

TO MAKE A TABLE YOU NEED A FLOWER



PREPARATORY VISIT
15–16 OCTOBER, 2022

YOUTH EXCHANGE
21–26 NOVEMBER, 2022

MORFASSO, ITALY

WELCOME TO

"TO MAKE A TABLE YOU NEED A FLOWER"

Dear partner organisations and participants!!

Welcome to our Youth Exchange "To make a table you need a flower"

This document contains important information for you and your groups in order to confirm and prepare for the youth exchange

Please, read it carefully and if you have any question do not hesitate to contact us
tomakeatableyouthexchange@gmail.com



ABOUT US

The mission of Youmore is to educate, help and support individuals, groups and the whole society, promoting initiatives in sector of training/development of minors and youngsters.

One particular aim of “Istituto Morcelliano” is to organize events and researches, trainings, meetings, become a trustable center for Youth. We aim to improve the daily life of any youngsters of our territory involving them into social, economic and cultural life.

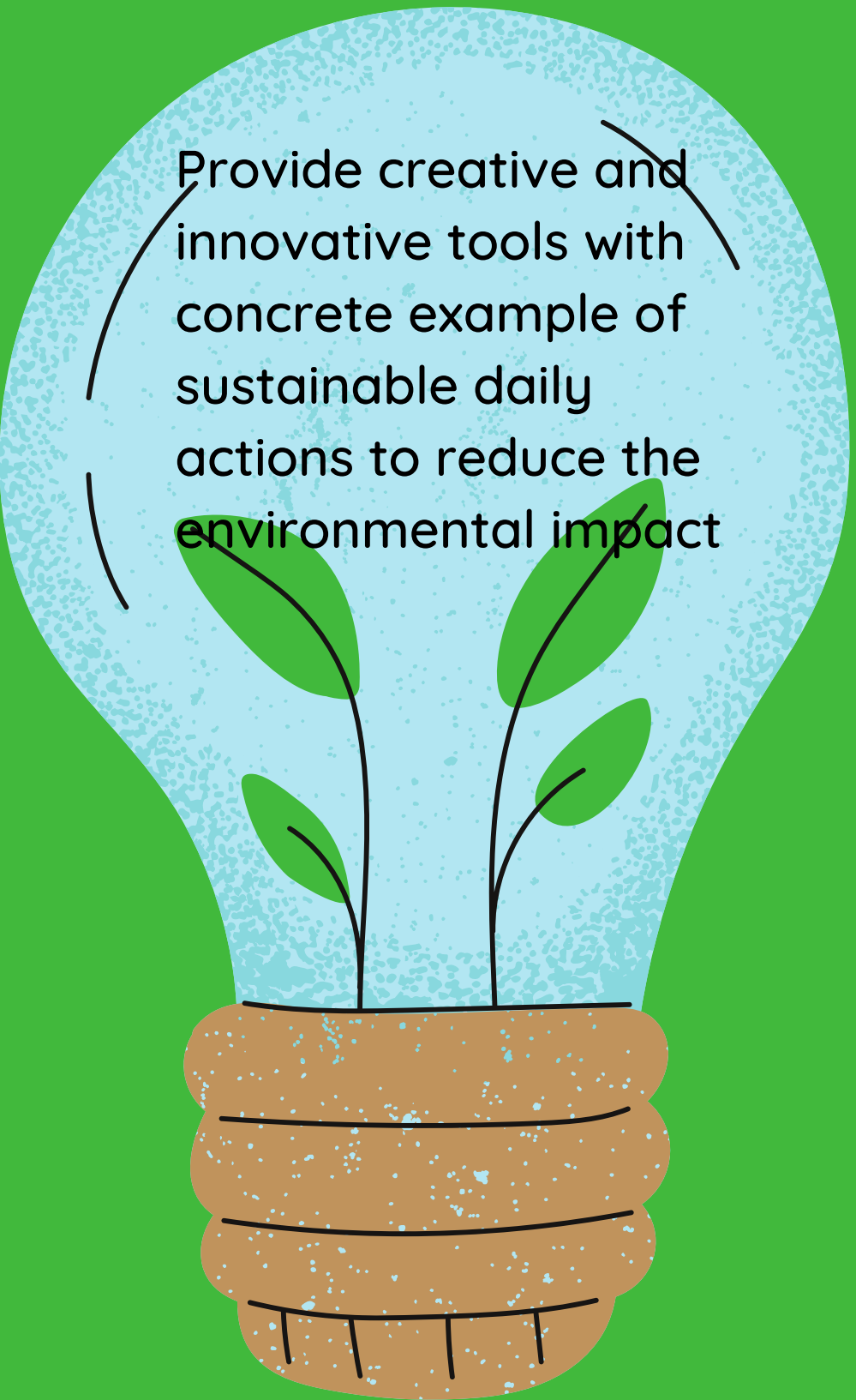
By becoming EVS Receiving, Sending and Coordinating Organization we eager to bring new values and skills into our reality, and give the chance to our local youngsters share their common skills overseas. The target groups of the foundation are local community, youth and children.




