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# N.A.T.U.R.E.+

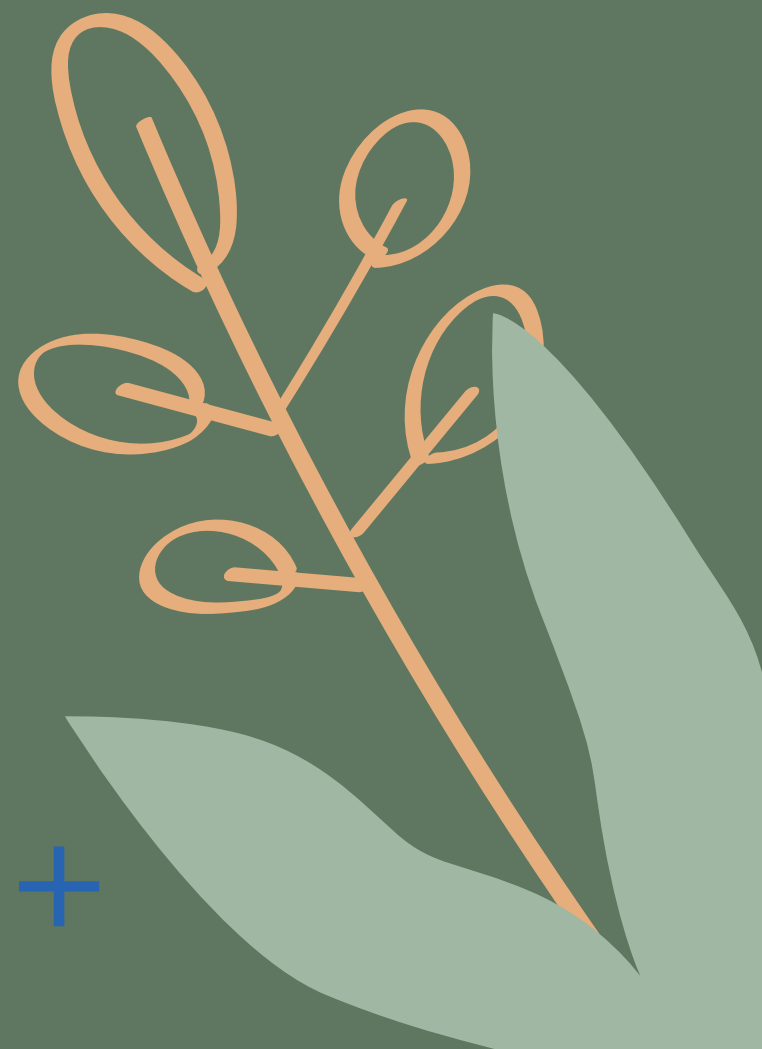
TRAINING COURSE





Hello there!! Welcome to the project N.A.T.U.R.E.+T.C. about environmental sustainability and circular and sharing economy, where 30 youth workers from nine different countries will learn together in seven days of Training Course.

This info-pack provides all the necessary information about the project and will be a central piece of the project. Read it carefully!!



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# 1. THE PROJECT

N.A.T.U.R.E.+T.C. aims to provide youth workers with competences to support youngsters to increase the respect for nature through artistic use of available technologies. The project aims to prepare youth workers to work with youngsters raising environmental awareness through creative techniques, providing and inspiring them with the framework of circular and sharing economy, collaborative consumption and the use of digital, achieving the necessary competences to combine storytelling techniques with video-making skills to engage and empower youngsters in raising also public awareness.

## The project consists of two activities:

- Preparatory visit: 30 April - 1 May 2022 (excluding travel days)
- Training Course: 25 June - 1 July 2022 (excluding travel days)

### Preparatory visit:

The first activity of the project will be the Preparatory Visit, 2 days at the end of April; 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.

During the PV, 1 participant from each partner organization will take part.

### Training Course:

The TC will take place in Morfasso between - and - 2022.

During the TC, 3 participants from each partner organization will take part.

The preparatory visit must be attended by one of the three participants of the Training Course: during the selection phase, therefore, at least one participant of your group must be available for both dates of the two activities.



