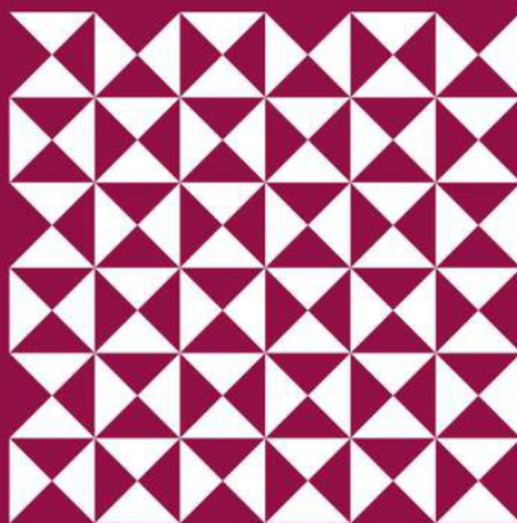




Funded by the
European Union

INFOPACK



INVICTUS

Nurturing Resilience and Empowerment

Vinci, Italy
1st - 9th July 2025



Project Reference 2024-3-IT03-KA153-YOU-000289382



INTRO

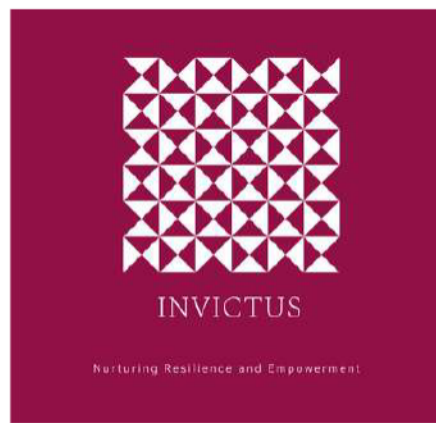
Associazione Agrado is a local Italian organization which manages projects, activities and actions in order to promote personal development, skills and competences of Youth and Adults through Non-Formal Education.

It organizes Youth Exchanges, Seminars, Training Courses and KA2 within the frame of Erasmus+ Programme. It works in Youth and Adult Education projects and in educational field with teachers providing Trainings on non-formal tools and methods.

It works a lot on mental health and personal and professional development for youth and youth workers through psychological methods of personal development and communication (Transactional Analysis).

In the last 2 years it started to work on art and creativity as tools for mental health, as forms of expression and self-awareness, and it connected psychological tools with creativity methods.

Associazione Agrado has a long experience in International project management and organization, especially in the field of Training Courses: we have organized 15 International Training Courses/Seminars in Youth in Action/Erasmus+ and 14 Youth Exchanges taking care of the quality before of all.



THE TRAINING

“INVICTUS” is a Training Course for Youth workers about building resilience and empowerment.

The project aims to enhance youth work by taking a holistic approach to mental health, fostering competencies that support resilience in both youth work practices and young individuals.

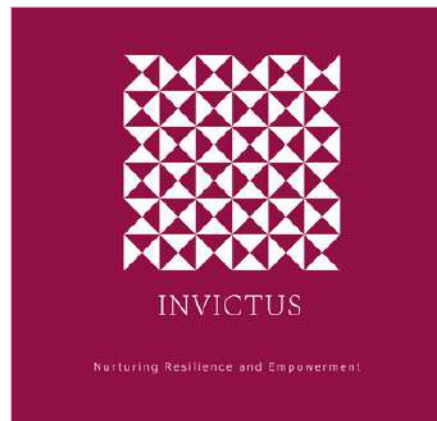
Non-formal and holistic methods will be used, addressing cognitive, emotional, spiritual, and physical aspects.

Creative techniques such as writing, storytelling, art, movement, and empathy exercises will be incorporated to enhance learning experiences.

By integrating psychology, art, and creativity, the project aims to create innovative methods for exploring mental health as an inner journey, ultimately enhancing the quality of European youth work practices.