ABOUT THE PROJECT (21.11.2022–26.11.2022)

Since we are living a climate change crisis is fundamental to empower young people to act as agents of change for sustainable development. The international project "To make a table you need a flower" is a youth exchange aimed to make people more aware of the environment and climate action.

OBJECTIVES

A lightbulb with a brown, textured base and a blue, speckled glass part. Inside the glass part, a green plant with three leaves is growing. A curved line points from the text to the plant.

Provide creative and innovative tools with concrete example of sustainable daily actions to reduce the environmental impact

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Raise awareness towards circular economy and promote its idea

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Strengthen entrepreneurship, creativity and initiative of youth and build new partnership

WHO CAN PARTICIPATE

For the group leaders

- Be preferably 25 + years old
- Experienced with the topics and in leading youth groups

For the participants

- Be preferably aged between 18-25 years old
- Each national group is expected to have two female and two male participants The gender balance will be ensured by the partner organizations
- Be a resident in one of the partner countries (Italy, Bulgaria, the Republic of North Macedonia, Spain, Cyprus)
- Be in possession of a European Health Insurance Card or equivalent.
- Agree to the rules & terms of the project)
- Background experiences in the project topic with an high motivation of participation, interested in circular economy, collaborative consumption and environmental issues
- At least 1 participant with fewer opportunities per each partner (NEET, Social obstacles, Economic obstacles, Cultural differences, Geographical obstacles, Migrant background obstacle)



Organization	Country	Participants	Maximum travel budget
Fondazione Istituto Morcelliano Youmore	Italy	5	0
New Sustainable Generation organization	Bulgaria	5	275
Association for Cultural, Sport and Educational Development "World of Change"	The Republic of North Macedonia	5	275
Asociacion amigos de Europa	Spain	5	275
YEU Cyprus	Cyprus	5	360

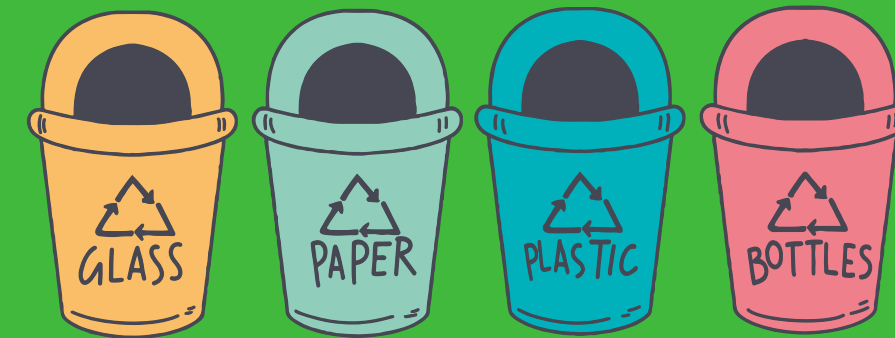
PREPARATORY VISIT (15.11.2022–16.11.2022)