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## 2. PARTICIPANT ORGANIZATIONS

Organization	Country	Participants
Sciaraprogetti Associazione di Promozione Sociale - Ente del Terzo Settore	Italy	6
Tarptautinis bendradarbiavimo centras	Lithuania	3
Asociación Entrejuegos	Spain	3
Asociația de Tineret ONESTIN	Romania	3
PLATFORMA GIA TIN EKPAIDEUSI KAI KATARTISI POLITON - ELLAS	Greece	3
ASSOCIACAO QUINTA DAS RELVAS	Portugal	3
SEIKLEJATE VENNASKOND	Estonia	3
Stichting yEUth	Netherlands	3
Ahi Genclik Grubu	Turkey	3

## 3. LANGUAGE USED

The activities of the project will have English as the main communication language but it is not required a fluent English level to participate.

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## 4. WHO CAN PARTICIPATE?

Youth workers interested in learning about circular and sharing economy and the use of digital, achieving the necessary competences to combine storytelling techniques with video-making skills to engage and empower youngsters.

In order to be eligible for participation, you must:

- Be preferably 25-35 years old (the age limit is not an exclusion criteria for mobility of youth workers).
- Be a resident in one of the partner countries (Italy, Spain, Romania, Lithuania, Estonia, Greece, Portugal, Netherlands, Turkey).
- Be in possession of a European Health Insurance Card or equivalent.
- Agree to the rules & terms of the project
- At least 1 participant with fewer opportunities per each partner (Social obstacles, Economic obstacles, Cultural differences, Geographical obstacles, Migrant background obstacle)

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## 5. 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. We encourage you to choose green travel if possible, avoiding airplane and using sustainable means of transport (in this case the reference budget limit is for GREEN TRAVELS). Maximum travel budgets are:

Country	Standard travel	Green travel
Lithuania	€ 275	€ 320
Spain	€ 275	€ 320
Romania	€ 275	€ 320
Portugal	€ 275	€ 320
Turkey	€ 275	€ 320
Greece	€ 275	€ 320
Netherlands	€ 275	€ 320
Estonia	€ 275	€ 320

These are the maximum amounts the project budget will refund you for your displacements from your hometown to Morfasso and back. If you spend more than the maximum budget, we will not be able to refund you the difference.

## 5. COSTS AND REIMBURSEMENTS

-Please note that there are some important things about the travel budget:

-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.

-We can only reimburse travel costs for which original tickets/ invoices/ boarding passes are provided. We strongly recommend you to keep all the original travel documents with you, since we won't be able to refund them if we don't receive them.

-Only public transportation will be refunded. Private cars, taxis and the like 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 training course 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 training course (25 June) or stay up to two (four for green travels) days after its end (1 July). 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 [europe@sciaraprogetti.com](mailto:europe@sciaraprogetti.com) to make sure that everything is alright with it.

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## 6. 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. But first, some important information!

-Activities will begin on 25 June at 09:00 and finish at 19:00 on 1 July. You must be in Morfasso between these two hours. Accommodation and food will be provided at Ostello di Morfasso from dinner of 24 June (arrival day) till the breakfast of 2 July (departure day).

-Ask us! If you have any doubt or problem or need any advice, don't hesitate to contact us ([europa@sciaraprogetti.com](mailto:europa@sciaraprogetti.com)).

And now back to the important stuff!



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## 6. 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.