Main objectives

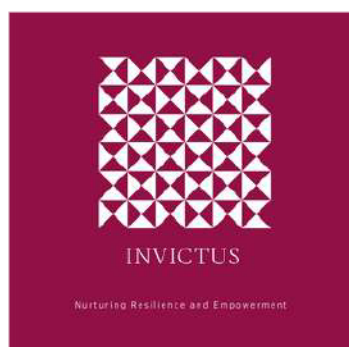
1. Enhancing youth workers' skills in providing support, self-support, care, and resilience-building for young people.
2. Promoting self-care and well-being practices among youth workers to prevent burnout and enhance their effectiveness.
3. Building resilience in young people through creative and art therapy approaches that foster self-expression and emotional processing.



METHODS

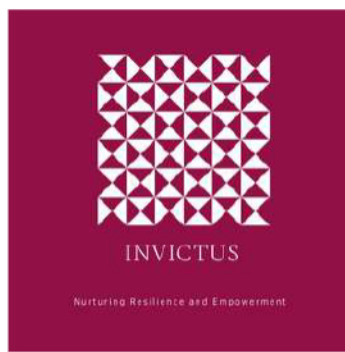
We will use NFE (Non-Formal Education) techniques. These methods include a diverse range of activities aimed at personal growth and development.

- Team-building activities: To cultivate a sense of unity and cooperation among participants.
- Experiential Learning: Learning through hands-on experiences and real-life situations.
- Creative/artistic expression: Encouraging participants to express themselves creatively, fostering self-expression and exploration.
- Combination of individual processes in group dynamics: Balancing personal growth with group cohesion.
- Transactional Analysis and Non Violent Communication: Exploring and understanding deep-rooted beliefs formed during childhood and their impact on our lives; our capacity to clearness in the relationship with ourselves and with the others.
- Elements of Mindfulness: Cultivating present-moment awareness and mindfulness practices.
- Psychological topics: Exploring various psychological themes and concepts to enhance self-awareness and emotional intelligence.
- Evaluation and self-assessment moments.



PROGRAM (DRAFT)

TC "INVICTUS" Vinci, Italy 1st - 9th July 2025									
"	Arrivals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Departure
	Arrival of participants	Common Ground	Self awareness and emotional management	Life Purpose	Empathy	Discovering	Resilient stage	Evaluation	Departure of participants
08:00	Breakfast								
09:30	Arrivals	Presentations	Gratitude (journalling)	Gratitude (journalling)	Gratitude (journalling)	Gratitude (journalling)	Gratitude (journalling)	Morning opening + Energizer	
10:00			TA	IKIGAI - Life purpose unveiled	Resilience Digital story	Amazing Island	The stage is yours - Preparation	Evaluation of the performance	Departures of participants
11:00									
11:30	Arrivals	TB and common ground	TA Theatre	Irony Poem for self care	Reading	Amazing Island	The stage is yours - Preparation	Follow up and dissemination plan	Departures of participants
13:00	Lunch								
15:00	Arrivals	Resilience- What is it? Role model	Frame Collage: adversity	Cultural Visit in Vinci	Empathy	Florence	The stage is yours - preparation	Final evaluation	
16:30	Comfort break								
16.45	Arrivals	Tarot mate	Talking trees	Cultural Visit in Vinci	Resonant Language	Florence	The stage is yours - preparation	Final Evaluation	
17.45	Name games and getting to know each other	Reflection time	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Reflection time - support groups	Celebration time	
20.00	Dinner								
21.00	Official welcome	Time for connection	Cultures: Mode ON	Free night	Night walk	Free Night	Performance	Farewell Party	



TRAINERS

Laris Guerri, Associazione Agrado (Italy) – coordinator & trainer - laris.guerri@gmail.com



President of Associazione Agrado and founder of it in 2000.

Free lance Trainer and in the Pool of Trainers of the Italian National Agency, She has expertise on skills development, communication and empathy. She is also a professional psychological counsellor and applies these techniques in facilitating evaluation steps and skill assessment sessions with participants. Expert in KA1 project design and management (Youth Exchanges, TC) and KA2.

SALTO WEBSITE TRAINER PROFILE: <https://www.salto-youth.net/tools/toy/laris-guerri.3428/>

Olga Kuczynska, Trainer, Facilitator, Project Manager focused on L&D (Portugal) - olga.kuczynska.ok@gmail.com



She's been working with diverse teams and environments around Europe, coordinating and supporting development of programs and projects that are need-based, create impact and foster change. Currently exploring career-based education concepts coordinating operations for a company that organises study abroad programs for American students in Europe.