The first activity of the project will be the Preparatory Visit of two days. It will be a key point for the preparation phase: defining the roles, the contributions of each partners, the final details of the methodology, visibility, dissemination and follow-up, the practical arrangements and preparation of the groups

The participant from each partner organization who will take part in the PV will be also the group leader

Here's the form to apply as group leader: https://docs.google.com/forms/d/e/1FAIpQLSdt6-X6pzjaflkNa-bKGm6WAtxig08c0dcakWH7ZktFDRhf5Q/viewform?usp=sf_link

COSTS AND REIMBURSEMENTS



- Accommodation, food and activities materials: 100% covered by the EU
- Travel costs: The travel from your home town to Morfasso and back is covered by the project budget up to a limit. This limit is set by the Erasmus+ Programme rules and calculated using the Erasmus+ Distance Calculator tool
- If you do not have the original travel tickets and boarding passes, we cannot reimburse you
- Only public transportation will be refunded. Private cars, taxis and the like will not be refunded

COSTS AND REIMBURSEMENTS

- Only actual costs will be refunded. The project organizers will refund you no greater amount of money than the one you actually spent on the travels. If there is any margin between the costs of your tickets and the maximum travel budget, it will not be refunded
- Reimbursement will be done after the mobility and will be conditioned to the compliance with the Erasmus+ Programme rules. It means that full engagement in the activities of the youth exchange is a requisite for the reimbursement
- You can stay in Italy for up to two extra days (four in case of green travels) before or after the project. In case you want to visit Italy or if the itinerary suits you better this way, you can come up to two (four for green travels) days before the beginning of the youth exchange (18/07) or stay up to two (four for green travels) days after its end (24/07). Accommodation and food will not be provided by the project organizers on those days, but travels will still be reimbursed. Don't buy any ticket without confirmation from us! Send us your planned itinerary to tomakeatableyouthexchange@gmail.com to make sure that everything is alright with it



THE VENUE

The training course will be held in Morfasso hostel, located in Val d'Arda (PC). A structure on three floors, with a large covered porch that follows the perimeter on three sides, perfect for outdoor activities. A gently sloping lawn surrounds the Hostel on four sides. All the rooms have a private bathroom.



Address: Località Rabbini di Morfasso 8

On the first floor there are:

- 2 quadruple rooms
- 1 six-bed room
- 1 single room for double use



On the second floor:

- 2 quadruple rooms with a balcony with a view on the valley
- 1 six-bed room
- 1 double room

HOW TO REACH MORFASSO

To reach Morfasso, the closest airports are Milano Malpensa, Milano Linate, Orio al Serio (Bergamo), and Bologna. Here you can find instructions on how to get to Morfasso from each of these airports.

Activities will begin on 18th July at 09:00 and finish at 19:00 on 24th July. You must be in Morfasso between these two hours. Accommodation and food will be provided at Ostello di Morfasso from ---- till the end of the training course.

Ask us! If you have any doubt or problem or need any advice, don't hesitate to contact us tomakeatableyouthexchange@gmail.com



Arrival date: 20th November
Departure date: 27th November

HOW TO REACH MORFASSO

OPTION 1: FROM MILANO MALPENSA

Take Malpensa Express Train and arrive to Milano Centrale station. Once you arrived to Milano Centrale station take “regionale veloce” train to Fiorenzuola d’Arda station.