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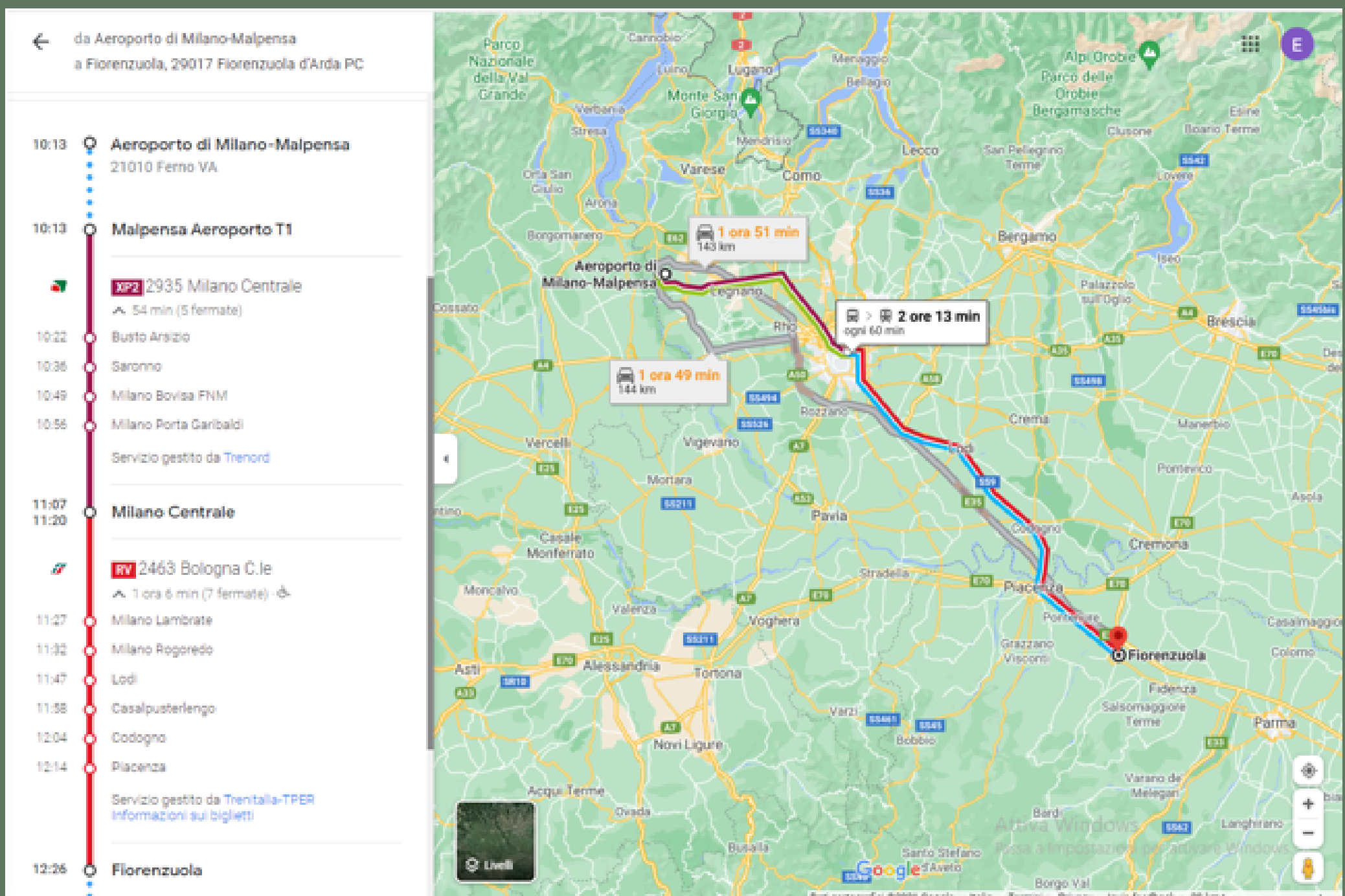


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## 6. HOW TO REACH MORFASSO

### Option 1: From Milano Malpensa



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## 6. HOW TO REACH MORFASSO

### Option 2: From Milano Linate airport

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/liniate-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 €.