She is strong in organisation, planning and integration. As a trainer she focuses on competence development, using NVC and TA methodologies as bases on the topics of communication, self-awareness and wellbeing.

SALTO WEBSITE TRAINER PROFILE: <https://www.salto-youth.net/tools/toy/olgakuczynska..>



WELCOME TO VINCI



Vinci is a small historical town (15.000 inhabitants) in the countryside of Tuscany - Centre of Italy - between Florence (30 minutes by train) and Pisa (35/40 minutes by train).

It is famous because it gave birth to Leonardo da Vinci, the Genius of the Renaissance Age.

It's rich in history, art, culture and nature. Famous for the typical Tuscany landscape with olive trees and vineyards on its sweet hills.



ACCOMMODATION

The participants will be hosted in the amazing Agriturismo/Farmhouse "Bacco a Petroio" on the hills of Vinci with a wonderful landscape.

It is a farmhouse with rooms, restaurant and winery - they produce wine.

"Bacco a Petroio" will provide accommodation in shared wide 2-floor rooms for 4 persons) with private bathroom

For more info and photo:
<http://www.baccoapetroio.it/it/agriturismo/>





MEALS AND WORK SPACES

MEALS

Breakfasts, Lunches, Dinners and Coffee-breaks will be prepared and served in Circolo Arci Petroio

Genuine and tasty traditional Tuscan food and recipes cooked by our cook Serena with love

Ready to meet your diet needs (Celiac, gluten-free, vegetarian or vegan).

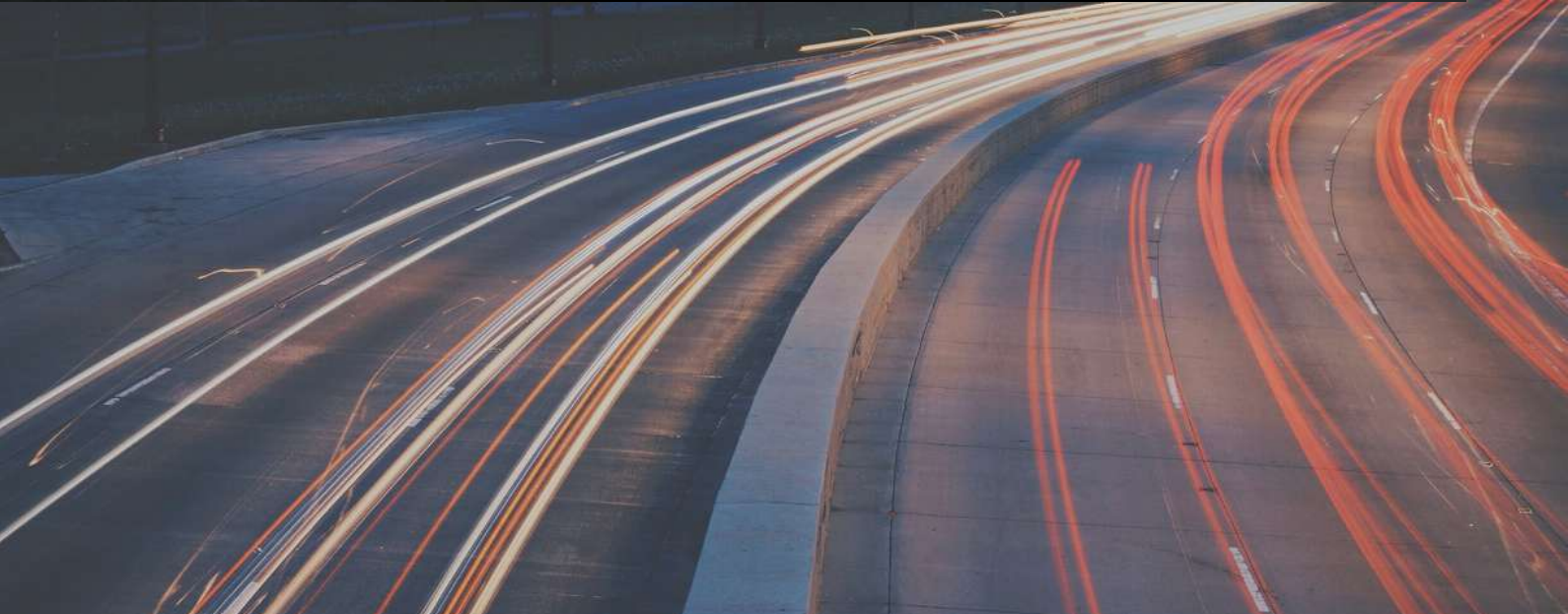
WORK SPACES

Our TC sessions will be held outdoors at Circolo Arci Petroio, beneath a large tent in nature.