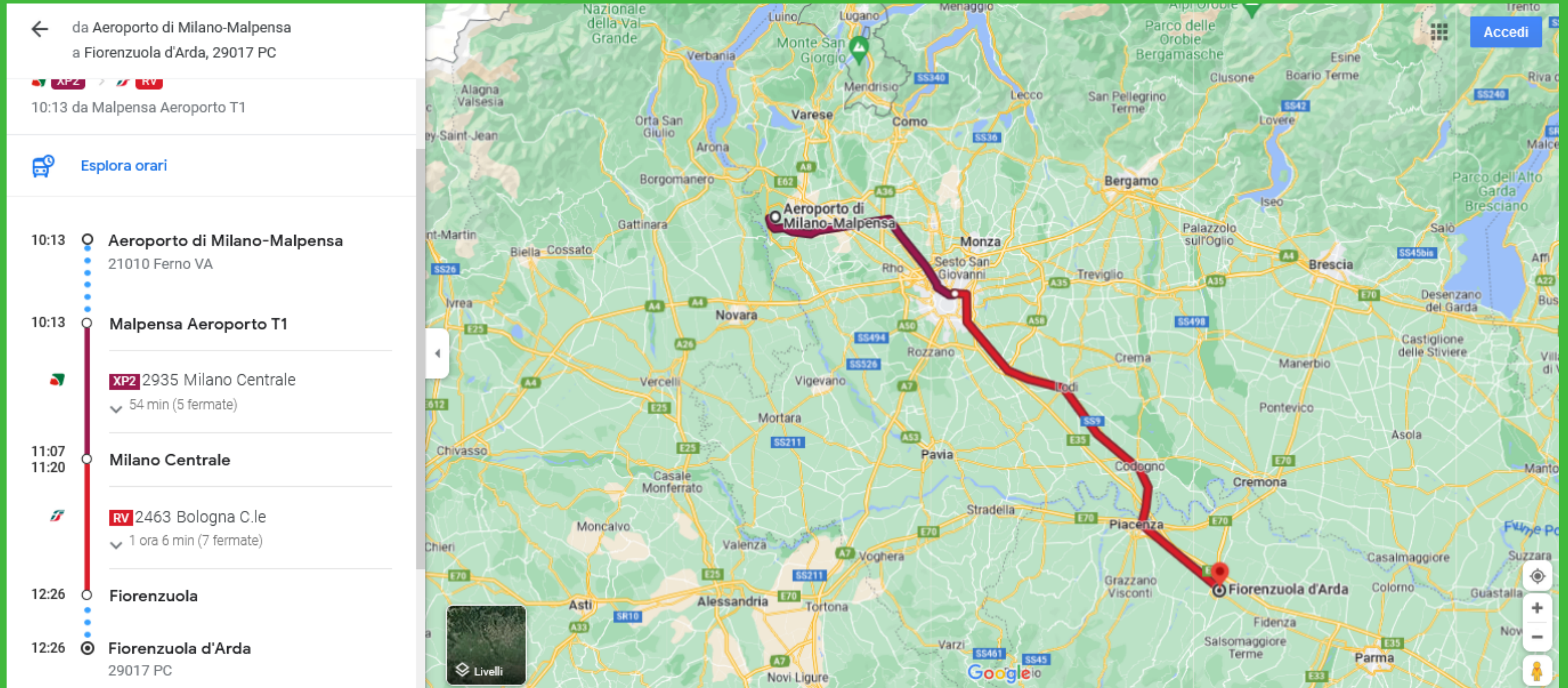
In Fiorenzuola d’Arda you will find Sciara Progetti’s staff who will bring you to Morfasso Hostel.

Buy tickets here:

- <https://www.trenitalia.com/en.html> or at the station with the same price. Malpensa express train to Milano Centrale station costs 13 €
- <https://www.malpensaexpress.it/en/> Regionale veloce train from Milano Centrale to Fiorenzuola d’Arda around 9 €.

The itinerary will take approximately 2 hours and 13 minutes.