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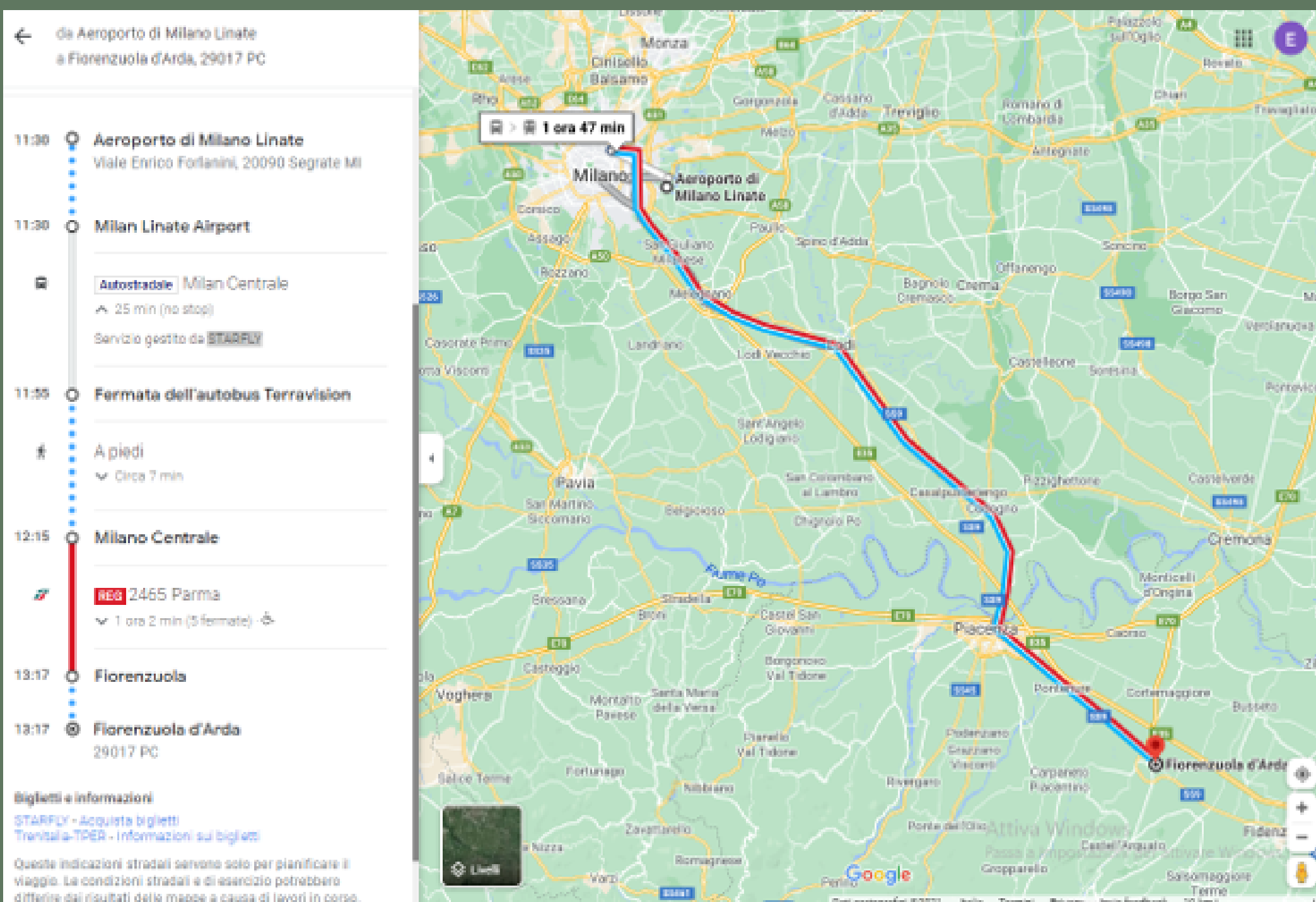


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## 6. HOW TO REACH MORFASSO

### Option 2: From Milano Linate airport



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## 6. 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.

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

Orio al serio shuttle costs 10 €  
[http://www.orioshuttle.com/\\_eng/](http://www.orioshuttle.com/_eng/)

Regionale veloce train from Milano Centrale to Fiorenzuola d'Arda around 9 €  
<https://www.trenitalia.com/en.html>