We will live like a small community, with support and cooperation, from small acts like preparing the table together to respecting food and minimizing waste.

The natural setting fosters a personal and collective retreat atmosphere, ideal for our training. To make the most of your experience, come with an open mind and relaxed spirit. Please leave work behind and minimize distractions like phone use to fully engage in the training.

There is no Wi-Fi at Circolo Arci Petroio, but we promise a strong human connection.



TRAVELS

Your destination is in the heart of Italy, in Tuscany.
Empoli has an important Train station.
Your task will be to reach EMPOLI station .
It's very easy!



In Empoli Station, our staff will come to pick you up by van/car at about 18 h. on 1st July and in 15 minutes you will be in the venue.

HOW TO GET TO EMPOLI

The closest Airports are: Pisa, Firenze and Bologna.

From your landing airport you have always to reach Firenze or Pisa Train Station.

From both the stations there, you can easily take a Regional train to EMPOLI (it takes 30-40 minutes).



Better if you buy your ^FTRAIN tickets ONLINE in advance, on the official website: <https://www.trenitalia.com/en.html> or (only for long distance trains): <https://www.italotreno.com/en>



TRAVELS

FROM PISA AIRPORT to EMPOLI:

a. Take PISAMOVER to PISA Centrale Train station

PISAMOVER is a small train outside the airport- on your left when you exit the airport. It takes 8 minutes to reach PISA CENTRALE station

b. In PISA CENTRALE, take a train to Empoli (almost all the trains going to Florence stop in Empoli).

Buy the tickets **online on Trenitalia website** (it's cheaper).

(n case, in Pisa airport: Small desk on your right when you arrive in arrival area).

Ticket to Empoli (in the same ticket: both the rides: Pisamover to Pisa Station and Train from Pisa Station to Empoli - tot. € 12,70)

In Pisa Airport

- Pisa Mover small train - to Pisa Centrale Train station (8 min.)
- Train from Pisa Centrale to Empoli (35/40 min)

BE SMART, BUY ONLINE

**[https://
www.trenitalia.com/
en.html](https://www.trenitalia.com/en.html)**

**[https://
www.italotreno.com/en](https://www.italotreno.com/en)**



TRAVELS

FROM FIRENZE AIRPORT TO EMPOLI

a. In the airport take the Electric Tram (TRAMVIA) Line T2 Vespucci to the destination STAZIONE- ALEMANNI. It passes every 5 minutes and you can buy the ticket at the machines- €1,70 or check the link below on right). It takes 20 minutes to reach the stop STAZIONE - in front of Firenze SMN train station

b. Once in FIRENZE S.M.N. Train Station, take a train to EMPOLI station (€5,00 - Time 30/40 minutes)
<http://www.trenitalia.com/com-en>

Usually almost all the trains going to Pisa, stop in Empoli.

In Florence Airport
TRAM T2 to Firenze SMN
Train Station (20 min.)
Train from Firenze SMN to
Empoli (about 30 min.)

[Tram ticket info:](https://www.gestramvia.it/tickets/?lang=en)
[https://](https://www.gestramvia.it/tickets/?lang=en)
[www.gestramvia.it/](https://www.gestramvia.it/tickets/?lang=en)
[tickets/?lang=en](https://www.gestramvia.it/tickets/?lang=en)



TRAVELS

FROM **BOLOGNA AIRPORT** TO Empoli
- 1:

BEST AND FAST OPTION

a. In Bologna Airport find indications for MARCONI EXPRESS (small shuttle train bringing to Bologna Train station in 8 minutes) -

Buy the ticket at the machine or online at <https://www.marconiexpress.it/en/>
€ 12,80

b. In Bologna Centrale take a Train to Firenze SMN (37 minutes- prices from 15 euros)

Buy online on <http://www.trenitalia.com/com-en> or on <https://www.italotreno.it/en>

c. In Firenze SMN take a train to Empoli (30 min.)

