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# INFOPACK



REFLECTED  
REALITIES  
TRAINING COURSE

**3rd - 11th July 2026**  
**Vinci, Italy**

Training Course for youth workers, educators, and facilitators.

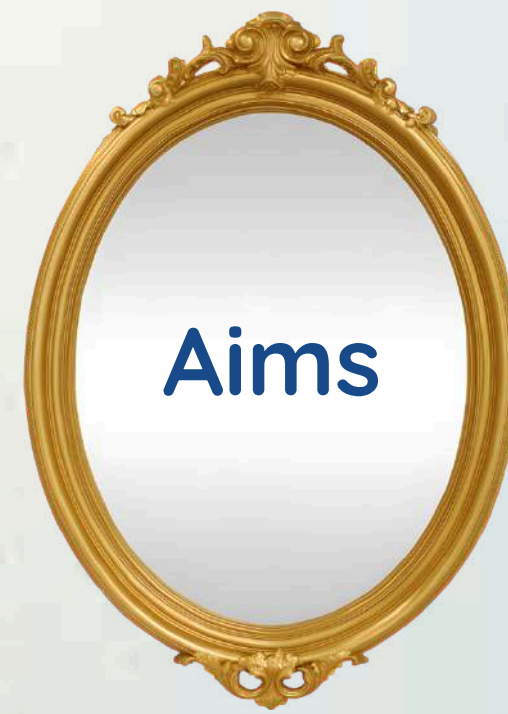
·Focus on self-image and identity: how young people perceive themselves, how society shapes these perceptions, and their influence on growth and participation.

Combination of structured workshops, outdoor activities, and intercultural learning.

- o Self-reflection
- o Creative exploration: empathic dance floors, storytelling, theatre.
- o Group processes: debates, world cafés, cultural visits.
- o Activities embedded in the natural and cultural environment of Vinci for inspiration and meaningful connections.



The  
project



## Aims

Foster understanding of self-image and its impact on personal and social development.

Equip youth workers with practical tools (debates, world café, storytelling, theatre, dance, positive gossiping, ...)

Create a safe international learning space for reflection, sharing, and co-creation.

Build a sustainable European network for youth empowerment.



**Gaiac, Portugal**



**Ayuntamiento de Ribadavia, Spain**



**Mūsu izaugsme, Latvia**



**Flexskill, Slovakia**



**SCOUTING IRELAND, Ireland**



**SUPPORT4youth, Austria**



TC "REFLECTED REALITIES" Vinci, Italy 3rd - 11th July 2026									
"	Arrivals:	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Departure
08:00	Breakfast								
9:30		Presentations	The Village	Childhood Gallery	Healing the broken pieces	Cultural visit in Florence	"Reflected Images" - Preparation	Evaluation of the performance	Departures of participants
11:00	Comfort break								
11:30	Arrivals	TB and common ground	Wheel of life/johari window	Childhood Gallery	Positive Gossiping	Cultural visit in Florence	Reflected Images - Preparation	Village, Wheel of life and group roles closure	Departures of participants
13:00	Lunch								
15:00	Arrivals	Self-image topic intro - different dimensions	Self-image: debate and discovery	Cultural Visit in Vinci	Empathic dance floors	Cultural visit in Florence	Reflected Images - Preparation	Follow up and dissemination plan	
16:30	Comfort break								
16:45	Arrivals	Who are we - how we see ourselves	Self-image: the roles we take	Cultural Visit in Vinci	Empathic dance floors	Cultural visit in Florence	"Reflected Images" - Performance	Final Evaluation	
17:45	Name games and getting to know each other	Reflection time intro of groups	Reflection time	Mid term Evaluation	Reflection time	Reflection time	Reflection time	Celebration time	
20:00	Dinner								
21:00	Official welcome	Time for connection	Cultures: Mode ON	Free night	Picnic Petroio Church and Night walk	Free Night	Free night	Farewell Party	

## LARIS GUERRI (Italy) - Trainer & coordinator



Founder (2000) and President of Associazione Agrado, freelance trainer and member of the Italian National Agency trainer pool. Expertise in skills development, communication, and empathy, with a background in psychological counselling, applied in participant evaluation and skills-assessment processes. Experienced in Erasmus+ KA1 project design and management and KA2 projects. SALTO WEBSITE TRAINER PROFILE: <https://www.salto-youth.net/tools/toy/laris-guerri.3428/>

Trainers

## OLGA KUCZYNSKA (Portugal) - Workplace & Culture Specialist | Trainer & Facilitator

Works across Europe designing and supporting impact-driven programs and experiences that strengthen organizational culture and employee wellbeing.