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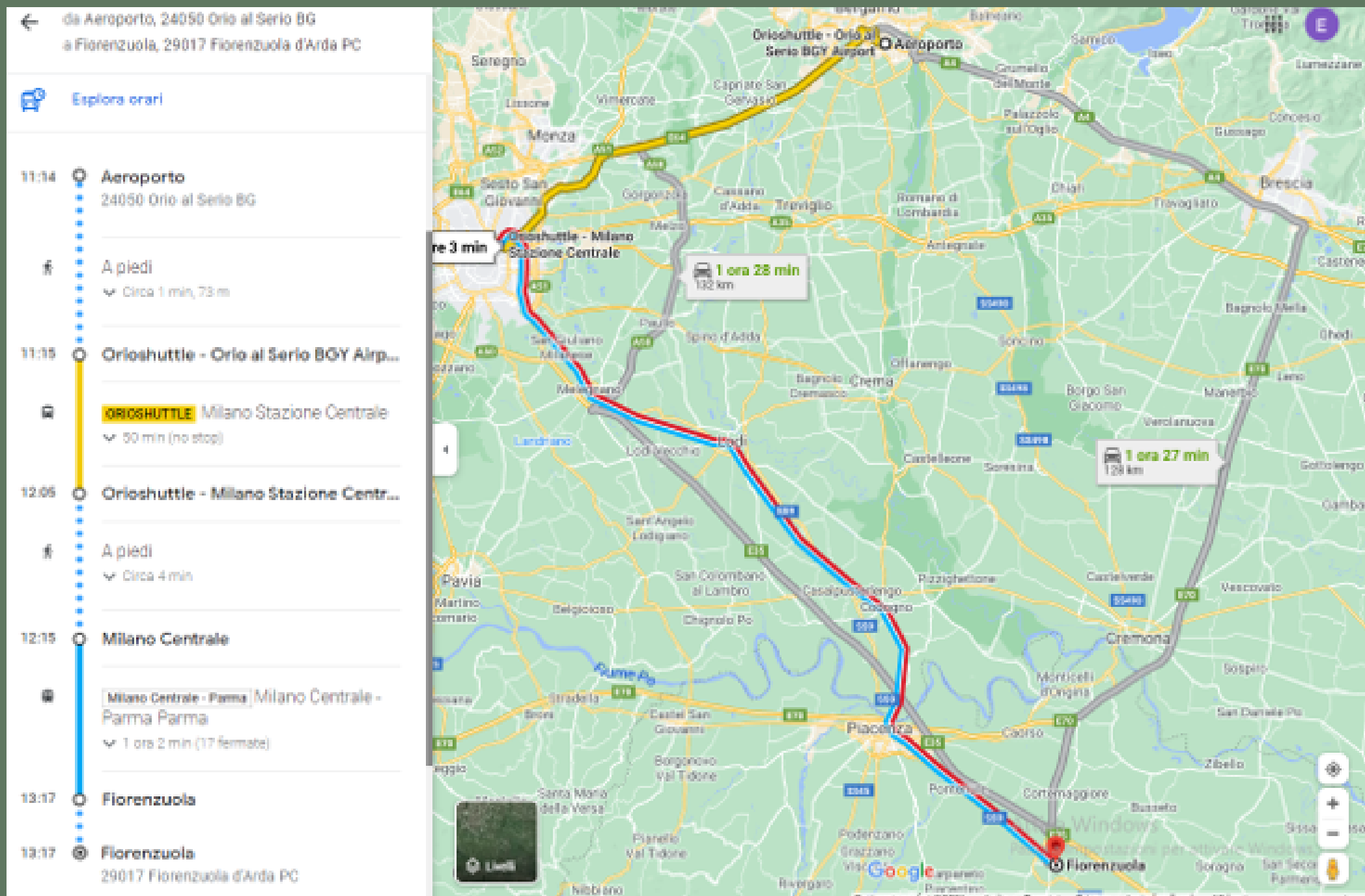


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## 6. HOW TO REACH MORFASSO

### Option 3: From Orio al Serio airport (BG).



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## 6. 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.

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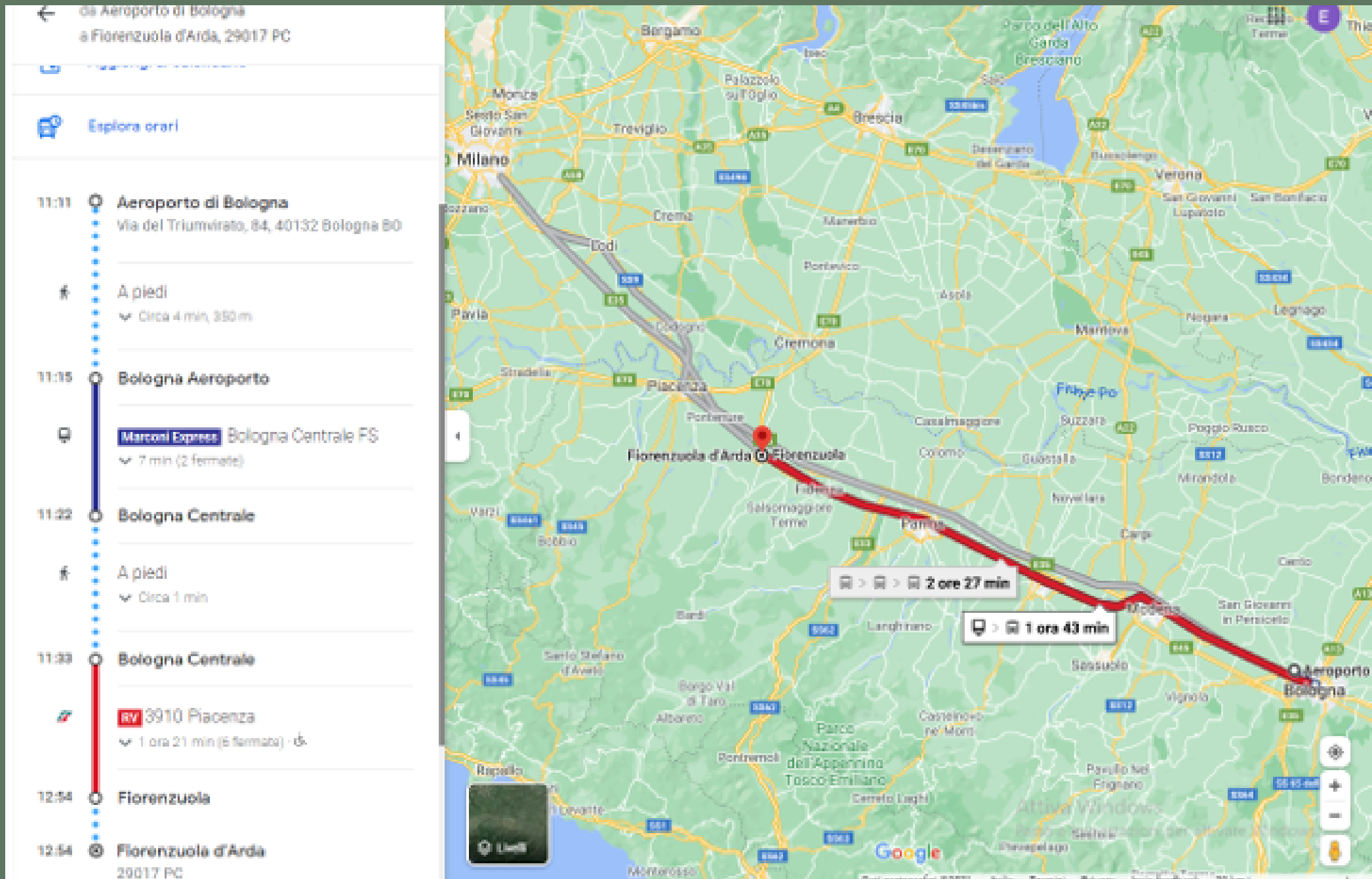