OPTION 1: FROM MILANO MALPENSA



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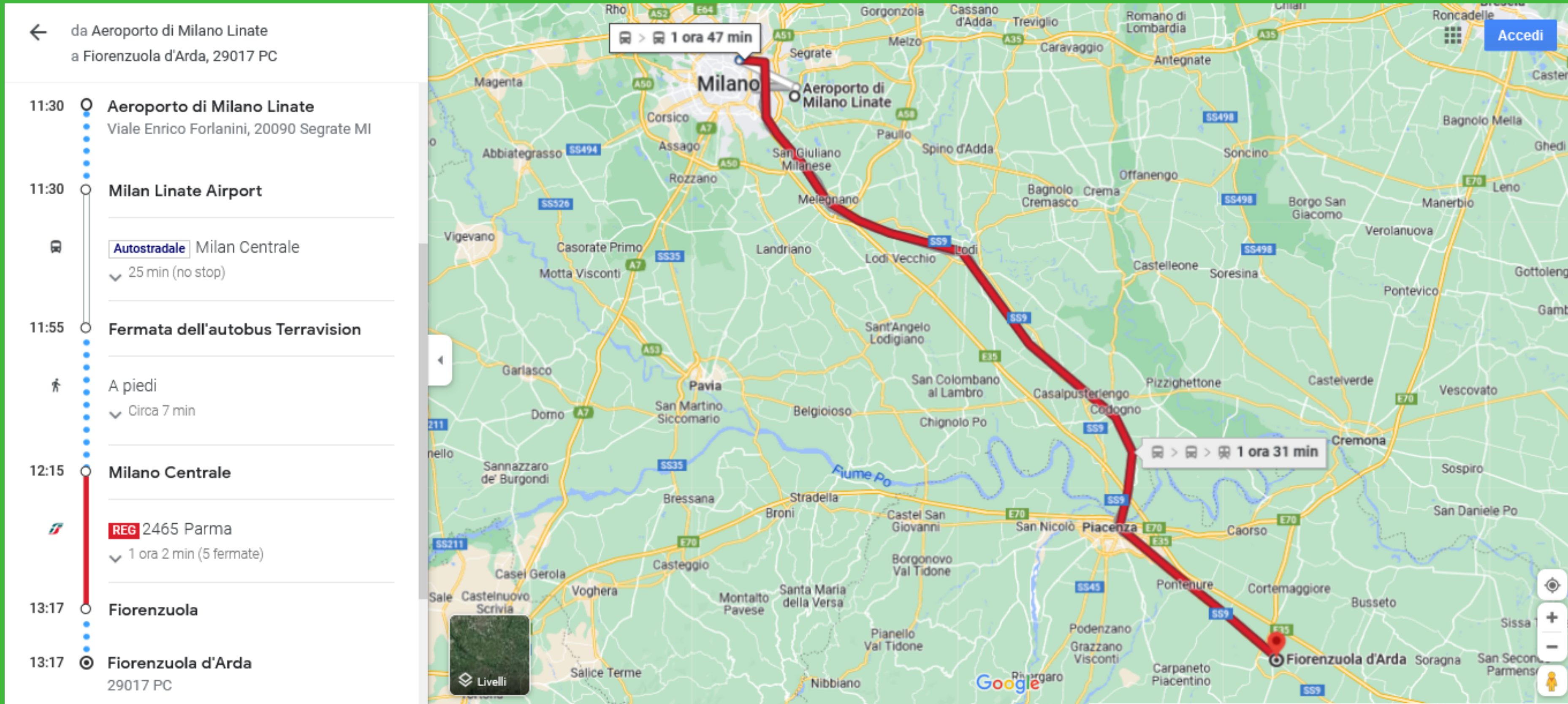
HOW TO REACH MORFASSO

OPTION 2: FROM MILANO LINATE

From the airport, take Milano Linate Shuttle to Milano Centrale station and take “regionale veloce” train to Fiorenzuola d’Arda.