In her workplace role, Olga focuses on shaping environments where people feel connected, engaged, and supported through thoughtful workplace initiatives and culture-building experiences.

Alongside this, she works as a freelance trainer and facilitator, delivering learning programs focused on communication, self-awareness, and personal development. Her work integrates methodologies such as Nonviolent Communication (NVC) and Transactional Analysis (TA).

<https://pt.linkedin.com/in/olgakuczynska>



## Accommodation

Participants will stay at the Agriturismo “Bacco a Petroio”, a warm and welcoming farmhouse set in the green hills of Vinci, birthplace of Leonardo da Vinci.

Rooms are shared two-floor spaces for four people, each with a private bathroom.

The farmhouse is just a short 100-meter walk from Circolo ARCI Petroio, where meals and training sessions will take place. Wi-Fi is available only here at the accommodation.

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



## Meals

The 3 meals and coffee breaks are served at Circolo ARCI Petroio, with homemade Tuscan food prepared by Serena. Special diets are welcomed and managed through a simple form.

## Work Spaces & Community Life

Sessions take place outdoors under a big tent, surrounded by nature for a quiet and relaxed atmosphere.

There is no Wi-Fi, encouraging everyone to unplug and be present.

Experience the feeling of a small warm community working together.

For photos and details: [https://www.facebook.com/circoloarcipetroio/?locale=it\\_IT](https://www.facebook.com/circoloarcipetroio/?locale=it_IT)



## Participants profile

Each organisation is committed in selecting 3 participants. within their staff or from other local cooperating organisations

- From 21 year old with no upper age limit
- Motivated to improve self development, psychological and creativity skills.  
sharing with the others and challenging themselves
- Active in the youth sector (e.g., youth workers, trainers, mentors, educators, volunteers, leaders).
- Commit to participating in all phases of the program (also dissemination phase.)



## Travel rules

Plan your travel from your residence to the activity venue in Italy and back, in accordance with the travel limit shown on the following page.

Before buying your flight tickets, please send us your itinerary and travel cost and wait for our confirmation to avoid mistakes or misunderstandings.

You may arrive up to 2 days before or leave up to 2 days after the training course only for justified reasons.

All expenses during these extra days are at your own cost and not covered by the project.

# Travel cost reimbursement process

## Needed documents:

- tickets (with price, date, name, itinerary)
- flight reservation
- boarding passes
- any other invoices.

Without these, reimbursement is not possible.

Participants will upload all documents into a shared Google folder and complete a reimbursement form.

After the project, Agrado will transfer the reimbursement to the sending organisations after all travel documents are submitted.

The organisations will then reimburse their participants.

Travel costs are reimbursed based on real expenses, up to the maximum allowed.

Travel costs are covered only with active participation; unjustified absence may lower the amount.

## Maximum travel reimbursable per country

ITALY: Green travel: € 285 (or € 211)

PORTUGAL, SPAIN, LATVIA, IRELAND: € 309

AUSTRIA and SLOVAKIA: Green Travel € 417 (or € 309)

Buy tickets online - cheaper and easier for reimbursement

## Travel Info



### HOW TO REACH EMPOLI (TUSCANY, ITALY)

EMPOLI is an important town in the heart of Tuscany, (the closest train station to the venue in Vinci).

Your goal: reach EMPOLI TRAIN STATION

Our staff will pick you up at Empoli Station on 3rd July at 18:00 h.

The venue is about 15 minutes away by car/van.

### NEAREST AIRPORTS

The closest Airports to reach Empoli, are:

Pisa Airport (PSA)

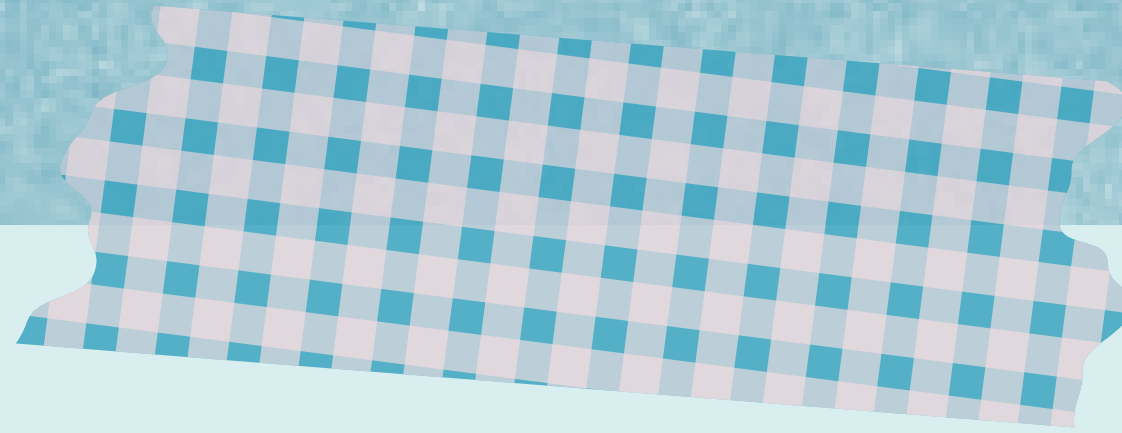
Florence Airport (FLR)