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## 6. HOW TO REACH MORFASSO

### Option 4: From Bologna airport “Marconi”



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## 7.VENUE

The training course will be held in Morfasso hostel, located in Val d'Arda (PC).

Address: Località Rabbini di Morfasso 8

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.



On the ground floor, a large common room, with a reading and relax corner, perfect as a space for work and activities, is preceded by a welcoming entrance hall with reception and a small office.

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## 7.VENUE

On the hall, illuminated by large windows overlooking the garden and the surrounding valley, there are two bedrooms, and a shared bathroom for people with disabilities. The common services include another bathroom adjacent to the reception. Adjacent to the main room there is a professional kitchen.



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## 7.VENUE

On the first floor, we have:

- 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

All the rooms have a private bathroom.



## 8. COVID-19 MEASURES

Currently, it is possible to travel to Italy from all EU countries provided that the traveler has been fully vaccinated at least 14 days prior to the trip, has recovered from Covid-19 or has a negative PCR or Antigen test taken no more than 48/24 hours before the trip. The costs of the tests can be reimbursed up to the budget limit of 100 euros per participants.

Since the rules keep changing fast we invite you to check the entry requirements here:

<https://www.viaggiasesicuri.it/approfondimenti-insights/saluteinviaggio>

During the training course, we will run outdoors as many activities as possible and ensure proper ventilation whenever we can't stay outside.

Thankfully, the weather will likely help with it. The organizers will provide all the necessary sanitation material, such as hand sanitizer and masks.

## 9. WEATHER

Weather in Morfasso in summer uses to be mild. Expect day temperatures to rise way above 20 degrees and night temperatures to be little colder. You can check the forecast on:

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

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## 10. WHAT TO PREPARE IN ADVANCE?

### FOR THE ACTIVITIES:

- supplies for the intercultural evening (the kitchen is available). During the intercultural night each national team will make a brief presentation about their countries. It would be wonderful if you bring some traditional food & drinks to try!
- a cup/mug to exchange (for an activity)
- a book to swap (in English or your language) (for an activity)
- an object of your choice to exchange (for an activity)
- 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!



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## 11. 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/>

## 12. 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.

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## 13. CONTACTS

For any question about the project, please contact the project coordinator Sara Curioni

E-mail: [europe@sciaraprogetti.com](mailto:europe@sciaraprogetti.com)

Phone: +393338250881

Facebook: <https://www.facebook.com/sara.curioni.1>

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