- https://www.milano-aeroporti.it/linate_shuttle/en/index.html here you can find info about the shuttle from the airport to Milano centrale station
- <https://www.trenitalia.com/en.html> here you can find info about train and tickets from Milano Centrale to Fiorenzuola d’Arda. Regionale veloce train from Milano Centrale to Fiorenzuola d’Arda costs around 9 €.

OPTION 2: FROM MILANO LINATE



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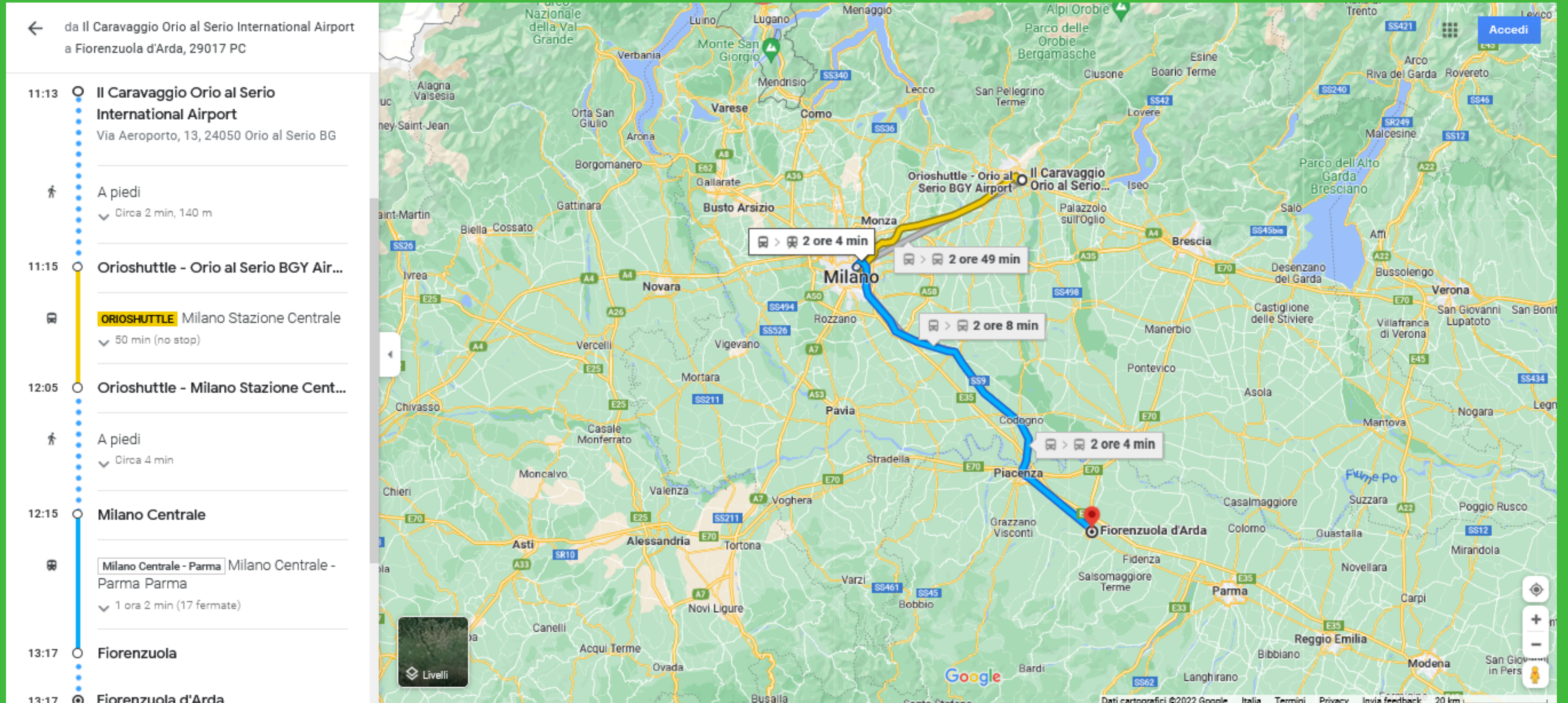
HOW TO REACH MORFASSO

OPTION 3: FROM ORIO AL SERIO AIRPORT (BG)

From Orio al Serio airport, take orioshuttle and get to Milano Centrale station. At Milano Centrale take the "regionale veloce" train to Fiorenzuola d'Arda.