<http://www.trenitalia.com/com-en>

In Bologna Airport

- Marconi Express to Bologna Centrale (8 min)
- Train Bologna - Firenze SMN
- Train from Firenze SMN to Empoli (30 min.)



TRAVELS

FROM BOLOGNA AIRPORT TO EMPOLI - 2:

a. Take the bus APPENNINO SHUTTLE-
on the left when you exit the airport.

Buy ticket online here or in the airport:

**[https://www.appenninoshuttle.it/?
lingua=2](https://www.appenninoshuttle.it/?lingua=2)**

Online costs 20 €

It takes more or less 1.30 h to reach
FIRENZE SMN train station (Avenue
around the station)

There are buses every 2 hours.

Check timetables on website above.

b. In Firenze SMN take a train to
Empoli (30 min.)

<http://www.trenitalia.com/com-en>

In Bologna Airport

Bus Appennino Shuttle to
Firenze SMN Train station
(1,5 h.)

Train from Firenze SMN
to Empoli (30 min.)



FINANCIAL RULES

TRAVEL SUPPORT:

Based on Erasmus+ distance calculator the travels are covered according to the kilometric distance from the country of destination to that of arrival.

Maximum reimbursement for participants from Portugal, Greece, Republic of North Macedonia, Ireland, Poland and Romania: **€ 309**
For local participants from Italy: **€ 28**

IMPORTANT: Before buying the flight tickets, please inform us on your itinerary and cost, in order to avoid mistakes or misunderstandings. Wait for our confirm, thanks!

*You are allowed to arrive to Italy till two days earlier **OR** staying in Italy till 2 days after the TC- **BUT ONLY FOR JUSTIFIED REASONS THAT MUST BE APPROVED IN ADVANCE BY OUR NATIONAL AGENCY.** All the expenses in these days will be on your charge and **NOT** in charge of the project.*

In case our NA won't approve the extra days, we can't reimburse the travel costs.

Travel Support
€ 309 for
Portugal, Greece,
Ireland, Republic of
North Macedonia,
Poland, Romania



TRAVEL COST COVERAGE RULES

- Reimbursement will be according to the REAL amount spent by you for tickets, up to the maximum foreseen above;
- Associazione Agrado will send Travel costs reimbursement directly to each Organisation Bank account by money transfer - after the project- after receiving from each participant all the original tickets/ reservation, boarding passes and invoices;
- Sending organisations then will take care to give reimbursement to each of their participants;
- For the travel reimbursement **we absolutely need from you:**
 1. **Tickets (train, bus,..)- with price** on- in digital and paper
 2. **Flight reservation** (with price, name, itinerary, dates, flight)
 3. **Boarding Passes**
 4. **Eventual other invoices**

If we don't receive these, reimbursement will not be processed.
Please ensure all your travel documents are collected.



WHAT TO BRING

- - Your European Health Card
- - Solar protection cream
- - Mosquito repellent spray
- - Personal hygiene products (shampoo, toothpaste, etc..)
- - Comfortable clothes and shoes
- -Your water bottle
- -Your Country food - packaged or canned: (biscuits, snacks, salty things, chocolates, ...) and drinks: for the Intercultural Evening.

WEATHER

Weather in such part of the year is supposed to be very warm. Hot sometimes.

Please, don't forget to check the weather forecasts before leaving:

<https://www.3bmeteo.com/meteo/vinci>





HOW TO INSCRIBE

After carefully reading the Infopack and the description on SALTO-platform, anyone interested can register on the SALTO platform by the 10th of May, following this link:

<https://www.salto-youth.net/tools/european-training-calendar/training/invictus-nurturing-resilience-and-empowerment-in-youth-work.13407/>

We will then send the SALTO Application list to the sending organizations, who will select three people from their country.

We will let you know if you are selected by the mid of May.

WHATSAPP GROUP

As soon as we will have the complete selected group, we will invite you to the Whatsapp Group



CONTACTS

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laris.guerri@gmail.com

SEE YOU SOON