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YOUTH EXCHANGE

Ulysses



UsefuL Youth Strategies for Students
to Enrich their Stories

12-21 SEPTEMBER 2022

MONTECCHIO MAGGIORE - VICENZA (ITALY)



Co-funded by the
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KA105 - YOUTH MOBILITY

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Dear Participant,

Welcome to ITALY and to the Youth Exchange ULYSSES.

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

For any other questions and for communication when you arrive in Montecchio (VI), don't hesitate to contact us:

progettazione@studioprogetto.org

Best wishes and see you soon,

ULYSSES staff



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DESCRIPTION OF THE PROJECT

The Homeric work *Odyssey* tells the story of the Greek warrior Odysseus returning to his native Ithaca after the victorious war fought against the Trojan army. Throughout the play, Ulysses is the hero who enriches himself with the many diversities and the countless unexpected events he encounters on his journey. Encounter after encounter, he metaphorically comes to strip himself of everything: his travelling companions, his ship, his possessions and even his name (for Cyclops Polyphemus he becomes 'Nobody') in order to regain what he had before the war.

The high level of competitiveness and the propagation of the culture of image in our society increase the social stress to which young people are subjected.

We propose to realise during the youth exchange a metaphorical journey in the footsteps of the *Odyssey* in which the non-formal education tools will allow the participants to tell a story stripped of the social stresses to which everyday life subjects them. They will realise together a new poem, *Ulysses*, centred on their personal growth and inspired by their experiences, desires and talents.


This youth exchange is supported by the **Municipality of Vicenza - Youth Sector** and some activities will take place in the city at Polo Giovani B55 - <https://it-it.facebook.com/Bcinqquantacinque/>

AIMS

- Promote reflection on the opportunities for young people to create their own life paths
- Recognise the elements that cause social pressure in the everyday life of young people
- Share, create and disseminate useful tools to respond to social pressure
- Promote possible career paths starting from one's own talents and aspirations
- Encourage an intercultural and lifelong learning approach
- Promote possible career paths starting from one's own talents and aspirations
- Create and disseminate a story entitled "*Ulysses*" that narratively present participant's experience



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Activity program



DAY 01

DAY OF TROY

Accommodation and welcome activities
Welcome dinner

DAY 02

CALIPSO'S DAY

Getting to know each other
Talk about me
Key competences - Youthpass
Italian & Estonian international evening

DAY 03

POLYPHEMUS' DAY

Opportunities under Erasmus+
Official opening
Treasure hunt
Free time

DAY 04

EOLO'S DAY

Creative writing and drawing
National data about school dropout
Defining Ulysses
Mid-term evaluation
Slovak & Spanish international evening

DAY 05

SCYLLA AND CHARYBDIS' DAY

My personal monsters
Creative writing and drawing
Defining Ulysses
Free time



Activity program



DAY
06

WITCH CIRCE'S DAY

Peer education activity
Walkshop
Me, myself and I
Bulgarian & French international evening

DAY
07

TIRESIA'S DAY

My personal Tiresia
Work café
A trip like Ulysses

DAY
08

SIREN'S DAY

The song of the sirens
After Ulysses
Presenting Ulysses
Movie night

DAY
09

ITHACA'S DAY

Finding Ulysses
Youthpass
My mission
Final evaluation
Presentation of the YE and E+

DAY
10

DEPARTURE DAY

Farewell and depatures



PARTICIPANTS

We expect 5 participants aged 18-22 + 1 youth leader (older than 23 and no upper age limits) from each partner.

We are looking for young people who are interested in the topic, motivated, with a proactive attitude. No language requirements are settled. 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.

PARTNERS AND COUNTRIES

Studio Progetto Soc. Coop. Soc.

Italy

Youthfully Yours

Slovakia

Parcours le monde sud est

France

Union of Bulgarian black sea

Bulgaria

Asociación Mundus - Un mundo a tus pies

Spain

Mittetulundusuhing Noored Uhiskonna Heaks

Estonia



ADVANCE PLANNING VISIT

A preparatory meeting is foreseen between the youth leaders of each national group on the days **25-27**

August (travel day included). Registration form for youth leaders: <https://bit.ly/UlyssesAPV>



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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, a village close to Vicenza. Here there are rooms for 4-6 people with private toilets, a big dining room and kitchen. We'll move with bus and private means. No wi-fi available in that place, we'll program wi-fi breaks during the activities in Vicenza.

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



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GENERAL RESPONSIBILITIES OF PARTICIPANTS

- 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;
- 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;
- Alcohol use is not allowed during the activities and inside the house
- 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.