- http://www.orioshuttle.com/_eng/ here you can find info about Orio al serio shuttle which costs 10 €
- <https://www.trenitalia.com/en.html> here you can find info about Regionale veloce train from Milano Centrale to Fiorenzuola d'Arda which around 9 €

OPTION 3: FROM ORIO AL SERIO AIRPORT (BG)



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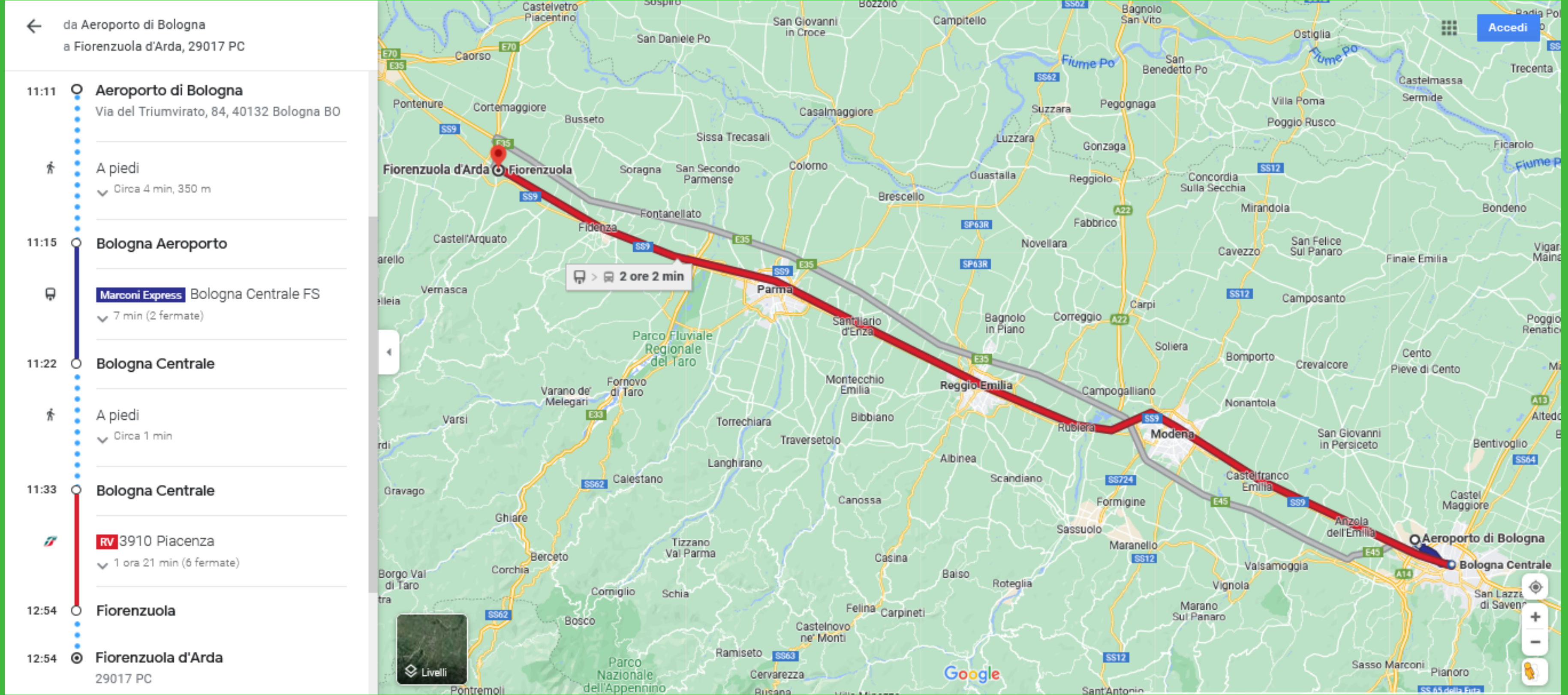
HOW TO REACH MORFASSO