Bologna Airport (BLQ)

From the airport you must first reach Pisa Centrale **or** Firenze Santa Maria Novella (SMN) train station, and then take a regional train to Empoli.

Travel time from Florence or Pisa to Empoli: 30-40 minutes

# FROM PISA AIRPORT



## Pisa Airport → Pisa Centrale Station

Take the **Pisamover shuttle train**.

Outside the airport (left side when exiting)

Travel time: 8 minutes

## Pisa Centrale Station → Empoli Station

From Pisa Centrale, take a train to Empoli.  
Many trains going to Florence stop in Empoli

Travel time: about 35 minutes

Total cost (Pisamover + train): €12.70

Buy online at : <https://www.trenitalia.com/en.html>

# FROM FLORENCE AIRPORT



**Airport → Firenze S.M.N. Train Station**

Take the **TRAMVIA T2** (Vespucci Line).  
Direction: STAZIONE – ALEMANNI

Runs every 5 minutes  
Travel time: 20 minutes  
Ticket: €1.70

The tram stops directly in front of  
Firenze SMN train station.

Buy online at the machine, on board by card,  
shops, TABNET app

**Firenze SMN → Empoli**

From Firenze S.M.N., take a regional train  
to Empoli.

Travel time: 30–40 minutes  
Ticket: €5

Most trains going to Pisa or Livorno stop  
in Empoli.

Buy online at : <https://www.trenitalia.com/en.html>



# FROM BOLOGNA AIRPORT

## OPTION 1

### Shuttle + Train

#### Airport → Bologna Centrale

Take the **Marconi Express shuttle** train.

Travel time: 8 minutes

Cost: €12.80

#### Bologna Centrale → Firenze SMN

#### 2 options of Trains to Florence:

##### A. High speed:

Travel time: 37 minutes

From €15 on

##### B. Regional/Intercity

Travel time: 1.h.40 about

From €9,70 on

#### Firenze SMN → Empoli

Take a **regional train** to Empoli.

Travel time: 30 minutes

Most trains going to Pisa or Livorno, Siena stop in Empoli.

Buy online at: <https://www.marconiexpress.it/en/>  
<https://www.italotreno.com/en/booking-train-ticket>

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

# FROM BOLOGNA AIRPORT OPTION 2

## Direct Bus to Florence



### Direct Bus to Florence

#### Bologna Airport → Florence

Take the **Appennino Shuttle Bus**

Bus stop outside the airport (left side)

Travel time: about 1h30

Cost: €20

Buses run every 2 hours.

Arrival: near Firenze SMN train station

<https://www.appenninoshuttle.it>

#### Firenze SMN → Empoli

Take a **regional train** to Empoli.

Travel time: 30 minutes

Most trains going to Pisa or Livorno, Siena stop in Empoli.

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

## Useful Information

The hotel will provide bed linen (sheets), towels, and on request also hairdryer and an iron for clothes.

A common fridge is available for the food/drinks you will bring from your countries for the Intercultural evening.

Accommodation and food are 100% covered by the project.

### 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.

**Usually in such period of year the temperature is very hot, please check the weather forecast:**

**<https://www.ilmeteo.it/meteo/vinci>**



Associazione Agrado is an Italian organization promoting personal growth, mental well-being, and creativity through non-formal education.

We design international Erasmus+ trainings, seminars, youth exchanges, and KA2 projects using psychological tools (Transactional Analysis and more), creative methods and experiential learning to develop skills, self-awareness and communication.

Since 2000, Agrado has been active in local and international projects, training youth, youth workers and educators through non-formal learning, peer education and experiential methods, promoting personal growth, inclusion and cultural diversity.

## CONTACTS



laris.guerri@gmail.com  
info@agrado.org



+39 347 6151141



associazione agrado



Associazione Agrado

**Thank you**

**See you soon!**



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