WHAT TO BRING WITH YOU

- Your **motivation** to **enjoy** the exchange
- 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>
- **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");



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- Medicines - if you need them (anti-allergy pills, pain killers, aspirin etc.)
- all necessary for personal hygiene, like shampoo, towels (sheets will be provided by us), hair dryer, etc... and trekking shoes/clothing or at least trekking or comfortable shoes
- **Bed sheets or sleeping bag** (pillows and blankets are provided)
- **Towels**
- Other stuff you might need (camera/film, etc.)

PREPARATION OF THE GROUP

- to do a research and collect data on the situation of school dropout in your country
- to prepare the intercultural evening dedicated to your country with typical food and entertainment (no power point please!)
- to prepare some ice-breaking games and energizers to be offered at the beginning of each day

HOW TO REACH MONTECCHIO MAGGIORE?

Montecchio Maggiore is a small town in Vicenza province, in Veneto region, in the North East of Italy. To reach it first of all you have to go to Vicenza and from there, take a bus to Montecchio.

The 12th (the arrival day) you should arrive after 15.00.

Once you're travelling please text us your steps so we can be aware of where you are and the time it will take you to get to the place and call us once you're in Montecchio at +39 345 3496143 so that we can come and pick you up. Before purchasing the flight tickets please ask for our approval.

The nearest airports are:

- Venice www.veniceairport.it
- Venice-Treviso www.trevisoairport.it
- Verona www.aeroporto.verona.it/passeggeri_t5

A bit farther but still fine (your flight should land not after 15.00):

- Milano-Bergamo www.sacbo.it/Airpor/portalProcess.jsp
- Milano-Malpensa www.milanomalpensa-airport.com/it
- Bologna <https://www.bologna-airport.it/en>



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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:

http://www.aeroporto.verona.it/en/aerobus_t2

The ticket to Vicenza costs 6€

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 15,95€... 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/>



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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.

Link: <https://www.mycicero.it/mom-tv/TPWebPortal/it>

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

There are trains from Treviso Centrale to Vicenza very often. 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 6,10€ up to 22,60€.

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/it-orari-e-autolinee.html>

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 in reality 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 and from Vicenza to Schio.

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 6,10€ up to 18,90€...

The regional trains are cheaper than Frecciabianca, and it takes about 30 minutes more.



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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>

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

Prices go from 6,10€ up to 18,90€... The regional trains are cheaper and take about 30 minutes more.

FINALLY...

FROM VICENZA TRAIN STATION TO MONTECCHIO MAGGIORE (SAN VITALE - LINE 1)

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.

You can buy the ticket 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, could 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 SAN VITALE per favore", or just use English, they usually get it.

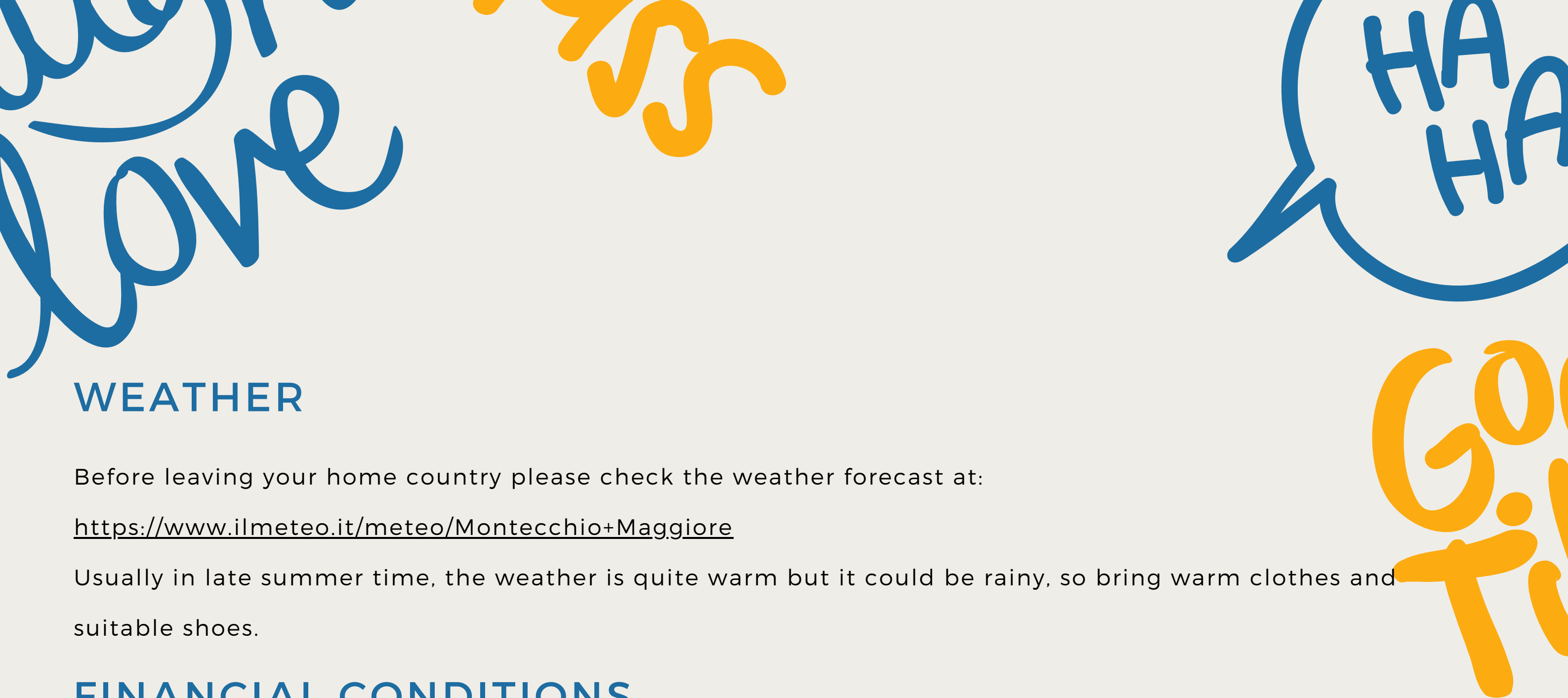
The bus that you are going to take is **Linea 1 to Valdagno/Recoaro Terme** and will leave from box 5. The bus leaves almost every half hour, and takes about half an hour to arrive in **MONTECCHIO MAGGIORE - SAN VITALE**.



