

Organised by Associazione Culturale Ludica "La Tana degli Orchi"

ACT!

Action, Citizenship and Theatre

26th May to 2nd June 2014 (including travel days)
in Sermignano, Italy.

Participant's Infopack

We are looking forward to welcome you at this training course and to work together with you for six days sharing ideas and competences, experiencing and discovering new things, knowing new people and learning from each other.

Here follows a short info-pack for you to get ready for this new adventure.
Stay tuned and see you soon in Italy!



1. What Is "ACT"?

The training course "ACT! Action, Citizenship & Theatre" is a project promoted by **Associazione Culturale Ludica "La Tana degli Orchi"** with the aim to show how **theatre and street art** can be used as a **tool** for the participants to **get to know their inner-self** and to **strengthen their communication skills** in order to become fully aware of themselves and of their abilities. During the course, the group of participants will also have the opportunity to interact and be involved in a **practical experience** of non-formal activities with a **local school**, which will help them to create a bridge between formal and non formal education.

The course will involve 25 participants from 8 programme countries: Italy, Austria, Czech Republic, Poland, Hungary, Romania, Slovak Republic and Portugal.

2. Aims and Objectives

The main **objectives** of our training course are:

- To create a **sharing platform & opportunity** for organisations interested/experienced in developing **theatre based approaches** for working with young people;
- To work towards understanding the **benefits of practising theatre and street art** in the development of an **healthy life-style**, how it can lead to improve the **creativity** and to **foster social inclusion** and the **active participation** of young people in society;
- To create a **social experience of community**, through **sharing living and working spaces**, participating in housekeeping tasks and daily practices, and to valorise this as an opportunity for learning and personal and social growth.

3. How to reach us

If you are travelling **by plane**: fly to **Roma** (either airports). Then see below "by train".

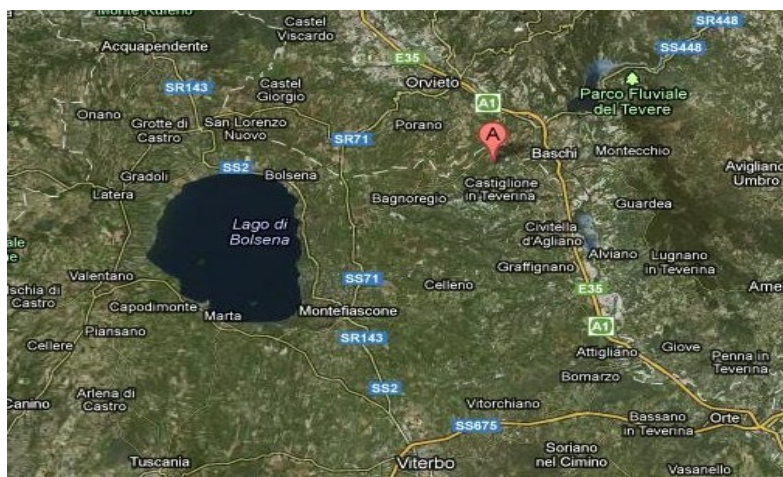
By train: Take a train on the line Firenze – Roma and get off at Orvieto train station. Inform us about your time of arrival, and there will be a pick up service from the station, which is 15 kms from our place (20 minutes by car). Weblink to Italian Railways: www.trenitalia.com

NOTICE: please try to arrive to the venue place by h 16.00 on the arrival day. You can consider around 2 hours of travel from the airport to our venue place: make your travel plans accordingly. On the departure day, avoid if possible flights earlier than h 10.00 am, for the same reason.

Inform us as soon as you have a travel plan. For info and assistance, please email us (see "contacts" below).

4. Accommodation, Map and Area Informations

The area where the project is taking place is at the border between the regions of Lazio and Umbria, in the center of Italy.



The accommodation will be in **Sermugnano**, a really tiny village between the cities of **Viterbo** and **Orvieto** (which is 130 km far from Rome and easily reachable by train). Sermugnano is a beautiful medieval town surrounded by rolling hills, immersed in an inspiring landscape ideal for reflection and education. Fast link to google maps to Sermugnano: <http://goo.gl/maps/XGeZs>

The hostel of Sermugnano is regularly used for our residential courses. It has two distinct working or chill out spaces at ground floor, and 8 bedrooms at the upper floor, each with private bathroom and shower. 3 to 5 persons will be accommodated in each room. Wi-fi internet is available free of charge.

