROM VERONA "CATULLO" AIRPORT

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:

www.aeroporto.verona.it/en/aerobus_t2

The ticket costs 6€.

There are trains from Verona to Vicenza every hour. When you arrive to Vicenza, need take a regional train to Schio. 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: www.trenitalia.com/en.html

Prices go from 7,80€ up to 16,00€... The regional trains are cheaper than Frecciabianca, and it takes only 15 minutes more. From Vicenza to Schio the price is 2,30 or 4,60€.

FROM VENICE "MARCO POLO" AIRPORT

From Venice airport you have to take the bus to the train station of Venezia – Mestre:

www.atvo.it/index.php?

[lingua=en&area=menustandard&idpadre=23&idmenu=35](http://www.atvo.it/index.php?lingua=en&area=menustandard&idpadre=23&idmenu=35)

here you have the timetable

www.atvo.it/allegati/aeroporti/linea_35_b_-_dal_13.09_al_2.10.2021.pdf

The ticket costs €8 (€ 15 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: www.trenitalia.com/en.html

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.



FROM TREVISO "CANOVA" AIRPORT

Option 1 (Cheaper!!)

From TREVISO airport you have to take the **bus N.6** to the train station Treviso Centrale. Bus stop is in Via Noalese, to the right of the airport exit. 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.mobilitadimarca.it/en/p/routes-and-timetables/treviso-airport>

Then you will take a **train from Treviso Centrale to Vicenza**.

There are trains from Treviso Centrale 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: <https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 9,70€.

Option 2

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#

here you have the timetable

[https://www.atvo.it/allegati/aeroporti/aereoporto_di_treviso_\(tv-ve\)_dal_1.09_al_30.09.21.pdf](https://www.atvo.it/allegati/aeroporti/aereoporto_di_treviso_(tv-ve)_dal_1.09_al_30.09.21.pdf)

The ticket costs 12€ one way (return ticket 22€ 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:

<https://www.trenitalia.com/en.html>

Prices go from 8,30€ up to 19,50€... The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.



FROM MILANO-BERGAMO "ORIO AL SERIO" AIRPORT

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 10€.

You can check the timetable and you can also buy it online at this website

http://www.orioshuttle.com/_eng/ choose the yellow one (number 1) „Orio alSerio > 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: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper **Flixbus** (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>

Another good option is to check travel schedules and options on the **Trainline** website: www.thetrainline.com

The site is useful for leaving Bergamo airport, but also for all other airports



PAY ATTENTION!!

for the following airports you should land before 15.00 to be able to reach Recoaro Terme with public means of transportation!!

FROM MILANO MALPENSA AIRPORT

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 13€ one way (return ticket 20€ 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: <https://www.trenitalia.com/en.html>

Prices go from 17,55€ up to 28,00€... The regional trains are cheaper than Frecciabianca, but sometimes you can find special offers also for Frecciabianca tickets.

If you are lucky you can catch a cheaper Flixbus (only one per day arrives straight to Vicenza). Another option is to take a Flixbus to Verona and from Verona take a train to Vicenza (Flixbus stop is very near to the train station). <https://global.flixbus.com/>



FROM MILANO LINATE AIRPORT

Milano Linate you have **2 options** to get to Milano Centrale:

You can buy a “Terravision” bus ticket here that will take you from the airport to Milano Centrale ((railway station). The price is 10€ and it takes about 50 minutes.

[https://www.omio.com/search-](https://www.omio.com/search-frontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en)

[frontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en](https://www.omio.com/search-frontend/results/EF523E7D03912499FB618F4B8BF7DA4A8/bus?locale=en)

You can also **take a bus from the airport to Milano Lambrate**, that passes every 2 hrs, and from there take a metro (Lambrate Fs) to Milano Centrale (Centrale Fs) that passes every 5 min. The price is about 10€. Once you have arrived at the railway station you have to take the train 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 BOLOGNA AIRPORT

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 at 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

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.



WHAT TO DO ONCE YOU ARE IN VICENZA

Once you're in Vicenza's train station, you've to take a bus to Recoaro.

You have to walk out the station and go to the left and walk about 150m to reach the bus station.

You can buy the ticket at the ticket's office or in the tabaccheria inside (a small shop with a lot of things!). To ask for the ticket you can try to ask it in Italian saying "Vorrei un biglietto per Recoaro per favore", or just use English, they usually get it.

The bus that you are going to take is Linea 1 to Valdagno/Recoaro Terme and will leave from box 5.