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WEATHER

Before leaving your home country please check the weather forecast at:

<https://www.ilmeteo.it/meteo/Montecchio+Maggiore>

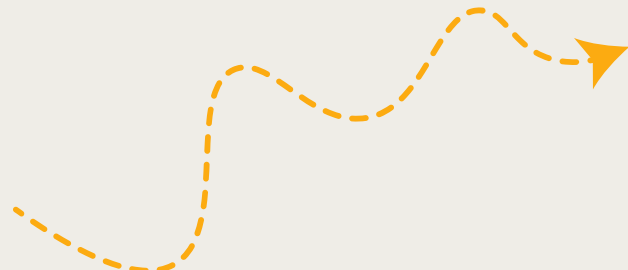
Usually in late summer time, the weather is quite warm but it could be rainy, so bring warm clothes and suitable shoes.

FINANCIAL CONDITIONS

All accommodation and food costs will be covered by the project.

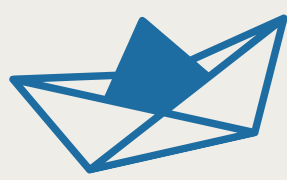
Travel costs will be reimbursed according to the distance band fixed by the European Commission.

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.



MAX REIMBURSEMENTS FOR EACH COUNTRY:

Slovakia	275,00
France	275,00
Bulgaria	275,00
Spain	275,00
Estonia	275,00



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

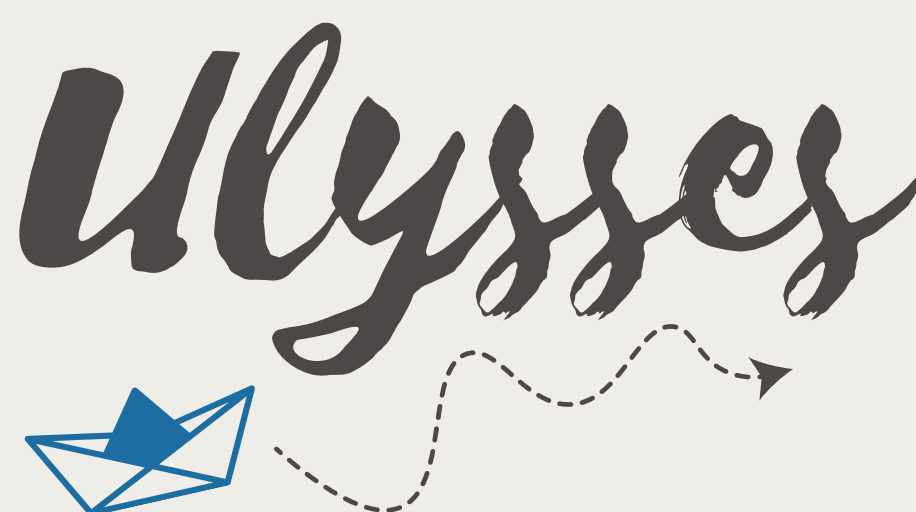
We are waiting for the participants list as soon as you can,

fill in the following online registration form

https://bit.ly/Ulysses_sub

Looking forward to meeting you!

ULYSSES staff



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