The house will be self managed by our group, which will be responsible for living together during the course. It is a normal part of our educational approach, and encourages community spirit, responsibility and sharing. Everyday tasks like cleaning, setting tables, sorting garbage and washing up will be shared by participants, as part of the "sustainable living" experience. The structure has a fully equipped kitchen with fridge, available to the group.

Beddings, pillows and blankets will be provided. **Please bring your own towel**, or it can be rented for 4 €. Food will be prepared fresh on the spot by our staff, who will combine its mastery over Italian traditional cuisine with an attention to the needs of an international group. Ingredients will be local, seasonal, and whenever possible coming from the local community.

As part of our effort towards sustainability, meat (or fish) will be served every other day.



5. Training fee and travel reimbursement

The course is co-funded through the **Youth in Action** European programme. As such, each participant will get **70%** of travel expenses reimbursed. Please note: We can reimburse only the cheapest transportation possible and only public transport, 2nd class fares. Taxi is not refundable, as well as private cars.

For the **reimbursements**, we will need:

1. An **invoice** with the **itinerary** of your trip, the **names** of the passengers and, very important, the **price** of the ticket. Usually all this information is available on the e-tickets for flights.

2. All your original **travel tickets and receipts** (train and bus tickets, boarding passes, etc.). The **boarding pass** is a very important document, the only evidence that you took the flight, and is required by National Agency for reimbursement. We cannot provide reimbursement without these documents, and it will be your responsibility to take good care of them.

The following list shows how much is the maximum allowed **per person** for a full return (two ways) journey, so please try NOT to spend more than this. You will receive up to 70% of this amount.

Italy - no reimbursement available
Hungary - 300 eur each
Czech Republic - 300 eur each
Austria- 250 eur each

Portugal - 350 eur each
Romania - 300 eur each
Slovak Republic - 300 eur each
Poland - 300 eur each

Important notice: to determine where you are from, **residence** is the counting factor, not nationality. This means that we can support the participation of somebody living in Austria (or Poland, Hungary, etc), **as long as they travel to and from the country**, no matter what nationality is shown on their passport. Please don't ask for exceptions ("I live in Argentina and I have an Australian passport. Can I participate?"): these are the rules and we cannot change them.

The reimbursement will be done **after** the end of the project, after we successfully get all the tickets and boarding passes from the trip back home. Consider 4-6 weeks while we process all the documents and organise the transfers. More information about when and where to send the tickets, and the relevant reimbursement form will be given during the training course.

Food and accommodation will be provided free of charge for the full duration of the course.

The course will have a **participation fee** to be paid in cash upon arrival of **30 €**. You will get a receipt if requested.

6. Other useful information

- Pack your own **phone and laptop chargers**, and **travel adaptors** for the Italian standards. We have a few in the house, but they are never enough. More info here on socket standards: <http://goo.gl/b1zGy>

- **Weather** in May is usually very pleasant in our area.

- **Internet** is available on the venue place, but the signal can be subject to drops. **Do not plan important online meetings or deadlines** to be met during the course, which will be quite packed anyway;

- Our programme includes half a day free and we will offer some options for sightseeing, limited to the surroundings. **No trip will be organised to visit Rome, Florence or the nearby main cities** you might be interested in visiting. If you want, organise yourself and take a few days extra for your own leisure time. **You can take up to extra 2-3 days and still be eligible for a travel reimbursement (not more);**



- Obtaining a **full insurance (travel risks, medical, injuries)** is the participant's responsibility;



- **The participants commit themselves to actively participate in the whole process**, including: to read all the information carefully, communicate timely with the organisers, prepare adequately for the training course; to take actively part in the full duration of the activities; to participate in the evaluation process after the course;

- **Pictures, videos, images** taken at the course, as well as **the materials produced** during the activities, can be used to document the activity in reports or websites or social networks, or for promotional material;

- Providing **information on special needs**, does not remove the participant's personal responsibility for ensuring their own health and safety.

Any questions? Please contact us!

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