OPTION 4: FROM BOLOGNA AIRPORT “MARCONI”

Take Marconi Express to Bologna Centrale station. Then, take “regionale veloce” train to Fiorenzuola d’Arda.

- <https://www.marconiexpress.it/en/> here you can find info about Marconi Express to Bologna Centrale station
- <https://www.trenitalia.com/en.html> here you can find info to buy tickets from Bologna Centrale to Fiorenzuola d’Arda

OPTION 4: FROM BOLOGNA AIRPORT “MARCONI”



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INTERCULTURAL NIGHT

Some of the project evenings will be dedicated to the Intercultural Night. You will present your own cultures - national, regional, personal or any kind of culture you feel you belong to.

This presentation/activities should not just be a "lecture", so try to find some creative way to show your culture.

A culture may be presented by a song, a story, a poem, a dance, a game, some local special drinks and food, (you will have the opportunity to cook something so please bring ingredients and your super secret traditional recipes:)), etc.

You can bring pictures, music or any instrument you want to. If there are some special requests, please do not forget to mention them in the confirmation form, so that we try to accomplish them.



WHAT TO PREPARE IN ADVANCE?

FOR THE ACTIVITIES:

- supplies for the intercultural evening (the kitchen is available)
- a cup/mug to exchange
- a book to swap (in English or your language)
- an object of your choice to exchange
- At least one laptop per national group
- though it's not mandatory, we strongly invite you to prepare some energizers!

DO NOT FORGET

- Towels
- Slippers
- Personal hygiene kit (shampoo, shower gel, toothpaste...)
- Reusable water bottle



Other than that, remember to bring your good mood and
enthusiasm

COVID-19 MEASURES

Since the rules keep changing fast we invite you to check the entry requirements here:
https://www.viaggiaresicuri.it/approfondimenti_insights/saluteinviaggio.

The organizers will provide all the necessary sanitation material, such as hand sanitizer and masks.

WEATHER

Weather in Morfasso in autumn will start getting cold. Expect day temperatures will be around 15/10 degrees and night temperatures will be lower

You can check the forecast on: <https://www.3bmeteo.com/meteo/morfasso>

YOUTHPASS

All participants are entitled to receive a Youthpass certificate. We reserve the right to give the certificate to participants who will take part in at least 80% of the activities. For more information about the certificate: <https://www.youthpass.eu/en/>



OTHER INFO

You can contact the emergency services in Italy by calling the pan-European emergency number (112) from any telephone. The local currency in Italy is Euro. Italy is in the UTC +1 time zone. If your mobile phone account was contracted in the European Union, in Italy you will be able to connect to the Internet under the same conditions and at your normal rate. For mobile phone numbers from outside the European Union, connecting to the Internet involves an extra charge on top of the normal rate, which depends on your operator

OUR PROJECT STARTS FROM HERE

When the project will get closer a facebook group will be created. By now you can start following Youmore on our socials so you can start to get to know us

INSTAGRAM



<https://www.instagram.com/youmoremorcelligiovani/>



FACEBOOK

<https://www.facebook.com/youmore.morcelligiovani>



OUR TEAM



Paola Baiguini



Sona Arevshatyan



Sara Curioni

CONTACTS

For any question about the project, please contact the project coordinator Paola Baiguini

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Phone: +393427277750

Facebook: <https://www.facebook.com/people/Paola-Baiguini/100008082135254/>