The bus leaves almost every half hour, and takes less than ,1,5 hour to arrive in Recoaro.

Here you can check the timetable:

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

You could also download this app and buy your ticket here:

<https://www.mycicero.it/downloadApp/index.html>

Or create an account in the website:

<https://www.mycicero.it/signIn/mycicero/Registrazione/RegistrazioneMyCicero>

HOW TO ARRIVE IN RECOARO TERME

Once you are already on board, **after 1hour you should be in Valdagno, that means that you are getting closer to Recoaro (15min no much more)**, so keep your eyes open.



Valdagno Bus Station

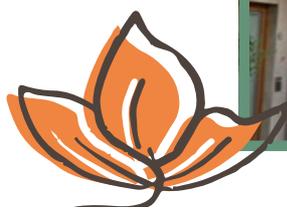
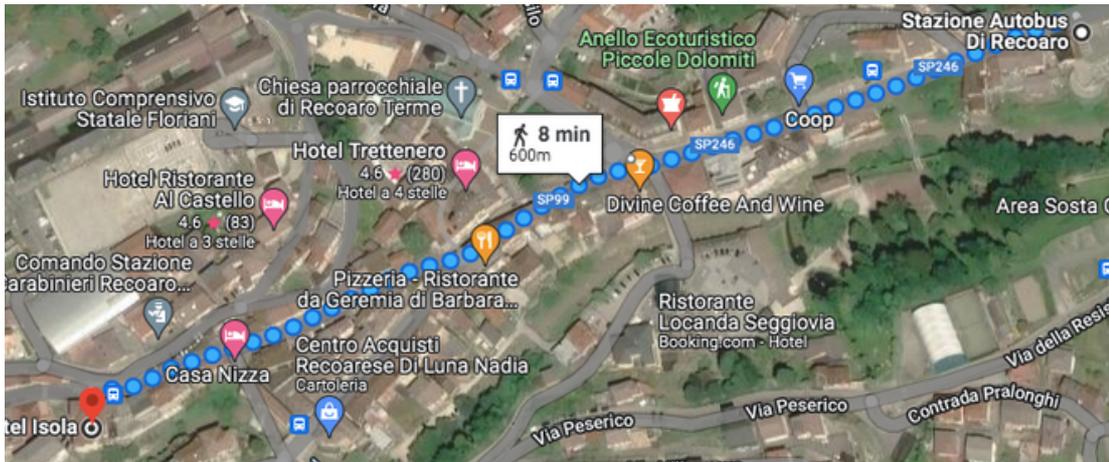


Recoaro Bus Station



HOW TO REACH THE HOTEL

The hotel Isola is in Via Campogrosso 35, so just walk around 600m (8 minutes according to Google maps!) straight ahead and you will find a passage on



WEATHER

Before leaving your home country please check the weather forecast at:
<https://www.ilmeteo.it/meteo/Recoaro%20Terme>

Usually in autumn, the weather is chilly but it could be rainy (a lot!!!) and be cold, so bring warm clothes and suitable shoes.

FINANCIAL CONDITIONS

All accommodation and food costs will be covered by the 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, boarding passes and bills related to the travel. The reimbursement will be paid ONLY by bank transfer after receiving all the tickets.

The reimbursements for each country, is up of € 275,00 according to the distance band.

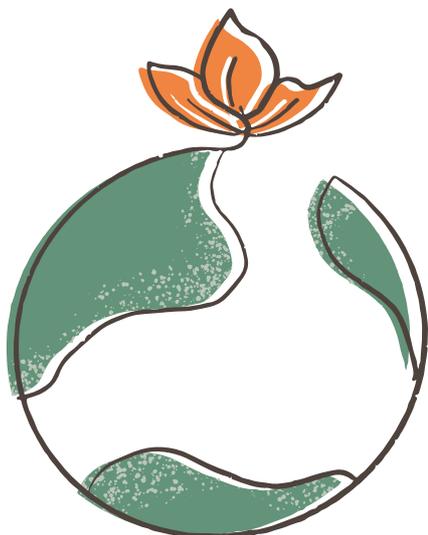
**We strongly suggest to choose GREEN TRAVEL
(bus, train, car pooling).**

In this case the the reimbursement is € 320,00

For any information, please write to progettazione@studioprogetto.org

**We are waiting for the participants list as soon as you can, fill in the following
online registration form**

<https://forms.gle/1PUfdajznTtX6Ta78>



Can't wait to meet you!
Biodiversity4Life staff



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